

Date Idea: Get in Gear for the New Year



By [Jessica Gomez](#) and Shannon Seibert

You may think New Year's resolutions are old-fashioned, but there's a great sentiment behind them. Rather than planning year-long objectives, follow these [date night](#) ideas and set small goals with your love. In relationships and love, people tend to take on more than they can handle alone. Buckle down with your significant other and get realistic together. Celebrate the holiday season before ringing in the New Year. Use this time to see what direction you both want to head in your partnership.

Cupid has some advice on strengthening your partnership in the New Year. Here are a few date ideas that will be productive for you and your lover:

By following these small pieces of dating and [relationship advice](#), you are sure to strengthen your love in the long run.

Go to the gym together: Get your sweat on! Thinking of goals is the easy part of New Year's resolutions – it's sticking to them that's so hard! We've all seen the people who want to "get fit this year" and crowd the gym for the month of January, but are no where to be found by the middle of March. Set goals with your partner that are achievable.

Related Link: [Date Idea: Create Magic in Your Relationship](#)

Give to yourselves and to others: Give to yourselves by taking a couple's trip, like taking a weekend getaway within the next two months. And give to others by spending one day each month giving back to our community. There are many ways to help out, so choose a cause you and your other half are passionate about and go for it!

Related Link: [Date Idea: Couple Up with Game Night](#)

Go on dates weekly: Any date! Be spontaneous! If there are small aspects of your partnership that you'd like to work on with your partner, tonight's the night to tell them. If your significant other has a busy career that involves a lot of travel, make a goal for more communication throughout the week. Agree to pursue a date each week, whether they are home dates or outdoor dates. Break down your schedules and pick a night that would work for both of you, and get ready for some

fun!

Break each goal down into time increments to solidify the commitment you and your honey make. As you ring in the New Year together, keep in mind that your relationship is what you make it. Reaching these small goals will lead to something even bigger than the both of you could've imagined!

What are some New Year's resolutions you've made with your partner? Share them with us in the comments below!

Date Idea: A Day with Your Pumpkin



By [Jessica Gomez](#) and Shannon Seibert

Sure, picking and carving pumpkins is a fun date idea, but sometimes we want to change it up. Outdo yourselves and head to a pumpkin festival or to a fall fair. Really breathe in the autumn air and experience the season's spirit together. Participating in this unique [weekend date idea](#) can do wonders for your relationship because of the bonding.

We have a date idea for you and your “pumpkin” this season. Check it out:

Go to a fall fair as a date! Fairs are a great date spot because there is something new to discover around every corner. Whether you view the festivities from the heights of the Ferris Wheel or chow down on goodies, it's always eventful. Hop on a hayride together and listen to ghost stories with your bae. Chase each other through a corn maze and challenge each other to some carnival games. Fall head over heels for your boo thing as you're both whipped around on the fair rides. Classics such as “The Twister” and bumper cars will bring out your sense of adventure and have the both of you laughing and screaming with joy.

Related Link: [Date Idea: Keep It Exciting During New Venue Night](#)

After you play, check out some of the fair's shows. Usually, there are monster truck rallies, tightrope walkers, and even magic shows that will captivate you and your love. Be sure to get good seats because you're about to be amazed!

At the end of your fair-a-pollooza, have your partner pick out a winning pumpkin to take home. Together, carve out the insides and remove the seeds. Then, bring your pumpkin to life with creative designs.

Related Link: [Date Idea: Indulge In a Night of Laughter](#)

For a delicious snack, gather the seeds and wash off the pulp. Preheat your oven to 350 degrees and place the seeds on some baking sheets. For a more classic snack, coat them in a light glaze of extra virgin olive oil and sprinkle them with salt. If your pumpkin is looking for a more tropical taste, glaze the seeds with coconut oil and a hint of pineapple juice. Heat the seeds for fifteen to twenty minutes or until golden. Yum!

Related Link: [Date Idea: Take a Trip Down Memory Lane](#)

End this date idea by grabbing a quilted blanket and a cup of hot cocoa and heading to your couch. Munch on your pumpkin seed goods and pop in a Halloween movie. If your honey is a horror fan, you can never go wrong with old classics, such as *Friday the 13th* or *Halloween*. These films will give you an excuse (not that you need one) to hold on tight to your other half because the films will scare you senseless.

How do you and your sweetheart get into the fall spirit? Tell us in the comments below!

Date Ideas: Love is Magic





By [Jessica Gomez](#) and Shannon Seibert

Magic isn't just for kids, and it can be more than silly card tricks or a rabbit hopping out of a top hat. In fact, love is an indefinite form of unexplained magic. The feeling of love is a magical mystery that can give us reasons to believe in something greater than ourselves.

This weekend, you and your sweetheart should leave your predispositions at the door and become enchanted by the power of magic all over again. Here are some magical [date ideas](#):

Have a magic movie marathon: There are so many movies that will have you two love birds wanting to learn a few tricks of your own. Get some popcorn and other munchies to set the "movie marathon" mood and snag a couple of cheap bottles of

wine while you're out too to prepare. Then, get ready to snuggle close together and watch recently released magic movies and the classics! [Netflix.com](https://www.netflix.com) has a whole category of enjoyable magic-based movies, so that you and your honey can have the pick of the litter.

Related Link: [Date Idea: Lift Your Love To New Heights](#)

Check out a local magic show: Buy some tickets or even go out and watch street performers in the park – magic can exist anywhere. Tour your local area to see if you can catch any of your city's hidden talent. There are also plenty of night clubs and venues that showcase magical talent. During the show, try to make guesses about how each trick is executed and compare theories. Some magicians incorporate the audience in their tricks, so get yourselves involved! Maybe being “sawed in two” will actually end up bringing you and your other half closer together.

Related Link: [Date Idea: Indulge In a Night of Laughter](#)

Look up magic trick tutorials: Do it separately, and then try them on each other. This will be a cute bonding experience and you'll learn some new tricks – plus the ones you can teach each other as well. You give a little and get a little. Learn a couple, learn a bunch – up to you. Embrace your inner child and go nuts!

Have any other ideas on “magical dates? Share with us in the comments below!

Celebrity Interview & Giveaway: Florist David Goldstein Says to “Go the Traditional Route” for Valentine’s Day



This post is sponsored by BloomNation.

By Shannon Seibert

Named by *Entrepreneur* as a Top 5 Silicon Beach Startup to Watch, BloomNation caters to an exclusive and extensive clientele. The florists create and sell unique and hand-crafted original designs. More specifically, My Beverly Hills

Florist, owned by celebrity florist David Goldstein, guarantees arrangements that stay away from the cliché, cookie cutter options. In 2004, he opened his floral studios in Los Angeles and Beverly Hills, and since then, he has catered to some big names in Hollywood, including Dennis Quaid, Russell Simmons, and OWN (the Oprah Winfrey Network). Business flourished due to his European flair, contemporary trends, and stunning style of floral expressions for all occasions and affairs. In our celebrity interview, Goldstein shares his best dating advice and offered his expertise to ensure that your relationships and love thrive on Valentine's Day!

Florist Shares Dating Advice in Celebrity Interview

During the season of love, the floral industry is quite busy! There are a lot of criteria to consider when choosing what flowers to purchase, but there's one major focal point according to Goldstein. "People know about color," he says. "They know about reds, hot pinks, purples, and all of the other passionate colors. These are the colors of flowers that people are most likely to pick." For first dates, people tend to stick to light pinks and softer colors since they're generally safer. "And for new relationships, I would go for hot pinks, specifically peonies," the floral expert advises.

Related Link: [Expert Dating Advice: Valentine's Day Tips](#)

For Valentine's Day, though, he recommends a time-honored flower: "Roses are very common, but they are always classy. The holiday is all about love, so I would definitely go the traditional route," he says.

If you're still struggling with making a decision, Goldstein encourages you to consider your loved one's personality and

tastes. “Every flower, in my opinion, is beautiful, but everyone is different,” he shares. “English garden roses are definitely my favorite because they’re really hard to get your hands on.”

The florist agrees that flowers are the go-to gift for women, but this begs the most important question of this celebrity interview: Do men want to receive flowers too? Goldstein thinks so! “Calalillies and darker colors are very manly,” he reveals.

No matter what, go with your gut when selecting the perfect arrangement for your love. “Stay away from daisies and carnations,” he says. “Otherwise, you can pick out any flower you want, and it will be appreciated.”

What Flowers Do Celebrities Prefer?

Being centered in Los Angeles and Beverly Hills has its perks, thanks to the many famous residents! This florist has covered a wide variety of events from celebrity weddings to baby showers, and some are more unusual than others. “I did the wedding for George Pajon Jr. of the Black Eyed Peas in Mexico,” he excitedly reveals. “It was right after Valentine’s Day, and we did thousands of red roses inside a cave!”

Related Link: [Former ‘Bachelorette’ Desiree Hartsock Shares Celebrity Wedding Photos](#)

It’s no surprise that Goldstein prefers the one-of-a-kind events to the more traditional ones. “Large events are fun, but I personally like more unique occasions, like intimate parties,” he explains. His newest project is for nearly 100 celebrities in the music and modeling industries. “Naomi Campbell might show up, and maybe Tyra Banks and Kim Kardashian too,” he says about the super-exclusive event.

So what flowers do celebrities enjoy most? “They do a lot of

white flowers, like gardenias, orchids, casablanca lilies, and peonies, which are rare," he shares. "We have a couple of celebrities who just don't do roses."

~~GIVEAWAY ALERT: One lucky reader will receive a \$50 coupon code for BloomNation, just in time for Valentine's Day! To enter this giveaway, complete the form on our [Contact](#) page. Please select Giveaways in the What Can We Help You With? dropdown and include "Bloom Nation Giveaway" as well as your address and phone number in the Your Message box. The giveaway ends on Tuesday, February 10th at 5 p.m. EST. Good luck!~~

This giveaway is now closed. Thank you to all who participated!

For more on David's work with BloomNation and My Beverly Hills Florist, check out www.bloomnation.com.

Giveaway: Teleflora's Swirls of Love Bouquet is Perfect for Valentine's Day!





This post was sponsored by Teleflora.

By Shannon Seibert

We have arranged – so to speak – the perfect flower arrangement for you to give your partner on Valentine’s Day! Show your honey that you care with the Swirls of Love bouquet (\$99.95) from Teleflora. One lucky winner will even receive this gorgeous gift just in time for the romantic festivities on February 14th! Check out our product review below for more details.

Teleflora Giveaway: Swirls of Love Bouquet

The Swirls of Love bouquet captures the essence of relationships and love through its traditional roses and classical flair. The deep red combined with the vibrant pink make these blooms the ideal present for your loved one. The red roses stand for love and romance, while the pink ones represent appreciation and gratitude – all things you want to tell your partner on this special occasion. The varying sizes

of the roses look beautiful in an artistic glass vase and help you convey feelings that you may not be able to put into words.

Men, flowers have always been the go-to gift for women. There's just something about Valentine's Day that goes hand in hand with flowers, so why stray from tradition? If your sweetheart is a worker-bee, send the bouquet to her office. Or if you live in separate cities, surprise her with them at her home; they'll serve as a sweet reminder that you're spending the special holiday together in spirit.

And women, men love to receive flowers too! A Swirls of Love bouquet will let your sweetheart know that you care and appreciate them. Cook a divine dinner for two, centering the roses in the middle of the table. The roses will set the mood, and he'll be in awe of the second prettiest sight in the room as you enjoy a romantic meal.

Teleflora has been matching the perfect florists to customers for 78 years. With the guarantee of fresh and blossoming flowers, the company markets to just about any occasion you can think of. All of their bouquets are hand-delivered, giving their services a genuine touch for Valentine's Day. Stop and smell the roses by entering our Swirls of Love giveaway from Teleflora now!

~~**GIVEAWAY ALERT: One lucky reader will receive a Swirls of Love bouquet, just in time for Valentine's Day. To enter our giveaway, email cupid@cupidspulse.com with your full name, address, email, and daytime phone number BEFORE 5 p.m. EST on Monday, February 9th. In the subject line, please write "Teleflora Giveaway." You may enter the contest only once. Good luck!**~~

This giveaway is now closed. Thank you to all who participated!

For the Teleflora Swirls of Love bouquet and other flower

arrangements, check out www.teleflora.com.

Product Review: Check Out Gaiam's New Athletic Yoga Collection for Men – Just in Time for Valentine's Day!



This post is sponsored by Gaiam.

By Shannon Seibert

With Valentine's Day quickly approaching, it's time to figure

out what to get your man for the special holiday. If he seems to have everything he needs, why not get him a gift that will benefit both of you? With Gaiam's new Athletic yoga collection for men, you can improve his health *and* reduce his stress, paving the way for him to be an even better partner. Take a deep breath and help your man find his chi, thanks to our product review of the Athletic maxTowel and Athletic dynaMat.

Product Review: Gaiam's Athletic maxTowel and dynaMat

First, check out the [Athletic maxTowel](#) (\$29.98). It's designed to provide the maximum absorbency and the largest coverage to take care of even the biggest of muscles. Towel Dry Tech absorbs twice as much as standard cotton towels and dries in half the time, making sweat vanish almost immediately. This technology makes the towel optimal for any yoga setting. From intense 100 degree hot yoga to a more traditional setting, the Athletic maxTowel is able to absorb even the sweatiest of workouts. That way, your relationship and love won't be negatively affected by your significant other's new workout routine!

At 30 inches wide and 84 inches long, this enormous towel can probably hold both of you on your yoga date, providing the perfect excuse to get even closer to each other. This popular product can even be taken down to the beach or to your local park for a romantic session of sunrise yoga.

Next, take a look at the [Athletic dynaMat](#) (\$39.98). This reversible yoga mat is designed to be wider and thicker than most traditional mats, making it perfect for men. The extra space and support will help him feel at ease as he attempts to master even the most challenging poses. It'll even give him the stability he needs to sneak a glance at you in your tight yoga pants!

“The Athletic maxTowel and Athletic dynaMat are the perfect gift for that yoga-loving man in your life,” says Executive Editor [Lori Bizzoco](#) after her product review. “The oversized towel is soft and plush, and the mat has great support and thickness without being too big and bulky. They’re both a great Valentine’s Day present for that guy who has it all!”

With the proper equipment from Gaiam, your love will be able to head to the gym with confidence. Maybe he’ll even reignite *your* workout motivation! After all, summer will be here before we know it.

Both the Athletic maxTowel and Athletic dynaMat are available at [Gaiam.com](#).

Celebrity Video Interview: Actress Tia Mowry Says, “There’s No Such Thing as Balance!”





Interview by [Lori Bizzoco](#). Written by Shannon Seibert. Perhaps fans best recognize Tia Mowry from the 1990s television series *Sister, Sister*, but she's come a long way since then! Currently playing Stephanie Phillips on the popular Nickelodeon show *Instant Mom*, she channels her real life experiences as a wife and mother for the role: She married actor Cory Hardrict in 2008, and they welcomed their son Cree Taylor into their family in 2011. In our [celebrity video interview](#), Executive Editor Lori Bizzoco chats with the actress about marriage, motherhood, and her busy career, including her current partnership with the National Center for Missing & Exploited Children (NCMEC) and Honeywell.

Related Link: [‘Sister, Sister’ Star Tia Mowry and Actor Husband Cory Hardrict Are Expecting](#)

Tia Mowry on Being a Celebrity Mom

Finding balance can be seemingly impossible when you're a working parent – but Mowry has figured it out. “Be honest with yourself. In my opinion, there's no such thing as balance!”

the celebrity mom says with a laugh. "Some days, you're going to be a better mom than other days." She candidly adds, "I have a three-and-a-half year old at home, but I still consider myself a new mom. I'm still learning new things."

Of course, there are some days where you just can't do it all. In those situations, she encourages other working parents to lean on their partners. "My husband is extremely considerate," she shares in our celebrity video interview. "That's better than receiving flowers on Valentine's Day!"

Actress Shares Relationship Advice in Celebrity Video Interview

Despite her busy schedule, the star still makes time for her favorite date nights with her man – relationship advice that she says is important for keeping the passion alive in a marriage. "It's when we both get dressed up and get sexy for ourselves, for each other. I put on my really nice, sexy dress and red lipstick, and my husband puts on a really nice suit," she explains. "Then, we go to our favorite restaurant...and really have a great meal and have a great glass of wine."

Related Link: [Date Idea: Spend an Intimate Night Indoors](#)

Mowry also talks with us about her work with the NCMEC and Honeywell and the KidSmartz "Safety Dance" contest. For her, this partnership was a no-brainer. "As soon as you become a mother, you're constantly worrying. My child's safety is my number one priority," the celebrity mom reveals. For more information about KidSmartz and the current contest, check out their website.

You can keep up with Tia on Twitter @TiaMowry and www.facebook.com/TiaMowry.

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

Date Idea: Shut Down



By Shannon Seibert

Technology is useful but also very hindering. Sure, you like to know what the Twitterworld is up to on a daily basis, and you might miss out on what Karen had for lunch on Thursday, but sometimes, you really do need to step away from all things social media. Here's a little piece of dating advice for this weekend: Turn off your distractions and spend time with your love away from all things digital.

Related Link: [Date Idea: Write a Book](#)

Technology-Free Date Idea

Remember when the iPhone wasn't around? Yeah, we try not to either, but back in the day, people had plenty of ways to keep themselves entertained: It was called company. Bundle up in your Sorel boots and North Face jacket, grab your partner by the hand, and head outdoors to get some exercise in the winter chill. This [date idea](#) will help you and your sweetheart to focus on your relationship and love by getting fit and healthy together.

Days were simpler when you could just go outside and "play" as a kid, but there shouldn't be anything stopping you this weekend. Challenge your love to a game of one-on-one basketball at the local park for a refreshing outdoor date idea. Your man's competitive side will shine through, and you'll be left with no choice but to show him up. Play dirty with your flirty smile and long lashes. When you come up with the win, treat your irresistible loser to a cup of Hershey's hot chocolate by the fireplace.

If the weather is poor or you just aren't feeling the outdoors, inside can be just as fun. Set up a game of Checkers. Yes, we said Checkers! It may sound cheesy or like something you'd do with your grandmother, but you'd be surprised at how fun board games can be with the love of your life. For an out of the box twist on this weekend date idea, use cookies as game pieces. Every time you "jump" your partner's piece, you get to eat the cookie. This not only speeds up the game, but it makes it more tasty.

Related Link: [Date Idea: Be Spontaneous](#)

If board games aren't doing it for you either, head to the kitchen. With the holiday season quickly approaching, you have the perfect excuse to whip up all of your favorite treats. Have a gingerbread house building competition with your honey, and see who was meant to be the architect of the couple. This

house building date idea should inspire you to bust out your inner Betty Crocker. The best part is, at the end of the festivities, you and your love get to eat your creations.

What would you do during the day without technology? Share with us in the comments below!

Date Idea: Winter Beaching



By Shannon Seibert

There is very little that is more enjoyable than a beach trip in the winter. The cool air, the calming sound of the waves, and the rubbing of sand between your toes can create the perfect date idea for you and your man. This weekend, huddle

together under a blanket and watch the waves dance while making plans for this coming summer; which is closer than you think!

Related Link: [Date Idea: Get Unlucky](#)

Date Idea: Warm Up Your Winter Dates With A Trip to the Beach!

Winter doesn't mean that you have to say "farewell" to the beach. Think outside the box with this weekend date idea: Create your own slice of paradise by packing a romantic picnic for your beach getaway. To follow this relationship advice, snag some Bubba Keg thermoses from your local grocery store to trap in the heat. Take along winter favorites, like some delicious hot cocoa or a piping hot batch of chicken noodle soup. The insulated container should keep it warm all day. But don't neglect your favorite frozen foods as well! Bring along a container of raspberry sorbet or a couple of peppermint popsicles to get into the holiday spirit.

While loading up the car, be sure to throw in a couple of blankets. The breeze may surprise you along the coast, and you want to be prepared. Tune your radio to some Bob Marley or even the Beach Boys to get you into the tropical-paradise mood. On the car ride there, ask your man about his favorite beach memories from his childhood. The more you find out, the stronger your [relationship and love](#) will be. Also, take some time to plan a future date idea or two for the upcoming summer months.

Brainstorm summer vacations with your love while playing a quick game of volleyball in the sand. You could stay local and dip into the Atlantic on the beaches of Daytona or go for a more exotic adventure to the island of Bermuda. Both destinations have unique tropical sites that attract a bunch

of tourists, so beat the crowds and book your romantic getaway in advance.

Related Link: [Date Idea: Live Out Your Fairytale](#)

As you both get excited about your impending trip, boost the creativity of your games. Play against each other in a flirty game of Frisbee. Make it a contest to see who can catch it in the coolest way, like between your legs or over your shoulder.

If you plan on staying until the end of the day, set up a cool bonfire as the sun goes down. The warm flames will comfort you in contrast to the chilly winter breeze. Be careful though, as each state has regulations whether or not you are permitted to start a fire on the beach. If not, bringing along a couple of lanterns can still keep you cozy. Snuggle together around your fire – or make-believe fire – as you watch the sun dip behind the sea. This is sure to be a weekend date idea you will both remember!

Have any fun winter-beach stories? Share with us in the comments below!

Dr. Paul Coleman Talks About Love and Loss in 'Finding Peace When Your Heart Is in Pieces'





Interview by [Sarah Batcheller](#). Written by [Shannon Seibert](#).

It's only natural to go through periods of loss or grief in the course of your lifetime, and Dr. Paul Coleman is the perfect person to guide you back to inner peace. The Central Michigan University graduate has authored 12 books and has accumulated over 25 years of experience in his psychology practice. In his new book *Finding Peace When Your Heart Is in Pieces*, Coleman encourages his readers to utilize the Four Paths of Transformation – acceptance, inspiration, release, and compassion – to move past suffering after a heartbreak. His words provide his readers with support and encouragement during their journey of recovery. Continue reading for our exclusive interview with Coleman and his personal thoughts on finding inner peace.

How did you come up with the Four Paths of Transformation that you mention in your book?

In life, we have lower and higher sets of emotions based on fear, desire, anger, worry, anxiety, and yearning for things that affect how we register life events and react to them. The

lower set of emotions are what gets strongly activated when we're going through some kind of emotional turmoil, life upheaval, or major loss. It's natural for that to happen; however, you want to get to a place where, in spite of the loss, you can feel some degree of inner peace.

Can you give us a brief explanation of what each path entails?

The first pathway is the Pathway of Acceptance. Acceptance doesn't mean that you like the situation or that it's desirable; it simply means that we're not going to emotionally resist reality. When you're able to get to a place that says, "I may not like what happened, but I accept the reality," then you have a bridge between lower emotions and higher emotions.

The second pathway is the Path of Inspiration, where you allow yourself to be inspired or guided by insights or intuitions that ordinarily wouldn't be coming your way.

This transitions to the third step, the Pathway of Release. In order to help yourself transform, you have to go from a place of pain and suffering to a place where you are able to start integrating the loss with a new life.

The final pathway is the Pathway of Compassion. Up until now, you have been focusing on yourself, but now, you have to extend yourself for others and discover that the meaning of your life is only going to occur in relation to others.

Related Link: [Learn the 20 Steps to Heal a Broken Heart in Lesley Robins' New Book 'The Breakup Book'](#)

Which path do you think is the easiest to follow? Which is the hardest?

I think the path that is the easiest to follow is the Path of Compassion. You still have the capacity to care for others. It's not that difficult, even when you're in pain, to give a little of yourself to someone else. It doesn't even have to be

a great deal; it just has to be a little bit to get going.

I think the hardest one is the Path of Release. This usually occurs at the phase where you've already accepted what has happened; you're not denying it anymore. In this period of time, people feel very alone, but if you get the answers right away, you won't learn the lessons that you really have to learn.

Is there a particular path that is most important to complete following heartbreak?

The Path of Acceptance – I call it the “foundational pathway” because, if you're not accepting the loss or the transition, then you are emotionally resisting it. You're basically saying, “This should not be happening,” when it *is* happening. You're stuck on questions that you really can't answer, and all of this keeps you from really moving forward. The beginning steps that people have to take are emotionally accepting their loss. It takes a while for your psyche to adjust to the loss.

When going to your family and friends, you need to find out what it is that you really need from them. A lot of times loved ones try to be helpful, but they give advice that isn't what you need to hear. If you just want people to understand your fears or your pain, it's better to let them know upfront.

In your opinion, is there one form of loss that is more traumatic than another?

The unexpected loss of a child seems to be the most devastating. Many parents believe that it is their job to protect their children. Parents feel that sense of “What did I do wrong?” and “Could I have done something else that might have kept them alive?” If it was an accident, the parents often feel guilty.

Related Link: [Author Christine Hassler Teaches Us How to Deal with an 'Expectation Hangover'](#)

How does intuition play into navigating the Four Paths?

Intuition is very important because you're entering a new world, and the old ways don't quite look the same anymore. In order to have intuition, you have to have a calmer mind. The way I describe it is your mind has to be like a lake where you can detect the ripple of a single leaf falling on that lake. If your mind is full of chatter and questions, that's like rain drops on the lake. You'll never be able to detect the ripple of the leaf.

In your book, you mention the concept of self-love. This can be a difficult mindset to achieve when faced with loss and grief. What do you think is the most significant step in taking to loving yourself?

When we think of loving ourselves, we compare it to how someone else loves us, and we often don't have that same level of passion for ourselves. The first step is accepting yourself because you are not perfect and you never will be. So if you can accept that you have flaws and strong points and if you can accept that you are someone who is trying to do better, then you are on that pathway to self-acceptance. You can't have self-love without self-acceptance; it's an ongoing process that never ends.

Pick up a copy of [Finding Peace When Your Heart Is in Pieces](#) today!

Date Idea: Go Back to College!



By Shannon Seibert

You may have graduated years ago, but college life is still just as fun! As a fun weekend date idea, head back to your alma mater with your sweetheart to check out a football game, watch a performing arts group, and visit your favorite university bar or restaurant.

Related Link: [Date Idea: Relive High School Memories](#)

Take a Trip Down Memory Lane With

This Weekend Date Idea

You invested four years of your life into a place that you never thought would mean so much to you. Whether or not college is where you and your honey met, college towns are still a haven for memories, both old and new. For this nostalgic [date idea](#), take your love to all of your favorite buildings. Most universities allow public access to their libraries, informational buildings, and eateries. This way, you can even give your guy a personal tour of where you used to prep for exams and sneak in a quick study break for good measure.

Show him the sites that made you fall in love with campus, like the enormous oak trees, the daisy garden, or the baseball field. For University of Florida alumni, Ben Hill Griffin Stadium has never been a disappointment! As the two of you explore, you can chat about your favorite college memories and give each other insight on how you became who you are today. Considering this little piece of dating advice will definitely strengthen your relationship and love!

College isn't just about the campus either. It's about being independent for the first time and being on your own in a new town. Encompass that feeling all over again and head out on the town with your man. For a sweet and delicious date idea, visit the ice cream shop where you spent every Sunday afternoon. A double fudge sundae is always the best item on the college diet menu anyways!

Related Link: [Date Idea: Freaky Friday](#)

Talk with your honey about your awkward first college date at that hole-in-the wall restaurant – or even stop in for a burger. Restaurants and nightlife are a huge part of the college experience, so try and see if you still have that college spirit in you. Bar hop from Fat Tuesday's to the dive bar next door. The bartenders are also a great source of

information, so order a couple of peach-mango margaritas and learn about the changes the town has undergone since your last visit. This way, your sweetheart can take part in the town's history with you.

What are some of your favorite college memories? Tell us below!

Date Idea: Escape Black Friday



By Shannon Seibert

Sure, Black Friday sales are tempting, but they can also be

super crazy. Going shopping in that chaos can flare some tensions between you and your sweetheart. The overwhelmingly massive crowds and lines might test the limits of your relationship and love. So consider this piece of dating advice: Spend this weekend inside with your love, tracking the deals online and planning shopping trips for calmer days. Embrace your inner child and prepare your lists for Santa Claus too.

Related Link: [Date Idea: Deck the Halls](#)

Avoid Black Friday With Your Honey, Thanks to This Dating Advice

Black Friday is the Superbowl of shopping. Everyone is aggressively pursuing the items on their wish list while ambushing sales clerks and demanding their assistance. But in this day and age, Cyber Monday has become our saving grace. For a comfortable and stress-free date idea, shop with your honey from the comfort of your couch! This way, you can shield yourself from the frosty weather and enjoy online buying by a crackling fire. Grab a plate of Thanksgiving leftovers while you browse the sites for deals.

Start a pot of caramel espresso coffee and prepare yourself for the shopping Olympics. Stores such as Target, Macy's, and Best Buy usually do a sale preview before the event, giving you and your love a chance to adequately prepare your holiday list. Cyber Monday is unique in that some shops have online sales that *aren't* featured in stores. Do a little research before you start so you'll be sure to cover all of the bases, making your friends envious of your superior shopping expertise.

Related Link: [Date Idea: Pick Your Own Presents](#)

Together, make your Black Friday lists, organizing them from

most important items to least. For instance, if your sweetheart is looking for a Lifeproof iPhone case, Amazon.com is your best bet for deals. What's even better is that if the price lowers within a month of your purchase, you can shoot an email to Amazon, and they will refund you the difference. Consider this organizational piece dating advice so that you and your partner can spend less time being frustrated and more time finding the perfect gift for each other.

You can't forget about the big man in the North Pole! Mr. Claus has been a part of Christmas traditions since the beginning of time, so why stop now that you're an adult? With your holiday hunk, write your lists for Santa. Make sure to include all of your Christmas wishes! While you do so, munch on adorable gingerbread cookies and sip some cinnamon-infused hot cocoa. With this out of the box weekend date idea, the holiday mood will begin to set in, only adding to you and your love's anticipation for the upcoming festivities.

What's on your list for Black Friday this year? Share with us in the comments below!

Claire Robinson on Holiday Cooking: "You Have to Remember What Thanksgiving is All About"



Interview by [Lori Bizzocco](#). Written by Shannon Seibert.
5 Ingredient Fix host Claire Robinson knows a thing or two about the fear of hosting Thanksgiving dinner and how to deal with it head on! Plus, she offers relationship advice that will heat up the kitchen this holiday in our exclusive interview with her .

Exclusive Interview: Claire Robinson's Best Holiday Cooking Tips

"It stresses everybody out – the veterans are stressed too!" she says of holiday cooking. In our celebrity interview, the *Food Network* star advises us to forget the pressures of a full household and stick to the staples. "You have to remember what Thanksgiving is all about," she shares in our [celebrity video](#)

[exclusive](#). “To me, that is the easiest way to get that pressure to start to release and enjoy your time in the kitchen a little more.”

Related Link: [‘Food Network’ Host Claire Robinson Says, “Food Is the Key to Passion”](#)

Of course, we had to ask the chef about the best desserts for the Thanksgiving season too. “Pumpkin is always the classic, but put a little bit of chocolate in there,” the celebrity chef suggests.

Robinson also chatted about a cause close to her heart: Unilever’s projectSunlight, which helps create a brighter future for children. “There’s one in five children in America actually struggling with hunger,” she reveals. “That’s 16 million children.” She encourages people to participate this holiday season by purchasing Unilever products; the proceeds will fund projectSunlight.

To keep up with Claire, follow her on Twitter @clairerobinson5.

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

Date Idea: Give Thanks for Your Health





By Shannon Seibert

While you may be tempted to feast this holiday season, you and your love can both benefit by choosing healthier options. As a pre-Thanksgiving weekend date idea, spend the weekend prepping for the holiday with healthy versions of your favorite meals and planning a winter workout regimen.

Related Link: [Date Idea: Friendsgiving](#)

Relationship Advice for You and Your Love to Get Healthy This Thanksgiving

People mistake healthy eating for bland food, which is definitely not the case. Get cooking in the kitchen with this delicious [date idea](#). Put together some indulgent dishes with your honey that will fool your tastebuds about calorie content. The Food Network has a plethora of gluten-free, trans fat-free, vegan, vegetarian, and other healthy alternative recipes that are easy to make and heavy on the flavor.

Playing chef with your sweetheart can also inspire a heart-to-heart talk about your health. Being healthy and in good shape with your partner is a piece of relationship advice we easily take for granted. So pour a glass of Cabernet Sauvignon (good for your heart!) and tell each other what you're thankful for. Simple life pleasures – such as being able to run or having an above-average immune system – are something to appreciate.

As you progress in your healthy lifestyle with your honey, consider this piece of love advice: Tell your significant other that you're thankful to have such a wonderful, motivating partner that inspires you to be a better person. Having a positive attitude and sharing words of encouragement will help you and your partner to improve your health.

Proper exercise goes hand in hand with healthy eating, so this winter, keep warm with your love by getting active. Together, make a chart displaying a weekly workout regimen. Ask your honey what muscles he wants to focus on and channel that inspiration into a tag-team exercise plan. Google some winter-inspired workout ideas that will help you and your beau survive the cold weather.

Related Link: [Date Idea: Get in the Game](#)

To really turn up the heat this winter, why not try out hot yoga for a active date idea? Most classes are 100 minutes long in a 100-degree room and incorporate multiple styles of yoga. Watching each other stretch in all directions as you drip in sweat from the intense heat can actually be sexy. Who knows, you may take away a few new moves to try out later at home.

Cool off afterwards by stepping outside into the crisp, cool air or just nibble on some Edy's Chocolate Trinity ice cream (hey, you earned it!). Enjoy the feeling of doing something great for your body with someone who holds such a special place in your heart.

What are you thankful for this Thanksgiving? Tell us in the

comments below!

Marc Anthony Marries Third Wife Shannon De Lima



By Shannon Seibert

Marc Anthony and model girlfriend Shannon De Lima exchanged 'I dos' in front of close to 100 guests on Tuesday, November 11. The couple has been dating on and off since 2012, and this time things are going to stick. Anthony and his new wife married at his estate in La Romana, Dominican Republic. According to UsMagazine.com, Latin music stars Juan

Luis Guerra, Carlos Vives, Tito El Bambino were in attendance as well as Anthony's business partner Charles Koppelman, and the CEO of Sprint Corporation Marcelo Claude.

How do you decide whether to get married for a second or third time?

Cupid's Advice:

Getting married is a huge deal. It involves legally binding documents, a public declaration of love and combining two lives into a shared one. Before making your decision, consider Cupid's advice for you:

1. You have absolutely no doubts heading to the altar: You have a little experience under your belt, you've made this journey once or twice before. Yes, you may love your partner, but are they going to be able to support you financially and emotionally? You are now a team which means putting your own needs aside and considering what is best for the family.

Related: [Jennifer Lopez Says Marc Anthony Predicted They'd Marry When They First Met](#)

2. You have had multiple conversations about marriage: This isn't only considering the idealistic thoughts of marriage. These conversations include the nitty gritty details of possible financial instability, whether or not you'll have more children, or are you choosing to forgo the prenup? Is this what is best for your children? There are a lot of aspects to take into account and angles to consider beyond where you will be honeymooning.

Related: [Marc Anthony Says He's 'Really Good Friends' With Casper Smart](#)

3. Your intuition is giving you the green light: Your gut feeling is probably the best judge of character. If you can picture yourself with this man for the rest of your life,

working together in both the hard times and the bad, then go for it! Nothing should stop you from being with your true love.

What helped you decide to get married again? Share with us below!

Find the Perfect Date Night Outfit Using tagspire!





Inspire those around you with your fashionable holiday wear using Tagspire.

This post is sponsored by tagspire.

Written by Shannon Seibert. Photo by [Whitney Johnson](#).

With the impending winter chill, finding a fashion-forward and sensible outfit for date night can be challenging. The holiday season of snuggly sweaters and booties is approaching quickly, giving you the perfect opportunity to share your winter fashion expertise all over social media. If you're already posting your adorable attire on the web, you might as well get paid for it. So our gift to you this holiday season is the newest form of social commerce in the digital age: tagspire.

tagspire is a one-of-a-kind website that allows you to contribute to the fashion world and inspire others while social shopping. The website lets you to post photos of your cover-worthy attire and tag the items that you're wearing so everyone else can duplicate your holiday look and buy it themselves. All you have to do is upload your photo to [tagspire](#) and tag each item you want to monetize in the photo.

These tags allow other users to find the items you're wearing and purchase online.

The tags aren't limited to links either! Users are able to submit blurbs and ratings for items that will show up just like the tags do. You can even utilize multiple tags to direct traffic to more than one link. Each time someone buys an item that you tag, you will gain a small percentage of commission. Plus, the dashboard allows you to see sell analytics and history. You can enhance your tagspire skills by watching their video tutorial.

Click [here](#) to see the post above on tagspire!

This website is the ultimate platform for not only showcasing your styling talent but also finding a holiday present for your honey! That new iPhone case he has been vying for? You are now able to find it by typing a brief description into your search bar. That's right; this site isn't limited to apparel either: Users are able to feature a variety of items from electronics and travel accessories to beauty products and home decor.

Since online sales are at an all time high between October and March, sign up for tagspire today to maximize your opportunity to make and save money. Rather than promoting your style in the traditional word-of-mouth way, you can give your audience a visual of what your creation looks like. Happy tagging!

Weekend Date Idea: World

Series Weekend



By Shannon Seibert

If your honey loves baseball, celebrate the final weekend of the sport by gearing up for the game. To get in the mood and get ready for your favorite team to win, watch movies like *A League of Their Own* or *The Bad News Bears* or watch reruns of legendary games. Bonding with your partner over America's favorite pastime is a great weekend date idea that he will appreciate. Plus, it'll strengthen your [relationship and love](#).

Related Link: [Date Idea: Fall in Love with Falling Leaves](#)

Hit a Home Run With a World

Series Weekend Date Idea

Baseball is one of the most traditional American hobbies. Whether you're on the field or in the stands, there is something about a white sphere with red stitching that brings people together for the love of the game. With the World Series approaching, you and your man need to get into game day mode as well. Prep yourself for this weekend date idea with recaps of recent games and make predictions on upcoming outcomes. You can even bet on how many runs each team will win by – the loser has to do the dishes tonight.

During those nine innings, things can get pretty intense, especially if you and your partner are on opposing sides. There is nothing sexier to a man than a woman who likes sports and actually knows what she is talking about. Don't be the fool who gets excited and exclaims "the batter hit a touchdown!" Instead, if you're unfamiliar with the rules and terms used, read up on the lingo in advance of this weekend date idea.

Men also like when their significant others share common interests with them, so consider this dating advice to make you irresistible to your partner. Once he sees you immersed into the action, he won't be able to tear his eyes away from you long enough to even register whether that last pitch was a ball or a strike.

Related Link: [Date Idea: Plan a Walk Around Town](#)

Another fun addition to this sporty date idea is having baseball-inspired snacks to keep your stomach satisfied as you eagerly watch the championships unfold. Pinterest has oodles of ideas that your man won't be able to resist. Also, you can go the more traditional route and snag a couple of bags of Cracker Jacks and boiled peanuts to quench your cravings. Once you and your love start munching, you'll feel like you're actually in the stands!

Even if it isn't the real thing, sports movies always teach us life lessons through the love of a sport. Classics such as *The Sandlot* and *Angels in the Outfield* show you that believing in something bigger than yourself is something worth believing in. The root of this belief is love, so remind your partner of how great you are together and cuddle close as you watch these movies again.

How do you and your man spend game days? Tell us in the comments below!

Weekend Date Idea: Go Shopping





By Shannon Seibert

Winter is coming, and with the exit of warm weather, it's time for an update to your wardrobe. So this weekend, head into town with your sweetheart for some snuggly sweaters and adorable boots, and plan your next date idea to showcase your new fashions.

Related Link: [Date Idea: Game On](#)

Shopping Date Idea for the Cold Weather

The fall chill is the perfect excuse to pick out some new clothes, so grab your man's attention with a sexy winter wardrobe. But remember: Shopping isn't only for ladies, gents! In fact, a shopping date idea is the perfect way to strengthen your relationship and love by indulging a bit in your lady's fashion interests.

For her, pick out items that match the season. Scarves, cute hats, sweaters, and cardigans are great staples for the

upcoming temperature drop. For a fall feel, play up the season with purples and golds. Before hitting the shops and participating in this weekend date idea, do some research. Search for “Fall Women’s Clothing” on Pinterest for a little shopping assistance.

For him, you can never go wrong with simplicity. To really incorporate the changing seasons, go for an arrangement of ties. Deep oranges, dark reds, and hunter greens are great colors. Find an array of examples at Brooks Brothers.

Related Link: [Date Idea: Picnic With Pals](#)

But you don’t have to limit your shopping to high-end boutiques. Thrift stores are the perfect treasure chests for warm, woolen sweaters for the fall season. Goodwill is a popular place to start, but the best places are the hole-in-the-wall ones that may require some searching. Don’t fret! You and your man will pass the time easily with good conversation and the happiness your company brings.

Pick your pumpkin out a batch of sweaters and jackets and make your way to the dressing room. Consider this dating advice and incorporate some fun during your shopping trip. Have your man rate his favorite choices and do the same for him. Even make a game out of the day and see who can pick out the most unique item. Put on a winter fashion show for each other and strut your stuff for your sweetheart. The only thing better than the cozy feel of the sweater is the affordable price tag dangling off of the sleeve!

Bask in the glory of your shopping success and celebrate your findings with a tall glass of Chardonnay as you snuggle next to the fireplace. After all, you both deserve it, right?

What is your favorite fall accessory or clothing item? Share with us below!

Author Christine Hassler Teaches Us How to Deal with an 'Expectation Hangover'



By Shannon Seibert

Life is a cycle of ups and downs filled with both happiness and discontent. With this thought in mind, author Christine Hassler used her unmet expectations as a catalyst for profound transformation. In *Expectation Hangover: Overcoming Disappointment in Work, Love, and Life*, she writes about leveraging frustrations at any age. CupidsPulse.com had the pleasure of speaking with Hassler about her own expectation

hangovers and her book, which was released on October 14th.

How did you come up with the idea of expectation hangovers?

I was very much a planner my whole life. I had this vision of what I wanted to do, and I just started having expectation hangovers. I came up with the term because I knew what it felt like to wake up and have my life not living up to my expectations. It was similar to or worse than a hangover from alcohol! I'd have a headache; I'd be spinning in confusion; and I'd lack motivation. It was just a miserable feeling.

I thought, "Wow, I suffer so much from my reality when my expectations don't match." When I started coaching people 10 years ago, I noticed that this mismatch is the biggest reason people suffer. This is why I am so passionate about the concept of expectation hangover because it truly is our plans and the way that we want to control things in life that not only create suffering but also create tunnel vision so we sometimes miss opportunities.

Related Link: [Red Flags That Mean It's Time to End Your Relationship](#)

Was there an expectation hangover you experienced that really changed your life?

Getting married in my twenties and getting divorced in my thirties! That's why I'm so passionate about this idea: I have walked this walk many times. I've left a successful career; I've survived health problems; I've had strains in my family; I've had to move unexpectedly – there are so many things! Now, I can look back on those situations, and even though they weren't what I expected, they were for the highest good. I'm still so grateful for what's happened or what hasn't happened.

What's the best way to go into a relationship in an effort to prevent one of these hangovers?

I think what we have to remember is that no one is your soul mate. We project so much on our partners to be our *future* partners, and that's a big burden to put on someone. To find one person to complete us, to make us happier, and to fulfill every need that we have is way too much pressure.

Instead, I encourage people to go into a relationship knowing your non-negotiables. Do you want someone with family values? Someone that isn't a cheater? What kind of religion or spiritual passions matter to you? That's more important and healthier than having a bunch of expectations. Any time we have expectations, we set ourselves up for disappointment. People are clinging so hard to those things, so it's better to go into any type of dating situation with a clear vision of what you want and what you value. Really allow that person to show up how they are.

Similarly, how can you avoid these hangovers if you're already in a committed partnership?

The most important thing is communication. Women don't really hear what men are saying, but men are really clear. When men say they're not looking for a serious relationship, they mean it.

In terms of communication, we need to be asking for what we need or for what is important to us. We really set ourselves up for an expectation hangover when we assume that people will read our minds and know what we like and how we like to be communicated with. Really explaining our needs, our desires, and our wishes is what we need to do.

On the other end of the spectrum, how can you help a partner who is experiencing an expectation hangover?

You just need to listen. When someone is in an expectation hangover, the first thing they need to do is feel their feelings about it. You shouldn't try to problem solve with them or give them pep talks or advice. Just say, "I'm here for

you. Anything you want to say, anything you want to share, I'm here." Vulnerability is a big part of treating the expectation hangover, so really allow them to share their feelings about it rather than trying to fix it right away.

Then ask them, "How can I support you? What would help?" And really let them tell you rather than thinking that you know. Try not to be their coach. A lot of couples get in trouble when one partner starts coaching or being the therapist. Instead, you just want to be there for them.

Related Link: [Sharing May Not Always Be Caring](#)

Lastly, are there any words of advice you'd like to leave our readers with?

I hope people read my work and use the tools and spread the information. I'm really on a mission! The most important relationship that you have is the one you have with yourself. The degree in which we have self-honor, self-love, self-care is the degree in which we are able to retract any pain in relationships that we suffer. The more we love ourselves, aren't mean to ourselves, and are proud of ourselves, the more we are able to show up with less expectations of a partner and more of an open heart.

I know we all heard the news of Robin Williams, and it really cuts deep because so many people suffer from pain, from feelings of loneliness. When you're in an expectation hangover, you're feeling this pain, this loneliness, and I think we need to help each other not feel alone. The biggest thing to remember is that we're not alone. When you feel alone, reach out for help. It's always important to remember that there are people around us.

Pick up a copy of Expectation Hangover: Overcoming Disappointment in Work, Love, and Life today! You can also visit Christine's website ChristineHassler.com and follow her on Twitter @ChristinHassler.

Weekend Date Idea: City Living



By Shannon Seibert

Cities are a haven for magical sites that capture the essence of romance. The crowds of interesting people, the hustle and bustle of traffic, and even the historical landmarks around you add to your experience. This fall weekend, embark on an adventure with your love and take in all that your hometown (or the nearest big city) has to offer with this exciting [date idea](#)!

Related Link: [Date Idea: Play All Day](#)

Fun Weekend Date Idea in the City

Together, you and your man can browse the windows (Christmas isn't *that* far away, right?) and check out the unique boutiques. You never know what treasures you'll find! Whether it's a hand-crafted scarf for her or a festive tie for him, boutiques always have the best and most unique items for reasonable prices. Pick out something that incorporates the fall season. Stick to burnt oranges, exuberant reds, and shades of yellow and gold. Now, you have a new accessory for that fall wardrobe you've been dying to debut – perfect as you plan your next weekend date idea!

Parks are also a great place to find city-inspired entertainment. You may run into a sketch artist while you're wandering around. Have them draw up an animation of you and your honey. You can strike a silly pose, stick your tongue out, or even make the moment romantic with a kissing picture. This way, the two of you will have a fun way to commemorate your relationship and love and document the fun you had on your date.

You and your sweetheart can also enjoy the people of the city. Stop and watch the street performers and even volunteer to participate. New York City is known for their creative street dancers that incorporate their audience into their acts, so don't be shy! Doing things out of your comfort zone is a great piece of dating advice, and you might surprise yourself and your partner by unexpectedly jumping in the middle of the dance circle.

Related Link: [Date Idea: Batter Up](#)

Indulge in the flavors of the season with a Pumpkin Spice Latte and split a warmed cinnamon-chocolate croissant with your love as you tour the city. Order each other a cup of coffee or specialty drink from a street cafe and give each other funny names that include some of your inside jokes. When

the barista calls out “Mr. Snores A Lot,” you’re bound to get a crowd reaction. As you’re holding hands and walking along the sidewalks, take in the feeling that the fall season is all about.

New York City also boasts an impressive number of famous couples who call the city home. While walking around and enjoying each other’s company, you and your honey might run into some celebrities, including Taylor Swift, Sarah Jessica Parker, or even Jay-Z and Beyonce. If you don’t want to approach them, snap some celebrity photos as proof to show your friends after this weekend date idea.

What places in your hometown do you think are most beautiful in the fall? Share with us below!

‘Messy Beautiful Love’ Author Darlene Schacht: “True Love Doesn’t Happen By Accident”





By Shannon Seibert

It's important to be prepared for the best and worst of what marriage has to offer. In her new memoir *Messy Beautiful Love: Hope and Redemption for Real-Life Marriages*, Darlene Schacht gets in depth about the trials that couples face in their marriage, including issues like financial struggles, sickness, aging parents, and a chronically unhappy husband. This book explores the idea that, no matter how strong the bond, the mess has to be dealt with at one point or another to keep the marriage alive. *Messy Beautiful Love* is an invitation to readers to open their hearts to the possibility of a strong and healthy marriage with proper communication and team work.

When people get married, there are certain expectations that each partner has of one another. Over time, these expectations change due to circumstance, and sometimes, people have issues adjusting. Why do you think it's important for people to go into marriage with an open mind?

I went into marriage with a long list of expectations of who my husband Michael should be and what our future should look

like. Things took a different road when Michael started running his own company. I was home with four kids, and he worked long hours. Rather than exercising patience and kindness, I let bitterness creep in, and it grew over time to the point where it took over my thoughts.

The thing is that we all change. We grow up; we face hardships; we enjoy good times; and we mature from experience. Love is beautiful, but it can be messy when you're facing something you never expected.

Related: ['Love Sick: A Memoir of Searching for Mr. Good Enough' Recalls the Humorous and Insightful Journey of Looking For Love](#)

Why do you think your message is important for women especially?

I think that the message is important for men and women alike. My story stems from a place of grace, which is something we all need in our lives. Since I'm a woman, however, I can identify with other women in a way that I can't with men. I can't tell you the number of times that women have confided in me about the struggles they're facing online. It can mess with your mind when a seemingly perfect man (and I do mean seemingly) is paying attention to you or wanting to chat.

You write about humility being essential to a successful marriage. Why do you think several women struggle with giving that trust to their partners? And why is it that women have issues giving away their hearts fully?

I believe that we all want strong partners—people who are willing to stand up for themselves and do the right thing. Humility is often confused with weakness when in fact it's a sign of strength and confidence. It takes strength to admit that you're wrong. It also takes strength when we choose to *do* right instead of having to *be* right. When we are confident in ourselves, we aren't as concerned about fighting for a

position of authority as we are about fighting together for love.

What do you believe is the largest contributor to today's increasing divorce rates?

People often say that they're unhappy because they've grown apart. I believe that couples will grow apart if they do not love each other daily and deliberately. True love doesn't happen by accident. It's deliberate; it's intentional; it's purposeful; and in the end, it's always worth it. Some days love is messy, and all we want to do is give up, but those who work through love together reap the benefits of beautiful long-lasting love.

Related: [He Texted' Authors Lisa Winning and Carrie Henderson McDermott, Discuss Dating in the Digital Age](#)

This book contains a lot of your deep and personal thoughts. When you're in love, do you believe it's harder to share these thoughts with the person you love, or do you think people shy away in fear of what their partner will think of them?

One of the most wonderful things about Michael is that I feel safe in his arms. I always have. He's a shelter that I know I can run to in the midst of a storm. I'm sure that, in the beginning, I was probably hesitant at times to share my deepest thoughts with him, but after 25 years, I'm comfortable enough to share anything. We've learned to communicate. But more importantly, we've practiced the art of communication by harnessing our emotions and listening well for the good of our marriage.

Messy Beautiful Love: Hope and Redemption for Real-Life Marriage was released on September 16th. Readers can also find out more about Darlene Schacht by visiting her blog, <http://timewarpwife.com/>.