

Denise Richards Sheds Light on Being a Single Mom



Denise Richards has certainly proven herself to be a dedicated single mom. Richards is a former supermodel and mother of three (two of who she had with ex-husband Charlie Sheen). When Sheen had his outbursts last year, Richards knew better than to continue to lie to her children and keep them in the dark. She decided to educate her daughters about the cause of those outbursts: addiction. According to UsMagazine.com, Richards said, "It's too early [for them to understand], but I told them enough for them to make sense of things that were going on." There's no doubt that single parents can use Richards as an example.

How do you explain to your kid(s) why you're a single parent?

Cupid's Advice:

Sometimes it can be difficult raising kids on your own. Cupid shares how to handle the time when kids ask why you're a single parent:

1. Don't bash your ex: When explaining why you're no longer in a relationship and why your partner is absent, don't criticize them. Like Richards, take it as an opportunity to educate your child.

2. Don't lie: Some parents like to sugarcoat things for their child, but that's not always the best option. It's usually better for them to hear the truth from you, even if it's not the whole story of your separation.

3. Memories: Explain that sometimes all you have are memories. Share the good times with your child, but let them know that it wasn't always happy and that your being a single parent was best for both you and them.

How do you help your child understand your being a single parent? Let us know in a comment below.

4 Ways to Exorcise Your "Ex" This Valentine's Day





By Marianne Beach,

GalTime.com

It's a new year but you're still stuck on that old guy. And now the most romantic holiday of the year is fast approaching. Wouldn't Valentine's Day be the perfect time to exorcise that ex and move on for good?

Kelly McGonigal, psychologist at Stanford University and author of the new book *The Willpower Instinct: How Self Control Works, Why It Matters, and What You Can Do To Get More of It*, thinks so. "Valentine's Day is all about declaring who you care about most," she declares. "And if you've thrown away enough time on a go-nowhere relationship, the person at the top of your V-Day list should be *you*."

Sounds good, right? But maybe easier said than done. After all, an "ex" habit can be hard to break.

"Anything that reminds you of your ex can bring back a flood of feelings," says McGonigal. "You may look back with 'euphoric recall,' remembering only the highs and none of the lows. Even if the relationship was a disaster, you may not want to believe that you wasted your time and heart on a jerk."

Related: [Celebrity Couples Who Called It Quits in Summer 2015](#)

So what does it take to break the “ex” habit once and for all? McGonigal says you’ll need a good dose of self-control with a dash of self-compassion. And she has four great tips, based on the latest science of willpower to help you move on.

4 Ways to Exorcise Your “Ex” this Valentine’s Day

1. Find a Role Model.

Science shows that we can catch willpower from people we admire, and strengthen our resolve just by bringing them to mind. Look to your own life, pop culture, or the news for a “ditch-the-ex” role model. Who’s your favorite example of a strong woman who kicked a man to the curb, and is doing just fine on their own (or on the rebound!)? Think of yourself as following in her footsteps, and bring her to mind when you’re tempted to stalk your ex on Facebook.

2. “I Won’t” Is Easier When You Have a New “I Want.”

The best way to make an old habit less tempting is to find a new addiction. The bad news is you can’t order a new crush from Zappos. So how do you replace the longing for an ex without jumping into a new relationship? Find a new goal – like running a race for charity or writing your own romance novel – or return to an old passion you’ve left behind, like cooking, bellydancing, or blogging. When that “something’s missing” feeling comes up, get busy on your goal instead of fantasizing about getting back with your ex.

Related: [Relationship Expert Reveals What to Do Before You Begin Online Dating](#)

3. Take Care of Yourself.

Stress is the #1 trigger for any addiction, including old flames. Feeling overwhelmed, exhausted, or anxious triggers a physiological need to connect, and you crave what

psychologists call “contact comfort.” Stress also makes your brain focus on potential reward, and ignore potential risk. So you’re likely to imagine the warm embrace of a romantic reunion, and forget the shame or regret you felt after the last hook-up. Pre-empt stress-induced longing by treating yourself to some serious self-care. Schedule a girls’ night, pull out that yoga DVD, get a manicure and massage, or whatever calms your nerves and lift your spirits.

4. Beware the White Bear.

There’s one guaranteed way to make sure you *never* forget your ex: try to push him out of your mind completely. Psychologists call this the “White Bear Effect.” If you try not to think about a white bear, one will pop into your mind. This is true for all kinds of temptations. Dieters who try not to think about chocolate become obsessed with it, and eat more of it. Smokers who try not to think about cigarettes only end up smoking more. One study even found that if you try not to think about an old flame, you’re more likely to dream about him! So when an ex comes to mind, don’t panic, and certainly don’t take it as some kind of sign! Remind yourself why he’s an ex, then put your attention back on someone you really care about – *you*.

**It’s Time to Stop Asking,
‘When Will It Be My Turn?’**





By Danae Matthews

The short answer is, I have no idea. I have no idea when you will meet your significant other, if you will be bound to singledom the rest of your life, or if you will in fact run into your future spouse on the train today. Any of these scenarios has a chance of happening.

Recently, I was reading a book that suggested that if you're single, it's probably because you just haven't met "the one" yet. It said that if you're currently single, you should stop thinking about it and rest assured knowing that love and commitment just hadn't happened yet. If you tend to be annoying, no worries, because there is still someone for you. Are you emotionally unavailable? According to the book, one day your prince will come.

Although I don't necessarily want to believe that certain people are bound to live their lives in solidarity, I also think that ignoring the possibility of it happening is ill-advised. I mean, it *could* happen.

The thing is, the idea that the reason you aren't in a relationship is because "it just hasn't happened yet" buys into beliefs about fate, omnipotent planning and the notion

that everyone has a soul-mate. Although those beliefs are beautiful, I wouldn't be so fast to take the bait. Let's face it: No one would give that advice about your career, physical appearance or personal achievements. If the "it just hasn't happened" way of thinking isn't good enough for the things that take real effort, why would it ever be good enough for your love life?

There's going to come a time where you may have to take an inward look as to why it is you are dateless. Maybe you're insecure, too loud or maybe you smell. There's a great chance you have halitosis, and no one has ever told you about it.

Seriously, your breath may wreak! By re-evaluating yourself, you are ensuring that when you meet people you are presenting the most put together, emotionally sound and happy version of yourself.

Regardless, anything worthwhile is going to take at least a minute amount of effort on your part. You have to be willing and able to put the work into your love life if you want to be in love. You may have to get off the couch, and go out on the weekends or attend therapy sessions. You may have to stop dominating every conversation in which you participate. The bottom line is, you may have to really put yourself out there.

Getting yourself together in hopes of getting a date is sure to benefit your life in multiple ways. You'll value yourself more and will therefore make better decisions about who to date in the first place. Basically, you're telling the world, "Look at me. I'm *fabulous!* No smelly breath here!"

The bottom line is that you have to stop sitting around wondering, "When will it be my turn?" Instead, get out there and really *try*. It's going to be scary, and at times it will probably suck. Nothing good in life was accomplished without trying, so in the meantime, embrace being single and enjoy the time you have dating around!

Danae Matthews writes for the on-line women's health resource Women's Health Base.

Celebrate Being Single This Year



By Steven Zangrillo

If questions about your singledom are still echoing in your head from your last family visit and you feel down about your relationship status, this is the year to make a change. That doesn't mean going out and finding the first online suitor you fancy or tying the knot in Vegas with someone you just met.

Instead, make a resolution to yourself and celebrate the positive aspects of flying solo.

Can't think of anything but the negative? Well, soak it up, because despite what others tell you, there are many reasons to celebrate. If you need some help with your list, here is a jump start so you can start smiling about being stag:

1. Singles are the Majority: What makes being unhitched exciting this year is that singles now account for a majority of households in the United States. Yes, it's true. According to a recent Census Bureau report, married people have dropped below half of households, to 48% and only a fifth makeup a traditional family which consists of a married couple with children. So, when your Aunt Ida says, "You need to settle down and get married," you can let her know that the times are a-changing.

Related: [Career and Motherhood: Can Women Do It All?](#)

2. Singles are just as Happy as Married Couples: The holidays are an evocative time and people often engage in self-evaluative thinking. You measure where you are in your life professionally, socially and romantically. While the "single" stereotypes call for the image of a forlorn, lost, puppy-dog with no one to love, reality would suggest otherwise. As the marriage rate in our country dips below 50 percent, there has been a consequential growth in the single-and-happy demographic. A recent study in *Psychology Today* analyzed by Dr. Bella DePaulo found that being in a marriage with financial and social support does not necessarily denote consequential happiness. Whether married or single, having a strong support network is the key to quality of life.

3. Singles Have More Options and Don't Need Permission: Discussions and arguments about equally sharing the weight in finances, parenting, and other mutual obligations is a moot point for singles. It's one less stress to consider. Plus, you have the freedom to travel, make career changes and move to a new state or country without answering to anyone about

your decision. You haven't merged your life with a partner, so you still have the opportunity to enrich yours in a way that is unique to being single.

Related: [When Friends Have Babies and You Have Your Career](#)

While others lament your romantic misfortune, you should consider the perks. Aside from the aforementioned financial and emotional benefits, you have the advantage of spontaneity. So, if you were looking to book a holiday getaway – do it. It can be less expensive to travel solo and you can set your own budget. Even if you overspend, you won't have to listen to someone else's ranting and raving about it.

4. Take care of yourself: The most important reason to celebrate is that right now, you can completely focus on y-o-u. Spend this time to grow into a person of strength and dignity that is willing to be part of a team. Maybe you aren't in a relationship because you aren't ready. Self-awareness about where you are in life and if you're available emotionally to be with someone else is important.

There are plenty of reasons to celebrate being single this year. And, if you do it the more open you'll be for someone to come into your life. This is a great time to explore yourself, your needs and better yourself for finding a potential match in the future. Everything is relative, after all.

Rob Kardashian Says He

Doesn't Want a Girlfriend for Christmas



Sorry, girls! Rob Kardashian is flying solo this holiday season. “I mean, I want a girlfriend. I’ve been single for a while, but I’m 24 years old and I feel like I have a lot of work to do on myself first and that’s really what I’ve been focusing on. I’m focusing on my health and getting into shape and my career,” he tells [People](#). What does Kardashian want exactly? Just time together with his family. The whole Kardashian crew spends Christmas Armenian style and, of course, together as a family. Kris Jenner gives out pjs every year for the whole crew, and they all sleep at the house, get up at about 6 a.m. and celebrate together. “My mom also throws an awesome Christmas party every year and at the end of the party – once everyone leaves – we all sit by the fire and talk as a family.”

What if the man you like doesn't want to settle down?

Cupid's Advice:

So what do you do when you're ready to pick a wedding date, but your significant other doesn't even want to live with you yet? It's difficult, but it might be time to move on:

1. Talk about why he doesn't want to settle down: Maybe there is an underlying factor that is scaring your man from committing fully. It could be some pressure you place on him, or it could have to do with how his own family worked out. Either way, talk to him and try to understand on his level.

2. See if you can make any compromises: Could it be possible you are too controlling for his liking? If your man is nervous about living with you because of such issues, make compromises. You won't wake him up or 6 a.m. yoga on Saturdays if he will put the toilet seat down. Talking about issues like that might make your man excited about the whole idea, instead of trying to run from it.

3. Consider moving on: If all else fails and your man still doesn't want to settle down, you might have to find a new man. We all hate to hear this, but you and your lover have to want the same thing for your relationship to succeed. There is sure to be someone out there who wants what you want.

How did you get your man to settle down? Share your stories below.

Lady Gaga Says She May Stay Single Forever



In a interview for *Vanity Fair*, Lady Gaga opened up about her love life. The singer is known less for her romantic relationships, and more so for her dedicated relationship with her fans. According to [E! Online](#), Gaga thinks that she will never know martial bliss.

With the divorce plague that many stars face, it can be hard to find love in the entertainment business. Gaga told *Vanity Fair* that it isn't the men she dates that are the problem, but herself. Whatever the issue, we hope Gaga finds love. But if she doesn't, her little monsters will still get great music out of it.

What are the advantages of playing the field and staying single?

Cupid's Advice:

Staying single can be a lot of fun, but it can also leave you feeling lonely and confused when a new relationship comes around. However, sometimes it can be the best thing for you and your future relationships. Here's how:

1. You: Being single means more 'me time'. Not having to worry about a partner's feelings lets you learn what you like or dislike for future relationships.

2. Networking: Flying solo can allow you to meet new people in places that you would have visited while in a relationship. It can open up your social circle and teach you how to communicate better in future relationships.

3. Freedom: Not having to report to anyone or make decisions based on how it will affect you and your partner will leave you free to become an independent well-rounded person.

What have you gained from being single? Share your thoughts below.

Justin Timberlake Attends Marine Corps Ball, Making Good on Promise





Justin Timberlake, 30, accompanied combat instructor Kelsey De Santis to the Instructor Battalion Marine Corps Ball on Saturday, making good on his previous promise. The singer and actor accepted De Santis' invitation over the summer. After the fact, Timberlake had nothing, but excellent things to say of the experience, saying that it "was one of the most moving evenings" he's ever had and that he was "really blown away." The star was very humbled by the experience and was surprised that such a young lady was representative of those that look after our freedom, according to [People](#). He described them as "humble, concerned for others before themselves."

What do you do if your partner continually breaks promises?

Cupid's Advice:

If you're in a relationship and your partner continually breaks promises, it's time to take some action. Here are some options:

1. Talk to your partner: It might sound simple, but sometimes the best solution to broken promises is by talking to your partner and getting more information. Making them aware of how these breaks in trust affect you may appease the situation.

2. Put it in perspective: Decide whether their broken word is something minor or major. If it's something as inconsequential as not putting out the trash after he said he would, there may just be a problem with communication. Don't let a minor problem escalate for no reason.

3. Think about your relationship: Discern how you want things to develop in your relationship. Perhaps make a list of pros and cons and look at them with an objective eye. If the pros significant outweigh the cons, it may still be worth working on the relationship.

How do you deal with broken promises in a relationship? Share your thoughts below.

Millionaire Matchmaker: Patti Stanger Helps Millionaires Find Personality Before Seeking Love





BRAVO's The

Millionaire Matchmaker Patti meets up with drag queen Frank (who sometimes impersonates Patti herself!) and gives him tips to be himself while dating, instead of the larger than life personality he sometimes embodies. As a "celebrity", Frank and Patti discuss the good and the bad about dating when you're well known. Going from too much personality to zero personality, Patti's other client this week, Jason, is way too uptight and needs to loosen up to find a match. Keltie, a body movement coach meets with Jason to help him relax. Will he be able to take what he learns and apply it to dating, or will he leave all his new moves at the dance studio? Find out this **Tuesday 11/8 @ 9/8c on BRAVO's The Millionaire Matchmaker**

Thinking Like a Drag Queen: Patti Stanger and her millionaire female impersonator are on the same page.

Pulling the Stick Out: Patti Stanger has this millionaire go to a dance class to find some personality.

Thinking Like a Drag Queen

Pulling the Stick Out

Hugh Grant Has Baby Girl with Mystery Woman



British actor, Hugh Grant, welcomed a new addition to his bachelor life. In early October, his baby girl was born to a woman who has yet to be revealed. “He and the mother had a fleeting affair and while this was not planned, Hugh could not be happier or more supportive.” Grant’s rep told UsMagazine.com. The *About a Boy* star has never been married, but he admitted to *Vogue* in 2007 that he was ready for fatherhood, stating that he was “...quite keen to find someone else to care about more.” The 51-year-old seems to have gotten his wish and, according to close sources, is extremely thrilled to accept the new challenge of raising of child.

How do you make sure your child feels loved as a single parent?

Cupid's Advice:

Although you are not raising your child in an ideal situation, make it clear to them that just because Mommy and Daddy are not together does not mean that they are loved any less:

1. Be there: As the old saying goes, "Actions speak louder than words." Prove to your child that you aren't going to leave his or her side. Be at sporting events, musicals, recitals and art shows. Be as present as possible in your child's life.

2. Get help when needed: There's no doubt that being a single parent is tough. If your child's mother or father isn't in the mix, make sure to reach out for help from family and friends when you need it. It's much better than making your child feel neglected because you don't have enough time to dedicate to them.

3. Tell them: Let your child know that they are loved every single day, not only by you, but by your former partner and extended family.

How do you make your child feel loved as a single parent? Share your experiences below.

Take a Walk on the Wild Side

of the Caribbean



By Max Milano

It's that time of year again when the winter blues start to kick in and people begin to daydream of a tropical holiday vacation. Many of us push aside the idea of a Caribbean getaway because we feel that it's either too expensive or not a place for folks who are single. Well, if you think the Caribbean is for couples only or people with money, it's time to think again.

Following are some undiscovered destinations where singles and groups of friends can take a walk on the wild side full of rum, salsa, reggae and the real *Pirates of the Caribbean*. The best news is that these locations are all a fraction of the price.

Old San Juan, Puerto Rico

Puerto Ricans take partying seriously, and Old San Juan is stunningly beautiful. Surrounded by a fortified wall, it is one of the best preserved Spanish Colonial towns in the Caribbean. Narrow cobblestoned streets open into airy plazas where colonial mansions have been transformed into Nuevo Latino restaurants and trendy lounges. Stay at **Da House (\$80 to \$150 per night)**. It's a boutique hotel in the middle of all the action. Make sure that you sign up for the daytime salsa lessons at the Nuyorican Cafe downstairs, because once the sun sets, Old San Juan is the place to meet and mingle with beautiful people.

Related Link: [Madonna and BF Brahim Zaibat Vacation In ... Guéthary?](#)

Cartagena, Colombia

Cartagena is the best kept secret of the Caribbean. This brightly colored Spanish colonial city knows how to party, while offering the best in regional Colombian food. Try the Aguardiente, Colombia's firewater moonshine, mixed in with fresh tropical fruits. The best clubs don't get going until 4 am and don't close until the sun comes out. Recover with a hearty fish soup and a cold beer under a palm tree. **The Hotel Casa la Fe (\$150-\$200 per night)** is a beautifully refurbished colonial mansion with shady interior courtyards and a refreshing pool.

Isla Mujeres, Mexico

If Cancun is Spring Break central, Isla Mujeres is the thinking person's tropical party island. Reachable by water Taxi from Cancun, Isla Mujeres is a tiny island that is all about beach shack restaurants, turquoise water, powdery sand and wild nightlife. Go for an early swim, have some lobster or the catch of the day for lunch, and then a snorkel in the afternoon before the evening festivities. The lively beach bars on Isla Mujeres run the gamut, from reggae beach bum

joints to trendy Mexican cantinas. **Casa Sirena (from \$100 per night)** is a remodeled colonial home with ocean views. It's the perfect place to enjoy it all.

Related Link: [Real Housewives Stars Gretchen Rossi and Slade Smiley Go to Mexico](#)

Havana, Cuba

With the gradual easing of travel restrictions, Havana is back on the American travel map (Canadians never stopped visiting).

Start your stay with a walk from the historical **Hotel Inglaterra (from \$65 per night)** to one of Ernest Hemingway's favorite Havana bars, La Floridita, for a cool daiquiri. Havana's restored colonial core is home to numerous bars and restaurants, including the world famous "La Bodeguita del Medio," perfect for that afternoon Mojito. Cuban music is best live, so reserve your spot at the Tropicana Cabaret for that Mambo Kings experience. Americans should check the state department website to learn how to book trips to Cuba.

Kingston, Jamaica

Kingston Jamaica is not your typical Jamaican beach resort, but that is what makes it interesting. Visit Port Royal for the refurbished ruins of the original fort and docks of the real *Pirates of the Caribbean*. Hit Kingston's many bars, restaurants, jerk shacks and dance halls for Red Stripes, jerk chicken and wild times. Save some energy for a visit to the Bob Marley Museum or rent a car to drive up the Blue Mountains for the views and the coffee. James Bond fans may want to drive north to Ocho Rios to visit Ian Fleming's Goldeneye estate and stop by James Bond beach. **The Courtleigh Hotel and Suites in Kingston (from \$200 per night)** is the perfect base, with all the amenities you would expect from a business hotel.

Airfare Booking

Are you sold on these affordable tropical destinations, but

not on the cost of airfare? The secret of scoring the lowest airfares during the holiday is to book early (no last minute deals here). While flying out on Dec 22-23 and returning on January 2nd or 3rd will probably be expensive (these dates sell out first), you may consider flying out on Dec 24 or 25th and back on Jan 1st to save some money. The best recommendation is to leave the week before December 20th. Fares usually remain low until Dec 18th – 20th and then go back down after January 7th.

The Caribbean is affordable and anyone can have a good time. It's not just for romance. The place is swimming with activities and parties for anyone who wants to soak up some sun and have an overall good time.

Max Milano is an international travel expert with Vayama.com, the only online travel booking site focused entirely on international travel – airfare, hotels and activities. He's also the author of The Mechanicals Recoleta, which is available on Amazon.

Kelly Clarkson Wants Marriage and Four Kids





After just releasing her fifth album, *Stronger*, Kelly Clarkson was asked what she sees in her future. The singer expressed her hopes to be married with four kids someday. “I love what I do right now, but I live a very single life,” said Clarkson. According to [People](#), the singer also revealed once she has a family, her career will take a backseat. “I don’t know if I’ll retire,” she says, “but it won’t be as full-on. Obviously things will supersede music.”

What are some ways to attract a family man?

Cupid’s Advice:

If you want children, most likely you’ll want your partner to be a family man. Here are some ways to find one:

1. Be wholesome: You don’t have to be completely conservative, but no family man is looking for a party girl. Work on being mature and handling situations in an adult way.

2. Financial stability: Being in control of your finances will attract the type of partner who is looking to start a family. Work hard at your job, and establish a professional reputation.

3. Find a new hangout: Not finding a family man where you usually hang out? Switch it up. Perhaps give up the bar scene and start attending some community events.

What is the best thing about dating a family man? Share your thoughts below.

Would You Date a Single Parent?



By SMF Marcus

Osborne for GalTime.com

There are so many roadblocks to lasting, loving, relationships in our lives that I can't help but to cringe when I hear some of the dealbreakers that people throw up on those cockamamie

love lists they construct.

Can't be black, can't be divorced, can't be under 6'1", can't make less than one-hundred grand a year, can't drive a hooptie (if you're unfamiliar with the term "hooptie" consult your urban dictionary) blah, blah, blah.

Why do we do it? What's worse, we often fail to acknowledge our own shortcomings as we judge the next person. Boy, we can be self-centered. But that's another story to be told another time. Some of these "*can't be's*" appear on these lists with rather alarming regularity. Can't be divorced?? Are you kidding? Good luck with that one after age 30.

And there's such an overt bias against single parents or adults with kids from a previous relationship – wow! When you think about the debris of judgment these folks have to swim through in the dating pool on a regular basis, it boggles the mind. Why are they so persecuted? Why are they filtered out so quickly?

Yes, there's plenty of baby-mama/baby-daddy drama to spare in many a single mom/dad's world. But I'd submit that it's not always a nightmare. As a matter of fact, I'd say it's not nearly as awful a situation as we trick ourselves into believing it'll be. But since we only hear about the disastrous outcomes of single-parent dating, we assume it's the rule and not the exception. No one's more averse to drama than yours truly, but I'd at least take a chance before taking the blanket approach to all single moms.

Ok, so if the guy has 9 kids by 8 women or if she's got 5 kids by 4 guys, there may be some issues. I cede the point. But if you're really into a guy who has children from a previous relationship, why would you cut yourself off from him for that reason alone?

"Marcus, he was soooo great, but he's got a kid." I've heard

this a million times, yet I still don't completely get it. And I'm uncertain which gender draws a harder line on kids. From my own, unscientific poll, it seems that guys are a little more willing to date a woman who has kids from a prior marriage or relationship – but I could be wrong.

Mark this day on your calendar. Marcus Osborne said, "I could be wrong."

I do notice a dramatic difference in the dating attitude of the men I know who have kids, whether their kids live with them or their exes. The single moms are quite often paralyzed by the fear of rejection: "What guy is going to want to date a woman with kids?"

Should I even get into the whole "mother's guilt" thing? You know, the idea that as a single mom the only thing you should be worried about is *being a mom*. The notion that the only way you can be a good mom is to forego a love life or social life until the kids are all grown up and out of the home.

Personally, I think that idea is great – in theory. In practice I think it often results in lives that feel incomplete. And how can your kids be happy if they see that *you're* unhappy? Worse yet, they quite possibly could blame themselves for your unhappiness or loneliness. But hey, you're a single mom, you don't deserve to a partner, right?

On the other hand, the guys, though they may experience some trepidation about stepping into the dating world, seem far more willing to take their swings at love again.

I'm certainly not an advocate of having a bedroom with a rotating door. I think we've all seen and heard and learned enough to know that a single parent with a carousel of bed buddies probably isn't good for the children's emotional health and well-being. But tell me please, what's wrong with a responsible single parent going out on responsible dates with respectable people?

How on earth is this a bad thing?

Millionaire Matchmaker: The Cruz Brothers Search for “The One” with Patti Stanger’s Assistance



BRAVO's **The**

Millionaire Matchmaker: This week Patti takes on broken-hearted brothers who are ready to make a change and find “the one.” The bodybuilding brothers certainly have the cards stacked against them. Older brother Abe spent the last three years in prison and younger brother David married young only to be cheated on, leading to divorce at 24. Patti has a good

feeling about these guys, but will she be successful in finding women who can look beyond their troubled pasts? Find out this **Thursday 10/13 @ 9/8c on BRAVO's The Millionaire Matchmaker**

- **Venturing into the World of Abe Cruz:** This millionaire was incarcerated for the past three years but is determined to turn his life around. <http://bravo.ly/oLCIub>

- **Got Burned Young:** David Cruz got burned as a young guy and is now trying to do the right thing. <http://bravo.ly/oR50J3>

Venturing into the World of Abe Cruz

Got Burned Young

How Disney Messed Up Your Romance





By Tiffani Azani

“There are over 100 million single adults over the age of 25 in our country, and for most of them, the thought of being single and dating is analogous to having a red hot poker jammed into their eye.” – Dating coach, Jo Amoia

Let’s face it: 100 million is a lot of singles out there, and it makes us wonder why those people can’t find mates. A new theory called the Disney Myth has recently been brought to light by Dr. Joe Amoia, D.O. and professional relationship coach. It turns out that Disney movies aren’t quite as perfect as you had once imagined, because, according to the theory, when a woman goes out with a man and he doesn’t treat her like Prince Charming treated Cinderella, she becomes disillusioned. She becomes bitter about the whole dating process, because it’s not at all like she’d expected.

The thing is, most people tend to place all of the blame on women for having false expectations and vain imaginations about romance. But women aren’t the only ones who are being affected by the Disney Myth. Men, too, are putting on a Prince Charming act in order to capture the attention of a girl. Dr. J.R. Burns, M.D., psychiatrist and author of The Tiger Woods Syndrome says, “It is unfair to blame women for “foolish

choices” when even the kindest, most religious and moral young men are using the same deceptive technique to woo and win women as the worst misogynist.”

When it comes down to it, the best policy is to always be yourself. Don't expect fireworks on your first kiss or butterflies in your stomach each time your love interest walks into a room. If you do, you'll be disappointed and disillusioned every time. Sure, these things can happen on occasion under the right circumstances, but they're exceptions and not the norm. Surely every evening in Prince Charming and Cinderella's home wasn't as joyfully starlit and romantic as their first meeting at the ball. In fact, the sequel to Cinderella dealt with some of those very things. You'll have to watch it for yourself to find out how Cinderella had to learn to adjust to the day-to-day activities of a high-class lifestyle.

So maybe Disney can't be blamed for bad romances, after all.

Tiffani Azani is a freelance writer for My Colleges and Careers. Mycollegesandcareers.com helps prospective students determine if an online education is right for them and helps them understand how they can find the best online colleges to fulfill their goals.

Millionaire Matchmaker: Patti Stanger Helps Ayinde and

Mitch find True Love



BRAVO's The Millionaire Matchmaker Patti's client's this week need some help, but nothing too challenging for Patti to tackle. Her first client is looking for perfection, but on the way to perfection will find every fault with a potential mate. On the other hand, Patti's other client doesn't know when to hold back and keep his mouth shut. These rusty daters are depending on Patti's expertise, but will she come through and find these men the love they've been searching for? Find out Tonight **10/6 @ 9/8c on BRAVO's The Millionaire Matchmaker**

Fault Finding Territory: Patti Stanger believes this millionaire is headed towards being a fault-finding, nit-picking millionaire. <http://bravo.ly/ntlU8q>

Vomit Too Much Information: Patti Stanger helps this millionaire who is a bit rusty in the dating world. <http://bravo.ly/nnXCcg>

Fault Finding Territory

Why Amazing Confident Women Remain Single



By Amber Soletti

As a dating expert and resident NYC single gal who runs speed dating and singles events, I've always found it interesting that the majority of my super attractive, sexually confident and financially independent single girlfriends are those who seem to remain forever single.

I've always wondered why guys wouldn't want to be with these women, and after years of thinking about it, I think I've finally figured it out:

The “Good Girl” Phenomenon

Some common complaints from my guy friends are that they’ve “never dated a girl with money,” or that “they never have sex because their girlfriend never wants to.” When I ask why they’re with their girlfriends, they almost always say she’s “nice” or “a good girl.”

Upon meeting these lovely females, they always strike me as your average, “girl next door” type chicks that are usually not working, or have a modest career at best. Personally speaking, they’re pretty darn boring. I’ve never understood why my friends would choose to be with these women, especially when they confide in me about what their relationships are really like.

The Revelation

It took a while to figure it out, but I have finally come to the conclusion that men by nature are often insecure, whether it’s sparked by penis size, athletic/sexual prowess, finances or height. Many men are full of self-doubt, which I believe can drive them to cheat in relationships.

They constantly have to re-assure themselves that they’ve “still got it” and are desired by other women. They make the decision to be with “good girls,” because they don’t have to worry about being cheated on, but at the same time the women they’re with won’t satisfy their needs in the bedroom. It’s messed up.

Due to their insecure nature, these men could NEVER be with what I call, the “crazy, sexy, cool” girls. Why? Because she doesn’t “need them” for *anything*.

The Dilemma

Are we in high school or are we adults? If two adults get together and really enjoy each other’s company, what does it

matter if they hook-up on the first date or the fifth? It shouldn't, but for all of these insecure men out there, they rationalize, "If she slept with me on the first date, she's sleeping with everyone on the first date and I know this girl goes out with a lot of dudes."

These girls are instantly being deemed the CSC girls and NOT girlfriend material.

The Answer

Should you tone it down, dress more conservatively, play the nice girl role and avoid making out with a guy on the first date? Should you wait a few dates before you have sex?

Yes, ladies, that's exactly what you should do...if you're cool with being in a relationship with one of these "insecure" guys who will most likely end up cheating on you.

I don't have all of the answers, but at least I've realized the problem. And for the record, I do know of CSC girls that have eventually found love.

To wrap it up, here's my dating advice: with all of the 'smoke and mirrors' that men put out, it's hard to say if we're ever seeing things clearly, but at the end of the day I truly believe that knowing is half the battle. The quicker you can see things for what they are, the less likely you are to be disappointed, hurt or wasting valuable time. Be aware of your male surroundings at all times, always try to know where you stand and NEVER settle. The good news is that timing really is everything, and all it takes is one good guy!

Find Out Why You're Single



By Dr. Karin

Anderson, Ph.D.

The Question

You're single. You'd like to be in a relationship. So, what's the problem?

The Myth

Well, if you ask around, you'll get plenty of input as to what you're doing wrong. Your friends insist you need to "get out there" more. Your mother complains that you're too picky. Your coworker swears that if you just get online, you'll meet "The One" in no time.

Or in some cases, your family and friends take it a step further. While conducting a little arm chair psychoanalysis, they determine that the core issue keeping you lonely on

Saturday nights is YOU. You're flawed, damaged—a dating disaster zone. They say you're alone because you keep messing up your relationships. You're too controlling or too passive; too intimidating or too low-key. Too opinionated or too boring.

And even if your friends and family hold their tongues, the rest of society doesn't. Bookstores' self-help sections preach the same rhetoric with titles like, *Getting Married After 30: You Won't Unless You Change* and *Ten Things to Fix Today to Meet "The One" Tomorrow*. Clearly, single people need to shape up or expect to live alone forever.

Really?

The Break Down

Let's dig deeper. If I'm single and un-datable due to annoying personality traits and relationship-destroying habits, then how is it that plenty of annoying people with relationship-destroying habits are happily coupled-up? Of course many single people have issues they need to address, too, and working through these concerns might help them cultivate healthier, more functional connections. But what about married people? Just because they've got a partner doesn't mean they have it all together. In fact, the very reason they got married in the first place may reveal their dysfunction. Where's the self-help for them? Books with titles like, *Why Did You Settle for That Loser?* and *You Were Too Much of a Wimp to Live Solo so You Married the First Person Who Came Your Way* are potential titles.

The Reality

Here's how it works. Despite what most self-help authors claim, there is no formula for the perfect match. Every happy couple consists of two flawed individuals with a unique union that works for them. All guys aren't out there looking for

the same type of woman and all women aren't searching for the exact same kind of guys. Forget all of the nonsense about figuring out what you need to change about yourself, because somebody out there wants exactly what you have to offer.

It Just Hasn't Happened Yet

So, if you're too "controlling", then great. Someone wants you to tell them what needs to be done so they can do it. If you're too "boring", then fantastic. Your perfect match has just sworn off drama queens and is praying for a low key partner. If you're too "opinionated", then wonderful. You'll find someone who can't take a stance on anything and is happy to have someone else make decisions about where to eat and where to go on vacation. It's really as simple as that. Hang in there. Be yourself. It just hasn't happened yet!

Dr. Karin Anderson is an associate professor of psychology and counselor education at Concordia University Chicago. She has a doctorate in developmental psychology, a track record of well-received presentations at national and international psychology conferences, and a speaking platform focusing on women's identity construction and cultivation. She's also the author of the book, It Just Hasn't Happened Yet.

Millionaire Matchmaker: Patti Stanger Brings Out the Big Guns to Help Emma and Frank



BRAVO's The

Millionaire Matchmaker, Thursday 9/22 @ 9/8c: Patti has her hands full this week when one client, Emma, refuses to get over her masculine tendencies, while the other client, Frank, suffers from some pretty serious control issues. Emma and Frank are both desperate to find love, but if they don't learn how to let someone in—not just into their bedrooms, but into their hearts—they will never fall in love. Patti must bring out the big guns this week to help Emma set her sights a little higher than just any guy that is available, and to help Frank take his guard down and let a girl stay past 5 o'clock in the morning. Will Patti succeed?

Breaking Control Habits: Patti Stanger brings in a life coach to help her millionaire break his bad habits.

Breaking Control Habits

Going Against Her Human Nature: This millionairess must listen to Patti Stanger and Patti warns her that this process will be hard.

Bravo Crossover: Million Dollar Listing's Madison Hildebrand on Millionaire Matchmaker



BRAVO's **The**

Millionaire Matchmaker 5, Airing Thursday 9/15 @ 9/8c: Patti takes on another Bravo star this week, trying to find love for the lonely. Million Dollar Listing's Madison is one of Patti's clients and while he wants to find love, he just doesn't have the time. Meanwhile, Patti's other client may need more help than your basic mixer. Eric meets with a

psychotherapist in the hopes that it will lead him to love. Will these single men walk away with the love they've been looking for or will Patti need to put in extra work for these bachelors?

Madison Hildebrand's Past Relationships: Patti Stanger meets Madison Hildebrand and gets right down to the nitty gritty.

Getting the Intel: Patti Stanger sends this millionaire to see a psychotherapist so she can clean him up and help him meet the right guy.

Jake Gyllenhaal Spends Time With Three Eligible Women In One Week





Jake Gyllenhaal is definitely enjoying the single life! The 30-year-old actor was spotted with no less than three women in one week, reports [People](#). First, Gyllenhaal stopped at a gas station with Anna Kendrick on their way back from Las Vegas. Next, the eligible bachelor joined pal Rashida Jones for lunch at an organic, vegan café in L.A. Finally, he hung out with married *Cougar Town* star Busy Philipps, who is a longtime friend and fellow godparent to Matilda Ledger, Heath Ledger and Michelle Williams' daughter. Although all three women are said to be "just friends" with the *Love & Other Drugs* star, it looks like Gyllenhaal is still one of Hollywood's most popular bachelors.

What are things to be cautious of while dating around?

Cupid's Advice:

When you're single, you want to play the field without going overboard. Cupid has some tips on how to be careful, and yet still have fun while dating:

- 1. Overbooking:** Even if you're a heartthrob movie star like Jake Gyllenhaal, more than three dates in a week can be a little overwhelming. It's not like you can't go out with more than one person at a time; just make sure you're giving each

of your dates enough attention.

2. Being dishonest: When you're seeing someone new, you should be truthful right away. If you're not looking for a serious relationship, tell them that to avoid any confusion or hurt feelings.

3. Falling into a pattern: If dating bad boys hasn't exactly worked out for you, try changing your habits. By dating outside of your comfort zone, you'll find out what you like and in the process, you may also find "the one."

What else should you be wary of while casually dating? Share your comments below.

Swag or Peacocking? Rappers Use Big Bling to Show Off Clout





By Steven Zangrillo

As August winds down and we start to tuck away our beach bodies, once again the focus returns to Fall fashions and lifestyles for 2011. It's interesting to see how the dating world is affected by our turbulent economy. Since we now need to tighten the strap, we also need to re-evaluate the way we spend money on that special someone – you know the drill... flowers, drinks, dinner, a new outfit. That new outfit, in particular, can really bust the bank and cause a headache or two. However, if you reside in the “young and wealthy rapper” demographic, chances are that you can still use that chunk of bling to woo the lady of your dreams.

It's difficult for most of us to work up the cash to don a \$3000-\$8000 chain and pendant. Rappers of the right means, however, have the ability to display their fiscal clout. Financial stability displayed through ostentatious mediums is a tried and true recipe for romantic success (although it may not always attract the right partner). Psychologists call this bold style of dress for the purpose of attracting a romantic partner “peacocking”, but if you ask a rap artist... they'll flash a gold and diamond encrusted smile at you and utter one word.

“Swag.”

According to Andrew Streyer, Director of Evaluations at Pawngo.com – the new online pawnshop by the founders of Groupon at Lightbank – you might be surprised at the cost for some of these pieces.

Below are three signature styles, the MCs who popularized them, and the estimated worth of each piece:

Rapper: Nelly

Bling in Question: Silver (iced) nameplate and St. Louis Rams Chain

Estimated Appraisal: \$6000+ each

The “Grillz” hitmaker and St. Louis native is known for showing his NFL team pride in concerts via his signature 18-inch pendant, which he couples daily with an 18-inch nameplate pendant. Further showing his taste in high-end luxury, Nelly said in a 2000 interview, “Where I’m from, this Rolex could take care of the whole block for a year. It’s crazy like that, but this is something you work for.” Also, just to clarify, Nelly’s aforementioned hit song about grills wasn’t expressing the love of a fine hibachi. Which brings us to...

Rapper: Kanye West

Bling in Question: Permanent Gold and Diamond Stud Grills

Estimated Appraisal: \$5000+ not including dental work

Artist. Producer. Songwriter. *Metalmouth?* In 2010, Kanye West followed in the steps of friend Lil Wayne by having custom-made permanent grills, or molds, imprinted on the bottom row of his teeth. Kanye premiered them on *The Ellen Show*, insisting that the diamonds were real and not cubic zirconia, as rumored. While it’s unclear whether this gold is the “40 Carats” dropped in his Lil Wayne collaboration, gold is

nevertheless one of the safest precious metals to have in one's mouth, as it's relatively non-toxic and rustproof. Who knew?

Rapper: Lil Jon

Bling in Question: Various handmade studded glass and Metal Pimp Cups

Estimated Appraisal: \$1000-\$2000

Lil Jon often calls upon Chicago artisan Debbie "The Glass Lady" Harrison to create lavish signature glass-blown and 24 Karat gold chalices exceeding the thousand-dollar price range. He made no exception for his second annual Crunk Cup Ball in Las Vegas in 2008. The Atlanta rapper and *Celebrity Apprentice* contestant premiered a custom gift from Debbie that was molded from metal and sported Debbie's encrusted name, with imprinted crystals on the handle and a studded crown on top. Of course, all of the cups are fully drinkable and non-toxic. For protection, Lil Jon uses a custom padded carrying case to tote each of his goblets when traveling.

About Pawngo:

Pawngo is the first full-service online pawn shop in the US and allows individuals immediate access to the cash they need for life's countless unexpected moments without leaving the comfort of their homes. As evidence of the market for this unique lending model, the company to-date has funded over \$2 million in 46 states. Pawngo is venture-backed by Daylight Partners, Access Venture Partners and Lightbank, the \$100 million fund started by the founders of Groupon

Rebecca Friedman, Exclusive Hair Colorist to Kim Kardashian, Unveils Her Client's "Big Day" Look – Will It Be Light or Dark?



By Whitney Baker

Before her big day, a bride-to-be has so many details to consider: location, music selection, flower arrangements, seating chart, menu choices, and, of course, her personal style. She needs to pick out a dress and jewelry, as well as decide how to do her make-up and hair. When it comes to her hair, she not only needs to choose a style – keeping in mind her choice of veil – but also a color.

That's where Rebecca Friedman can help. Co-owner of Goodform

Salon in Hollywood, and a celebrity colorist expert, Friedman knows just how critical it is to achieve that perfect hair color – and most recently, as the exclusive colorist to Kim Kardashian, she's helped one bride-to-be do just that.

With Kardashian's wedding to New Jersey Nets' basketball star, Kris Humphries, only two days away, Friedman reveals, "I just saw her the other day. I took her lighter chocolate brown color back down to a dark, minky sable, closer to her natural hue."

In light of these upcoming Hollywood nuptials – a wedding that's expected to be as grand as the royal wedding – this celebrity hair colorist offers a bit of advice to future brides. "Unless it's in your personality to make bold decisions with your look, I wouldn't recommend a shocking change before your big day," she says. "You want to look at your pictures and feel timeless. I think most brides want to look like the most polished version of themselves."

Of course, other factors, like season and location, impact a bride's choice of hair color, as well. According to Friedman, "If you're getting married in the summer time, or on the beach, beautiful, hand-painted highlights on slightly deconstructed waves seems fitting. On the other hand, for a winter wedding in the city, you may want to opt for a deeper, richer shade styled into a more-textured low bun."

While a bride-to-be should stick with what she knows, single girls have the flexibility to be a bit more playful. "You are single and want to look your best – you never know who you will run into! Lightening up your color, or using multiple tones to add sparkle and dimension, is sure to make you feel flirty," she says.

But remember: you should never change your hair color for a man. Friedman regards this reasoning as a big no-no and says, "The attraction should be there regardless of your hair

color.”

A broken-hearted girl, however, should be a bit more cautious. “Wait until you’re less emotional or start slowly by adding a few face framing highlights or a gloss,” recommends Friedman. “You can always go more drastic later.”

After all, “in the throes of a heart ache, what seems like a good idea, sometimes is not – like eating a whole container of ice cream!” Friedman cautions.

At the end of the day, whether you’re a bride-to-be, a single girl ready to jump back into the dating world, or a girl with a broken heart, there is a “golden rule” when it comes to changing your hair color: “Honor your personal style.”

Before making a color change, Friedman advises all girls to do their homework. “Find a very capable hair professional to [make the color change] for you. Be realistic about how achievable the target color is for your complexion and your hair,” she says.

Since the right hair color is different for every girl, Friedman believes that you should “play up what you have,” offering this advice to girls of every shade: “If you’re a redhead, add a fiery, copper gloss. Blondes can try painted-on, surfer-girl highlights with a few random low-lights. As for brunettes, they can stay multi-tonal by adding some sparkly toffee and toasted-walnut strands around their hairline and tips.”

According to Friedman, regardless of your base color, there are six important questions to ask your stylist before making a major color change:

1. What is a realistic level of lightness for me to achieve given my current hair color?
2. Will previous chemical treatments on my hair affect how

light I can go?

3. What tones will best suit my complexion?
4. Will the texture of my hair change after I lighten it?
5. How often will I have to come in for touch-ups?
6. Do styling products for color-treated hair really work?

While the answers to these questions will provide you with invaluable information before making the big decision, the most important question to ask yourself is: Will my color change make me feel like my *most* confident self? Friedman says, "Wearing your hair color with confidence, no matter what color it is, really is key."

We couldn't resist asking Friedman one last question – something everyone wants to know: Do blondes really have more fun? She shows off her own confidence and answers unabashedly, "Well, as a natural and currently very blonde girl, I must be biased and say yes!"

To make an appointment with Friedman at Goodform Salon, please call 323.658.8585.

Most Eligible Dallas: Hot, Young, Socialite Reality Show Premieres on Bravo TV





BRAVO's Most

Eligible Dallas *PREMIERE* Monday 8/15 @ 10/9c:

Tune in for Bravo's newest series: they're young, they're hot, they're single – they're Dallas' "most eligible!" From beauty queens to pro-football players, this group of Texas socialites proves that everything's bigger in Texas – including the drama. Some are looking for true love while others have perfected the art of the one-night stand, but somehow their love lives have all crossed paths at one time or another. And don't expect this group of friends to hold back when it comes to critiquing each other's lives especially when new gal in town / young and single mom Neill starts seeing the handsome Matt. How does Matt's best gal friend Courtney feel about this budding relationship? And does she hold a secret candle for Matt?

Just Friends? When Matt Nordgren introduces Neill Skylar to the group, she gets a chilly reception from Courtney Kerr.

Not That There is a Checklist: Courtney Kerr is not going to settle and her list for a man proves it.

Millionaire Matchmaker: Patti Stanger is Back, Single and Ready to Mingle



***SEASON PREMIERE* of BRAVO's The Millionaire Matchmaker 5, Monday 8/15 @ 9/8c**

Patti is back! And back where she belongs, among the beautiful blondes that need her dating guidance on the West Coast. After a stint in NYC, Patti is happy to be back in LA to tackle the troublesome single scene. Patti's first client Michael seems to be the complete package. But is it possible that he is as good as he seems? Patti digs deep to figure out what his issues are and why he is still single. Will Patti make her mark on California and keep her clients happy, or are

there some drama-filled dates in this matchmaker's future?

Single and Ready to Mingle: Patti Stanger is back in LA and back on the dating scene.

Too Good to be True: Patti Stanger tries to figure out why a good-looking guy like Michael would be single.

→