

# Jennifer Aniston Insists She Is Happy



Though the rumors about Jennifer Aniston adopting have finally died down, she's having a hard time killing the biggest rumor out there. "That I'm unhappy," the actress tells [People](#). The actress insists, "I'm really happy. Really!" Between the rumors of Jennifer dating, adopting a child and getting a dog, she just can't catch a break! "I think people honestly just want to see me as a mom and married and barefoot and pregnant in the kitchen," the actress says. "I just want to say, 'Everybody, relax! It's going to happen.' " But the star is in no rush. For now, she's busy promoting her new fragrance and her romantic comedy *Just Go with It*, which hits theaters today.

**Should you take an extended break from dating?**

**Cupid's Advice:**

In some cases, much like Jennifer Anistons, taking a break from dating can be very healthy. If you're struggling with this decision, Cupid thought of a few instances where taking a long break might be the right choice:

**1. Busy job:** If achieving your career goals requires a lot of time and effort, dating someone could be very difficult. There's nothing wrong with putting all of your focus on your career. Don't feel rushed; dating isn't going anywhere, but that promotion might!

**2. Kids:** Dating with kids is a huge commitment. From finding bonding time with your kids to finding a babysitter, you're going to have little attention to share with a new partner. Wait until the kids are a little older or at least until you find a system that works. When you can give yourself fully to a relationship, it'll be worth it.

**3. Bad breakup:** If your last relationship was destructive and ended on a bad note, don't move too quickly into a new one. Take some time to be happy on your own. Allow yourself to trust in love again before you take a chance on it.

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## **Celebrate Being Single with Celeste Friedman's "Single 101: 101 Reasons to Celebrate Being Single"**



By Krissy Dolor

If you're single, February might be the month you dread your family's seemingly harmless (but nevertheless annoying) questioning of your lifestyle, asking if you have a special someone to spend "that holiday" with. Or, it may be the month you take out your reserved pints of Ben and Jerry's ice cream and watch sappy movies, wishing you had someone to cuddle with. Either way, the "love" month shouldn't be for couples only – singles need some love, too! And who better than yourself to give you the love you need? That's the idea Celeste Friedman hoped to inspire with her book, *Single 101: 101 Reasons to Celebrate Being Single*, which explains why you should embrace your singleness, instead of looking at it like a burden. The Grammy-nominated singer/songwriter claims that she has achieved more success flying solo than when she was married or dating. A fun, easy read, along with personal anecdotes anyone can relate to, *Single 101* shows you that you *can* do it alone (and enjoy it – really!) if you want to. In addition, Friedman has created a *Single 101* music CD, including original songs that were inspired by her book. She

even has a one-woman show that celebrates the single life live on stage.

I had a chance to speak with Friedman via email about her book, as well as her partnership with the American Heart Association's Go Red for Women campaign, which launches on Valentine's Day. Take a look at what she had to say:

**The one thing I really loved about *Single 101* is that the list is backwards. Why did you decide to present your list that way?**

I wanted to create a countdown format. However, it doesn't necessarily mean that reason 101 is less important than number one. They all have their own significance. Even though Reason Number One holds great importance to me personally, Reason #24 is the one that I really hope everyone keeps in their heart – You Never Have to Be Afraid to Go It Alone!

**Throughout the book, you sprinkle in not only advice, but personal anecdotes of people in relationships. Where did you find these people, and why did you include their stories?**

Over the past seven years of writing the book, the stories have sprung from conversations I've had with friends or people I've met. Whenever I would just mention choosing to live single, men and women both would want to share their own stories, struggles and achievements. I never really had to search for them, their stories were finding me at times and in places where I would have never expected.

**Being single isn't just about not being in a relationship – you also mention siblings and roommates. What was important about embracing the idea of being single in other aspects of life?**

The greatest desire in being happy as a single person is all about independence and so many people seek opportunities to

break out completely on their own, especially those who have been forced to share their habitat and belongings with siblings or roommates.

**Many books like this are targeted towards women, but you did a great job of including the other sex as well. How important was this?**

Very important. I didn't want the book to be considered another chick lit work. Both men and women have distinct views of the world as they know it and it brings so much more to light about what we believe will make us happy.

I received this review from a man who bought the book just before Christmas:

"Never having been married and never having lived with a woman, left me looking at single life from a slightly different perspective as those who have. *Single 101* gave me great insight and some hardy laughs at the lighter and funny aspects of living life "together". Things I had never thought about or imagined. If I never meet the woman of my dreams, I certainly have enjoyed the perks of the single life very much, and *Single 101* helps me count the ways."

**What's the most important piece of advice you've learned from your past relationships?**

To understand that you cannot change someone else or believe it will all get better when they change. No matter how hard you try or work on your side of the relationship, it is still a matter of compromise and unconditional love.

**Can you talk a little bit about your partnership with the American Heart Association?**

It's very exciting to be a part of the team and supporting the Go Red for Women campaign. As you'll read in my latest blog on [Single-101.blogspot.com](http://Single-101.blogspot.com), I sincerely believe we find true

freedom and happiness when we protect our hearts in love and with a healthy lifestyle.

On Valentine's Day, I launch my own campaign, donating a percentage of the sales of my book, *Single 101: 101 Reasons to Celebrate Being Single* to my own local chapter. As I travel, I'll do the same for local chapters in cities where I'll be appearing for book signings. The first will be in Hilton Head Island [in South Carolina], followed by Savannah, Georgia, where I'll be exhibiting at the Savannah Book Festival on February 19th.

You can get more in-depth information at [www.GoRedforWomen.org](http://www.GoRedforWomen.org). Don't forget to wear red on February 4th!

**What other projects do you have coming out that we should be on the look out for?**

In between book signings, I'm back in the studio and working on another music CD to be released later in the fall. Over the past two years, I've been writing a book for adolescent girls and hope to find the right publisher this year. It's an inside look at diary entries of tweens and teens, their struggles, hopes and dreams, called *Locked Inside*.

**Is there anything else you'd like to add?**

Just a final thought – Valentine's Day never has to be sad when you're single, whether you choose the single lifestyle or you're in between relationships. It can be a great day when we reach out to others who need our time, love and attention.

Cupid thanks Celeste Friedman for her time! You can purchase *Single 101: 101 Reasons to Celebrate Being Single* on [Amazon](https://www.amazon.com). Visit *Single 101's* official website, where you'll find reviews, Friedman's touring schedule and a calendar of her upcoming radio and TV appearances. You can learn more about her music and work as a singer-songwriter/composer at Songs

For Charlie Music (her music is dedicated to Charlie, who was her dog and road companion for 19 years). Check back next month for a special Valentine's Day post from Friedman herself! Now go out there and celebrate your singleness!

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## Sandra Bullock and Ryan Reynolds: New Couple Alert?



Former *Proposal* co-stars Ryan Reynolds and Sandra Bullock were seen ringing in the new year at Bess Bistro in Austin, Texas, according to *UsMagazine.com*. Sources said the two looked “very playful” and were “smiling all the time and sometimes touching.” Reynolds, who filed for divorce from Scarlett Johansson at the end of last year after a two-year marriage, and Bullock, who’s been divorced from Jesse James since last June, may be bonding over their breakups. And although Bullock’s rep says there is

nothing going on between Reynolds and Bullock, a friend of Reynolds said that chemistry is obvious between the two.

**Can you trust a man to get serious again only a few weeks after leaving his wife?**

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

As intoxicating as a new relationship can be, starting one with someone who is just ending a major chapter of his life can be toxic. Cupid has some tips:

**1. Understand the situation:** Even if he says he's ready to be with someone again, don't be so quick to believe him. He may *want* to be over his last relationship, but that doesn't mean that he *is*.

**2. Get the facts:** Find out the specifics of your parent's past relationship. The longer and more intense the relationship was, the harder it's going to be for him to make a commitment to someone else so soon, especially if his heart is broken.

**3. Move forward with caution:** New relationships are always fun and exciting, but having one with a newly single man can be dangerous. To prevent yourself from heartbreak, go into the situation slowly and with caution.

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## **Kevin Spacey Doesn't Need an American Beauty**





By Jenna Barbieri

This weekend at The Times Center in Manhattan, famous legends of film, theater, music and dance will join together to express their shared love for the arts at the 10th Anniversary of Arts & Leisure Weekend. Kicking off the spectacular event tonight will be none other than two-time Academy Award-winning actor-director-producer, Kevin Spacey.

Though currently starring as disgraced former lobbyist Jack Abramoff in *Casino Jack*, Spacey has a much bigger responsibility serving as creative director of The Old Vic theater in London for the last seven years. So what makes it so easy for Spacey to drop what he's doing and hop an eight-hour flight to New York? Perhaps it's because he has no "ball and chain" to hold him back.

That's right, the 51-year-old film legend's ring finger bares no band. In fact, it never has! Yet Spacey continues to squeeze out every ounce of creative energy he has in him year after year. Which begs me to question, can being married to the arts act as a healthy alternative to being married to a significant other?

Spacey has never been known to go out of his way to get serious with another person, but he moved to another country to take the job at the Old Vic theater. When first questioned about his feeling on the big commitment Kevin would say, "I'm living my dream." Not being married gives him the opportunity to give full attention and devotion to his number one love – the arts. In a way, the theater plays the role (pun intended) as his wife: a wife whom he is completely passionate, happy and more than content with.

And Kevin Spacey isn't alone in this category! Among other passionate art lovers who have never walked down the aisle are Diane Keaton, Oprah Winfrey, Al Pacino, Sheryl Crow, Bill Maher and the legendary Coco Chanel. These stars are living proof that something that while some people get married when they're in love to have someone who will be there to hang out, listen to music and laugh with them for the rest of their lives, others can depend on their stage, their guitar, or their audience to fulfill the same feeling.

Want to read more about Kevin Spacey's hosting gig? Follow Cupid to The Times Center's 10th Anniversary of Arts & Leisure Weekend event page.

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## **Christie Brinkley Says Finding Love Isn't a Priority**





Even though Christie

Brinkley has been divorced for two years, she's in no hurry to find love again, according to *People*. Why? According to the model, she's not as likely to meet people when she has her kids with her, which is a lot of the time. Also, she says, "you never really know if someone is talking to you because you're a celebrity. It's not my number one priority."

Brinkley currently has three children, and says that being a mother "takes a lot of work. My works makes me a better mom.

It gives me a little door to step out of my parenting and bring the excitement from that day back home." Her advice to bounce back from a painful divorce? "You've got to find a way to keep laughing, even if it's black humor, and my friends are very good at that," she says. "Some people think of happiness as a luxury, but it's a necessity, and you need to make space for it in your life."

**How do you know if someone likes you for the right reasons?**

Cupid's Advice:

Celebrities can never tell if people are into them because they're famous or because they actually like them. Even for those of us who aren't famous, it can be tough to tell if someone's interested for the right reasons. Here are some hints:

**1. Eye contact:** It may seem simple, but if someone is actually interested in what you're saying, he will make eye contact with you during a conversation. If it seems like he's constantly glancing around to see who's watching, he might be a fake.

**2. He's attentive:** He sends you cute texts in between dates, he remembers things you said the last time you saw him and follows up on them, and he goes out of his way for you on a regular basis. These are all signs that he likes you for you.

**3. He sings your praises:** Instead of simply telling his friends he's dating you and leaving it at that, he gushes to them about all of your finer qualities – the ones that matter. This proves he's actually getting to know you and likes what he sees so far.

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## Nicki Minaj is Single and Seeking a Calm and Strong Man





Nicki Minaj is single and ready to date, according to The Hollywood Gossip. Minaj is on the cover of the latest issue of *King Magazine* and opens up about what she's looking for in a partner. "Someone who is calm, who is strong enough to not have to win every argument, who allows a woman to be her crazy self and someone with a conscience not to feel less of a man." We suppose a calm man would be a good balance to the rapper's wild style.

**What are characteristics of a good argument style in a relationship?**

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

A good argument is not who has the best come-back, but more of an action plan. You can have a shouting match with your siblings, but talk it out with your partner:

- 1. Listen:** How do you expect your partner to listen to your side if you won't listen to his? If you're too heated to sit down and be rational, take some time apart and get back together in an hour or so, after you've both cooled off.
- 2. Acknowledge his side:** When your boyfriend is making a point and says something you disagree with, let him know that you understand where he's coming from, but that you don't feel the

same way. "I understand you want to do this, but I feel it would be better if.." is a good way to start.

**3. Sleep on it:** Sometimes it's better to go to bed and start the day fresh than to talk in circles with no solution in sight. If you're not getting anywhere, sleep on it and return to the subject at hand in the morning.

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## Why I'm Rooting For Jennifer Aniston in 2011



By The Single Filez

2010 is drawing to a close, and the new year will soon be upon us. While this is usually exciting for me, I must admit that I'm not looking forward to watching the clock strike midnight

this year. Let me explain. I turn 35 next year. If I'm being honest, I'm scared shitless. Luckily, I still feel and (thanks to great genes), look 25. But no matter how young I look, the fact remains the same: next year I will be 35 and still single. I'll be single with not even a whiff of any potentials and without ever having experienced a long term relationship. The older I get, the more worried I feel about my singledom.

Just like Jennifer Aniston (and many other single women out there), I'm notoriously unlucky in love. Although Jen has the distinct advantage of having been married to Brad Pitt, whereas I have the advantage of still being in my mid-30's (Aniston is in her 40's). Either way, I'm rooting for Jen because I'm sick and tired of the reaction in the media to her lack-of-a-man situation. Everything they say about Aniston are the same things my friends, family and co-workers say about me: "but, she's gorgeous," "but she's successful" and "why on earth can't she keep a man?." It's frustrating, it's tiring and it's just not fair.

At first, I was going to write about why Jennifer Aniston and Halle Berry (another successful hottie who seems to be a serial douche bag dater) scare the hell out of me. I was going to say how nervous I am about still being single when I'm 40, but then I thought, "NO." Actually, what I want to do is root for Jennifer Aniston in 2011. I want to do for her what I want my folks to do for me. Despite my bad luck with men, I feel confident that I will find the right man eventually. So, HAPPY NEW YEAR Jen! I hope you find a good love in 2011. Enough of the 'Mr Right Nows,' like John Mayer, Bradley Cooper, Vince Vaughn and Gerard Butler. Give us singletons the opportunity to look at you and say, "Hey, there's hope after all. It is possible to find true love after a long bout of bad luck." But most importantly, do it for yourself. Wouldn't it be nice to stick your middle finger up and prove to the world that you're gorgeous, successful and



can keep a man?

Go Jen!

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# Kristen McGuinness Talks About Going on 51 Dates in 50 Weeks



By Kari Arneson

Kristen McGuinness is your average 30-something woman – she has a great career working at a non-profit in Los Angeles and a great boyfriend who might just be The One. But what's different about McGuinness is how she got to where she is today. As a recovering alcoholic and addict, she knew she had to think outside the box to sort out her priorities. Single, newly sober and exploring a new city, McGuinness decided to try



something crazy – but possibly brilliant – to find the new love of her life. A sympathetic boss, a spiritual healer and a handful of blind dates helped her reach her goal of 51 dates in 50 weeks, and which ultimately the unique experience depicted in her book, *51/50: The Magical Adventures of a Single Life*. Equal parts hilarious and heart-wrenching, this book takes readers on McGuinness' personal journey of self-discovery as she imparts valuable wisdom on life, love and the pursuit of happiness. Cupid was lucky enough to talk to McGuinness about what those 51 dates were like, what it's like to date sober, and how while looking for a man, she ended up finding herself:

**What made you decide to embark on such an ambitious project of going on 51 dates in 50 weeks?**

Like all good ideas, it was basically born out of desperation.

I had been single for three years, had only gone on a couple of dates in that time, I hadn't heard the words "I love you" from a man's mouth since the year 2000 and I knew something had to change. I decided I would go on a date a week for a year, and then when Britney Spears kept getting sent to the hospital under a 51/50 (California state code for forced psychological evaluation), I figured I would take a note from her and go on 51 dates in 50 weeks.

**How do you manage to keep a sense of humor after so many dating disappointments?**

Oh, the dates were filled with humor. I have to say, I was laughing with most of my dates, not at them. I discovered that most of the dates were looking for the same thing I was – a fun, loving, committed relationship that might one day produce children. And we could all laugh at the positions we were in – most of us 30+, still wondering when our partner was going to come.

**How did being a recovering addict make your dating experience**

## **different from other women's experiences?**

Well, for one thing, I couldn't drink, so I had to be willing to go in there, be honest, be funny, have a good time and not have a drink. But it also made it much more interesting, because a lot of my dates didn't drink either, so the conversation and the expectations were different. Back when I was drinking, most dates would end with a one-night stand.

And not that there's anything wrong with that, but I didn't really get to know anyone. Coming into these dates sober, I got to have a whole new experience with dating and with men.

## **What would you say is the most important thing you learned about dating, love and relationships during those 50 weeks?**

Since the book wasn't just about traditional dates – the dates also include my mom, my father, and a spiritual healer I met throughout the course of the book – the journey was as much about finding myself as it was about finding a man. At a certain point, my boss asked me what constituted a date, and I realized that it was anything that brought me closer to true love. And I learned that healing my relationship with my father, learning to grow out of my insecurities and fears, were just as important as meeting the right guy. Because I had met the right guy before, and I was nowhere near ready. I knew that in order to meet the right person, I still had some work to do on me, and as much as the book was about finding love, it was also about my own inner-journey and healing.

## **In your book, you say that you would always get the same reaction from people when they found out you were single: "It'll happen when you least expect it." What is your best piece of advice for single women who feel hopeless like you did?**

Don't give up. I ultimately did find the love I was looking for. It didn't so much happen "when" I least expected it, but "how" I least expected it. What I came to find through the

book is that singlehood can be a great, magical adventure if you go out and live life. At the beginning I had begun to consign myself to nights where I went to the gym, came home, ate a salad and settled in to watch TV by myself with some Tofuti Cuties. By the end, I was riding horses through the woods, going to sweat lodges in the mountains, discovering my city and myself, and I was going out on lots of dates. And I also think that's key: date, date, date. Because I found what I wanted through those dates, I learned what was important to me. And ultimately, when the right guy showed up, I was ready.

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## Ryan Reynolds and Scarlett Johansson Split



Another prized Hollywood couple has decided to call it quits. Ryan Reynolds

and Scarlett Johansson have officially separated with the intent to divorce, according to [People](#). In a joint statement they say, “After long and careful consideration on both our parts, we’ve decided to end our marriage. We entered our relationship with love, and it’s with love and kindness we leave it. While privacy isn’t expected, it’s certainly appreciated.” Although the pair were just seen out in NYC together last month, a source close to the situation says that it was Johansson who initiated the split. The two wed in 2008 in a private ceremony in Reynold’s hometown of Vancouver.

## **How do you start over after a divorce?**

### **Cupid’s Advice:**

There’s no doubt about it: divorce is devastating. Here are some tips on how to transition from living with your partner to living alone:

- 1. Get some “me” time:** First and foremost, take some time out for yourself before dealing with the “media” of your family and friends. Grab a close friend and head south a la ScarJo-style for some down time.
  - 2. Indulge in a hobby:** Spend some time doing things that make you happy before your divorce. The familiar routine will keep you sane for a little bit longer.
  - 3. Work it out:** Try exercise as a form of stress release. Endorphins will make you feel better, as they are natural pain and stress fighters.
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# Leighton Meester Hopes to Find True Love Someday



Leighton Meester has high hopes for true love. According to [People](#), the *Gossip Girl* star is looking for the kind of relationship that her character on the show, Blair, shares with onscreen love, Chuck Bass (Ed Westwick). “Because the way they love each other is very real, and not for the sake of being dramatic,” says Meester. Though 24 and single, the accomplished actress is far from giving up. “It’s okay if you don’t find him and you’re 24. You can find it someday.”

**How do you know when you’ve found “real” love?**

## **Cupid’s Advice:**

Leighton Meester says, “Real love is not for the sake of being dramatic.” If you’re not sure whether you’re in love or not, Cupid has a few telling signs:

**1. It goes deeper than looks:** Make sure you enjoy talking to your partner just as much as you like looking at him. If you find yourself constantly fixated on your partner's physical appearance, you make be confusing love with lust.

**2. It's not just physical:** If your relationship is more physical than it is emotional, it's probably not love. You should be getting to know your partner inside and out. When its' time to say, "I do," you should be looking forward to more than the honeymoon.

**3. You make sacrafices:** The biggest sign of love is putting your partner's needs before your own. Sometimes you have to make sacrifices, even if they're small. If you're always thinking what this person can do to help you instead of what you can do to help them, you're probably not in love yet.

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# It's the Nation's Biggest Jewish Singles Event of the Year!





Called “the mother of all Jewish singles parties” by [Time Out New York](#), The Ball is the nation’s biggest Jewish singles event – and has been for 15 years in a row! In fact, the New York City location alone had 4,000 people attend just last year. Hosted by LetMyPeopleGo.com annually on Dec. 24, this event has been covered by all major news outlets, including *The New York Times*, *New York Magazine* and *The Washington Post*. This year, The Ball will take place in more than 15 cities. Visit [www.letmypeoplego.com](http://www.letmypeoplego.com) for details and more videos!

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## Eva Longoria Parties with Pals After Divorce from Tony Parker





Eva Longoria was spotted out and about for the first time since filing for divorce from husband Tony Parker, [Us Weekly](#) reports. The starlet was sipping champagne and chatting with friends at Hollywood hot spot Chateau Marmont over the weekend. Dressed in all black, Longoria was smiling and chatting with Jason Biggs and Kate Bosworth. Sources say she looked defeated and that, “She had a grin on her face, but every so often she would stare off into space and looked very sad and somber.”

### **After a divorce, what are ways to cope?**

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

Public break-ups can be brutal, especially for celebrities. Who can forget Shannon Moakler's notorious divorce party? Cupid has some ways to deal:

- 1. Lean on your friends:** You may feel alone, but you aren't. Even if your friends are paired up, the BFF code means that you have support that is only a phone call away.
- 2. Take a break:** Get your mind off of your current situation by taking a much-needed vacation. Bring a friend along, or go solo to clear your head.
- 3. Celebrate with class:** Throw a break-up celebration of sorts, but keep it private and low-key. A public display of



anger can come back to hurt you later in life, so it's best not to go overboard.

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## The Ah Ring



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## Taylor Swift Likes Living Alone





Even though Taylor Swift is rumored to be dating Jake Gyllenhaal, she's still enjoying her independence, reports [People](#). The 20-year-old singer recently appeared on *Chelsea Lately* to discuss the perks of having her own place. "Living alone you can do so many fantastic things," Swift told Chelsea Handler. "You can walk around and have conversations with yourself and like, sing your thoughts... I think I'm the only one who does that." **What are benefits to living without a partner?**

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

Shacking up with someone is great, but it's also nice to live alone and have "me" time all the time. Here are some of the pros of living by yourself:

- 1. Do what you want:** When you live alone, you're on your own schedule. Being able to do what you want when you want is a major plus.
- 2. Enjoy your privacy:** Living without a partner means you can do things like walk around without clothes on, sing at the top of your lungs or have conversations with yourself, like Taylor Swift!
- 3. No roommate issues:** We've all lived with someone who drives us crazy. Roommate fights are inevitable, and living by

yourself helps you avoid all that drama.

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## Christina Milian: 'I Love Being Single'



Though Christina Milian will be appearing in the holiday movie *Christmas Cupid* December 12<sup>th</sup> on ABC Family, she does not plan on being struck by Cupid's arrow anytime soon. As the singer/actress told [People](#), there is no man in her life now, and she loves being single. Christina Milian recently split from rapper-producer The Dream. The two have an 8-month-old daughter together, and she is her mother's first priority. She says, "I'm learning about myself all over again. And as far as my daughter, I will never bring anyone into her life that I don't have a real connection with. I'm going to protect her. I don't just bring anyone into my life or her life." **What are some of the**

## perks of being single?

### Cupid's Advice:

Being in a relationship is wonderful, but being single can be just as amazing. After all, you have to love yourself before you can begin to love someone else:

**1. Embrace independence:** Singles can breathe a sigh of relief because the only person they have to worry about is themselves.

**2. Self-reflect:** Flying solo means you have time to find yourself and figure out what you want from a potential future relationship.

**3. Enjoy being alone:** You are always your best company. So if your last relationship didn't work out, remember it's far better to be alone than in bad company.

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# Kim Kardashian Enjoys the Single Life





Kim Kardashian is embracing her new role in life – the single life, reports [People](#). The reality star says it was difficult to see both her sisters settle down while she chose a more career-oriented path. Kim Kardashian admits, “I have always been the one in a relationship. I like that role, I want that best friend partnership.” Today, Kim feels more comfortable being single and has stopped jumping from relationship to relationship. **What can you do to embrace the single life while waiting for Mr. Right?**

### **Cupid’s Advice:**

Having time to enjoy and nurture your relationship with yourself is just as important as doing so with a partner:

- 1. Embrace life:** Being single is a great time to focus on other aspects in your life, such as school or your career. You can throw your heart into new projects without the need to feel guilty.
- 2. Date yourself:** It can be scary to try new things when you’re single, but eating alone at a restaurant (sans cell phone) or going to a movie solo can be very empowering to the single soul.
- 3. Take time for you:** Being single is a time when you can

focus on yourself; join the gym, sleep in late, or travel. This is the time when you don't have to ask for advice and you have free reign to take on a new hobby.

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## Thoughts from a Single 30-Year-Old



By Jessica Downey of Chicago Now's All the Single Ladies  
Christina Aguilera recently divorced Jordan Bratman, and she is about to turn 30 in December. I am at the opposite end of things – I just turned 30, and I have never been married (read that as I am totally and completely single).

When I was 20, I thought that I would be married or at least in a really serious relationship by the age of 30. And it's not that I think 30 is old by any means or that I had some sort of timeline but at that time, 30 just seemed so far away.



I mean, 10 years is a pretty long time; plenty of time to meet a guy, fall in love and get married.

Obviously as I went into this year, I figured out that marriage probably wasn't going to happen. Technically, it didn't take me that long to figure it out, but I mean, you really never know what can happen. But as my birthday got closer and closer, I kind of liked the idea of having a boyfriend or at least a date by my side on that day.

When the day actually came, I honestly have to say that I wasn't all that sad that I didn't have a man by my side.

Actually, I wasn't sad at all. I looked around me and saw all of the amazing friends and family that went out of their way to make the day special for me. I also realized that I have accomplished a lot in life since I was 20.

Now that I am actually 30, I can honestly say that not having a significant other really doesn't feel any different than when I was 20. I mean, things around me have changed. I now live in a completely different place. Certain characteristics about me have also grown and changed, but honestly being single doesn't feel any different for me.

I am not trying to take anything away from the whole concept of finding someone that you truly love. But I do believe that there are many other things in life that you can also be happy about. Things that are important as well. And while the once 20-year-old girl thought she would be married by this time, the 30-year-old woman knows that she just hasn't met the right guy yet.

*Jessica Downey is a freelance writer who writes about dating and single life in Chicago. All of her ramblings can be found on her blog on [ChicagoNow.com](http://ChicagoNow.com). She also writes for [badonlinedates.com](http://badonlinedates.com) and has written for [examiner.com](http://examiner.com).*



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# Celebrity Trademarks Offer Dating Advice for Singles



By Laurie Davis,  
Founder of eFlirt Expert and eFlirt Expert VIP

We've all heard the line "If you've got it, flaunt it." Now, some of the biggest celebrities in the business are proving that your best physical assets mean *everything*. To many of them, that's several million. Hollywood's finest are getting their vital parts insured – the physical attributes that give them star power – and it shouldn't come as a surprise that these body parts are often the things that we're most attracted to in the opposite sex. Whether on the silver screen or at the local watering hole, your trademark asset sets you apart for all of the other singles out there. Simply showing off your physical assets can help you snag that cutie sans cheesy pick-up lines. Celebrities have proved that our

flirting assets can literally be one in a million. So, just how much are we talking?

Jennifer Lopez insured her booty for \$27M. Heidi Klum's legs are worth \$2.2M. Tom Jones' chest hair is insured for a cool \$7M. Frankie Jakeman, the British male stripper, insured his ... well, you know ... for \$1.6M. Troy Polamalu of the Pittsburgh Steelers had his hair insured for \$1M by Head & Shoulders. Dolly Parton's chest is worth \$300,000 per breast. And, Aquafresh White Strips insured America Ferrera's teeth for \$10M.

Some of these celebrities have literally made entire careers by paying attention to their strengths and flaunting it, so the bottom line is: you need to know what physically sets you apart when a match meets you! Which of your attributes do *you* enjoy the most? Playing up your trademark while you're flirting, whether it's shaking your derriere on the dance floor or flashing your pearly whites from across the room, will help get your crush's attention. If you're having trouble identifying that stand-out trait, ask your friends for some insight. Also, small enhancements can go a long way, too. If your eyes are your trademark, work on getting that perfect, natural makeup look that makes your lashes longer and eyes bigger.

But, now that our lives have gone digital and so much technology is involved in our day-to-day, you have digital flirting assets as well. Some singles spend all day on Facebook and others are addicted to announcing their every move on Foursquare. While celebrities aren't insuring their thumbs yet, they are certainly following suit. Ashton Kutcher is a Twitter-aholic. Steve Jobs is the king of apps. And everyone has a digital trademark, just like they have a physical one. Knowing what you got and how to flaunt it online will up your eFlirting game instantly. By determining where you enjoy your time online, you can structure your

digital life to put yourself in the right virtual opportunity to meet matches.

The key is to make your online life work *for* you, not against you. For example, if you know that you are better with real-time flirting than you are over email banter, try to catch your crush on instant messenger whether you're communicating on Facebook or Match.com. iPhone addicts who are always out and about might have a blast meeting matches via location-based dating apps like Meet Moi or Skout. If your best digital assets are photos, flaunt them in front of your matches on DailyBooth or Zoosk.

Using the right platform is half the battle and the other half is using the right language that allows your personality to jump off the virtual page. You want to sound like you would in person, but enhanced for the online black and white text. Exclamation points help send energy through the computer screen, terms of endearment used at the perfect moment can make things more personal and emoticons can show excitement. So whether you're injecting a darlin' into conversation or ending a sentence with a wink, know what will speak to your personality while resonating digitally with your potential dates.

Remember, your best assets are all right there in front of you, whether it's in the mirror or the computer screen. So if you got it, flaunt it!

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## Taylor Swift's Single Days



Country crooner

Taylor Swift may be putting her dating history into hit songs, but don't think that she dates men just for the musical inspiration. And don't bother asking her about who her songs are referring to, because she's not about to tell you. "I will say everything in my music," she tells [People](#). But despite her emotionally heavy songs, Swift is currently embracing the single life, saying, "Being single is wonderful and I love it. I don't ever have a morning where I wake up and say, 'I really need to find a boyfriend today.'"

**What are some benefits of being single?**

**Cupid's Advice:**

For some people, living the single life is rough. And seeing all your friends pair off while you sit at home on a Friday night can be like a slap in the face. Living la vida single, however, can actually be one of the best times of your life:

**1. Miss Independent:** When you're single, you only have one person to answer to: yourself. You can go out whenever you want, go where you want and see whatever movie you want sans

compromising. Take time to enjoy not having to answer to anyone else, and be selfish.

**2. Life lessons:** Sometimes when life isn't so pleasant, and you don't have anyone to turn to for help, you have to forge ahead and go at it alone. But in the end you'll be so empowered that you accomplished a seemingly impossible task all by yourself that you'll soon realize you don't need anyone and that you are capable of doing anything.

**3. More money, less problems:** You don't seem to realize how much extra money you spend in a relationship until you're not in one anymore. With all the extra cash you now have, save up and buy yourself something fabulous. Splurge on a ridiculously expensive pair of shoes or a designer dress you may only wear once for no particular reason.

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## Kim Kardashian Blames TV for Lack of Love Life





Kim Kardashian's not too happy with sharing the spotlight, but it's not her sisters she's worried about – it's her boyfriends. The reality star is planning on staying single for awhile, and blames the constant camera attention for complicating her love life.

Kardashian told [US Magazine](#) that being single “is a lot easier” than trying to “figure out who likes me for really me (and) who wants to be on a show.” The star's ex, Dallas Cowboys' player Miles Austin, reportedly loved the attention he got from Kardashian's show. As she prepares to begin shooting *Kim and Kourtney Take New York*, in which Kim and her sister will open a new boutique in the Big Apple, she looks forward to remaining single. “This was like, for me, the perfect time to come to New York, because I'm single,” she says. “I just felt like I kind of wanted a fresh start.”

**What are some things that get in the way of love?**

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

Relationships can be a lot of work, and there tends to be obstacles nearly every couple has to overcome. Cupid has some ideas on how to work around these issues:

**1. Time:** Like most things in life, relationships require a lot of time in order to flourish. While it may be difficult to balance all the aspects of your life, try to take at least 15

minutes a day to show your partner that you care about him or her.

**2. Distance:** Particularly in new relationships, distance can cause some issues. If you're not living together, try to make sure you communicate in some small way daily, even if it's just a text that says "hi" – that way, you'll stay on each others' minds.

**3. Harmony:** Variety can add depth and health to any relationship, but balancing opposing viewpoints or interests can make things tough. Stay open-minded about what your partner likes, believes and wants, but make sure you also stay true to yourself. Make sure to communicate about conflicts when the need arises.

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## Daniel Radcliffe Loves the Single life





Even though Daniel Radcliffe probably has the power to “cast a spell” over any woman he chooses, the *Harry Potter* star has vowed to remain single during his upcoming stint on Broadway. Radcliffe will be returning to the stage in “How to Succeed in Business without Really Trying,” and has told [\*Dazed and Confused\* magazine](#) that he wants to enjoy being single during the show, particularly because of his tempting cast mates. “I’ve been in relationships from the age of 14, and now I’m single,” said Radcliffe. “I said to a friend the other day, ‘Dude, I’m doing a show with dancers. I’ve got to be single.’” Radcliffe added, “He was like, ‘Don’t sleep with anyone in your own show. That’s a mistake.’ It’s good advice. But I’m not sure I’ll stick to it.”

## **Is there a point when playing the field goes too far?**

### **Cupid’s Advice:**

Like most fun things in life, casual dating and sex are great, but too much of a good thing can be bad for both you and those around you. Cupid has some thoughts on when dating around moves from harmless fun to harmful behavior:

**1. Physically unhealthy:** Carelessness during casual sex could lead to unwanted STDs or pregnancy, but no matter how much protection you use, there’s no way to protect your brain.



According to *Hooked: New Science on How Casual Sex Is Affecting Our Children*, sex causes the brain to release dopamine, which can lead to poor decision making. And oxytocin, which makes women feel a sense of trust and connection with their partner, is based on nothing, but the chemicals in their heads.

**2. Mentally unhealthy:** Some people deal with their fear of intimacy by refusing to get close to anyone and dating around instead. This fear stems from deeper problems, and if left unresolved, could escalate and prevent a real relationship from blossoming.

**3. Addiction:** Casual sex could be a mask for a burgeoning sexual addiction. According to PsychCentral.com, “a sex addict will continue to engage in certain sexual behaviors despite facing potential health risks, financial problems, shattered relationships or even arrest.”

But enough with the downsides! Casual sex and dating can be fun, and healthy for you, too – in moderation.

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## Single Celebrities Who Rock (and Rule)!





By Terry Hernon

MacDonald of [singlewomenrule.com](http://singlewomenrule.com)

A happy marriage may be among life's greatest pleasures, but there's a lot to be said for living single. For too long, single men and women have been portrayed as unlovable, irresponsible, selfish, or childish. (The media tend to portray single celebs in their 20s as sexy, but once she – and in this case, it's usually a she – turns 30, the question, "Is there anyone special in your life?" comes with increasing frequency and feigned concern.)

It's time to celebrate two unmarried women who make single living desirable, and they're both well over 30. If you're not there yet, they'll give you plenty to aspire to; if you are, they'll give you reasons to be cheerful.

### **Susan Sarandon**

The young woman who played the grating but endearing Janet Weiss in *The Rocky Horror Picture Show* went on to draw acclaim for her performance in *Atlantic City* and ascended from there.

She built a reputation for being the wise, sexy, and – later on – the older woman men find irresistible. (After 40, she solidified her status as a sex symbol – not a sex object – in *Bull Durham* and *Thelma and Louise*.)

And, while she's sexy, she's also one to beat the odds. According to IMDb.com, doctors Sarandon that she'd never have children. She had the last of three at 45. Today, she's 64, living on her own terms, having recently ended a 21-year relationship with *Durham* co-star Timothy Robbins.

## **Marisa Tomei**

According to IMDD.com, this 46-year-old actress says of marriage, "I'm not that big a fan of marriage as an institution, and I don't know why women need to have children to be seen as complete human beings." Tomei does enjoy relationships, though, having dated many attractive men, most recently actor Logan Marshall-Green, who is 12 years her junior.

Since hitting it big in the 1992 comedy *My Cousin Vinny* (her performance was ridiculed by the likes of Charlie Sheen), Tomei earned considerable respect for her work in *Welcome to Sarajevo* and *In the Bedroom*. She garnered an Oscar nomination for *The Wrestler* in 2008 and will co-star with Kevin Bacon, Steve Carell, and Emma Stone in *Crazy, Stupid, Love*, due for release in April 2011.

While Tomei's acting made her famous, what we at SWR really love her for is her work on behalf of women's causes, most notably Equality Now.

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# **Michele Cove Discusses Film and Book, 'Seeking Happily**

# Ever After'



By Veronica LaRoque

From reality dating shows to speed dating events to eHarmony commercials, it seems like everyone is in a race to the altar.

Today's society might make it seem like being single is not an option and that it's just a phase until you find "the one." [Michelle Cove](#) documented people on their journeys to find love in her new film, *Seeking Happily Ever After*, and inadvertently found gourds of proud singles out there.

In her companion book *Seeking Happily Ever After: How to navigate the ups and downs of being single without losing your mind (and finding lasting love along the way)*, Cove explores why there have been more single women than ever lately, while allowing single women to reclaim their own stories. With wit, humor and sage advice, Cove uses others' stories to answer questions raised during filming and creates a self-help book expressly for women who are single and loving it.

## **What are the advantages of being single?**

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

Cupid learned all about why women are single and what they can do to make themselves happy by finding true love – if they're looking for it. See what Michelle Cove had to say about her movie and book:

### **How did filming *Seeking Happily Ever After* lead you to writing this book?**

The film poses questions about this phenomenon and allows viewers to come to their own conclusions. When the film was completed, I wanted to go a step further and try to answer some of women's pressing questions that came up during filming—and to create a self-help book that didn't lump single women into one giant category of "desperately looking for a husband," like so many other books out there.

### **Before filming *Seeking Happily Ever After*, you had written a book called *I'm Not Mad, I Just Hate You* about mother-daughter relationships. How does that book compare to your first?**

*I'm Not Mad, I Just Hate You* was a book that helped mom teach their teen daughters how to handle conflict. It was a book meant to empower women by giving them concrete strategies that they could then pass on to their daughters. *Seeking Happily Ever After* is a book that strives to empower single women by helping them tune into their own needs and block out all the "noise" and pressure to get married. I think most of my projects, in one way or another, challenge women to explore their choices with thoughtful intention.

### **What kind of problems do you address in the book?**

I give women the tools they need to figure out what they want for themselves in a relationship, which isn't easy in a culture obsessed with weddings. I also give them scripts to

use to deal with family members, friends, colleagues and so on who treat their single status like a problem to fix. Also, I answer practical questions like, "I worry about being alone and getting sick. What can I do?" and "What do I need to know about traveling on my own?"

### **In the book, what is your view on being single?**

The book is divided into 12 types of singlehood, such as "The Organic," who wants to meet a guy the old-fashioned way (by chance), but friends and family insist she'll end up alone; "The Late Bloomer" is the single who refuses to live life to the fullest now, but rather is waiting because she wants to enjoy her dreams with a husband. Then there is a chapter on "The Trailblazer," and this is the woman who has no interest in marriage and is sick of having to defend her decision. She has the challenge of carving out her own path, and I give women in this category tips for being able to create a new path even as others tell them their choice is wrong.

### **What advice do you have for single women out there?**

We are taught pretty early that happiness is "married with two kids and the white picket fence," and many of us buy into this "happily ever after," whether it fits us or not. I think women need to learn how to tune into their own voice and figure out what their own happily ever after looks like right now, whether it's the conventional route or not, and how to get it. I also think we need to appreciate that our "happily ever after" notion will change over time, and it should. Our needs change over time, so we need to tune into these needs and explore them consistently.

Cupid thanks Michelle Cove for her time! For more information on the author, visit [www.seekinghappilyeverafter.com](http://www.seekinghappilyeverafter.com).

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# SWR Singles Blog Crawl: Day 3



## Rachel Buddeberg Muses on All Things Single

**2010 SingleWomenRule.com Blog Crawl for National Unmarried and Single Americans Week**

**September 19 – 25, 2010**

Crawl over to a new blog by Dr. Bella DePaulo, *All Things Single (And More)*, where **Rachel Buddeberg** will share her musings.

**Bella DePaulo** (Ph.D., Harvard) is the author of *Singled Out*, *Single with Attitude*, and a blog “All Things Single (and More).” She also writes the “Living Single” blog for



Psychology Today. Her op-ed essays have appeared in publications such as *The New York Times*, the *Chronicle of Higher Education*, and *Forbes*.

**Rachel Buddeberg**, a feminist and freethinking humanist in the San Francisco Bay area, muses on her blog about meaning making; redefining community and relationships to build alternative ways of relating, which avoid cultural trances and thus support equality and democracy; and anything else that interests her.