

# Heidi Klum Opens Up About Celebrating First Holidays Post-Split from Seal



By Jennifer Ross

Christmas in California – is what Heidi Klum has in mind for the holiday season. The supermodel, 39, opens up about the holidays, planning a lovely Christmas at home with her four children from ex Seal, according to [UsMagazine.com](http://UsMagazine.com). On Saturday, when asked about her specific plans, while she was at the Children's Hospital of Los Angeles gala, Klum stated, "We're going to get a big Christmas tree and we might go to Disneyland. We go all over the place." In all this, one question remains. Will Seal, 49, join the family? No news has been said yet. Klum and Seal have recently begun to speak again after the nasty comments Seal made about Klum's new relationship with her ex bodyguard Martin Kirsten. Seal contends that his words were taken out of context.

## **What are some ways to avoid feeling lonely during a first holiday post-divorce?**

### **Cupids Advice:**

Whether you are recently divorced or in the process of one, your first holidays sans your ex can be a very challenging time for you. Although it is natural to feel sadness, that doesn't mean you have to go through it surrounded by gloom. To get you into the spirit of a "different" style of holiday season, here are a few tips in keeping your happiness alive, even after New Year's:

**1. No worries about the ex:** During the holidays, pay no mind to how your ex will be spending his time. Instead, focus on yourself and necessary loved ones. Obsessing about what he might be doing will only prevent you from having a happier time.

**2. Put negative feelings on hold:** Any jealousy, heartache or anger needs to be stored in the back of your mind until after the holiday season; this is not the time to hash them out. Don't worry; you are not in denial. There will be plenty of time later to deal with the pain.

**3. Keep yourself busy:** In keeping your mind out of the negativity pool, it is best to accept as many party invitations as you can. If partying is not your thing, then try spending your time volunteering at your favorite charity. Just do anything constructive that will help to get your mind off your divorce and keep your spirits up.

**How did you keep your spirits up during your first holiday post-divorce? Comment below.**

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# Mark Ballas and Ex-Girlfriend Pia Toscano Reunite at Show



By Jennifer Ross

Although Pia Toscano was the one to end their relationship, neither she nor ex Mark Ballas had any hard feelings about it. Ballas, 26, was recently reunited with Toscano, 24, at the annual Camp Ronald McDonald for Good Times Halloween carnival in L.A., where both performed separately, according to [People](#). The professional ballroom dancer even uploaded Instagram photos of the two after the event. Even before meeting up at the event, Ballas told L.A.'s 104.3 radio station that the two have ran into each other before. "She lives down the street, so we ran into each other the other day at Starbucks. It's cool. We're still friends. It's all good."

**What are some ways to get your relationship to a civil place after a breakup?**

## **Cupids Advice:**

Once a relationship is broken, it may take some time for your ex to completely exit your life, if it is even possible. If you and your ex still work together, run in the same social circles or share custody of any children, you will need to speak to him eventually. Even if you don't want to have meaningful conversations with your [ex](#), you still will need to at least be cordial. In this situation, here are a few pointers on how to keep the peace with your ex:

**1. No fighting:** To begin the civility, you and your ex must be civil with each other. That means no fighting or pushing each other's buttons simply because you can. The way to have a nice platonic relationship is to get over him and remove any strong hostile emotions.

**2. Avoid nicknames:** As with any negative emotions, it is best to also remove the intimate ones as well. Any loving nicknames, inside jokes or other mementos of your intimate relationship should be left in the past. This will help in allowing you two to form a different relationship moving forward.

**3. Time:** Before all else, the only way your previous relationship will get to a civil place is with time. You need time to cool down; time to heal any heartaches and regroup yourself back to the wonderful single person you always were.

**Were you and your partner able to be civil with each other after a breakup? How did you do it? Tell us below.**

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# Do Not Marry Yourself



By Terri

Trespicio for GalTime.com

## 3 strategies for single people who want to get married

There once was a woman from Fargo who married herself. It's true. She's not the only one, either. But let's stick with Nadine, who was featured on the Anderson Cooper daytime show—and as an outspoken proponent of single living, I was asked to be on the segment to weigh in on the whole thing.

In brief, I think the woman did a cute, quirky thing that I'm sure she knew would get a lot of attention (I don't buy the "who, me?" approach she takes). Ok, that's the end of the brief part.

### what does this do, really?

If you ask me, she's actually *undermining* the single movement. When you get married, you're not single anymore. Nadine has

effectively removed herself from the dating pool, since she's married to herself. She's opting *out* of being single. She doesn't get the benefits of either being married or single. Plus, she's buying into the idea that you need to be married to be complete. And you don't.

(And, if you are married to yourself AND dating whomever you like, as Nadine seems to imply, is your marriage one of convenience, until someone better than, well, you comes along?)

Look: I like the sentiment here. She decided to stop waiting around for some ideal mate and embrace her life and herself, and stand on her own. OK, fine. But: Please don't tell me we now all need to have a ceremony to do this. Please. I thought one of the great hidden benefits of being single was NOT having to spend thousands of dollars on a single day's event.

### ***full disclosure.***

Fact is, I actually *had* a dream myself years ago that I was getting married: I was in white dress, carrying red roses (reminiscent of my private all-girls' catholic high school graduation where grads take to the aisle in a white dress, something that always raised some flags for me). And in the dream, there was no man, nor was I waiting for one—and that was just fine with me. I call this *metaphor*. I call this A DREAM. I didn't run out and start printing invites.

### **what about the real single issues?**

Now, let's get one thing straight: Nadine isn't marching on Washington to make her marriage legal—it was a ceremony, not a civil rights statement. I'm guessing, anyway, from the footage we see in the segment in which she kisses herself in the mirror, takes herself out for Indian food, and then home for a candlelit bath (all great things, though I don't call that a date. I call it living).

I wish the segment showed less of Nadine talking to herself in her rearview mirror, and more expert insight, from someone like Bella DePaulo, PhD, about the reality that singles face in our culture—and not having a wedding day is the LEAST of it (a cogent argument she makes in her must-read book “Singled Out”).

All in all, I think Nadine took an empowering and timely sentiment, and put clown makeup on it. My fear is that what could be seen as a brave, symbolic step in theory ends up sheer spectacle in practice.

And you now, it's too bad—because more and more people are realizing that there are many ways to live a life well outside the confines of traditional institutions (like, ahem, marriage). So, then, why take a fresh, inspiring message and cloak it in *exactly* that?

### **my 3 strategies for single peeps**

If you happen to be single and needing some support, here's some advice I offered on the show. *(Also featured on the Anderson site complete with pics of sad looking ladies)*

**Stop singing the same tired song.** You know the song: “There's no good men out there”, “I'll never find anyone,” “I'm a failure because I don't have a partner.” What story do you keep telling people and why? I guarantee it's getting you nowhere fast. Focus on what you want now, not what happened in the past.

**Tell family and friends to back down.** Make it clear to them that you love them and appreciate their support, *but your life is not a problem to be fixed*. You have to lay down the law. And realize that if you're making choices for other people, you're not living your life. You're living theirs.

**Redefine single: Broaden your perspective.** As a single person, you have the ultimate and enviable freedom of connecting with

whomever you want! It doesn't mean being a hermit. Figure out what it is you really want-and stop using fear as an excuse to not pursue meaningful connections with other people.

**..And talk to someone.** Such as a relationship and dating coach like me.

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## **Demi Moore Is 'Jealous and Frustrated' by Ashton Kutcher and Mila Kunis' Relationship**



By Jennifer Ross

It can be extremely painful for a woman to tolerate an ex finding a new love; even celebrities are not immune to this sadness. Demi Moore has had a rough year, starting with ex



Ashton Kutcher's cheating scandal, leading to their divorce and now – coping with his new love, Mila Kunis. Moore, who will celebrate her 50<sup>th</sup> birthday this November 11, has been described by a close source as “jealous and frustrated.” Also, many sources have reported to [People](#) that friends are worried she hasn't fully recovered. On the other hand, a separate source maintains that Moore is moving forward and doing well. “...despite the depression of going through a divorce, she came through it.”

## **What are some ways to cope with your ex's new relationship?**

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

Your relationship has broken up. You are trying to move on. So far, you are doing a pretty good job. Then, you hear your ex has a new love and the pain feels like you are back to the day after the breakup. Have no worries. Coping with the news can be easier by considering these three tips:

**1. Accept the sadness:** Unfortunately, the wound is open again no matter how “over it” you believe to be. Feel the pain, again. It's useless and hurtful to your future to ignore it. Realize that it will not last long and will not hurt nearly as bad as the breakup.

**2. Find a new hobby:** Want to learn how to surf? Or cook? Involve yourself in a new hobby, something you have always wanted to do. By focusing your mind on yourself in a positive manner, you are gaining confidence. This will help to alleviate the sadness much quicker.

**3. Support your own relationships:** Remember those friendships you had before your ex that slowly disappeared? Rekindle those again. Reach out to old friends and start anew. Also, go out and meet new friends. Thankfully, a partner is not the only form of love and support in this world.

How did you cope with your ex finding a new partner? Tell us below.

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## Think You Need a Man at Your Side? Think Again!



By Michelle Rebecca

Have you stayed in a bad relationship way too long because you were afraid of being alone? Have you rebounded from a breakup too quickly because you missed having a partner? If so, your view of single life may be unrealistically negative. You don't need a boyfriend to make you complete. In fact, being on your own can give you the chance to attend to your own needs and find your own strengths.

**Related Link:** [How to Kick That Bad Relationship to the Curb](#)

## Self-Discovery

When you're in a relationship, it's easy to put your personal preferences on hold. For instance, you may have fallen into the habit of watching Sunday football as a way to spend time with your mate, even if you weren't particularly fond of the sport itself. Or perhaps you let your ex choose the décor in the apartment you shared, or the music that you listened to at home. You may even have lost touch with friends who used to be important to you.

Now is a good time to take stock of your life and decide what *you* want out of it. If you have trouble reconnecting with your own dreams and desires, a few sessions of therapy or e-therapy may help you figure things out and set your life on the track that is best for you.

**Related Link:** [Miss Independent: The Joys of Single Life](#)

## Examine Your Priorities

Relationships can be all-consuming. Ending a relationship that isn't working can free up your time to focus on other priorities such as parenting, learning a new skill or advancing your career.

If you're looking for life advice, New York celebrity Kristin Davis, former star of *Sex and the City*, is a good role model. Although she has recently teamed up with screenwriter Aaron Sorkin, she spent many years flying solo. In 2009, the actress told *StarPulse* that she had found fulfillment without a partner, and in 2011, she adopted a baby girl on her own.

Sandra Bullock is another actress who has prioritized her role as a mother. Single since a messy public divorce from Jesse James in 2010, Bullock has told the press that the most important man in her life is her adopted son.

## Play the Field

Single doesn't have to mean lonely. Just ask actress Octavia Spencer, who achieved much-deserved recognition – and an Oscar – for her role in *The Help*. Although not involved in a romantic relationship, Spencer rarely appears alone on the red carpet. She enjoys friendships and casual dating relationships with several men, each seemingly more handsome than the last, without feeling pressured to enter a long-term romance.

You, too, can use single time to befriend and/or date a variety of men. It might help to go out with someone who is nothing like your ex or with someone you might not have considered “dating material” before.

Being single doesn't have to be a tragedy. In fact, it can be a huge opportunity to renew your relationship with the one person you can always count on – yourself.

*Michelle is an aspiring writer with a passion for blogging. She enjoys writing about a vast variety of topics and loves that blogging gives her the opportunity to publically voice her thoughts and share advice with an unlimited audience.*

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## Sources Say Rihanna and Chris Brown Made Out at NYC Club





By Jennifer Ross

Are Rihanna and Chris Brown reuniting? A source told [UsMagazine.com](http://UsMagazine.com) that Rihanna, 24, and Brown, 23, were caught making out at New York City's Griffin Club on Monday night. And that's not all! According to *Celebuzz*, Brown, who was seated at a different table than Rihanna, climbed over the center stage to get to her. The two then began to dirty dance with each other, unworried about the public. Late into the night, they eventually left separately. Where was Brown's now ex-girlfriend and aspiring model Karrueche Tran, 23, in all this? Not by his side.

**How do you know whether to give your ex a second chance?**

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

Just about everyone deserves a second chance at one point in their life. While your partner may have been the main culprit to the problem, there were other factors to consider that may have been your fault. Even so, should you consider giving your partner a second chance, here are three tips to ponder before you do:

**1. Time has passed:** Enough time has passed to give you both the space to reflect back on what happened, who did what, and

where did each of you go wrong. Without you and your partner separately analyzing the issue and your negative contributions, history will repeat itself.

**2. Taken responsibility:** After re-evaluating what went wrong, the two of you have either taken or begun to take the necessary steps in fixing the issue within yourselves. Working on yourselves first ensures that you can give each other the openness to work through it and have a real fresh start at love again.

**3. The decision is agreeable:** In deciding to reconcile, the two of you have agreed to do so protecting each other and lovingly together. By both being on the same path and honestly dividing up the work between each other, only then can your relationship move forward with the best chance of surviving.

**What reason(s) helped you decide to give your partner a second chance? Comment below.**

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## **Cameron Diaz Says It's Great Being Single**





By Jennifer Ross

While movie star Cameron Diaz has been romantically linked to celebrities like Justin Timberlake and New York Yankee Alex Rodriguez, walking down the aisle has not been in the cards for her – yet. Rather, the *What to Expect When You're Expecting* starlet is alright with that. She admits that marriage was not something she searched for in her 20's or 30's. However, Diaz, who just turned 40 at the end of August, is feeling open minded to the possibility of marriage and, perhaps, children in her future. Recently, she spoke with [Esquire UK](#) about her life, stating that she knows herself better, feels more capable than ever, and “has gratitude. “ When it comes to potential suitors, Diaz claims she looks for “someone who takes care of themselves, who's strong.” Until then, she seems perfectly content in her own skin.

**What are some advantages to being single?**

**Cupid's Advice:**

In this day and age, the society and family pressures of marriage still exist. As women tend to get older, some may question if they will ever find a partner. However, being is single is not just about waiting for prince charming. It does have its perks. Here are a few reasons why being single can be

more fun:

**1. It is your time:** Without the constraints of marriage and children, you can arrange a night out with friends at the spur of the moment. Ever went to see a movie and hated it half way through? When you are single, you can get up and leave the show midway. The freedom is so exciting when you think of it.

**2. Traveling is easy:** Imagine a three day weekend and a little extra cash. With no mate, you can take off whenever and wherever you like, especially when you sign up for a singles' trip. It gives you the opportunity to meet wonderful singles, like yourself, and experience new adventures.

**3. Recreating is possible:** Possibly the ultimate advantage to being single is the ability to recreate your life. Anything you want is possible with high rewards and little risk, since you don't have to worry about your actions affecting anyone else's life. So go after it, whatever it is!

**What do you love about your single life? Tell us below!**

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## **Sean Lowe Signs On As the Next 'Bachelor'**







By Jennifer Ross

The decision is out! ABC has announced to [People](#) that Sean Lowe will star in the upcoming season of *The Bachelor*. In last season's *The Bachelorette*, the insurance salesman from Dallas only made it to second runner-up when Emily Maynard, 26, cut him from the final three. During his wait for the official decision of the next Bachelor, Lowe was quoted as saying he is "an open-minded optimist" and believes "it would be worth it." Will Lowe find his true love? The next season of *The Bachelor* is already in productions and will air in January 2013.

**What are some unique ways to find love?**

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

No matter where you turn, love is all around us. Sooner or later, you will want one of your very own. Sometimes the problem may be which area to begin looking. Therefore, when you cannot decide where to start, we can help with a few ideas:

**1. Network:** Networking is not only just for your career anymore. Talk to all your friends and acquaintances, asking them if they know of a single man that could be right for you. Also ask them to ask their friends for help. It is one of the

best tools to finding a potential love.

**2. Visit your local hardware store:** Why waste your time searching for men at a club where the men-to-women ratio works against you? Instead, try your local hardware store, computer store, or even a sporting goods store. Make sure to pick a place where the men tend to outnumber the women in order to better your odds.

**3. By train or subway:** Next time you need to go somewhere, opt for taking a subway or train. Many single men travel this way, and it gives you a moment to start up a conversation. Plus, it literally gives you a way out should you not find any good prospects; you can always change cars or get off at the next stop.

**Where did you find love? Was it unusual? Tell us below.**

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## **Prince Harry Emerges for First Time Post-Photo Scandal**





By Jennifer Ross

Prince Harry is out again; this time with clothes on! After his scandalous Las Vegas trip, where he posed with all his glory, the royal red-head, 27, has made his first public appearance at the WellChild Awards on Monday that was held at the Intercontinental Hotel in London. The Prince currently serves as patron of the charity and was in attendance to give a speech at the ceremony, according to [E! Online](#). Seeing as adults are not the only ones watching the Prince, let's hope he has learned his lesson. After all, not all things stay in Vegas.

**What are some ways to keep your intimate details to yourself?**

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

With today's technology allowing every experience to go virtually instantly into the world, some moments are best kept private. Here are a few tips on how to stay low key:

**1. Electronics free:** In entertaining situations with friends and loved ones, who doesn't like to snap a few photos to reminisce about later or post via Facebook? However, when the party gets down and dirty, it is time to put the electronics to bed. Especially when the alcohol is flowing, be sure to

keep the smart phones put away.

**2. Trust is No.1:** When having fun at a party, it can be easy to let loose with your words, among other things. This is where you must be certain to know who's around you first. Surrounding yourself with close friends that always have your best interest at heart is a good way to insure embarrassing moments won't travel far.

**3. Keep it sealed:** In the event that you find yourself mingling with new acquaintances, less is more. It does not matter how cool or funny they seem, they are not your best friend! Therefore, the only way to avoid a regrettable tomorrow morning is not to share anything you wouldn't want the world to hear or see.

How do you keep your personal moments private? Comment below!

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## Olympian Ryan Lochte Says He's 'Always Looking' for the Perfect Girl





By Jessica Nappi

Step aside Michael Phelps; after winning five medals at the London Olympics, Ryan Lochte has become one of the world's most eligible bachelors. Over the weekend, Lochte headed to Vegas where he told [People](#), "I'm always looking for the perfect girl. Now that I'm older, I'm looking to settle down a bit." For Lochte, the perfect girl starts with a sense of humor. "Anyone that can make me smile and make me laugh, that's the key to my heart," he said. Ladies, are you writing this down?

**How do you know when your dating standards are unreasonable?**

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

Everyone has standards when it comes to dating, but having too many restrictions will keep your heart closed off from the world. Here are some ways to know you have gone too far with your standards:

**1. You expect perfection:** Perfection is a word that has a different specific meaning for everyone, but with the same base understanding; physical beauty accompanied by a good personality. But if your definition of perfection pertains only to certain hair colors, eye colors and body types, you've

gone too far. You are only limiting yourself if you limit your selection. Physicality can attract you to others, but inner beauty is what sustains relationships.

**2. You never go on dates:** If you're constantly looking for the perfect guy and will only go on a date when you think you've found him, then your standards are too high. Dating around is a good way to find out what you both want and don't want in a partner, so don't sit around and wait for the one.

**3. You're looking for Prince Charming:** Chivalry isn't dead, but it certainly isn't alive as it once was. So, if your date doesn't open the door for you or return your glass slipper by the end of the night, it's not the end of the dating world. If you think it is, your standards are unreasonable and you might've read one too many Nicholas Sparks books.

**What dating standards do you think are unreasonable? Tell us below.**

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## **Miss Independent: The Joys of the Single Life**





By Audrey Melnik

Katie Holmes and Tom Cruise have been the center of a media circus since they announced their divorce. A number of rumors have surfaced about why their marriage ended, but no matter what the true causes were, it's clear that Holmes is doing what she thinks is best for her daughter, even if that means ending her marriage. Going through a divorce isn't easy and it always takes time to recover, but it should never be avoided when you think a split is important for you and your family. Thankfully, being single allows you to focus on what makes you a better person. Here are some great ways Holmes, and other singles, can enjoy their independence:

**Related Link:** [How to Handle Wedding Season as a Single Gal](#)

**1. Work on your career:** Now that you're single, you won't have any commitments other than your own. This will let you give your job the time and attention it deserves. Work hard, focus and you'll be able to rise to the top.

**2. Take time for yourself:** Singles can make their own rules, so be spontaneous. You don't have to worry about anyone but yourself. Enjoy this time, it won't last forever. Find a hobby, read a book or do something you've never done before.

**3. Travel:** When you were in a relationship, you always had to coordinate schedules before you could travel. When you're on your own, you can just pack your bags and go.

**4. Have a girl's night:** Whether your girlfriends are single or not, plan a night every now and then to go out with just them. Have fun, go dancing and let loose. You'll see that even though you might not have a partner, there are still plenty of people who care about you.

**5. Be a flirt:** There's no better way to build confidence than to flirt. When you see someone staring at you from across the bar, go talk to them. Even if you don't wind up dating, it'll be good to give yourself a chance.

**Related Link:** [Celebrate Being Single This Year](#)

**7. Buy yourself something nice:** Without a partner, your money belongs to no one but you, and you know you worked hard for it. Find something luxurious that you love and splurge on it!

**8. Be an awesome parent (if you have kids):** For you single parents, devote more time to your kids. They'll make you happier than any partner could. Plan a fun day with them and do something you all love.

Sure, being in love is wonderful, but so is being strong and independent. You can pave your own way, make your own decisions with your own money and you don't need a man to do it.

*Audrey Melnik is founder and developer of WotWentWrong, the breakup app for couples who never really broke up. It offers closure and answers for relationships past – and a blueprint for future dating success – directly from one's former partners. Audrey is passionate about the intersection of internet technology and business and has successfully developed and enhanced the online businesses for both corporate and government clients in the U.S. and*



*Australia. She credits NYC with her inspiration for WotWentWrong, realizing the web could coax former dating partners into spilling their secrets in a way people could not. Melnik received a Bachelor of Business Systems on scholarship from Monash University in Melbourne, Australia. WotWentWrong is headquartered in Melbourne, Australia but Audrey recently moved to San Francisco.*

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## **Match.com Survey: U.S. Singles Dating More Than Any Other Participating Nations**



Match.com released findings yesterday from a new international survey that revealed U.S. singles are going on more dates than singles in any of the other participating nations.

Inspired by the 2012 Olympic games – when countries around the globe will unite in the spirit of competition – Match.com, the world’s largest dating website, surveyed singles from **six countries including the U.S., U.K., Australia, Japan, France and Canada** to compare dating norms and preferences of each nation. The data revealed many stark differences between the countries on topics ranging from who pays for the first date to which countries’ singles are the most likely to kiss and tell. The survey also shattered cultural stereotypes – for example, in many categories, US singles were more traditional than singles from the other countries.

**Related:** [3 Benefits of Meeting People Online](#)

**1. US Singles Win the Gold for Most Dates**, with 77% reporting they have gone on two or more dates in the last year, followed by Canada (71%) and the UK (67%). Australia came in last place at 46%, showing that Aussies may want to focus a bit more on getting back into the dating game. **US and Canada’s trick to winning the dating race?** Could be their abundance of bold women, with more Canadian (63%) and U.S. (62%) women reporting they have asked a man out on a date – more so than other countries.

**2. Friends’ opinions matter the most in the US; the least in France:** France took the gold for independent thinking, with 74% of French singles reporting that their friends’ opinions weren’t a factor for choosing a date. Japan, trailing by a large gap, came in second at 47% to claim silver. **For US singles, the opposite held true**, with a large majority (70%) reporting that friends’ opinions of their date matter. Northern neighbor Canada held similar attitudes in this category (68%).

**3. Who pays on the first date?** US singles were the most likely to believe that no matter who initiated the first date, the man should always pay (48%), while 37% of UK singles felt the first date bill should always be split. French singles however

were the least likely to believe in a specific rule, with 36% reporting that depending on the situation, either person could pay. *\*Additional data on how nations are 'split' over who should handle the bill are included in the below release.*

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

**4. Kiss and tell? US singles bare it all, while the French keep details hush-hush:** French singles were least likely to kiss and tell, with 35% of respondents not sharing details of their dates with their friends, closely followed by Japan at 30%. On the opposite end of the spectrum, U.S. singles were the most likely to tell their friends everything that happened on a date – with 92% admitting they would share at least some details with their pals.

**5. Hottest singles in the world?** Worldwide, the familiar trumps the exotic, with singles from every country overwhelmingly reporting that the hottest singles were in their **OWN** country. Besides expressing loyalty to their own countries, those we surveyed agreed that Southern Europe is home to the hottest singles in the world. Japanese and Aussie respondents preferred the singles in Northern Europe.

*For more survey results, visit <http://blog.match.com/dating-championship>. For more information, visit <http://www.match.com>.*

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## **How to Handle Wedding Season as a Single Gal**



By Jennifer

Harrington

Summer is the season of many things, including warmer temperatures, weekend getaways, sundresses and weddings. As wedding bells are ringing, it's no secret that the arrival of an invitation in the mail can bring angst to a single lady. No matter how you feel, remember that weddings are a reason for everyone to celebrate, even single folks. Keep these tips in mind in order to navigate and embrace wedding season, even if you're "without guest":

**Related:** [What to Wear to a Summer Wedding](#)

### **1. Consider the men you know.**

Once a wedding invitation arrives, take stock of the guys in your life. Do you have a crush or even just a good friend? Ask him to accompany you. Most guys, whether their interest in you is purely platonic or not, are eager to accept a wedding invitation, as it usually means a fun day with a free open bar. Having someone as your arm candy gives you a partner in

crime for the wedding. Plus, if you have romantic feelings for your date, no place has more romance in the air than weddings.

## **2. Try to meet new people.**

Even if you don't have a special guy in mind to accompany you, don't forget that weddings are an excellent place to meet someone new. Flying solo gives you the opportunity to mingle, particularly with members of the opposite sex. Some have even said that showing up unattached to the festivities labels you as a "hot commodity." You can be sure that the bachelors in attendance will take note and will flock to make introductions. Embrace their attention, dazzle the gentlemen, and remember: it's not uncommon for people to meet their future spouses at a friend's wedding!

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

## **3. Be confident.**

If you're self-assured and confident, you'll be a lot more likely to have a great time. Wear a dress that makes you feel your best (for inspiration check out celebrity-style guest attire), and enter the wedding ceremony with the right attitude. Take the day as an opportunity to have fun and celebrate the bride and groom. Don't forget to test your luck at the bouquet toss!

**How do you handle weddings when you're single? Leave a comment below and tell us.**

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# **Weddings Show Single Men What**

# They're Missing



By DeAnna Lorraine

Summer is here, which means wedding season is already well underway. That's good news for those walking down the aisle, but how about for those who are still single? Sure, some might use weddings as a hot singles spot to meet someone new, but others just feel depressed. There's a reason that therapy bills increase every summer. Though major movies like *Wedding Crashers* always cast single women as being desperate and emotionally vulnerable, it seems that men are more and more likely to be bitten by the love bug first at a wedding. In fact, they're also just as likely as women to be emotionally vulnerable. Here are some other things you might not have realized about single guys at weddings:

**Related:** [What to Wear to a Summer Wedding](#)

**1. Men can be vulnerable:** Sure, they pride themselves on showcasing a tough and "manly" exterior, but men have feelings

just like women do. They're not just at weddings looking for casual relationships; they're usually feeling just as strongly about commitment as their female friends and relatives.

**2. Men don't always show their feelings:** Because of the need to appear strong, most men aren't used to expressing themselves outwardly. Although they might not be using an entire box of Kleenex while at the wedding, their emotions are definitely getting stirred up on the inside, usually just as much if not more than women's. Because men don't typically deal with their feelings as thoroughly as women do or analyze them to death with their friends, when they are faced with something like a wedding, they're often even more stirred up and affected.

**Related:** [What Kim Kardashian Taught Me About Marriage](#)

**3. Men are anxious for love:** The popular stereotypes that cast women as the clingy, needy gender and men as the cold and insensitive one just aren't true any longer. Men are more sensitive and anxious for love than you might think. Weddings actually seem to activate a man's own version of a "biological clock," leaving him feeling more eager to find a woman of his own and settle down. Suddenly the bachelor life looks less fun when they see those happy couples walk down the aisle. In the last seven years of coaching singles, I've always had about 10% more male clients than female clients. However, that number has been steadily increasing in the last few years. This might be a reflection of this trend: a growing number of men seem to be the ones who are more interested in getting married and settling down.

Are men and women gradually starting to switch roles? It might not be long before women are the ones passing the tissues to men at the weddings, with men going back home updating their Hope chests. Let's stay tuned and see.

*Nicknamed, "Ms. Hitch," DeAnna Lorraine specializes in helping*

*even the most introverted men and women find the best ways to find confidence to express themselves in order to find love. She has years of experience coaching hundreds of singles of all kinds on how to go from lonely and distressed to total romantic success in a few months. She's seen regularly on television and has appeared on the Rachel Ray Show offering her insights and advice.*

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## **Nine Unexpected Places to Find Love**



By Kelly Rouba,

GalTime Writer

You can find love anywhere, just make sure to keep your eyes open!



Finding love is never easy— or so it seems when you're single. As many women will admit, the bar scene isn't always an ideal place to meet men and flirting with someone at work is sometimes frowned upon. So if you're "looking for love in all the wrong places" or just unsure of where to mingle with eligible singles, GalTime's relationship expert Nikki Leigh has a few suggestions that just might help you get on the right path to meeting the man of your dreams.

According to Leigh, it's possible to meet someone just about anywhere; whether it's while shopping at the grocery store or while working out at the gym. But if you're looking for a true partner, Leigh believes there is a strategy or two that can help you find someone that you're more likely to be attracted to and really interested in. "If you want to meet someone that may be more compatible with you and [who shares] your likes and dislikes, think about meeting people in places and around things that really interest you," she said. "If you love to read, you could meet someone at a library or at a book store or at a book reading or signing. If you are very health-conscious, think about going to a gym or a health food store."

Also keep in mind when you're looking for love, it's important to be open-minded. "A key to meeting people is to always be open to the idea of making new friends and reaching out to people," Leigh asserts. Here are some more of Leigh's tips with helping you find love in unexpected places:

## **9 Unexpected Places to Find Love**

- The post office
- On the bus, subway, or other public transportation
- An airport
- In a night class or another type of class, such as cooking class
- At a church or church events
- At local senior events, if you're an older adult;

oppositely, many colleges are hosting “young alumni” events and some organizations even have mixers for young professionals

- Online (aside from dating sites, you may want to try gaming sites or sites devoted to hobbies of interest to you)
- In the park
- At a local store

“There can be a fine line between reaching out to meet new people and coming across like a crazy stalker,” Leigh cautions. Remember, if you do decide to approach someone at a public location or event, make sure to do so with tact.

“If you’re in the grocery store and you see an interesting guy or girl and a quick glance in their cart reveals they have similar taste, you may want to say hello as you pass them,” Leigh said. “Then, if you can meet their gaze, smile at them, a smile is very warm and friendly.” Noting that you should be careful not to leer at the person, Leigh continues “After that, if they smile back at you or, if they are pondering a decision in one of the aisles, you can subtly mention a favorite of yours and recommend they try it, but never be pushy or get in their face.” There is a real art to being subtle yet friendly and a little flirty.

“This approach can also be used on a train, bus, or subway, especially when it’s a route you travel frequently,” Leigh adds. “I’ve talked with people who have done this with great results, and I’ve had a great number of fun conversations in the grocery store.”

Next time you see someone who catches your eye, don’t be afraid to say hello and flash him a suggestive smile. You never know where it might lead you!

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# Taylor Armstrong Says She's 'So Not Ready' to Date Again



It's been eight months since the *Real Housewives* star Taylor Armstrong lost her husband Russell Armstrong to suicide, and she said she hasn't even considered dating. "I'm just so not ready. I still think about Russell every single day, and I still miss him terribly and I feel like I'm so far from ready," said Armstrong according to [UsMagazine.com](http://UsMagazine.com). "I don't know if you just wake up and you're ready, or how that works. But for me, for now, I really got some growing to do, I think, before I'll be even ready to be a good judge of what's good for me." As for now, the reality star is putting her focus on raising her daughter Kennedy and learning to be a single mom and an independent woman.

**What are some ways to know it's time to enter the dating world after tragedy?**

## **Cupid's Advice:**

The loss of a loved one is not an easy battle of emotions to overcome, but someday you will be ready to date again. Cupid has some signs that might prove whether or not you're ready:

**1. Grieve:** It's important that you take time to grieve. We often try to put on a strong face for others, and pretend that we're ok when we're not, but it's ok to be sad, angry, hurt, or lonely. Once you go through the stages of grief you will be closer to accepting what the future has in store for you.

**2. Time:** Don't jump into a rebound relationship just because you're lonely, but don't wait forever to let someone else into your heart. Just because you move on with someone new doesn't mean you're forgetting the person that you lost.

**3. Content:** There will be a day when you've come to terms with your loss and you learn to be yourself without that person. However, don't waste time being alone when you can find someone else to share your life with and hopefully one day love someone else again.

**What do you think are some signs that someone's ready to enter the dating world again? Share your comments below!**

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# **Tim Tebow Says He's Still Single**





Famously Christian NFL quarterback, Tim Tebow, is still single, as dating not fitting into his hectic lifestyle. Regardless of rumors that he had begun dating Taylor Swift and *Glee* star, Dianna Agron, his main focus has remained his recent trade to the New York Jets. On top of his exciting switch, Tebow is focusing on his foundation for children in need, telling [People](#), “To be able to bring people together to raise money to help kids, and make a difference in their lives, that’s what it’s all about.” Maybe this athletic Christian will soon be able to find someone who can help him with his foundation, all the while cheering him on as a Jet.

**What are some ways to find a partner with similar beliefs?**

### **Cupid’s Advice:**

The timing is really important in a relationship, as well as making sure you don’t change for them. It’s always better to find someone who shares similar beliefs. Cupid has some hints:

**1. Look out when volunteering:** If you like volunteering or any particular activity in your free time, you’ll most likely find people most similar to you at these events. If they are volunteering, they also most likely have kind hearts. Keep an

eye out for someone in whom you could potentially be interested.

**2. Attend family parties:** Most of the time, you share the same values and beliefs as the rest of your family. Try attending more family events where friends of the family will also be. You'll probably find a lot of people similar to how you and your family are.

**3. Dating sites:** If you have a tough time finding someone to fit in with your particular beliefs, try signing up for particular dating sites. There are many specific dating websites that can be used to fit your needs.

**What do you think are the best places to find a potential partner with similar beliefs? Share your ideas below.**

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## **Exclusive Discount: Single in Stilettos Event in NYC**





Do you have burning questions about dating, relationships or just plain being single? Or maybe you're just looking for a fun event with single women just like you who are struggling with the ups and downs of single life in the city. Maybe you're looking for the man of our dreams and don't know how to go about it?

If any of this rings true then we have an event tailor made for you. It's called *Single in Stiletto*s and it's taking place on April 28th at the Skylight Room in New York City! We cordially invite you to join us for an amazing afternoon of dating session topics that will leave you walking away feeling empowered to meet that special someone. There will also be a wonderful complimentary happy hour in the evening, goody bags (which we all love) and raffle prizes!

The last time *Single in Stiletto*s hosted an event like this it was SOLD OUT! So, get your tickets fast. Plus, if you sign up now you have the chance to get your tickets at the discount rate of \$25 instead of the normal \$80 price. All you need to do is use [sign up](#) using **Discount Code: SPK4**. Hurry now though because there are only a limited number of \$25 tickets available.

We hope to see you there!

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# Exclusive Interview: Pick-Up Artist Mehow Shares His Secrets



By Samantha Mucha

As women, we read countless articles, stories, opinions and anything else we can get our hands on to help us understand what guys want. Now, there is no need to worry anymore, ladies: Mehow has your answers.

Who is Mehow?

Mehow is one of the most well-known Pick-Up Artists (PUA) in the world of seduction. Back in 2006, he started his own Website called Mehow Inc. where he used his experience and his expert advice to help men meet women and develop happy and



successful relationships.

**Related:** [Creating a Better Relationship](#)

When asked about the top three qualities men look for in women, Mehow replied, “First of all it’s hotness, but that’s just the truth, right? That’s the number one thing for men.”

However, woman who may not be the best looking still have a great shot at getting the guy they want. “Fun and personality are a big factor,” Mehow reveals, but really, “It depends on the guy. A normal dude will look at her stuff, level of fun and see if she’s being logical. She has a better shot, if she has her life together.”

Be fun, cool, compelling and confident. According to this PUA, that’s what it takes to make yourself more attractive to men.

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

So how does Mehow know so much about women? He has been working as a PUA for about seven years and has talked to thousands of girls. He has compiled tons of research and sometimes uses hidden cameras to look at women’s reactions to his methodology. He uses specific methods and ways of communication to make women feel comfortable, but also allow the guy to communicate well. Taking his work a step further, he even believes that with the right amount of funding, he could scientifically prove some of his theories.

Believe it or not, “women are primarily attracted to men’s personalities, and men are primarily attracted to women’s looks,” says Mehow.

If that’s true, then what can women do to help guys – and themselves – out?

“Gives guys a chance,” he urges, sharing his number one piece

of advice for women. “Guys often ask themselves the question, ‘Is she cool with who I am?’ A guy’s biggest fear is how to approach a woman.”

**Related:** [5 Ways Nice Guys Finish First](#)

Women also need to remember that there is no perfect guy; they all make mistakes. If your new man messes up once or twice in the beginning of your relationship, forgive him, accept his screw up and move past it.

Mehow also describes “super hot girl A.D.D.” He says that this refers to the “perfect 10” girl who has no problem getting what she wants but cannot focus on anything serious for more than a minute due to the fact that she was handed everything just from being good-looking. “Perfect 10’s screw it up. How a woman appears to the world around her changes her social behavior.” His advice to these women is to slow down and take a risk with someone. Attractive women should find one guy who they like and stay with him.

The moral of the story is to give guys a better shot. No matter what the situation may be, guys are deserving of a second or maybe even third chance to impress a woman and show off their knight-in-shining-armor side.

No matter who you’re dating – even if it’s Mehow himself or someone who he’s trained very well – you have to be able to let go of small errors and see the bigger picture. “Guys can’t be players forever,” Mehow says.

You can catch Mehow using his system to “pair up perfect couples” on his new reality television show coming out this fall.

That’s all Mehow was able to tell us without sharing too many secrets, but we know enough to know that he is the master of getting inside the heads of both men and women.

You can check out YouTube in the meantime to see how his methodology works.

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## Octomom Nadya Suleman Won't Date Until Kids Are 18



Octomom, Nadya Suleman, said that she doesn't plan on dating until her kids are at least 18-years old. "I get way too much male attention," said the single mom, according to [People](#). "When men look at me, I look away and they know not to approach me. I know I'm beautiful – I don't need a man to tell me that." As for now, Suleman's biggest concern is her children, and she doesn't plan on that changing anytime soon.

**What are some obstacles to dating as a single parent?**

## **Cupid's Advice:**

Dating in general is a challenge, let alone when you have kids. Cupid has some tips:

**1. Attatchments:** Kids that grow up without a father figure are going to look for someone else to fill that role. If you bring home the people you date, you don't want your kids to get too attached – especially if it's not something that you could see working long term.

**2. Commitment:** As a single parent you're constantly busy with work and the kids, and having time to build a strong relationship may be a difficult task. However, don't be afraid to find a babysitter a few nights a month without feeling guilty, because you deserve to find love if you're seeking it.

**3. Prioritizing:** New love interests can be exciting and it's easy to love the flirting and mystery, but don't let yourself get too caught up. Remember that you have a family to think of, and a crush should never come before your children. If you prioritize your time, you just might end up snagging Mr. Right.

**How do you find time to date as a single parent? Share your comments below.**

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# **Count Phone Numbers, Not Calories!**



*This post is*

*sponsored by The Fresh Diet.*

By Daniela Agurcia

Instead of wasting your time cooking and working to manage your weight, let The Fresh Diet take care of your culinary needs while you manage your social calendar. The Fresh Diet can help you lose weight by offering fresh, healthy, calorie-controlled meals delivered daily straight to your door.

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## **January Jones Says Being a Single Working Mother Is 'Difficult'**





January Jones has been playing supermom, being a single mother for newborn, Xander, while working hard on the set for season 5 of *Mad Men*. She had already been on the set and was working hard when Xander was only 6 to 7 weeks old. But the 34-year-old actress told [UsMagazine.com](http://UsMagazine.com), "It was difficult to be a working mom and just juggling all of that. But everyone made it work and it was great." Even though she is a single working mother, the staff on the set has made her job as a mother and actress that much easier.

**What are some ways to balance your career and being a parent?**

**Cupid's Advice:**

Being a parent should always come first on your list, but if your career is flexible, then you might be able to do both.

Here are some ways to keep a good balance:

**1. Don't work long hours:** It's fine to have a baby and to be working at the same time, but remember your child needs you and its home environment to grow up normally. Don't overdo working, and make sure you're able to have some quality time with your kid at home.

**2. Make sure your boss knows you're a parent:** Remind your

boss that you do have children and although your job can be very demanding at times, you need to be at home with your family without including your job with every thing you do. Let them know you need some periodic family time.

**3. Don't choose work events over family events:** The biggest mistake is letting your job take over. It's always good to work hard, but your children will start taking things to heart if you continue choosing work events over their soccer games or gymnastics matches. You never want to get to the point where they begin resenting you.

**Have you ever had to balance being a parent and your job at the same time? Share some advice on how to make it work below.**

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## **Madonna Says 'Head Is Going to Explode' from Single Motherhood**







Since Madonna split from film director Guy Ritchie in 2008, it hasn't been easy being a single, working mother. The "Material Girl" hopes to inspire others in her situation with her upcoming album *MDNA*, where she expresses the challenges of juggling life as a single parent. "I hope I'm a role model. I hope I give other girls a voice. . . someone to look up to and admire," Madonna said, according to [UsMagazine.com](http://UsMagazine.com). "I keep rolling with the punches and trying to have integrity." With this album, the pop singer hopes to inspire women and give them the strength to handle whatever struggles come their way.

### **What are some ramifications of being a single parent?**

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

Raising children on your own is a difficult task. Cupid has a few things to consider:

**1. Time:** Everyone needs the chance to stop and just breath sometimes, but when you're a single parent finding that time between juggling work and taking care of your kids can be impossible. Consider taking your friends and families up on their offers to give you a break once in a while.

**2. Stress:** Without being able to take that time you need to

breath, you can become stressed and overworked, which can be unhealthy for your body and your relationships with your children. Schedule time for yourself wherever possible, even if that means sitting in a massage chair after your kids go to sleep.

**3. Money:** Typically for single parents money is tight. You'll have to be responsible and frugal with how you spend your money, and spending it on luxuries and wants is rare. Luckily, kids do nothing but grow, so eventually they'll be old enough to take care of themselves.

**How has single parenthood affected your life? Share your comments below.**

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## **St. Patrick's Day: 10 of the Most Desirable Irish Celebrities**





By Matthew Dougherty

St. Patrick's Day is right around the corner! With so many celebrities from Ireland or with Irish descent, now is the perfect time to decide who would be the best match for you. With a little Irish luck, anything can happen. Here are our picks for the best Irish actors and actresses to hit the bars with on Saturday – after a romantic dinner, of course:

### **Top 5 Irish Actors To Romance**

**5. Cillian Murphy:** Cillian Murphy was born in Douglas, a suburb of Cork, Ireland. The actor has appeared in many films, but perhaps he was most desirable in the opening moments of *Red Eye*, where he played the perfect potential boyfriend to Rachel McAdams' character. That is, until he turned out to be a homicidal lunatic. Murphy has a laid-back, cool persona and would likely make a charming date.

**4. Jonathan Rhys Meyers:** This television actor, who was born in Dublin, Ireland, has a reputation for partying and would be a great person to hit the clubs with on St. Patty's Day. His piercing blue eyes also make him almost impossible to resist.

**Related:** [10 Ways to Meet Someone on St. Patrick's Day](#)

**3. Pierce Brosnan:** Okay, so he's married, but our list

wouldn't be complete without James Bond. Plus, there's hope for a movie romance: with every new film comes another Bond girl. Brosnan was born and grew up in Ireland and is practically ageless, both qualities that help him play the super suave and sexy spy.

**2. Mark Wahlberg:** Marky Mark was born in the most Irish town in America: Boston, Massachusetts. Boston is the best place in the U.S. to celebrate St. Patrick's Day. If you are lucky, maybe Wahlberg will take you to some of his favorite pubs in the city.

**1. Colin Farrell:** No actor flaunts his Irish heritage as much as Colin Farrell. Born in Dublin, Ireland, Farrell is known for being one of Hollywood's bad boys. But that does not take away from the fact that he would be a great date. Plus, he does have a [soft side](#). Farrell has said that what inspired him to become an actor was watching E.T., which brought him to tears. Need we say more?

## **Top 5 Irish Actresses To Romance**

**5. Jennifer Connelly:** Jennifer Connelly is of Irish descent, thanks to her father. You can very easily see it in her face. Do you know what you cannot see in her face? Her age. Jennifer Connelly is 41 years old and does not look a day over 30. She is a beauty queen and easily one of the sexiest women on the planet.

**Related:** [Why Amazing, Confident Women Remain Single](#)

**4. Olivia Wilde:** This rising star has citizenship in Ireland. Coming off of some major television and movie roles, Wilde is becoming one of the hottest names in Hollywood. If she is anything like some of the characters she plays, she is kind-hearted and absolutely loveable but with a bit of an attitude as well.

**3. Rooney Mara:** She may have played a Swedish hacker in last

winter's *The Girl With the Dragon Tattoo*, but Mara comes from an extremely Irish family. Her great uncle was, at one time, the United States Ambassador to Ireland. Mara is very shy and modest in interviews. This makes her one of the cutest and most humble people in the business. Oh, and she is absolutely gorgeous.

**2. Zooey Deschanel:** Who can resist Zooey Deschanel? *The New Girl* and *(500) Days of Summer* star has a glowing personality but manages to be more down to Earth than a lot of other actresses. She would be an entertaining date because she knows how to laugh at herself – and how to make you laugh, too. A combination of her bubbly personality and beautiful, big blue eyes will make her very difficult to ignore.

**1. Anne Hathaway:** Hathaway is of mostly Irish ancestry, which is pretty obvious when you look at her. Based on interviews and what many in the inner circle of Hollywood have said, Anne is one of the sweetest, nicest people in the business. Last summer, she starred in the romantic film *One Day*, leaving many of her fans wanting to spend more than just one day with her. This summer, however, she will take on a much darker role as the new Catwoman in the next Batman movie, *The Dark Knight Rises*. Hathaway is great as any character, but who can pass up dating Catwoman?

**Do you like our picks? Any other Irish celebrities you would rather date? Sound off below!**