STRONG WOMEN
ONLY INTIMIDATE WEAK MEN

Secrets About Men & Relationships Every Woman Should Know

FARRAH GRAY

BASED ON RESEARCH GLEANED FROM FOCUS GROUPS & FARRAHGRAY.COM VISITORS.
Farrah Gray

Celebrity CEO, Philanthropist & Digital Influencer

Farrah Gray ranks as one of the most influential and powerful African-Americans on the Internet along with President Obama, Oprah Winfrey, and Beyoncé according to Klout.com (The #1 site that uses social media analytics to rank its users according to online social influence). Gray has also been recognized in Forbes Magazine as an Inspirational Figure. In his rise from poverty to national and international prominence as an entrepreneurial icon and preeminent power speaker, Farrah Gray has inspired millions around the world. At the age of 30, he has achieved more than many achieve in a lifetime.

Gray has also been named as one of the CNNs African-American First History Makers and as one of the 20 Modern Black History Makers in the 20th anniversary issue of “Upscale” magazine. Gray has been invited to the White House eight times with President Clinton, President Bush and most recently, with President Barack Obama.
Farrah Gray’s honors include Keys to the Cities of Dallas, Shreveport, and Cincinnati. He has also received Proclamations from the Governors of Illinois and Nevada, the Mayors of Louisville, Kentucky, Chicago, Las Vegas, New Orleans and Wilmington, Delaware, and Clark County Nevada Commissioners. Farrah Gray’s Awards include The National Urban League Whitney M. Young Jr. Entrepreneurship Award, The Indiana Black Expo (IBE) Hoosier Lottery Entrepreneur Award, The Alabama A&M Students In Free Enterprise (SIFE) Award, The Davidson College Love of Learning Lifetime Educational Achievement Award, Central State Award of Appreciation for contributions made in the area of entrepreneurship, Trumpet Award, and the American Red Cross Award of Appreciation.”
Table of Contents

1. Bio: / 2
2. Press: / 3
3. Awards: / 4

Make Sure It’s A Man, Not A Boy!
4. Make Sure It’s A Man, Not A Boy! / 17
5. Secret Male Insecurities / 20
6. Is He Emotionally Available? / 22
7. Shocking Things Men Will Put On You / 24

He’s Gotta Go
8. Signs It’s Best To Move On / 27
9. How Your BFF Can F Up Your Relationship / 29
10. Ways To Find Out If He Is Cheating / 32
11. How To Build A Loving Relationship / 34
12. How to Confront a Cheater / 36
13. Is It OK for Your Man to Look at Other Women? / 38
14. What Not To Do When He Cheats / 40

SHARE THIS BOOK WITH 10 OF YOUR FRIENDS
<table>
<thead>
<tr>
<th>Chapter Number</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>15</td>
<td>Why the Other Woman Slept With Your Man</td>
<td>42</td>
</tr>
<tr>
<td>16</td>
<td>Main Reasons Men Break Up With Women</td>
<td>44</td>
</tr>
<tr>
<td>17</td>
<td>How To Recover After Being Betrayed</td>
<td>46</td>
</tr>
<tr>
<td>18</td>
<td>Signals He's Not Over His Ex</td>
<td>48</td>
</tr>
<tr>
<td>19</td>
<td>Secret Male Insecurities</td>
<td>50</td>
</tr>
<tr>
<td>20</td>
<td>The Top Break Up Excuses Men Give</td>
<td>52</td>
</tr>
<tr>
<td>21</td>
<td>Reasons Why Men Don't Listen To Women</td>
<td>53</td>
</tr>
<tr>
<td>22</td>
<td>Things Guys Miss About Being Single</td>
<td>55</td>
</tr>
<tr>
<td>23</td>
<td>Things You Give Up When You Move In With Your Man</td>
<td>56</td>
</tr>
<tr>
<td>24</td>
<td>Signs He's A Keeper</td>
<td>58</td>
</tr>
<tr>
<td>25</td>
<td>Men You Should Leave Behind</td>
<td>60</td>
</tr>
<tr>
<td>26</td>
<td>Reasons Why Men Like Bad Girls</td>
<td>62</td>
</tr>
<tr>
<td>27</td>
<td>Why Your Man Gets Sleepy After Making Love</td>
<td>64</td>
</tr>
<tr>
<td>28</td>
<td>Body Signals To Watch For From Your Man</td>
<td>66</td>
</tr>
<tr>
<td>29</td>
<td>Steps To Dealing With A Cheater</td>
<td>68</td>
</tr>
<tr>
<td>30</td>
<td>Signs You Need To Get Out Of A Relationship</td>
<td>70</td>
</tr>
<tr>
<td>31</td>
<td>Methods To Boost Your Love Life</td>
<td>72</td>
</tr>
<tr>
<td>32</td>
<td>Side Chick:</td>
<td>74</td>
</tr>
</tbody>
</table>
33. Spice Up Your Love Life / 78

Are You Girlfriend Material?

34. Things A Man Really Wants In A Woman / 81

Is It Love Or Lust?

35. How To Know If It’s Just A Fling Or The Real Deal / 84

Ladies! Play To Win The Dating Game

36. Make Sure That Your Game Plan Is A Winner / 87

Not Sure About The So-Called Love of Your Life?

37. How To Tell If Your Love Interest Is Right For You / 91

38. That Rocky Romance / 94

Breaking Up Is Hard To Do!

39. Suggestions To Make It Easier / 97

Make It Last Forever

40. Musts For A Long-Lasting Relationship / 101

41. If He’s Done With The Games He Will… / 104

42. Nice Guys: / 106

43. Ways to Get Out of a Bad Date / 108

44. Signals It’s Time To Become Intimate / 111

45. Things People Do Who Have Successful Relationships / 113
<table>
<thead>
<tr>
<th>Topic</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Real Signs You Could Be Getting Dumped</td>
<td>115</td>
</tr>
<tr>
<td>Activities Singles Should Avoid</td>
<td>120</td>
</tr>
<tr>
<td>Signs It’s Time To Move On</td>
<td>122</td>
</tr>
<tr>
<td>Ideas On How To Attract A Good Man</td>
<td>124</td>
</tr>
<tr>
<td>Why One Night Stands Aren’t Cool</td>
<td>126</td>
</tr>
<tr>
<td>Prepare for a Blind Date</td>
<td>128</td>
</tr>
<tr>
<td>What His Cell Phone Says About Him</td>
<td>130</td>
</tr>
<tr>
<td>When It’s Right to Introduce Your Man to Your Kids</td>
<td>132</td>
</tr>
<tr>
<td>Signals That Getting Back Together Is A Good Idea</td>
<td>134</td>
</tr>
<tr>
<td>Signals That He’s Not Mr. Right</td>
<td>136</td>
</tr>
<tr>
<td>Things To Never Do When You Meet A Man</td>
<td>138</td>
</tr>
<tr>
<td>Things To Watch Out For When Dating A Divorced Guy</td>
<td>140</td>
</tr>
<tr>
<td>Ideas for an Extreme Date Night</td>
<td>142</td>
</tr>
<tr>
<td>Times When Being Single Is Not So Good</td>
<td>144</td>
</tr>
<tr>
<td>Things Not to Do After a Split</td>
<td>146</td>
</tr>
<tr>
<td>Tips To Get Past A BIG Argument</td>
<td>148</td>
</tr>
<tr>
<td>Things Married Ladies Should Not Do</td>
<td>150</td>
</tr>
<tr>
<td>Steps To Successfully Flirt On Twitter</td>
<td>152</td>
</tr>
</tbody>
</table>
64. Reasons That People Cheat / 154
65. Reasons Why Dating Is Simpler For Ladies / 157
66. Ways to Make a Dude Want to Be Your Man / 159
67. Tips For Getting Along With His Mom / 161
68. After a Bad Breakup Or Divorce: How to Know When You Are Ready to Date Again / 163
69. Decoding His Confusing Texts / 165
70. Seduction By Of Dinner / 167
71. Men Advise How to Find the Right Man / 169
72. Reasons Why Smart People Have Trouble Dating / 171
73. Should You Date A Former Cheater? / 173
74. What to Do When He’s Out of Town / 175
75. Tips On How to Avoid Facebook Drama During a Breakup / 177
76. Guys Who Don’t Make Good Husbands / 179
77. Things Every Committed Couple Should Talk About / 181
78. Things To Consider Before Declaring He’s The One / 183
79. Ways Technology Has Changed Dating / 185
80. First Time Dating Tips / 187
81. Great Outdoors Dates / 189
82. Myths About Marriage / 191
83. Reasons Your Man Got Cold Feet and Left You at the Altar / 193
84. Relationship Tips So Simple, You Might Have Forgotten Them! / 195
85. Things People In Healthy Relationships Don’t Do / 197
86. Tips For Meeting Your Man’s Parents / 199
87. Dating Don’ts / 201
88. The Most Romantic Restaurants in the U.S. / 203
89. Questions You Can Ask On A Date / 206
90. Best Cities For Singles / 208
91. Best Modern Pick Up Lines / 210
92. Keys To A Great Relationship / 212
93. Top Relationship Killers / 214
94. Ways To Help Your Man Feel Loved / 216
95. Odd Human Mating Rituals / 218
96. Relationship Red Flags / 220
97. Things That Mean More To A Guy Than ‘I Love You’ / 222
98. Apps That Can Help A Long Distance Relationship / 224
99. Compliments Men Like To Hear / 226
100. Foods That Can Enhance Your Sex Life / 227
101. Things That Don’t Matter When He Sees You Naked / 229
102. Odd Places To Meet Potential Dates / 231
103. Odd Things That Turn Guys On / 233
104. Things Guys Think About When They First Meet You / 235
105. Ways Your Home Could Be Ruining Your Love Life / 237
106. Signs That a Relationship Is Headed South / 239
107. Truths Men Wish Ladies Knew About Sex / 240
108. Ways to Get Over A Dude / 242
109. Things Men Like In Women Other Than Beauty / 243

A Compatibility Test
110. Are You Compatible With Your Man? / 246
111. Simples Rules To Follow With Online Dating / 248
112. What Men Like To Talk About / 250
113. How To Date Your Friend's Ex / 252
114. How Well Do You Know Your Man? / 254
115. Just Say ‘No’ To Going All The Way / 256
116. Places To Go To Find A Good Date / 258
117. Ways To Survive A Long Distance Relationship / 260
118. Habits For A Happy Relationship / 262
119. Signs You’re Not Ready For Marriage / 264

Are You REALLY Ready To Be In A Relationship?
120. Questions To Ask Yourself / 267
121. Things Men Do When Women Aren’t Around / 269

If The Shoe Fits...
122. Things You Can Tell About A Guy From His Shoes / 272

It’s Me
123. Tips On How To Break Up With Him / 275
124. Signs That You Should Marry Him / 277
125. Ways To Heat Up Your Love Life / 279
126. Do You Have Trust Issues? / 281

Infatuation?
127. Questions To Ask Yourself / 284
128. Is Your Relationship Costing You Too Much? / 286
129. Men And Their Rides – What Do They Say About Them / 288

How To Be Cool After First Hook Up
130. Rules To Keep The Guy Interested / 291

131. Things You Do When You Are the Other Woman / 293

132. Why Women Are Attracted To A Man That Is Taken / 295

Before You Break Up...
133. Ways To Save A Relationship / 298

134. Ways To Keep Your Long-Distance Relationship Alive / 300

135. Things A Dude Does When He’s Serious About You / 302

136. Things You Need To Realize About Infidelity / 304

137. Moves That Will Kill A Relationship / 306

Signs He’s a Loser
138. Don’t Just Avoid Him – Run! / 309

139. Steps To Attracting A Millionaire / 311

Show And Tell
140. Ways To Read His Body Language Before You Date / 314

Relationship?
141. Ways To Cut Down On The Overtime / 317
Share this book with 10 of your friends.

Are You Successful At Being Single?
142. Traits of Happy Single People / 320

Did You Finally Meet the Right One?
143. Signs He's a Keeper / 323

144. Mistakes Single Moms Need To Avoid On A Date / 325

Say What!
145. Things You Don’t Want To Hear On A First Date / 328

Your Man And His Mom
146. What His Relationship With Her Says About Him As A Potential Mate / 331

147. Ways To Tell Whether You’re Ready To Give Up The Stuff / 333

148. First Impressions Guys Look For / 335

149. Unconventional Ways To Turn Him On / 337

Get Over It!
150. Ways To Recover From A Break-Up / 340

151. Ways To Make A Man Fall For You / 342

Be Your Own Lie Detector
152. Words That Will Reveal A Liar / 345

153. Female Habits Men Hate / 347

154. Ways To Flirt Without Saying A Word / 349
155. Methods To Make Him Miss You / 351
156. Signs He’s In Love With You / 354
157. Signs He Wants To Break Up With You / 356

Are You Addicted To Sex?
158. Signs That You Need Help / 359

Are You Ready For A Relationship?
159. Attitudes You Should Have / 362
160. Black Is In, But Red Is Hot! / 364
161. The 6 Pack – Reasons Women Like Younger Men / 366

What’s the Best Age To Get Hitched?
162. Is There A Magic Number? / 369
Make Sure It's A Man, Not A Boy!
When girls first start dating, it’s like they’re in a candy store. Giggles and squeals of delight characterize the pre-date functions of choosing what to wear, how to wear her hair, etc. This first boy is usually harmless and nothing much comes out of that first date.

And most likely at some point as a teenager, a girl is apt to choose a bad boy to show her independence and maybe annoy her parents. Even in her 20s, a lady may not be ready to stop and analyze her dates, as she may not be sure of who she is herself.

But at some point, the ladies have to sit back and take stock of just what kind of guy she is spending time with. In other words, it’s time to differentiate the boys from the men. Playtime is over. It’s time to get down to business and find that lifetime mate, the daddy of her children, her partner in crime.

Easier said than done, right? Well, we want to help you out with these tips on how to tell the boys from the men. But before you dig in, there is one thing you must understand – girls are attracted to boys and women are attracted to men. Growing up yourself is half the battle. You have to be a woman, not a girl. Let’s help you with the rest.

1. A man has his act together. He has goals and they usually include finding the right woman and starting a family. A boy just wants to have fun and considers the words “commitment,” “responsibility” and “ambition” as dirty words. Say them around him and he will run like a bat out of hell.
2. Sure, a real man wants an attractive woman, but her hotness is not his biggest concern – he wants someone with intelligence, compassion, morals and a desire to improve herself. A boy wants that dime piece that is exciting and wild. He’s in it for the hunt.

3. A man is working toward the future. He has plans to become financially stable and to be able to provide well for himself and his loved ones. A boy isn’t thinking about tomorrow, only what the hottest car is and how he can use it to pick up the ladies.

4. A man is conscious of the man he wants to be and he is willing to work at it. He has values and respect for others. A boy is in it for the moment. He doesn’t really consider the consequences of his actions.

5. A man will recognize a good woman when he encounters her and he will be respectful and try to get to know her personally. A boy will look a lady up and down and is only interested in scoring.

6. A man knows when to invest time and more into a woman. He is supportive, while a boy may toss money at a woman, but only for his own personal gain. He’s not investing; he’s testing.

7. A man will be upfront and honest about his intentions. He’s not afraid to be, well, a man! A boy is going to beat around the bush and never be interested in having a conversation about a future together. Indeed, that will make him run like the wind.

8. A man takes the time to enjoy life, but his priority is improving his life and helping those around him. A boy is most interested in what club to hit and getting crunk with his boys.

9. A man will suck it up and ask the tough questions when the time is right. He does not like rejection, but he will put himself in the line of fire when necessary. A boy is so afraid of rejection, he won’t even
commit in the first place. He may be boisterous, but his ego is so fragile, it would crash and burn at the first sign of hurt.

10. A man is, well, real. He has integrity. He doesn’t feed you a bunch of crap – he follows through on his word and keeps his promises. A boy will tell you what he thinks you want to hear and his word is usually about as good as you can throw a bowling ball.

11. A man will not mess with your head or your heart. He’s not into silly games. A boy is nothing but games and he’ll do only what it takes to get you in a compromising position.

Bottom line: a man is about honesty, integrity and heart. Can you recognize him?
He may walk around with an air of confidence, but like most women, guys have insecurities about how they look. Even when they are heading to the local bar to meet up with their buddies, men still tend to dress to impress the ladies. Here are some of the insecurities that they feel.

- Butt envy. Men know women look at a man’s behind when he walks in front of them. No one likes a pancake butt. Dude may even spend $100 for a certain brand name of jeans that will make his bottom look tight and certainly not flat.

- Nice abs. That’s all some guys work for when they go to the gym. They want to look good when that shirt comes off or when they wear a nice clingy tee.

- You know what women say about a man’s hands… so men are very conscious of their hands.

- Hair today, gone tomorrow. Seriously, guys do worry about their hair and especially going bald too soon. Sure the bald look has become sexy, but for men that have a good head of hair, they do work to keep it looking full.

- Facial hair. It’s kind of an in-look right now to have a five-o-clock shadow. But dudes do worry that women may prefer the smooth look when it comes to touching and kissing.

- More hair. The extra hair they have on their chest or back or wherever – yea, they do worry about it and wonder where the line is between sexy and apish.
• Height. Men know women were heels, and they know most women prefer a man to be slightly taller. That means that often a man might not even approach a woman that looks taller than he.

• Diet. The young ones especially want to look good on the beach or during a pick-up basketball game in the park. Believe it or not, they do watch what they eat to keep a potential beer belly at bay.
Guys are built differently than ladies. Of course there are exceptions to the rule, but reality is that men are less likely to be emotionally available for reasons that have nothing to do with another woman. He may be a workaholic and yes, that is a real addiction. He may not be over his last love or a broken marriage, or he could be a mama’s boy and not ready for a real relationship with a woman other than his mama.

Here are some signs that your man might not be serious boyfriend material.

1. He’s too good to be true. He probably is. He’s really a snake charmer who loves the chase more than the catch. It’s all flowers and dinner, but not a lot of conversation about deeper subjects or the future.

2. It’s all about him. He can’t be inconvenienced to change his routine to accommodate you. If you can’t fit into his little world, or if you make one slip up – like wear the wrong shoes – you are out, baby.

3. His history of relationships can say a lot on whether or not he can handle a long intimate situation. If he hasn’t had a relationship longer than six months, he might not be boyfriend material.

4. The things he says – does he put down other couples? He might actually say things like, “I don’t believe in marriage.”

5. He has anger issues. He’s rude to service people. It’s often a sign of someone who can be emotionally abusive.
6. He’s arrogant. Honestly, it takes someone with confidence and self-worth to be able to be in an intimate and committed relationship. If putting down other people is a way of elevating himself, he’s got issues.

7. He has a hidden agenda. Too many questions about money and sex early on indicate he has something else on his mind other than building a loving relationship.

8. He finds fault in something you did or even something he thinks you did. He’s looking for a way to sabotage the relationship.

So remember that it’s not always about another woman’ it’s about him and his willingness and capability to handle an intimate relationship.
He seems like Mr. Right. He's so damn perfect, it's scary. But then again, his penchant for perfection brings up issues that he puts on you, whether you control them or not. Here are just a few things a man might blame you for when it shouldn’t really matter.

- Your past intimate relationships can be an issue, even if he has had multiple encounters himself. If you try something new in the bedroom, here it comes… “Who taught you that?”

- Your hoochie mama BFF is a sore spot with him. He doesn’t like you hanging out with her, even though you have shown no signs of being swayed by her promiscuous lifestyle. He will, however, blame it on your association with her when you do something he doesn’t approve of.

- If you didn’t finish your education, on a high school level or college, that can be something he will throw out at you, even when you may just be trying to help him find something while you are driving or putting a shelf together. “I’m the one who finished college, and you’re going to tell me how to follow directions?”

- Any substance abuse problem or even an experimentation phase you might have gone through can become a sore spot with him, and again, something that he will bring up in an argument. “Are you high? What have you been taking again?”

- Don’t reveal names of past lovers. Oh hell no! Being a man and the primal instincts men operate on (yes, in this day and age), he will throw the dude’s name at you in an argument faster that Speedy Gonzalez. “Maybe that’s how Derrick did it…” or “How could you ever be with a guy like that?”
• Your lack of or penchant for the latest fashion. “Is that what you are wearing to my mama’s house?” Some men like it when you show a little (or a lot of skin), but make sure you pick your moments.

• He might get loaded now and then, but don’t you dare! He knows how he loses control, so you can best believe he’s going to freak out and worry like crazy if he thinks you are getting too zippy with your friends, especially when he’s not around.

• Your man friends… they’d better be older or gay or guys who present absolutely no challenge to him. Here it comes… “Why do you have to hug him like that?” or “I don’t like the way he looks at you. He wants to get in your pants.”

Obviously, communication and trust are missing from these scenarios. As a woman, you have to decide what’s tolerable and what is enough for you to ask him to step.
Strong Women Only Intimidate Weak Men

He's Gotta Go
Men, like women, come in all shapes and sizes. Most would love a looker, but what's really important is what's under that exterior, handsome or not. Here are some characteristics that might be warning signs of bigger problems.

- **Joe Jealousy.** You can spot him early, as he will become terse with a waiter who smiles at you, or he will make a snide comment about why you had to hug your co-worker so long. Those are early signs that you might be dealing with a man whose jealousy could escalate to a dangerous level pretty quickly.

- **No Show Joe.** He calls and calls and you finally give in to setting a date. You get all dressed up and he doesn’t show. Later, or even the next day you might get a lame excuse, but sista gurl, unless he’s been in a horrific accident, there are no excuses good enough. With all the technology available today, there’s no excuse for leaving you waiting.

- **Two Timing Tom.** Just watch for the signs you’re not the only one taking up his time. He’s not available on a traditional dating night and his reason for not seeing you is vague at best. He slips up and says something about remembering that place on Beale Street and you’ve never been there with him.

- **The Bully.** He’s a little rough and it could be signs that physical abuse could follow. He pokes your chest to make a point or holds your arm too tight when leading you somewhere. He seems to get angry at the littlest things, like if a car cuts in front of him…
he bangs on the steering wheel and yells at the other driver and goes so far as to threaten him/her. Dude's got anger issues and it's just a matter of time before someone gets hurt.

- The Lucky Guy. He's so lucky he found you. And he tells you so after just three dates and he's ready to move in with you. He's the dude you see on “Judge Judy” telling her that the loan you gave him was a gift.

- Charlie Harper. He dislikes more about your life than likes, such as your dog, the way you sleep or how you eat your soup. It’s all about him and his ways, and you need to be the one to make all adjustments.

- Buzz Kill. He’s the kind who is a bit threatened by a successful woman or at least one that makes more money than he does. His comments are subtle... he might call your promotion “your little promotion” or ask you why you didn’t get an “A” instead of the “B” you worked so hard for. Basically, he diminishes your accomplishments.

The point is not to get caught up in the euphoric state of a new relationship so much so that you miss the signs that it might not be the rose garden you thought you’d entered.
It started when you were a teenager – girl talk. And that girl talk with your BFFs usually centered on boys, and then men as the years went by. But your BFFs and that girl talk, while fun and a great way to pass the time, can also be damaging to your relationship with your man. And it’s not always all their fault; it can be yours too.

Consider these points.

- Your BFF may only be getting one side of the story. It can go either way. You may be telling her how awesome and great he is, or you can be only telling her the negative things and the complaints. So don’t be surprised then, when she meets him, that she gives him “the look.” That’s the one that coined the expression, “If looks could kill…”

- Your BFF will almost always say that you are right for two reasons: all she knows is what you told her, and second, that’s what she’s there for, to support you no matter what. The truth is sometimes you are the one that messed up and need to be held responsible, but your BFF is rarely going to make you see that you are wrong. She is more likely to tell you to kick the MF to the curb!

- Some BFFs just simply mistrust men, maybe from past experience or they just don’t like men. If that’s the case, she will do her darnedest to point out a man’s flaws and maybe even make you imagine things about your man that aren’t necessary true. For real, not all men are cheaters and not all men lie.

- A BFF can be jealous. You two spend all your free time together shopping and drinking lattes at the café while you man-watch. But now you have a man and you don’t see her as much and
aren’t spending much of your time with her. Jealously can rear its ugly head and she may say or do things to break up your happy romance to get her BFF back in time for the big sale at Macy’s.

- She may lay a guilt trip on you. “You never spend anytime with me anymore.” She will find fault with your man. She might not make it obvious, but she will do things to try to keep your attention.

BFFs can be great, too. They’re the ones who you can run to when you need to cry or will sit with you and eat ice cream when he messed up. Just try to keep a balance that will satisfy your BFF and your man.

Can You Handle the Truth?
Reasons Not To Snoop Through Your Man’s Things

To snoop or not to snoop is a question that’s definitely crossed the minds of women everywhere when it comes to their man. How often have you been tempted to peak at his texts while he’s in the shower? Or while he ran out to get eggs, did you jump out of bed the second you heard the front door click and start rummaging through his dresser drawers?

Even though it’s sneaky and often uncalled for, snooping is an act that many commit. In fact, studies show that even though a lot of people say it’s wrong, they do it anyway.

Before you start rifling through your man’s stuff, consider these reasons not to do it.

- You can’t win. This is something to really think about… are you ready to handle the consequences of what you might discover? If you find nothing to be concerned about, you will feel guilty. But if you find out he has done something wrong, are you ready to act on it and suffer the consequences, such as a divorce or break up? And if there is an indication of a “crime” on your man’s part and you don’t say anything, it will eat away at you and probably end
up destroying the relationship anyway. It’s a lose-lose situation. Oh sure, you come with the argument that you would want to know, but if you can’t trust him, why are you with him in the first place?

• It can become an addiction. You won’t stop at just reading his text messages. Next you’ll be on the computer looking at its history to see what sites he’s been visiting, etc. It’ll grow like poison ivy, as you start doing things like looking in the glove compartment of his car while he runs in the quick mart to pay for gas, or standing outside the garage door while he’s talking to his friends. You’ll keep scratching for two reasons: to find relief and to find fault. You’ve become an oxymoron.

• You could find information that could put your man’s job or friendships at risk. And guess what? Depending on what he does for a living, it’s actually against the law for certain information to be shared. While you’re blabbing to your BFF that he’s working on a new phone app, she’s already passing it on via social media and someone is going to beat him to the punch and he could lose his job.

• Your lack of trust may mean you have the problem. Ever hear the expression, “Don’t judge others by yourself?” Maybe you have something to hide so you think he does, too. Think about that!

It’s better to communicate than try to find answers by snooping. You might just find out something you shouldn’t and will be hurting no one but yourself.
Men who cheat think they are slick, and even those who are first-time offenders think they can get away with it. Here are some telltale signs that he is stepping out on you.

1. He steps out of his regular routine. If you have spent any length of time with your man, you know his usual routine. Men are definitely creatures of habits, so if his habits take a shift, it’s time to open your eyes.

2. There’s a change in appearance. He’s taking more pride in what he looks like before he goes out the door. He may even lose some weight. Mating is a primal instinct and a man’s body will subconsciously make subtle adjustments.

3. He has a change in the music he likes. Suddenly he likes an R&B song when he was straight hip-hop. People do change tastes and styles, but not overnight and not usually without talking about it with their wives or girlfriends.

4. He brings up something you didn’t do together, like a scene from a movie you didn’t see together. When a dude starts spending time with two women, the memories can blend together and he’ll absentmindedly make a comment about something that you didn’t have anything to do with.

5. All of a sudden he wants more privacy. Red flag when he wants it more than usual. Obvious things are he wants to talk on phone in private or he starts coming home late or going out with the boys more often.
6. Your lovemaking changes. The normal routine shifts into high gear. A lot of men get a new boost of testosterone when they start cheating. They have a new confidence about making love. Their egos get enlarged and they will be more aggressive in the bedroom.

7. His finances change. He needs more money to go out with the boys. Yeah, right. He needs money to buy her lunch, get a hotel room, buy her gifts, etc.

These signs are 100 percent guaranteed, but it may be in your best interest to perk up your eyes and open your eyes if he’s made at least two of these moves.
When you make a commitment to someone, you want it to last. While looking good and providing financial security are key elements to a successful relationship, making memories and sharing are just as important.

1. Leave the drama at the door. Make your mate feel comfortable around you. And if you do fuss, do so fairly. Don’t call him/her names. Don’t threaten him/her. Listen. Don’t interrupt. If you are too upset to be calm and cool, go to another part of the house until you can calm down.

2. Work on being compassionate, not judgmental. When you judge someone, you build a wall. Slow your roll and think about what you are going to say – in other words, don’t react… respond. Instead of saying, “You moron, why didn’t you call ahead first to make sure they had the part?” Try a response like this: “Honey, next time, maybe it would be best if we called ahead first.”

3. Separate your emotions from the facts. When feelings get involved in a discussion, it becomes elevated because we are likely to bring in all the luggage from the past. Look at the facts and you may see things clearer and may even see your partner’s side of the story.

4. Remember that expression, “When you assume you make an ass out of u and me?” Oh so true! Don’t make assumptions. Ask questions and clarify what really went down or was said.

5. Time is of the essence. You absolutely have to make time for your mate. That’s where the concept of “date night” came from for couples.
that have been in long-term relationships. You don’t want to get into a rut where you don’t do the things that attracted you two in the first place. Explore things together, and be open to doing things that he/she likes. It shows that other person that you do care. One week go do something he/she likes and the next week, it’s your choice.

6. Express yourself. It’s important to show your partner that you care, but you also have to say it. Say, “I’m sorry you had a bad day,” not, “What the hell is wrong with you?” Go with Stevie Wonder and just call to say, “I love you.”

7. Observe. Be aware. And use those observations to be romantic. For example, if you are sitting and watching TV and a commercial comes on for the new B.o.B. CD and your man leans forward like he’s interested, surprise him by stopping on the way home and picking up a copy for him.

Little things can go a long way. Make an effort to express your love and desire on a regular basis and you can cultivate a loving relationship that will last a lifetime.
So you are confident your partner is cheating on you. But the first thing you need to do is gather yourself and think before you act.

**Rule No. 1** – Do not confront him/her without a plan. You have to be ready or the outcome will not be in your favor.

**Rule No. 2** – Don’t even go there unless you have evidence. That means an email, text or receipts for motels or jewelry purchases. Without evidence, it’s his/her word against yours and it actually serves as warning to that person to be more careful next time.

**Rule No. 3** – Get ready for denial. He/she will be unprepared and won’t likely have a story to offer. The only thing that he/she can do is deny it over and over again. Chances are he/she is not going to admit it, because then he/she will have to end it or say it was just a meaningless fling.

**Rule No. 4** – Big one. Do not let him/her flip the script and say it’s your fault. Keep the focus on him/her.

**Rule No. 5** – Stay cool, calm and collected. That will be tough, but you have to do this so that you can handle the situation in your favor. Try to hold back your emotions so that it doesn’t turn into a screaming match.

**Rule No. 6** – Think ahead of what you want. Do you want your relationship to end? Are you prepared to be without him/her? Before you confront your cheater, know what you want, whether it’s the affair to stop, him/her to get out or whatever.
A lot of what happens will actually depend on you and what you want, and then how much you can control your emotions when the confrontation goes down.
So you are in love and you are pretty confident that he loves you, too. And you have kept yourself together, too, wearing the latest fashions, hair always poppin’ and taking care of things at home. So why is he looking at that chick over there?

Let’s face it girls, he’s going to look. Truth is you probably can’t help but notice a bootylicious bottom and a rack that’s stacked yourself. But there is a line between taking a peek and disrespecting you. How do you know, though, when your man is crossing the line?

Actually, it’s pretty much up to you. You should draw the line. It’s up to you and your confidence… how much do you believe that he won’t run over there and ask for her digits? It’s up to you to let him know how far he can go before it upsets you. Honestly, whatever you say is not going to change what he is thinking, but you can ask him to keep it under wraps and not to be too obvious.

Now, you do have to take some things into consideration. Ask yourself some questions: Are you happy with the level of his commitment to you? If you have doubts, that peek at the chick on the side may be more than a peek and the signs of a wandering eye.

Is he staring or was it just a one-time look? If it was more than a glance and he and she make eye contact, you might want to put your boy in check.

Has he cheated before? If this is another sign that he isn’t a one-woman man, maybe you need to check yourself and consider moving on.
See it for what it is. Don't waste your energy making a big deal out of it. Don't be afraid of it. Trust your man. Empower yourself and have confidence that it's no big deal. If you make a scene, it will only make him uncomfortable and probably ruin the evening. If it bothers you that much, take it up at home.

Handle it. Be comfortable with him to the extent that you can make a joke out of it. Then he will relax and not feel like he did something wrong… ‘cause he's going to look. It's part of their caveman instincts that's never evolved.
What Not To Do When He Cheats

The first thing that you want to do when you find out that your man has stepped out on you is kick his ass. It’s not an easy thing to control your emotions, but there are three things you want to work on when you are sure (preferably with evidence):

1. Take back your power.
2. Keep your dignity
3. Don’t do anything that will land you in the slammer.

Easier said than done, right?

Here’s what you need to do to win in this situation.

- Don’t say anything until you have evidence. Don’t go by what Keneisha said or what you think. You have to have proof… a receipt, a text message, a selfie of him and his side chick. If you don’t have proof, he will cover his tracks or worse, go undercover even deeper.

- Never, ever, ever, ever, never let him make you feel responsible. A cheater is responsible for his own actions. You don’t hold a gun to his head or make him do anything. Do not feel you are responsible and do not allow him to make you feel that way either. See, that’s where marriage vows come in… this living-together thing ya’ll do… there is no stated commitment, but when you actually get married, vows are made.

Back to the tips on how to handle a cheater…
Do not give him time to make a decision. He made a commitment to you... he does not deserve options now. You tell him what you want then and there. If you give him time to “figure things out,” you are giving him time to figure out how to get away with it with the least amount of effort. Think things through. Be ready.

Don’t cry. Of course it will be hard! You cannot be vulnerable at this point. Keep your dignity. This is not a competition. You should be No. 1, and that’s all there is to it. No begging. Don’t whine and say, “Why did you do it?” He did it because he is weak and undeserving of a good woman. Your marriage/relationship is not negotiable.

Don’t beat yourself up trying to figure out why he did it. You are not responsible for his actions. Don’t waste your energy on that. Focus on you now. Decide what you want and move forward with that.

It’s not going to be easy. You have to decide what the consequences will be when you confront a cheater. It could be the end of a relationship. Are you ready for that?
So your man cheated on you and you just don’t understand why this chick did it. She knew he was your man. So why’d she do it?

- She’s selfish. There’s no way around it. She wants what she wants and she has no guilt about taking it. Her needs come first, no matter whom she is hurting. The ironic part is, your man was so blinded by his desire that he didn’t realize she does not care about him, either. She doesn’t care about hurting him or wifey or the kids.

- She has no morals. She knows what’s right and wrong, but it doesn’t matter to her. Since she doesn’t have morals, she doesn’t feel responsible. If you confront her, chances are she will say something like, “I can’t help it if your man wants what I got.” She will show no shame and not take the blame.

- She’s psycho. Other words for her include sociopath and narcissist. She lacks the ability to sympathize with you. In fact, some women who are habitual home wreckers are so sick that they actually derive pleasure from hurting others. She may be the kind of chick that sleeps with attached men for the thrill of it.

- She’s accessible. We know you have to work and then there’s the kids, but sometimes men just fall prey to a side chick who will give him what he wants and won’t put any pressure on him. She doesn’t ask him to take out the garbage and she’s never tired. It sucks, but it is what it is.

- She is just that dumb. She believes him when he complains about you and says he stays for the kids. She falls for his lies and his promises to leave you and marry her.
• She's desperate. She doesn't have a man and one's not in sight. She thinks so little of herself that she is willing to be the second fiddle.

The bottom line, though, is that your man cheated, and no matter what a piece of garbage the other woman is or what a moron she is, you still have to deal with the fact that you have a cheater on your hands.
Some people meet in high school and get married and last as a couple for a lifetime. Most of us, though, go through a couple of breakups. Hopefully, we learn from our mistakes and get better at finding the right person with which to grow old.

Maybe for some, understanding what makes a guy break it off with you will help you see the signs or avoid the same mistakes the next time.

• He wants different things than you. In the beginning, it was a crush that moved quickly into a relationship before you knew each other and what you wanted out of life. He wants to do his music and you want a man with a steady income who wants a family.

• He’s not ready. Maybe you think you want to get married, but he still wants to be single. He tells you he’s not ready to settle down and most likely at this point tells you that he thinks, “We should date other people.”

• The relationship is moving too fast. One week you’re seeing each other a couple nights a week and suddenly he notices you have changed his sock drawer into your “just a couple of things” drawer that includes your toiletries, a change (or two) of underthings and some jeans and t-shirts.

• He doesn’t trust you. Oh, men think that way, too. Maybe he caught you in a small lie or giving some other guy your phone number, or he has his own set of issues from past relationships. One day some thing can happen that reminds him of what happened to him or he did in the past, and suddenly he has the urge to step away.
• You are fighting a lot. For the most part, men aren’t as talkative as women when it comes to working things out, so they are likely to just walk away from a relationship that is too conflictive.

• He wants to be with someone else physically or even emotionally. For some reason, you two have drifted a bit. Someone else is taking up his time – it doesn’t even have to be physical.

• Changes in the dynamic of the relationship make him uncomfortable. Maybe you decided to go back to school and you are now working and studying and don’t spend so much time with him. So he starts feeling that he’s losing you and so he will consider calling it quits before you do. It may all be in his head, but then again, you want someone that will support you, right?

• You’re not the one. You were fine for the time being. It sounds almost cruel. But think about all the times this has happened: a guy stays with a lady for years, then he breaks it off and within six months he’s marrying someone else. It happens all the time.

Relationships are a gamble. That’s why it’s always best to go slow and take your time getting to know the other person.
When a partner is unfaithful, that’s one thing, which of course takes time to recover from and be able to trust again. Betrayal, however, runs even deeper and can rock your world. An example of betrayal is when your man sleeps with your best friend. Two of the most important people in your life have taken your trust and stomped on it with all four of their feet. It’s ugly and unbelievably hurtful.

But betrayal happens in different ways. How we handle it can determine the course of the rest of our life. It can impact your relationships, your career and even your finances.

- The first thing you should do is erase the memories associated with the betrayal. You can do it by meditating on the positive things in your life at least once a day. You can also seek professional help.
- Let it go. Forgive. That doesn’t mean that you have to accept their behavior. It means that you have to let it go or it will fester inside of you and you will just become angrier, and that anger can lead to behavior of your own that is destructive.
- Toss it. This is a physical act. Write down what happened and how you were betrayed. Then throw it away. Burn it (safely), go throw in a river or the ocean – physically take that piece of paper and rid it from your life. It seems minor, but it will help.
- Rebuild your faith. Go see your pastor or someone that you know has strong convictions of faith. Talk to him or her and let that person advise you on why it happened and perhaps scriptures to help you heal.
• Don’t let it shake your own faith and trust in yourself. That person or persons made the bad decision, not you. You are still a good person that has a lot of value. Do not let what happened change your mind about who you are.

• At this point, if there are people around you that you don’t trust, take some time and space away from them. Otherwise, what relationship you have with them could be irreparably damaged if you start thinking they are going to hurt you, too.

• Do not take out your anger and hurt on your loved ones, such as your kids or a family member of BFF. Actually, seek support from them and comfort.

• Don’t seek revenge. This could lead to really bad things, such as property destruction or personal injuries, which could land you in jail or hurt physically yourself.

• This is the hardest one – try to control your emotions. If you need to cry, do that. It’s a form of release. You can also try physical exercise, such as boxing, to work out the stress and pain.

Betrayal is hard to get past, more so than infidelity. It’s going to take effort on your part. Just try to do what you have to keep yourself mentally and physically for any further harm.
Break ups are difficult, but they are often even more difficult to get over. And quite often people will jump back into the dating game before they are really over their ex.

Reality is… his body might not be available, but not his heart. There are signs to look for to help you make sure that you're not just the rebound girl, which is rarely permanent. Here are some signs to look for that tell he is NOT really over his ex.

- If they have been broken up for less than a month, he is not ready. Love takes time to get over. He's probably still feeling the urge to go back to her. He was used to having her in his life, and it takes time to get used to not calling or running to her for any emotional or physical need.

- He mentions her a lot. That means she is still taking up space in his head and probably his heart as well.

- He's not really stable emotionally. That doesn’t mean he’s a nut job. It means he is OK most of the time, but he is sad or way too quiet sometimes that seems uncharacteristic. He probably heard a song or saw something that reminded him of her and it made him sad. If that’s the case, he’s still not over her.

- They still talk, a lot. It's one thing to still be friends, but it's another to have to call her about every little thing, or worse, take phone calls from her while you are out together. Unless there is a kid involved and that's what the conversation is about, their conversations should be few and far between.

- He's bitter about the break up. She did this, she did that, she said this, etc. He's not past it. He hasn’t even taken part of the
blame. Guess what? He'll do the same thing to you. Bottom line: if he can’t talk calmly about it, it still bothers him and that’s not healthy for you.

Just make sure that you don’t rush into anything and make sure he is all about you and not his ex.
He may walk around with an air of confidence, but like most women, guys have insecurities about how they look. Even when they are heading to the local bar to meet up with their buddies, men still tend to dress to impress the ladies. Here are some of the insecurities that they feel.

- Butt envy. Men know women look at a man’s behind when he walks in front of them. No one likes a pancake butt. Dude may even spend $100 for a certain brand name of jeans that will make his bottom look tight and certainly not flat.

- Nice abs. That’s all some guys work for when they go to the gym. They want to look good when that shirt comes off or when they wear a nice clingy tee.

- You know what women say about a man’s hands… so men are very conscious of their hands.

- Hair today, gone tomorrow. Seriously, guys do worry about their hair and especially going bald too soon. Sure the bald look has become sexy, but for men that have a good head of hair, they do work to keep it looking full.

- Facial hair. It’s kind of an in-look right now to have a five-o’clock shadow. But dudes do worry that women may prefer the smooth look when it comes to touching and kissing.

- More hair. The extra hair they have on their chest or back or wherever – yea, they do worry about it and wonder where the line is between sexy and apish.
• Height. Men know women were heels, and they know most women prefer a man to be slightly taller. That means that often a man might not even approach a woman that looks taller than he.

• Diet. The young ones especially want to look good on the beach or during a pick-up basketball game in the park. Believe it or not, they do watch what they eat to keep a potential beer belly at bay.
Guys in general are not good at breaking up. While they don’t want a lady to feel bad, they also often fail to take responsibility and try to fix the issues that are causing them to go the breakup route. Here are the top “lame” excuses guys give.

- “I don’t have time for a relationship.” If a dude is into you, he will make time. Or he might just be lazy. He has time to play video games with your brother on his new X-Box and he has time to hang out at the bar playing foosball with his friends, but he doesn’t have time for a relationship. BS.

- Here’s the classic one: “It’s not about you; it’s about me.” That one is so old it has dinosaur crap on it. And it is about him – he’s still a kid at heart and doesn’t want to put the effort into building a relationship. Either he’s scared or a moron. Let him go.

- “I can’t give you what you deserve.” He could be being brutally honest, or he’s saying you are shallow and only want material things. It also could mean he has low self-esteem. Or it’s just a line so he can get out of his commitment to you to date his best friend’s sister, who just got out of a relationship herself.

- “I’m not ready for a relationship.” That’s not the whole thought, actually. He actually means he’s not ready for a relationship with you. How many times have you dated someone, he gave you that line, and then six months later he’s engaged?

- “I’m not good enough for you.” He’s saying that so you don’t feel bad that he’s just not into you anymore. You were probably a rebound relationship or it took him awhile to realize you aren’t his type.
Man, I wish I had a dime for every time that I have heard a woman ask her man, “Are you even listening to me?”

What is it about men that they are prone to tuning out women?

First let’s point out that men aren’t always the problem. All women aren’t innocent either, but there are seven basic reasons that men tend to tune out or not listen.

1. It’s about power. Men want to be in charge, and having to stand there and listen to you talk about your BFF or the sale at Macy’s is just not happening. He does not want to relinquish control and have to listen to things that don’t matter to him.

2. They don’t like to be criticized or told they’re stupid or lazy. You know you do it! “Are you that lazy that you can’t even take out the garbage?” Actually, he probably tuned you out by the time he heard “lazy” and went back to watching the game.

3. They want to avoid an emotional response. It goes back to being strong or at least looking like he is strong. If you are pouring your heart out to him about something, he’s prone to tune it out and just respond occasionally to “Sorry to hear that,” or “It’ll be OK.”

4. How many times has your man walked away or left the room when you are ranting about something? The truth is, according to research, that men don’t like conflict, so he may just tune out your venting to avoid confrontation.
5. He doesn’t want to validate your whining (sorry ladies), if you have a tendency to do that. Dude figures if he gives in once, it’ll happen again, so if you are upset about something, don’t be surprised to see a dazed look come over his face, and thus, “Are you even listening to me?”

6. Any time that you raise your voice to him you are doing two things in his mind: getting emotional and being irrational, and he doesn’t care for either.

7. He may not want to have to solve a problem. Seriously, if he doesn’t really listen and doesn’t respond with anything other than an occasional “Yes honey,” he’s probably tuned you out. If he doesn’t hear the problem, or doesn’t acknowledge it, he doesn’t have to solve it.

The truth is a lot of men want the power and control in a relationship. But real men want communication. Real men share power. Real men show respect. Do you have a real man?
A man will commit to a relationship. But understand that he is making sacrifices from his single life.

- He has to explain what’s on the credit card now. Maybe he bought a more expensive brand of golf balls or treated his friends to pizza. Before he just did it, but now he has to explain it to you.
- He has to work with you on a family get-together schedule. He may have always gone to his mom’s for Christmas, but now he has to work it with you as to where and with whom you two will be spending holidays.
- Choosing what to wear – now he has to hear you say, “That’s what you’re wearing?” It was so much easier before…
- Now he has to clean up before bed, like throwing away empty bottles and the pizza box, and you probably don’t want him to eat in bed either!
- He used to have a whole bed to himself, and now not only does he have to share that space, if he’s the last one out of it, you probably want him to make it too!
- He has to hear about your day as well as handle the stresses of his own. Give him a minute to get in the door before you hit him with the sob story or the he said she said tale.
- Now he has to share decisions, as to what to have for dinner, what movie or show to watch, what color to paint the kitchen. It was all so simple before!
- Openly looking at other ladies is not something he can get away with now.
It’s a big step to move in with your boo, and the situation can provide a lot of benefits. But there are also things that you give up when you move in with your man.

- Reality TV shows are generally a staple of women, but men aren’t into them so much. You’ll have to tape them and watch them when is otherwise occupied. Don’t give up together time for these things!
- Stuff you have been saving for a rainy day. Some things might just end up in storage, such as your doll collection or clothes you really don’t fit in any more. You will be sharing closet space and those dolls – you really don’t want them lining up on your dresser to watch you, well, you know.
- Honest feedback from your former girlfriends about how something looks on you – and please don’t ask him, and then when’s honest, get mad at him!
- Bathroom privacy is pretty much over. You will have to share cabinet space, too, so you might have to cut down on all those facial creams, moisturizers, etc. Oh, and get used to stubble from his shaving in the sink.
- Late night snacks that aren’t good for your figure – first of all, you are going to have to share with him. And then there’s the sour cream and onion potato chip breath you’ll have to get rid of if you want some late night action.
- Stuff that is too flowery. He’s not going to dig the rose-covered bedspread, and do you really want him wiping his hands on your pretty floral guest towels? Make sure that you have towels in the bathroom that you don’t care about!
• Those granny undies you kike to wear around the house – uh uh. And the tattered ones have to go, too.

• Quiet Sunday afternoons. Not as long as it’s football season, which is pretty much from mid August until the Super Bowl the first Sunday in February. And the other months, there’s basketball, baseball, hockey, golf and “Goooooooooaaalia!” soccer.

• A good night’s sleep – not during the first few months at least. He’s so happy you are there and he has something to “grab on” to!
You are probably tired of hearing a lot of advice about the kind of guy you should avoid or throw away. So how about a look at what a keeper looks like?

1. He puts you first. He includes you in his life and is into the relationship, both physically and mentally.

2. He stands by you in a crisis. He doesn’t run when you encounter a high-stress situation. He stands strong and offers a shoulder or a helping hand.

3. He accepts and maybe even enjoys your quirks.

4. He's not afraid to show he cares. I had a friend once who got mad at her man because he bought her new tires for her car for her birthday. OK, it’s not the most romantic gift, but she was driving around with bad tires and he was concerned for her safety.

5. He's genuinely kind. He's a nice person and he does nice things naturally and often when no one is looking. That could mean doing things like mowing his elderly neighbor’s lawn or scooping potatoes at a homeless shelter.

6. He's reliable. He does what he says he is going to do. He shows up on time, he calls when he says he is going to and he follows through on promises.

7. He is willing to build a relationship. He talks about the future and includes you.
8. He accepts your emotions. A real man knows women tend to be softer and he actually appreciates that. He won’t be disgusted when you cry at the movies or call you “crazy” when you get a little huffy.

9. A keeper fights fair. He doesn’t run. He doesn’t get rough. He doesn’t accuse. He’s ready to listen and will also be able to respond in a calm, cool and thoughtful manner.

10. He’s an adult. He takes responsibility for his actions and has goals and dreams and is in the process of reaching for them.

11. He makes you smile and laugh. Those things are so important. They show you truly enjoy his company.

Believe it or not, there are great guys out there!
There are certain times when a man will show signs of behavior that doesn’t quite mesh with a good relationship. You can save yourself some heartache down the road if you put some of the dudes in your rearview mirror from the get-go.

- **Jay Jealousy.** The hard-core jealous one can be spotted early, too. He is short with the waiter who smiles at you and he will tell you that you shouldn’t hug your boss like that or he’ll think you want him. He is also very demanding of your time and wants you to account for every minute that you were out of his sight. You may like the attention at first, but it can turn into a very dangerous situation quickly.

- **Benjamin Bully.** He thinks it’s funny when he pokes you in your arm to hard that’s there’s a bruise the next day. He also will resort to poking you in the chest during a fuss or grabbing your arm. It’s a sign of escalated violence later.

- **Two-timing Tom.** A Saturday night comes you won’t get to see him. He says it’s a boys night out, but you see his best boy at the sub shop buying one sub, and it wasn’t a foot long. You drive by his house and his car is there, as well as one you don’t recognize. Then next Friday comes and he’s gotta work late. You drive by his office and his car is not there. Well, you know the rest of the story. You may be the one, but you aren’t the only one!

- **Joe No Show.** He makes plans with you and then doesn’t show up. And he doesn’t call to cancel either. What can really make it bad is if you went to the trouble of meeting him out of town. It happens all the time. Then he calls with some lame excuse and you let him back in. Honey, if he wasn’t in a REAL life-threatening
situation – like he’s calling you from a friggin’ hospital bed! – leave him behind.

- Homer Homey. He’s just looking for a place to park and a gal to take care of him. After just a few dates, he professes his love for you and is ready to move in. Slow his roll and watch him disappear when you deliver a “no” to the “Let’s live together” comment.

- Betrayed Bill. His last woman left him for another woman, so he is actually mad as hell, but he will try to cover it up. But if the minute you disagree with him, he calls you a lesbian, he ain’t over it. Run.

- Charlie the Narcissist. We call him “Charlie” because he’s a lot like Charlier Harper from “Two and a Half Men.” He will find every excuse in the book not to meet your family, not to like your dog, not to do things that you like, etc. It’s his way or the highway. Give him cab fare.

- Jay Jealousy II. When you share good news, he finds a way to make it lose its shine. For example, you come home with news that you got a $5 and hour raise and he responds by saying, “That’s all?” Go celebrate your raise without him, and find someone who will appreciate you.

Tags/keywords – men you should leave behind, signs of men that could be trouble

Watch for early signs in men that could mean trouble down the line.
Men like bad girls. Not all men, but you can pretty much bet that at some point in his life, a man has had an experience with a naughty girl. You know the one – she comes into a place with a walk that is more of a sexy saunter and she looks like she owns the place. Body parts are loose and she has a wicked smile. All eyes watch her and she knows it. And it’s just a matter of time before the men in the joint are asking to buy her a drink.

You think, “What the f?” A lot of men like bad girls, and here’s why.

1. He can be bad with her. If he wants to be naughty, so does she. And if he doesn’t have the most stellar past, chances are neither does she.

2. She’s usually provocatively dressed with certain parts easily accessible, mainly that she usually doesn’t wear panties.

3. Dudes believe that bad girls are tigers in bed.

4. A bad girl is probably not going to care if he has one tattoo or half a dozen. In fact, to her, the more the merrier!

5. Bad girls usually have bad girlfriends, so a guy can bring his friends.

6. Bad girls aren’t in to arguing – they’re into pulling his strings and just walking away if he doesn’t like it. But he usually likes it…

7. She doesn’t care if his place is messy.

8. A bad girl will do just about anything once.
9. And when he compliments a certain body part, she’ll put his hand on it and not giggle and try to cover it.

10. He knows when he chases her that he’s going to catch her before the night is over.

11. He loves the fact that she doesn’t care what others think.
When your man rolls over and starts snoring before you have a chance to say “Good night,” don’t think the worst of him. It’s not because he got what he wants and doesn’t want to talk, or it’s not even because you wore his ass out. He can’t help it!

There are scientifically proven reasons why he falls asleep after getting busy.

- Research shows that when a man reaches orgasm, he releases himself at that moment of any fear and anxiety, which puts him in the most relaxing state of mind and sleep is the natural next step. The snoring, well, that’s another thing altogether. You’re on your own dealing with that!

- More of that same research from Live Science – when men ejaculate, they release chemicals from the brain such as serotonin (a sleep aid), oxytocin, norepinephrine, vasopressin, nitric oxide and prolactin. It’s like he has a chemical cocktail when he climaxes. Prolactin in particular seems to be affiliated with high levels of sleep. In fact, in one research project, it was found that animals that were injected with prolactin became sleepy.

- Oxytocin is associated with a release of feelings of trust and closeness. It’s like he’s a baby and again and sleep comes easy (as long as he’s not teething).

- The most obvious reason is that you probably did it at night and in a bed, and that’s where sleep usually takes place, so he was just going with the flow.

There are advantages to the post-sex sleeping man – you get some alone time and if it was all that and a bag of chips, it’s just a matter of time.
before he will be ready to go again! Sleep is the ultimate rejuvenator when it comes to a man’s sex drive.

So don’t feel bad or get pissed off when he goes to Dream City after you’ve made love. You just can’t beat science.

Tags/keywords – why men fall asleep after making love, scientific reasons he's sleepy after coitus, why he's sleepy after sex

Don’t get mad at your dude when he falls asleep after doing the horizontal mambo – science says it’s only natural for him go to Dream Land.
Let’s talk about what a man’s body language says when he first meets you. We’ll look at the signals and what they mean as you date on a regular basis.

1. The palm – dude extends his hand palm up. When this happens, rest assured that he is in to you. He is actually reaching out to you to make a connection. And what’s cool about this, whether or not you know it, your brain will recognize the move and you will literally feel the warmth of the gesture.

2. Handy man. If he uses his hands a lot when he talks, he’s probably a good communicator, and, it’s also a sign that his hands are useful when (or if) you do the dance with no pants.

3. Hand holder – this is a good thing. That’s a signal that he is willing to let the world know you are his and that he does want a relationship.

4. Long kisser – if his kisses last like 10 seconds or more, he’s already gotten busy with you in his imagination. It’s usually also a sign that he is intense in the bedroom.

5. The leaner – he wants to be intimate. Guys tend to stay about a foot or more away from their date, but when they start to lean in and get into your space, he wants to connect on the physical level.

6. The laugher – he’s a keeper. He’s relaxed around you and being himself, which is often a sign that he wants a relationship with you.
7. The pecker – he's a light kisser. He may just kiss you on the cheek when you are dating or just give you a light pick. He's the sensitive kind.

8. The groper – need we say more? This is the one who is touchy feely all the time and yes, he will do you anytime, anywhere.

9. The stroker – he's the best of two worlds. He will rub your back or strike your hair. It means two things – he wants to get physical, but it also shows that he cares.

10. Hand sitter – he's nervous. If he sits on his hands, he's worried that he might say something stupid and tick you off.

A lot of these gestures and moves guys do subconsciously. So keep an eye out because it’s quite true – actions speak louder than words.
The rates are alarming. Experts say that almost half of committed partners cheat on their lovers. It’s not only killing marriages, it’s making people think twice about even getting married.

It’s easy to scream and cry and eat a gallon of Ben & Jerry’s. Some people will even call on Jack (Daniels) or Smith & Wesson (please don’t!). But the best reactions are none of these.

- First, calm down. Don’t do anything dramatic. You will only hurt yourself if you throw things, try to hit him/her or throw his/her things out your fifth story window into the pool.
- You have to think about the consequences of your actions. If you accuse him/her and he/she decides to leave you, can you handle that? If you throw his ish outside and it rains, what will he do to you? If you take a scissors to all her designer clothes, how will you explain that to her 6’10”, 300-pound brother?
- Talk to someone else. Get it out with a best friend, your mom or whoever has a good ear and some common sense.
- Don’t blame yourself. Don’t wallow in self-pity. He/she made the decision to cross the line, and that decision is his/her responsibility, not yours.
- Make sure that you have your facts straight. One of the first things you have to decide is… were you in a committed relationship? Did he put the ring on your finger? Are you living together? If you dated three times and you gave up the booty, that does not constitute a relationship unless you said to each other, “Let’s be exclusive.”
- Communicate with the accused, but only after you have your ducks in a row and are in a calm state of mind. Let him/her tell their side of the story.

- Ask yourself if you can forgive him/her. Can you move on? Can you still look him/her in the face and not be disgusted? Forgiving is one thing, but forgetting – that’s not such an easy thing to do.

- Don’t be wishy-washy. Break up or settle it. And if you break up, cut off all communications until you can handle any conversations without being emotional.

- If you are married, get an attorney. Don’t play. If you did not get married and were living together, tough luck, baby. Take your losses and move on. The law is not going to help you get any kind of compensation unless there are kids in the mix.

- Get tested for STDs. If he/she has passed on something, early treatment is very important. It’s ugly, but it’s real.

- If you have any evidence, lock it away now for use later (if needed) and even consider storing it with a friend or family member.

- Try not to tell the world. Rumors and gossip will not be good for any court case, and you don’t have to become enemies.

- Forget the revenge affair with his/her best friend or someone else. It’s not going to make you feel any better and could lead to even more complications.

- Find out why. If you can have a calm conversation with him/her, try to get an idea of what was going on in their head that they would do this. Just remember – you didn’t do anything wrong, no matter what he/she says.

It’s not going to be easy, but you have to keep your head. Yes, it will hurt like crazy. But don’t let that hurt boil inside and turn into an explosion that you will regret. Use it to motivate yourself to heal and eventually love someone better.
No one is perfect. And in your quest to find Mr. Right, don’t expect to find Mr. Perfect. Everyone has flaws – you included. But when it comes to a relationship, are those things that you use to laugh at or look past actual signs of a deeper issue?

When we are in a relationship, we are investing our time, heart and money. When we are younger, we can afford those investments. But as we mature and grow older, it becomes crucial to examine a relationship from time to time to make sure that it is healthy for one thing, and also that it is not a waste of your precious time and energy.

Here are some red flags to consider.

1. The need to change to make him happy is not cool. He should be in to you because of who you are and not what he can make you. If he is telling you what to wear, what to say and what to think, the red warning flag should be waving wildly in front of your face.

2. He’s always criticizing you. It’s one thing to help you or encourage you, but if his remarks are more like disses than positive encouragement, something ain’t right. Why does he have to put you down? A good man will help you and inspire you.

3. Your family and friends don’t like him. Chances are that is not going to change, and to be honest, there is probably some good reason why they are not cool with him. And then the question becomes, can you risk being isolated from them to stay with him?
4. He makes all the major decisions. He shouldn't be the one that decides everything. A relationship is a partnership, not a dictatorship.

5. You don't trust him. That's a biggie. If you find yourself having trust issues, there's a reason for it and it's not going to go away, and in the end, it will drive him away. If you don't trust him, it's either because your intuition is telling you not to, or he's not worthy of your trust. Either way, it's no good. You have to be ready to trust him for the relationship to work.

6. Your sex life is just that – sex. There's no intimacy. The therapists agree; a healthy relationship that will last needs a healthy intimate connection.

7. Money matters. It really does. When you are out, does he count out the tip to the penny? Does he want to go to the matinee only to see a movie? Being responsible, saving for the future and working with a budget is one thing. But being cheap and miserly is another! It's a warning sign of your life to come. So if you are OK shopping at the thrift store and only buying things on sale, he's your man!

8. He doesn't treat his family, especially his mom, well. OK, if they are crack heads or criminals, that's one thing. But a man that is mean to kid and old people is going to be mean to you one day.

9. If you look into the future, and it's scary… run now.
It’s springtime and the dawn of summer. Warm weather is on its way! What a great time to re-energize your relationship and heat it up again. Get out of the rut of that same ol’ routine and make your romance hot again.

1. Understand that relationships change. They go through ups and downs. It’s not rosy all the time. The important thing is to recognize this and don’t get upset and panic and say foolish things like, “He doesn’t love me anymore.” Stay cool, committed, consistent and consider making some changes to heat things up.

2. Stay fit, or get fit. Don’t get complacent and let yourself go. Keep your looks the best that you can and keep your partner’s interest. Of course it’s not easy! And make it a couple’s thing if you can. Take a cooking class together. Being in the steamy kitchen together can be hot in more ways than one!

3. Making love, gettin’ busy, doing the wild thing – it should be a priority, not a chore. Schedule it if you have to. Seriously, wouldn’t it be fun to whisper in your lover’s ear before he/she goes out the door in the morning, “I’ll meet you in the bedroom at 8:30 tonight.” He/she will think about it all day!

4. Talk. Show an interest in his/her work, even if it’s dull as can be. Ask him/her about friends, family and things he/she is interested in. Your mate will probably pick up on it and do the same for you. It can renew interest in each other and spark some feelings, maybe even make you think about some of the things that attracted you to him/her in the first place.
5. Schedule time together to do fun things, like catch a movie, try fishing or go bowl – kind of like a date night. Make sure that it is something fun, where you can laugh and giggle and truly enjoy each other’s company.

A relationship is a living, breathing thing and it needs to be tended to, and for it to last, you have to continue to build that closeness and make memories that will last a lifetime.
“Scandal” may be a popular TV show, but it’s not so cool when the scandal is around you because you are the Mary Jane… you know – the side chick!

Here are some sure-fire signs that you are not the main one!

1. Your phone call goes straight to voicemail when you call him, especially if you call him after 7. He’s not busy; he just doesn’t want to be bothered with you while he’s with his main chick. He also probably isn’t available on the weekends. And you can bet that he has a great excuse for that. This isn’t to disrespect you. In fact it’s to show you the upmost respect. When you’re together, you’re together. When you’re not, you’re not. However, you may not know that you signed up for that.

2. No call/no show – this is self-explanatory. He would have called to cancel, but how was he supposed to do that with his girlfriend standing in front of him?

3. Him and his WIFE have the same last name. Yeah, you probably didn’t know he was married... you’d better GOOGLE him. You’d be surprised.

4. He never spends the night. That’s because his time is being accounted for by another woman. He has to be home by a certain time, or even if his woman knows he’s cheating, all she cares about is that he comes home every night.

5. You don’t know where he lives. You’ve been dating for a few months and not once has he invited you over to his house. You don’t even
know the vicinity of his home. Chances are he lives with his woman and you’re just the side chick.

6. He hasn’t introduced you to his family. His entire history is a mystery to you. A man with a woman is not likely to introduce his side chick to the family. They would end up telling on him.

How You And Your Honey Sleep Says A Lot About Your Relationship

You may be surprised as to how much your sleep pattern says about you and the love of your life.

Listen to this recent statistic: More than 90 per cent of couples polled that said they touched while sleeping also said they were happy with their relationship, while only 60 per cent of those who slept without contact said they were happy.

Body language is an important aspect of human relationships, especially with people who are couples. How your lover acts and the signals he/she sends can be the difference between physical intimacy and emotional intimacy. You want both!

Back to sleeping… lying apart in bed may come from the back of your brain, or your subconscious, saying that you have problems lying close to your partner because of some level of dissatisfaction in the relationship. Think about it. In the beginning, when you first got intimate and spent the night together, were you tight as two peas in a pod? Over time, have you ended up apart more than together? A change in sleeping patterns can be a signal of a change in your relationship.

Now this can be a good thing – it doesn’t have to mean something bad is going on. A lot depends on the positioning. How about this – if you and your partner sleep back to back (touching), that’s actually a good
thing because it signals you want to touch, but you trust him/her to not always have to be facing each other. It’s called Zen Style.

At the same time, if he/she sleeps off to the side, well, that’s not so cool. Researchers say this position signals, “I want to be alone.”

Here are some sleep positions and what they could mean:

- **The cliffhanger** – you sleep on opposites of the bed with your backs turned away and there is no touching. Well, this could mean there is a distance between you two outside the bed as well.

- **Tetherball** – one is on his/her back with your hand on your mate’s thigh or somewhere. You are two different people, but you are willing to compromise and work at the relationship.

- **Spooning** – this is where one of you facing the other’s back, but you are embracing. This is usually a good thing if you like a traditional marriage. If the man is spooning his woman, he is saying, “I will take care of you” and the woman tends to be more loving and sensitive. It’s a good match usually.

- **Football** – this is when you are facing each other with maybe just one body part touching, like a foot. It’s a good indication that your relationship works. You are independent but also want your partner to know that you are there for him/her.

- **Honeymoon hug** – in this position you are both facing each other and embracing. Truthfully, it shows passion, but it also shows dependence on each other. A lot of couples sleep this way in the beginning of their relationship and then change to a less restrictive position as their relationship develops.

- **Shingles on a roof** – the man (typically) is on his back while his woman has her head on his shoulder and an arm thrown across
him or a hand on his chest. This position suggests that the man is the stronger of the two and she is willing to let him “be the man.”

- Pursuit – this is where the man has his back to his woman and she is spooning him. Lot of therapists say this is not so cool. It could indicate discord in the relationship or not the usual balance. However, it could also mean that the man wants to be pursued.

- Crab – one of you sleeps in an odd way, maybe a leg hanging off the bed. You aren’t touching. As a general rule, it is a not a good sign. It means someone wants distance and it is a disconnecting move.
Let’s face it. Sometimes being with same person for a long time can become a little monotonous when it comes to the bedroom. However, if you do love your boo and want the relationship to work, you can find ways to make it hot again.

1. The big tease – before he/she heads out the door in the morning, whisper in his/her ear how much you want to do the nasty, throw in a juicy kiss and leave your lover thinking about it all day.

2. Great him/her at the door in something revealing. Put on some make-up. Do your hair. Make him/her remember why he/she wanted you in the first place.

3. Watch some porn. Yea, we said that. It’s a way of getting both your juices going in a non-threatening way. It’s like cheating without really cheating.

4. Seduce him/her while he/she is busy. Here’s the deal: it’s right before bedtime and Joe answers the phone. While he’s talking, Keisha starts kissing him in that spot she knows he likes. She rubs her hands all over his body. Maybe he’s telling her to stop, but he probably doesn’t mean it. Within minutes, Joe tells the caller, “I gotta go,” and it’s on. You might not even make it to the bedroom.

5. Leave a note in her purse or his briefcase or pants pocket, telling him/her what you want to do when he/she gets home. Don’t be surprised if he/she comes home early.
6. Be playful. Make a game out of it. Play strip poker, try Twister without any clothes on or Truth Or Dare with racy questions only.

7. Make some bedroom rules. This could include not doing the same position more than once in a week or Naked Tuesdays, where no one wears anything to bed on that night.

Use your own imagination. Variety is the spice of life after all!
STRONG WOMEN ONLY INTIMIDATE WEAK MEN

Are You Girlfriend Material?
Believe it or not, you don’t have to be model-thin and wear the hottest designer fashions to attract a good man. Actually, the kind of man that is interested in those things is probably kind of shallow. A lot of guys can tell from a first date whether a lady is one that he would want to take home to mama. Here are the real things that guys look for in a keeper.

1. Smarts. The airhead is out and the brainiac is in. A dude worth having wants a lady on his arm that can hold a conversation and hold her own in the world. He wants a true partner.

2. Confidence. Believe it – no guy wants a clingy girl. A real man wants a woman who knows how to carry herself with confidence and dignity.

3. Cool. Laid back. Be a lady that can relax. Let’s be real – no man likes a nag, so please be cool and let the little things go. Don’t go too far and be one of the boys, but make him feel as if he can relax around you.

4. Don’t be a material girl. It’s not cool all. A good guy does want to buy things for you and treat you well, but he does not want a lady that demands the latest in fashion, cars, etc.

5. Be spontaneous. Surprise him now and then. Think of something out of the ordinary to do that you wouldn’t do on your own but you know he would like. Go to a game with him. In fact, you buy the tickets!
6. True. Be honest. No silly games. No beating around the bush. He has to be able to trust you or it will be over before it started.

7. Be playful. Make jokes and laugh at his! To tell you the truth, being a little silly and fun now and then can actually be sexy. If you can make a guy laugh, he will remember that big time and cherish you for it.

8. Sexy. Of course you have to be that. And that does not mean dressing like a ho or giving it up on the first date. Be a woman. Be confident and love being feminine. Do the things that make him look for you in a crowd. Know how to touch him and look at him in a way that makes him smile. Men love sex… it’s that simple. But sexiness is a whole other subject.

9. Be independent. You don’t have to be with him all the time. You can still have fun with your girls or even be happy with a night on your own to catch up on a book or shopping.

10. Be there for him. Be supportive. Guys want friends in their women. There are things they don’t want to talk about with their male friends, and you should be willing to listen instead. Don’t mama him too much; just be that shoulder now and then when he needs it.

Bottom line: be real, be happy and be ready!
Strong Women Only Intimidate Weak Men

Is It Love Or Lust?
On a recent episode of “Two And A Half Men,” Walden, the lead character, was going to ask who he thought was the love of his life to marry him. Then he met another woman, and suddenly he thought she was the one. Another character on the show aptly pointed out to Walden that he was in love with falling in love.

How many of us are like that? With television shows, the movies and music videos romanticizing love so much, are we falling in love with people or the package of love that is being sold to us throughout entertainment media?

Dating is fun when you are young and carefree. But as you get older and start to hone in on your dreams and goals in life, you should begin to look at dating in a more serious matter. A relationship, especially one that you expect to lead to marriage, is an investment of time, emotions and even money. As it progresses, you are going to reach a point where you have to ask yourself, “Is it love or is it lust?”

You’re in lust if:

- the physical appearance of the other person is of the utmost importance to you
- there’s a crazy, stupid, not fire in you to have sex with him/her but no penchant for conversation afterwards
- you are lovers more than friends
it’s all about the sex and talking about feelings is taboo

You’re in love if:

• you crave that person and that person only
• you want to do things with him/her other than get physical
• you can talk at ease with time passing unconsciously
• you want to make him/her smile and be happy
• you actually want to hear about his/her feelings
• you want to get to know his/her friends and family
• you think about him/her a lot
• you are motivated by this person to be a better man/woman

Of course, love is not just these mental and emotional things; there is a level of physical intimacy that should be a part of the equation. Just make sure there is a balance and that you both feel the same way.
Ladies! Play To Win The Dating Game.
How often do you hear the ladies complain: “My man never takes me out.” Or how about, “He can’t do anything right.”

The truth is, ladies, it’s probably your fault! Wait! Don’t get pissed. Just read on and take notice of your own actions.

Check it out. From day one, you are the one that sets the precedent on how you will be treated. Take it all the way back to high school. If it was cool for the boy to just come to your crib and watch TV or play video games, then that’s what homeboy now thinks is acceptable. What makes you think that he now thinks that you want to go out?

If he took you to McDonald’s on the first date, then that’s what he will think is acceptable from then on. Plain and simple. Don’t think that he’s going to graduate anytime soon to Chez Fancy Food after you’ve made it clear you’ll accept a meal off the dollar menu.

Actually, we need to go back to pre-date. And this applies to young folks as well as the grown and sexy. So you like this guy. Take the time to check out more than his six-pack (abs, not beer!) and award-winning smile. How does he dress? Does he take pride in being clean, pressed and fashionable? Is his hair combed? If he takes care of himself, he will want a lady who does the same. And that shows he has a sense of pride.

Who does this cat hang out with? Does he go to school or have a job? Does it look like he has goals and ambition? Take stock of a future with
him. If he doesn’t work, looks like a clown and hangs with other losers, well, he probably is a loser.

So you two start exchanging looks and smiles and conversations (please talk, don’t just text!). And one day he says, “So, do you want to go out some time?”

Stop! Wait! Think! Take your time. Yeah, you can leave him in suspense for a minute. And then… set the precedent now! Your answer should be something like this, “What did you have in mind?”

If he says, “I thought we could hang out at your place, play Grand Theft Auto and, you know, get to know each other,” bells should start to go off in your head. That translates into: “I don’t want to pay for a real date, my X-Box is broken and I want to see how far you will go.”

That should not be cool with you. If you want someone who is interested in spending a few bucks to show you a nice time and respect you, then put your foot down, both of them… now. Because guess what – if he really wants to go out with you, he will find a way to give you a proper date.

He may be cute and handsome, but those things do not buy flowers, take you to a real restaurant for dinner or show you that he is genuinely interested in you as a person, not just a lovely body.

But he’s so hot! But guess what? He won’t think that you are so hot if you make it easy for him!

So you ask, where do I go to meet quality people? I think you may be surprised at the answer. Church is definitely an option. Lord knows there are lots of respectable men following the path of the Lord. However, there are other options available to meet good guys.
Try volunteering at a charity. Think about it. In Atlanta, for example, there is a huge feed-the-hungry program that draws thousands of people for the holidays, such as Christmas and Thanksgiving. Lots of corporate executives and even celebrities volunteer at these events.

Yes, quality men can be found behind the scenes scooping out mashed potatoes, cutting turkey and slicing pecan pie! And there you are… a quality guy as well as someone showing compassion and love for his fellow human beings.

Any man (or woman for that matter) that volunteers his time is probably a great candidate for a potential life partner. Volunteering shows he has compassion and ambition. Yes, ambition. This is a person willing to give up free time to make the world a better place.

Sharing and giving are Godly qualities. Don't be surprised to find people who willingly share and give to be God-loving people. And there you go… you are now playing to win!
Not Sure About The So-Called Love of Your Life?
When you are young and just starting out in the world as an adult, it’s fun to date, and you can even have a serious relationship or two along the way. But when you are ready to dedicate yourself to your career or are preparing to start your own business, it may be time to slow down and smell the coffee. You have to ask yourself: “Is this person right for me?”

- The opinion of others does matter. Don’t kid yourself. It’s one thing if mama doesn’t like your romantic interest, but if a whole lot of other family members and even your friends aren’t keen on him/her either, you may need to take a second look. Reality is that unless there is a drastic event to change their opinions, they are not going to change.

- Don’t always be the one adjusting. If you are constantly changing to make your partner happy, well, you aren’t going to be happy. If you look at yourself and say, “Yeah, I do dress like a slob,” and you want to change your style, that’s fine. Go ahead. But think… is this change about you or what your mate wants?

- You’re always being criticized. If it’s happening a lot, it can affect your self-esteem. Joking is one thing. But are they jokes or ways to put you down? Good relationships inspire and support. If your mate is comparing you to others, saying your education isn’t as good as his/hers and other kinds of put-downs, this is probably not the person for you.

- You’re the follower and your partner is always the leader. Who’s making the decisions? Are you making them together? Certainly sometimes your savvy will be better than the other person’s,
and visa versa, but your partner shouldn’t be making ALL the decisions ALL the time. It’s just not healthy.

- Do you wonder what he/she is doing while you are away or out? Do you worry where he/she is and who with? That’s not a good sign. If you do not trust your partner, that’s a big sign of trouble. It’s going to cause arguments and it will drive you crazy.

- It’s never enough. You can’t seem to agree on how much time you’re going to spend together and how you will spend that time. You have to be mutually comfortable with the time that you will be together. If she likes to be with her friends a lot now, it’s not going to change when you get married. We all have things that we want to do as couples. But people also need their alone times, too.

- The physical relationship isn’t happening. If you and your partner aren’t compatible physically now, it’s going to cause problems and maybe even some cheating down the line. It all centers around how much you want and how much the other person wants. If you like a lot of physical contact, but your partner is more aloof, well, that may be a sign of trouble down the road.

- You’ve lost control. Does your partner run your schedule? Does he/she tell you who you can see and what you can do with them? If this makes you happy, then you need to stay home with mama. A healthy relationship is about coming together on each other’s wants and needs. One should not control the other’s life.

- You feel it’s your job to make him/her happy. No, it isn’t. There are things you can do to make him/her smile and feel loved. But if your partner gets to a point where he/she is dependent on you to the point of neediness, it’s time to consider the relationship.

- It just doesn’t feel right. Your own intuition is probably as good a gauge as any. If something is bothering you, it has to be addressed. Don’t ignore things that aren’t acceptable because he’s rich or she’s gorgeous.
This is your life. You can share it with someone and the relationship will last a lifetime if you listen to yourself and accept no less than what you deserve.
If you watch TV or go to the movies or just watch music videos, you’ll see love and romantic relationships depicted as dramatic parts of our lives. Indeed, the titles of shows today are designed to make you think love it a road. “Betrayed,” “Revenge” and the smash hit “Scandal” have us all believing our relationships should be hot and steamy and filled with deception, lust and drama.

Oh contraire! If you are trying to focus on building your career or your own business, the last thing you need is a relationship wrought with situations that constantly need attention. Certainly you want some passion and excitement, but what you don’t need are power struggles and acts of selfishness distracting you from your big picture.

Leave the rocky romances behind and settle, not in the lesser mindset, settle in to a relationship without the drama. They can be just as powerful and exciting. And they’re better for you. Here’s why.

Real romance usually starts with friendship. How many times have you heard happy couples with long-lasting relationships talk about how they were friends before they even started dating? Being friends with your mate provides a stable foundation. Don’t come with the cliché that dating friends ruins friendships. No it doesn’t, especially not if you are true friends that have built some history. Geez, it’s so much easier to take out someone who you know things about, rather than blindly date someone who you know so little about. It’s more expensive in money and time, truth be told. And honestly, the one with the fire, can you call that person at 2 a.m. just to talk? Will he/she care more about his/her own problems than listening to you when you need a boost?
The passion is actually better. The physical relationship, when it happens, will be better with a more stable relationship because it’s not an act of passion. It can still be passionate, but it’s so because you care about that person and want to please him/her, not because he/she is hot and got your blood boiling over an argument. A romp in the hay can be fun, no doubt. But there is is just as much pleasure and even more satisfaction in love making that comes from the heart. There’s no awkwardness afterwards and you certainly don’t need an exit strategy! And guess what? Whatever prompted the fight is probably still unresolved!

A rocky romance is always going to have drama. But you love him/her! Maybe you love the drama. Be real. Do you really need the screaming, the arguments, the doubts and fears, and worst of all, the distraction? A relationship is what you make it. If you want excitement, take him/her skydiving. That’ll get your adrenalin pumping! And guess what? It’ll create a happy memory, too. Sure, couples will fuss now and then, but if those arguments are full of name-calling, accusations and selfishness on the part of either party, that’s not good. It’ll drive your blood pressure through the roof and surely not allow you to go back to work the next day without worrying, and thus being once again… distracted.

One more thing… romantic love is exciting and all that, but the truth is that part of being successful and happy in our lives is having the right people around us. That means using your head and heart together, and this especially true when choosing a mate. Sure there are a lot of hot women and handsome men out there, but beyond that, what does he/she bring to the table? That chic chick that spend a zillion dollars a month on designer shoes, is she the one you want to help you raise children? The dude with the flashy car and sweet talk, will he help you study for the Bar and take you to work when your car is in the shop? We want someone around us who is going to be thoughtful, supportive and kind. That pretty person that fights with you and causes drama in your life, that’s not the one.

So limit your rocky romances to the ones on TV. In the long run, you will be happier and more apt to reach your goals in life.
Breaking Up Is Hard To Do!
The ‘60s song “Breaking Up Is Hard To Do” was right on the money. Few things are tougher in life than telling someone that you can’t be a couple anymore. While it’s probably toughest on the one being broken up with, it’s definitely not a piece of cake for the one initiating the split.

Here are some tips to help make the situation go as smoothly as possible.

- Don’t do it on impulse. Think about it for a while first. Think about what it will be like without your partner and if you can handle that.

- Prepare what you want to say ahead of time. This is important. You have to be ready to make your points, and, be ready to answer questions. Be honest, but also be fair. No mudslinging, no aggression, no shouting… be clear and stay on track, and the only way you are going to be able to stay on track is if you are prepared.

- Don’t email. Don’t text. This has to be done face to face. Truth be told, texting or emailing is the cowardly way to go and it’s probably going to cause more problems and a lot of back and forth. You have to understand that he/she will want to be heard, so to do it in person is the best avenue to get it done and over with. However, if you fear for your safety, an in-person situation is probably not the best route.
• Be cool. Don’t be nonchalant, but do maintain a level of calm. And don’t argue. Let him/her rant a bit… don’t get trapped into an escalated argument or fight.

• Pick a time and a spot that won’t cause even more pain. For example, don’t break up with someone on his/her birthday. Choose the spot carefully as well. You want to pick a place where you are a) not embarrassing the person in public, and b) not putting yourself in a place where you can’t easily walk away.

• Finally, and this is a big one – avoid the tendency to keep in touch. It’s only going to give him/her hope that you might get back together. Make a clean break. The romance ends now. Yes, it is possible down the road that you might become friends, but right now, it’s crucial that you end any notions of it working out.

For those being broken up with, there are some simple suggestions for you, too

• Try to keep your cool and not get too emotional. Do that in private. Right now you need to keep your composure and say things that you will regret later.

• Let him/her talk. You might not agree with the other person’s point of view, but you need to hear it.

• Take a deep breath and have your say. Don’t explode. Don’t have a crying fit. Chances are you are not going to change his/her mind, so don’t expel too much energy trying.

• Accept some time apart. Sometimes that’s what the other person needs to see your value, and it can work for you too to see that you can have a life without him/her.

• Keep the desperation in check. Don’t threaten to hurt yourself. Don’t try to crawl into his/her arms. Somehow, stand strong and let him/her go.
It’s rare that people stay all their lives with their first love. It can happen, but chances are, somewhere along your road to lifelong love, you will hit a few potholes.
Strong Women Only Intimidate Weak Men

Make It Last Forever
There's this family in Wisconsin of three brothers and one sister. Each one has been married for more than 20 years. In fact, one of the couples just celebrated its 40th wedding anniversary. Wow. Obviously, this family has the secret to long-lasting relationships. We asked them how they do it, and you might just be surprised by some of the answers.

1. Don't try to change him/her. Be with your desired mate because you love him or her as is, not who you think you can turn him/her into.

2. Trust your mate. Of course it's easier said than done, especially if you have been cheated on in a past relationship. However, the person you are with now does not deserve that judgment. It's a different person and it's a different relationship. If you don't trust your mate, you are going to have problems, period.

3. Be compatible when it comes to intimacy. If he is a touchy-feely kind of guy and you don't like affection, well, that's a problem. It won't go away. It needs to be addressed early in the relationship or it will become such a problem down the road, that he/she might seek intimacy from someone else. Intimacy also applies to emotions... do you have a problem expressing your feelings? Get over it. Don't assume your mate knows how you feel at all times. Express your feelings and reciprocate when he/she says something intimate to you.
4. Make sure your mate is the one that brings out the best in you. Sure, she might be fine to look at, but are her morals in line with yours? Does she entice you to do things that make you feel uncomfortable? Does he encourage you to be rude and mean to others? An ideal mate will bring out the best in you and make you feel comfortable whether you are alone together or in public.

5. Talk nice. Don’t berate your partner in public, and also watch your tongue when you are in private. Do not show or express contempt, as it is the opposite of respect, and then that is gone, well, the relationship is over. If something your partner says or does pisses you off, do not react negatively. Wait to respond if you know you have a sharp tongue. Find a way to respond in a way that will diffuse the situation. The smallest argument can blow out of proportion and be the beginning of the end. The point is... communicate well. Don’t say, “That was stupid.” Go for something like, “I think you could have handled that a little better.”

6. Learn how to deal with conflict. Couples fight. It’s not going to always be peaches and cream. How you handle your disputes, however, can be the difference between a short marriage and a lifelong one. Attack the issue that has popped up, not your partner. Don’t become defensive and hurtful. Talk about it. Resolve it and move on. Don’t let hurt feelings boil inside and blow up one day out of the blue.

7. Face adversity or a challenge together, whether it’s aimed at just one of you or both of you as a couple. Say your partner is studying for the bar exam. As the test gets closer, relieve him/her of some of his/her chores so there is more time to study. Chances are, once the exam is over, your partner will do something special for you in appreciation.

8. Talk money. This is a very touchy subject. But it can be the death of even the most romantic of partnerships if you both don’t share the same values when it comes to finances. It simply has to be discussed.
There are signs early in the relationship that will indicate a person’s spending habits. For example, does she only like designer shoes? Is he just as happy with a meaningful trinket as he is with an expensive gift? Are you going to handle your financial obligations as a team? Figure it out before you jump the broom.

Having a successful relationship is not always going to be easy. However, if you think ahead and follow these few guidelines, the rewards can be exceedingly generous and provide a lifetime of joy and happiness.
It’s hard to understand when you treat a guy with love and passion, why he turns around and cheats on you, or does something to hurt you. What’s worse then is picking yourself back up and trying to love again. And if it’s that same man, wow, that’s a real challenge to be able to forgive and accept him back.

A lot of your ability and willingness to continue or start over with him is going to depend on a number of things, such as how much time you have already put into the relationship, if he is actually worth it, whether or not there are kids involved and… whether or not he is REALLY ready to change his ways.

So the question becomes… can I trust him (or another man again)?

There are signs to watch for in a man that will tell you if he is ready to stop the madness and commit to a loving and exclusive relationship with you.

- Check out how he reacts to a break up. Did he sit back, spend some serious alone time and then make an effort to change? Instead of hitting the clubs, for example, is he spending his time with his nieces and nephews or doing something worthwhile, such as volunteering.
- Is he willing to take little steps? Does he understand that you have to heal? Rather than trying to win you back in one fell swoop, does he understand that it’s going to take time? If he is willing to make the effort and take the time to win you back, it’s probably a good sign that he will have learned his lesson.
• Confession. Is he willing to admit he was wrong? If dude is interested and sitting down and really communicating, the healing process can begin and trusting him again can be accomplished. But he’s gotta be willing to open up, communicate and most importantly, hear your point of view.

• How is he handling the pain he caused or how is he dealing with the break up? If he is bending his own rules to show you he is sorry and wants you in his life, then he might be worth giving a second chance. Here’s an example: Don Juan hates chick flicks. He refused to go see them and would not sit with you when you were watching them on TV. So now he shows up on your doorstep with “Waiting to Exhale,” “How Stella Got Her Groove Back” and “Soul Food” all in his hand, plus flowers (which you love and he never bought before) and take-out (not McDonalds – we’re talking Chili’s or Olive Garden or your favorite Roscoe’s if you’re in L.A.), well, it’s a sure sign dude misses you and he is willing to step out of his comfort zone and compromise to soften your heart about taking him back.

The important thing is for you to take your time with any decisions. Who knows? You might find out life ain’t so bad without him, or better yet, it can be good again with him.
So a study came out from the University of Illinois that posed the question: why do women tend to go for the not-so-nice dude? The research found that guys liked women who paid attention to them, while guys that seemed eager to please put off a lot of women.

- One reason: women are by nature nurturing, and as one woman in the study put it, “I wanted to save him” when she was asked why she preferred the guy who wasn’t paying attention to her. She went on to say that when she sees men that behave badly, she thinks they may have had a rough upbringing, and that she wanted to “fix” him.

- Another reason: a woman may perceive a man that is nice as desperate because he is so pent on pleasing her.

- Some women said that they thought nice guys aren’t really nice – they are just that sweet in the beginning to get a woman into bed. It’s that some women believe that if he’s too good to be true, there’s probably something wrong that he is hiding.

- A lot of women have low self-esteem when it comes to relationships. They believe they don’t deserve the good guy in the back of their minds. Thinking that they are worthy of a real loving relationship is an important attitude that women need to have.

- Women also get confused by what they want and what they need. That tall, dark and handsome guy who is broke is what she wants, while the nice dude that’s financially secure and loving is what she needs, but guess who she will approach?
• Women want guys that are, well, men. They want someone who is masculine and almost macho because they want to feel protected and safe. There is a misnomer among a lot of women that nice guys won’t fight for their “honor” if it comes up in a relationship.

• They think nice guys aren’t capable of satisfying them when it comes to physical intimacy.

Wow. When you think about these things, they really hold water with a lot of the ladies. So come on, girls – give the nice guy a chance!
It happens. That great-looking guy with the new Benz turns out to be a real jerk. He showed up late and is obnoxious. Here are some ways to gracefully and safely get out of a bad date.

First of all, on just about any first date, don’t let the man pick you up. Meet at the restaurant or movie theater. That way you will always have an escape option if he is intoxicated or you just don’t want him to know where you live by the end of the date.

- Set a time limit. If it looks like he’s not going to appeal to you and be annoying or rude, say something like, “I’m sorry. I can only stay until 9 p.m., as I am expecting an important call from overseas,” or something like that.

- Everyone knows this one: set up a phone call that will come in from a friend or relative about 30 minutes into the date. If the date is going badly, you can pretend there is an emergency and you have to leave.

- Get sick. Fake sick. Cough or look down and excuse yourself to go to the bathroom. Stay about five minutes and when you come back say that you don’t feel so good and want to go home.

- Tell him that you are not interested but have a friend that he might be interested. This one can be tricky because you don’t want to set up any of your girls with a bad date. However, if it’s just you that don’t like him for whatever reason, you can play matchmaker and ease out of the date that way.

- Have a friend crash the date. Set it up ahead of time that your BFF is going to stop by unexpectedly, and you give her a code word to stay or everything is OK.
• Use the “F” word… “You’re a nice guy, but I don’t think we can be more than FRIENDS.”

• Use the “K” word. Kids. They are fool proof! Here ya go: “I’m sorry. My kid wasn’t feeling well today and I feel I need to get home and take care of him.”

Don’t cut and run. It’s mean and it’s rude. Just use one of these methods to gracefully exit the date.

What to Do After That First Date

With texting and cell phones and social media, it’s hard to avoid communicating after that first date. And it’s not like the old days when you had to just sit and wait to see if he was going to call or come by and ask you out again.

Nowadays, you can take some initiative as well. Here are some tips to help you handle the post first date and any anxiousness you might have from it.

• Be sure you are both in agreement how the date went. It’s as simple as this: if he said he’d like to see you again, all systems are “go.” However, if I didn’t really say anything, he may not be interested or he’s just not sure if he you liked him.

• Follow up with a text or an email. “Hey, I had a great time.” Keep it simple if you are interested in seeing him again. By telling him simply that you had a good time, you are throwing the ball back in his court to reach out to you for another get-together. If you aren’t, just say “Thanks for a nice time. I wish you the best.” That has a finality to it that is not rude or mean.

• Don’t let technology start to define your relationship or set its precedent. What that means is that face-to-face meetings are the
best way to really get to know someone. Don't hide behind the texting and emails, and don't let him do it either.

- Stay away from social media at this early stage. Do not broadcast on Facebook or Twitter what happened on your initial date. The world does not need to know, and honestly, why would you do that when you know there are going to be people out there that will be negative about it. Keep it light and just between you two at this early stage.

- If you dig him, go ahead and ask for a second date. And again, don't do it on social media. Keep it private and simple. Text him something like, “It was cool hanging out with you. I'd love to see you again.”

- Now don't go manic and expect return texts or emails immediately. Once you've made it clear that you are interested, let him do his thing. Maybe he wants to check back with the friend or person who hooked you too up, or maybe he is a working cat who will take his time thinking about the next weekend, which is when he may be available. Just be cool and don't overdo it and make him think you are desperate or worse, easy.

A first date is not a relationship – it’s just a first date. Don’t make a big deal out of it. Enjoy it and let it possibly be the start of something bigger.
Surely it’s not easy to stay away from becoming intimate in a relationship these days. We are bombarded with TV shows and movies that paint romantic pictures of one-night stands and people doing the dance with no pants all over the place.

But there are guys out there that will respect your position on having a celibate relationship until you are ready or committed to marriage. Here are some signs that can help you decide when it’s time to spend the night together.

- **Trust.** Do you trust him? You need to think about whether or not you believe him when he says he cares about you and if he will still be into you once you go to that next step.

- **Respecting your boundaries.** When you say, “Stop, that’s enough,” does he stop and not pressure you to go further. If he comes with that sorry old line, “Well, you’d do it if you really loved me,” put up the hand. No, the reality is if he really loved or cared about you, he’d not say moronic things like that.

- **Love.** If you are confident that you both love each other, becoming intimate may be an OK move. It is the ultimate act of affection. But don’t just ask him, “Do you love me?” Make sure the actions are there as well.

- **He enjoys different aspects of you.** This means that it’s not just about your physical relationship. You do things together beyond the hugging and kissing and what not.

- **You feel comfortable about it.** You aren’t going to do this because your feel you will lose him if you don’t.
• You are familiar with him in private ways. Do you know where he lives? Do you know where he works? Do you know his middle name? Seriously, you should know a lot about him at this stage. And he should know stuff about you, too.

• The talking outweighs the touching. This is really about the emotions. If you are emotionally intimate, chances are you are ready to be physically intimate.

• He makes you smile. Some will go so far as to say he makes you happy. But that’s really something a man should only add to, not be responsible for when it comes to a successful relationship.

Some of this may seem old fashioned, but if you want more than a one-night stand or a casual fling, then these are the rules you should consider following to keep your mind, body and spirit safe and truly ready for the right one.
Some couples make it, some don’t. Some marriages last a lifetime, some only last a year, if that. Is there a secret to a successful relationship? Maybe not. But there are some characteristics that long lasting relationships have that others don’t.

My friend’s brothers have been married to the same women for more than 30 years. Sure they occasionally fuss and fight, but they rarely have a knockdown, blow out deal breaker. One thing their wives do or actually don’t – they don’t try to change their husbands. They love them for who they are and not for who the wives think they can become.

That’s one “secret” – don’t try to change him. If you don’t love him the way that he is, then don’t marry him!

- Next, successful couples don’t all their past to define their current situation. They understand that this guy is not the same as the ex, and if he does act the same, then maybe you need to consider the choices that YOU are making.

- They understand compromise. You can’t have it your way all the time, and neither can he. Sometimes you have to give in and let him pick the movie and then don’t complain. Didn’t he sit through a chick flick with you last week? Whether it’s dinner or a bigger decision, don’t be stubborn; look at his point of view before you decide.

- They know their boundaries. Sometimes a dude wants his space, and you probably do, too. You can’t solve all of his problems. Sometimes the stress at his job means he wants to hang out in the garage and putz with his car. Guys can be brooders, and
sometimes you have to let them come around back to normal on their own.

- Successful couples know how to make each other laugh. It can break up a silly argument or break down a wall of silence. Know what tickles his funny bone.

- They realize their partner is not perfect. He has flaws and even weaknesses. As long as they don’t negatively affect your relationship in a big way, let them slide. You aren’t perfect either!

- They want the relationship to succeed. That’s huge actually. Expect the best, manifest it and watch it happen. Over time, when you believe in something, it often does come true. Don’t think failure – think success!

- They honestly love each other. It’s not a marriage of convenience to economic necessity. They are together because they want to be and they love each other.

- They don’t let routine rule their lives. Every now and then, she brings home a new outfit for the bedroom, or he surprises her with flowers, a piece of jewelry or something to make her smile. Date night is a regular thing and they don’t take each other for granted.

See, that wasn’t so hard, was it? You, too, can have a successful and long lasting relationship.
Sometimes we get into someone so much that we don’t see the signs that things aren’t as good as we think. In addition, we want things to work out so much that we overlook things or ignore them to keep the relationship going.

But breakups happen. However, you can watch for signals that he is about to step away from you.

- The text messages slow down or stop altogether. Maybe he used to text “Good morning” or “Good night” and now those aren’t so frequent anymore.
- The same with the phone… you aren’t hearing from him as much as you used to. And when you call him, he seems in a hurry to get off or doesn’t say much at all.
- He starts doing stuff without you that he used to do with you.
- Affectionate or pet names fade away. Instead of leaving a message that addressed you by a pet name, he says, “Hey Jasmyne, I’ll be in late from work, so don’t wait up for my call.”
- He stops talking to you about the future. He’s not making plans with you anymore.
- The physical affection isn’t as frequent or as intense. This goes for hand holding, kissing and even in the bedroom.
- He’s not as conscious of his grooming around you. Or, he’s changed his look. He may be not caring how he looks around you, or if he’s changed his hairstyle or manner of dress, or even joined a gym, he may be trying to impress someone else.
He starts introducing you by name instead of as his girlfriend. He says, “This is Shay” instead of “This is my girlfriend Shay.”

He's not so quick to accept invites from you to go to social events or to see a friend or family. It's not that he's busy; it's just that he'd rather stay at his house and play video games. He's not so keen on being with you anymore.

You're thinking of ending it yourself. Chances are if you aren't feeling him anymore, he senses it, too.

The best way to thwart a breakup is to talk it out. But be ready if he says that he wants to move on.

Does He Speak Your Language?

There's a saying that became a book: “Men Are From Mars, Women Are From Venus.” It may certainly hold some validity, as men and women do seem to speak different languages, especially when they get into relationships. In fact, a British author has come up with a term for what men speak: Menglish. Julie-Anne Shapiro, a relationship coach, says that women need to understand what she says and what he hears may be two different things.

Does your man speak your language?

Here are some suggestions that will help you understand Menglish so you can better communicate with your man.

Don’t talk to him about serious stuff while he is doing other things. He's less likely to absorb it and less likely to respond and you will get mad when nothing comes of it.

Use the 30-second rule. What this means is that, while you may be quick to respond to questions, he needs more time. Give him 30 seconds and don’t talk during that 30 seconds.
• Don’t expect him to just listen unless that’s all you want him to do, and you gotta tell him that’s all you want him to do. Men tend to be protectors and if he sees you upset about something someone said or did to you, don’t be surprised if he doesn’t jump up and head out to go defend your honor, so to speak. You just want to vent, but he hears a call to action.

• Get to the point. Men are less likely to want to hear details. If you want him to listen to you talk about your day, then keep it short and sweet, or you are going to lose his attention.

• Ask for what you want or need. Don’t assume he’s just going to know it. Just don’t whine about it… talk to him, and do it when he is most likely to pay attention, not when a game is on or his head is underneath the hood of the car.

• Make sure you compliment him when he does something for you, even if it’s as simple as taking out the trash. If you don’t, he’s likely to do it again without being asked. Men do like to be appreciated, too.

The point is to be cognizant that he doesn’t live in your head, and he also is probably less of a talker than you. So be patient and try to understand that he could be picking up your signals in a different way than you intended.

How When You Were Born Affects Your Relationships

Did you come from a big family? Are you an only child? Studies show that your birth order can have an impact on who you are and how you deal with other people. You can have fun with this and ask your friends and even your man where they sit in the family order and then see if their behaviors match these birth order predictors.

• Firstborn – these folks tend to be dominant. They are ambitious, conscientious and organized. He likes to be in control. He tends to be a leader. The ladies – don’t get mad, but the studies show
that firstborn females tend to be bossy, confident and more aggressive that any other female in their families.

- **Middleborn** – These folks aren’t always so predictable. Researchers say that their personalities depend on how many other kids there are in the family. As a general rule, however, middles tend to be able to get along with just about anybody. They are good at compromise, but they can also be secretive.

- **Lastborn** – These folks tend to be babies longer than the others were, not so much by their parents, but by their older siblings. Because of that, he/she tends to be less responsible and more likely to get into trouble.

- **Only child** – a lot of only children will act like firstborns. They are likely to be responsible and mature. They tend to grow up faster because they spend more time with their parents since they don’t have siblings around.

Next let’s look into how these birth order types match up in a romantic relationship.

- **Two firstborns** together are a touch match because both want to be in control. But it can work. You just have to respect each other’s opinion and be able to relinquish control now and then. An example of two firstborns in the public eye who have stood the test of time are Hilary and Bill Clinton.

- **Firstborn with middle** can work because the middle child is more likely to be willing to compromise. The danger is the middle might let the firstborn make too many of the decisions and lose sight of his or her own dreams.

- **Firstborn with lastborn** – researchers say that his matchup works because one tends to want attention while the other likes to give it.
• Middle and middle – these two are like two peas in a pod. The only thing is that middles can be secretive at times and that can cause friction. Keep the communication lines open.

• Lastborn with middleborn – this is a tough one since middleborn is a compromiser and the baby or lastborn tends to be a needy one. Sometimes, the middle is going to have to put his or her foot down and not let the baby control the situation with his or her needy nature.

• Youngest with youngest – the problem with these two is that they are both likely to be needy while neither wants to be in charge. They can have a lot of fun, but things can get rough if they don’t agree things, such as who is going to handle the money or who is going to sacrifice their career for the kids.

• Only child – this one tends to go best with the middle because the middle will be more likely to compromise, no matter if the only is bossy or needy. Onlies are hard to gauge in relationships because it depends on how what traits they took on – as a take-charge type or spoiled type.

When were you born? Has your birth order predicted what kind of partner you are?
It's not easy being single in today's fast-paced world where it seems bad behavior is rewarded (as proven by all the reality shows focused on people doing non-constructive things). The bottom line, though, goes back to that old saying, “Actions speak louder than words.” What you do and especially what others see you do is a reflection on you and what people think of you.

If you are single, please refrain from the following:

- Go after someone that is not really available. First of all, you will be cheating yourself, as someone in a committed relationship already is not going to be able to provide the time and love that you deserve. Second of all, it's just plain wrong. But you should also think about this: if he cheats on his wife, what makes you think he won't cheat on you, too?

- Putting your life on hold. Don’t wait to pursue a job or a promotion or a college degree until you find someone. Set personal goals and go after them. You can buy a house or condo without a man. You can travel without a male companion. I know a lady who was almost 30 before she met the man she would eventually marry. She didn’t focus on meeting someone; she focused on herself. And the truth is… an independent, well-centered woman is indeed attractive to men of the same caliber.

- Settling. Don't lose focus of your basic values just to have a date. He may be a hunk, but if he's cheap or disrespectful, it's only going to lead to disappointment.
• Not listening to your intuition. If it doesn’t feel right, it probably isn’t. Women especially have incredible intuitions and need to listen to them.

• Question why you are still single. Just because all your girlfriends are married or hooked up doesn’t mean you should be, too. Maybe the timing isn’t right. Maybe the right one hasn’t come along. Maybe God wants you to focus on you for now.

It’s often true what they say about love: it comes when you least expect it. So enjoy your life now and before you know it, Mr. Right will show up.
Sometimes we get stuck in a relationship because, quite frankly, it’s easier than making a move, or we are simply afraid of being alone. The truth is, though, you have every right to be happy, and unfortunately, that can mean hurting someone else and/or making some tough decisions. In addition to not being happy, here are some signs that it’s time to cut the cord and move on.

- Adultery. Whether he’s committed it or you have, this is a sign of a serious flaw. Although it can be forgiven, it can be the straw that broke the camel’s back.

- Abuse. It’s not just physical abuse; it can be mental abuse as well, such as being told you are stupid, ugly, too fat, useless, etc. Don’t let anyone hurt you or take away your self-esteem.

- He’s an addict. That can make drugs or alcohol and even sex. People also have food addictions. If you have tried to help him to no avail, you may need to step away to save your own life. It may sound selfish – “For better or for worse,” right? But if you have tried and the situation is dragging you down as well, it’s time to bust a move.

- He’s not ready or willing to commit. This depends on you and your timeline. But if you have invested a significant amount of time in the relationship, say two years, and he isn’t willing to commit to marriage, maybe you need to tell him to hit the bricks. For the ladies, you only have so many childbearing years and you also have the right to attain your goals of marriage or a family life.

- This is important – when your partner stops making an effort to upgrade your life together, you have a problem. If he’s not
planning with you for your future, the relationship’s development has stopped. Relationships take work on the part of both parties. The point is that you shouldn’t cheat yourself on the things that you want and deserve out of life. Don’t settle for Mr. Right Now. Go for Mr. Right.
You can find a lot of potential dates online or by going to the clubs or just walking through a mall. You might get lucky and encounter someone that is a good person. But there are things that YOU can do to attract a good man.

Look in the right places. Church is of course a good option, even though there can be some charlatans there. But chances are you can find someone who has good morals and is looking to build a family.

Try volunteering. Go scoop mashed potatoes at the local mission or places where the homeless are fed and offered other necessities. A good man has a good heart and understands the importance of community service.

Don’t settle. If you meet someone that is hot, but he smokes, just don’t accept that. Make a list of qualities you want from your partner in a relationship and don’t drop your guard because he looks good or talks a pretty game. Real men respect a lady with boundaries and a sense of self.

Be what you want. If you want to attract a good man, be a good woman. Dressing like a hooker or pole dancer is not going to attract a quality guy. If you want someone that is financially stable and mature and responsible, you have to be that, too. It only stands to reason.

Show up. It’s an expression meaning that if you want to be in love, then show up ready, willing and able to do that. And that requires honesty for one thing. If you don’t like him after a few dates, break it off. Don’t waste his time or yours because you’d rather have someone to date than be
alone. Don’t do that. For one thing, you are making yourself unavailable to the right one who may be looking for you right now!

Take your time. Keep working on you, and it’s like they always say, he’ll come along just when you least expect it.
It boggles the mind, that in this day and age, despite tons of movies, literatures and even sermons in church, people still go for one night stands. And what’s worse is when folks do it without protection. It’s not just about getting pregnant; it’s also about contracting an STD.

But those are just the tip of the iceberg. There are other problems that stem from those “About Last Night” moments that could impact your life in a negative way. OK, granted that once in a blue moon a one nighter can blossom into a relationship, but it happens so little in real life, it’s not really worth the risk. Here’s why.

- First of all, it’s un-Godly. Understand that God created you to be loved as a spiritual being, not as an animal that has intercourse for reproduction purposes.

- Any satisfaction is temporary. Maybe in his head, he can walk away after the encounter. But most ladies are prone to wonder, “Will he call me?” “Does he like me?” It’s not something that just happens and is then forgotten.

- Do you really think so little of yourself that you would sacrifice your body for a few moments of pleasure? You deserve to be treated as a human being that has value beyond the physical.

- You can tell yourself all that you want that it didn’t mean anything and that you can walk away. But even scientists have proven that physical relations have consequences. See, when you climax, your brain releases a chemical that triggers emotions. It’s only natural then for you to think that you like this dude.

- It’s dangerous. Going to a hotel or a stranger’s home or allowing his to come into your place is not a smart move. You don’t know
jack about him except what he might have told you to get into your pants. He could be a burglar and now he’s cased your joint, or he could be worse… a serial killer. Seriously, how much did you know about him before you decided to do the nasty?

- You could be jeopardizing your reputation. What if he tells his friends you are easy? Pretty soon you’re being hit on by a ton of dudes and maybe you think it’s because of your new do. Well, maybe it’s because your name and number are now plastered on the bathroom wall at the local Chilli’s.

Think things through before you make such a move. And don’t lie to yourself and say it means nothing. It is likely to come back in some way, shape or form and bite you in the ass!
Sooner or later, a friend or relative will hook you up with a blind date. You will protest and think that you’ll be stuck with an ugly dude with no manners, as so many TV shows and movies portray. But the truth is there are a lot of quality men out there that go on blind dates. So hopefully your curiosity will get the best of you and you will agree to meet your cousin’s best friend’s cousin at Starbucks for a latte. Next, take a gander at these tips to make your blind date a good experience.

- Don’t have these big expectations. The family or friend may have painted him as the next greatest thing since sliced bread, but he may not be an Adonis. Remember that he is probably nervous, too.
- Ask the person who hooked you up to tell you as much as he or she knows about the dude. It will help you keep in mind some conversation topics and also perhaps understand what areas might be sensitive to him.
- Don’t cheat. Don’t get there early so you can set up a hiding place to see what he looks like before you actually meet. And if you are going to be late or have to cancel, make sure you call or text him within a reasonable time. You would expect the same from him!
- Try to have a nice time. It may take a few minutes to get past the awkwardness and actually find a comfortable topic of conversation. Give it a chance.
- Be nice. Mama used to say that you catch more flies with honey than vinegar. He took the time to follow through, just like you, so don’t be rude. If you want to be mad at someone, be mad at
whoever hooked you up if the date turns out to be totally out of your league.

- Have some questions ready to ask. Google “first date questions” or put together some ideas based on what you were told about him.

- Dress right for the occasion. This means don’t let all your assets hang out. Think of it as a job interview.

- Be real. Don’t make up stuff to sound better. Actually, the real you is probably way more attractive that someone who puts on airs.

- Make sure the place you agree to meet is very public, such as a restaurant or a coffee shop. And get there on your own. Never let a blind date pick you up at your place.

- Be wary. There is no need to give out a lot of personal information, such as how much you make, whether you live alone, etc.

- At the end of the date, be nice and let him know whether you had a good time and would like to get together again. But if he didn’t appeal to you, let him know that too in a pleasant way. Say something like, “I appreciate you taking the time to meet me, but I don’t think we have much in common.”

Remember, he was probably just as nervous and anxious as you, so make sure that you check your attitude at the door and give the dude a chance.
There are a lot of ways to get to know a guy, with taking your time and dating him as the best way. However, in our fast-paced world and with our busy schedules, sometimes we like to find ways to weed out the ones we aren’t interested in with a faster method.

Well, there are relationship experts that say one way to tell what a man is like is by checking out his phone. No, we’re not saying that you should slip it into your pocket and excuse yourself to go to the ladies’ room and hide in a stall and go through it. All you have to do is get a look at its make, model or style and how he uses it.

Here we go…

- The career-focused executive wants the top of the line phone that makes him look good in the workplace. We’re talking the office here, such as in the finance arena, investing and the overall corporate scene. He wants access to stock market reports at the same time he needs his phone to look awesome. While he wants the ability to access information on the go, the image his phone projects of him is as important as anything else about it. He tends to go for the latest Apple iPhone, Blackberry Bold, LG Vortex or Quantum and the latest Windows phone.

- An artistic cat wants to keep up on all things music and entertainment, so he tends to have a smart phone that can do a lot of things. He knows how to use his phone to check movie times, secure restaurant reservations and stay up on the latest buzz about what’s trending in his city. He also likes to keep it simple. His phone of choice tends to be Apple iPhone, Samsung Focus or Vibrant or the Sony Aino.
Players like a flashy phone with the latest technology so they can look sharp while keeping track of all the ladies in their lives. He likes a lot of apps, accessories and games on his phone so he can impress anyone that comes his way, especially a lady. His phone has great sound quality, high video content availability and a big screen so he can impress the folks around him. His phone of choice tends to be the Sony Ericsson Xperia, a Motorola Atrix 4G, the HTC Droid Incredible or HTC Evo Shift. He will spend more on his phone than you!

A guy with a big heart uses his phone to improve his life as well as those around him. His phone and what’s on it is about healthy living, being socially and environmentally conscious, and even being frugal. He will buy a recycled phone and he likes apps that deal with well being, healthy eating tips, volunteering information and his church’s worship and activity schedule. His phone will tend to be a Motorola Moto W233, an LG Cosmos or Samsung Restore or E200 Eco.

Your average Joe just wants a phone to call people, maybe text, too. He’s all about the personal face to face relationship and doesn’t depend on his phone to communicate as much as the other men mentioned. If he has a photo app on his phone, it’s full of pictures of his dog or his nephews and nieces. He doesn’t have a phone for his image – he has it to actually call people. His phone of choice tends to be pre-paid phones or Motorola Brute or Razr. He might also like the Samsung Solstice.

One more – the romantic will use his phone to make YOU feel special. He will text you with artwork as well as words and play songs he thinks you like on his phone around you and he will also send you video messages, to make sure YOUR phone is capable of receiving them. This guy likes the Apple iPhone, the Blackberry Bold, LG Quantum or Vortex.

Bottom line is, though, that you want a man that is going to pay attention to you more than his phone!
When It’s Right to Introduce Your Man to Your Kids

Your kids should be your priority in life and especially so when you are dating. That’s not to say that you should keep yourself locked up inside and only come out for functions with your children. We’re saying that you should choose the time and place wisely to introduce your kid or kids to a potential romantic partner.

- One reason dating can cause friction with your kid is if he or she still has hope that you and the father will get back together. Anyone you date becomes an obstacle to that to the child, so often the child will act out his or her displeasure with tantrums or other acts of defiance.

- Make sure that you make it clear to the kid that his or her dad is still an integral part of his or her life and that the man that you are going out with is not a replacement.

- Also, it’s wise to make sure that you are somewhat serious about the man you are dating before you even introduce him to your kid. It does not look good to your child to see a variety of man coming and out of your life. In fact, during the first few dates at least, it’s probably best not even to bring a date into the picture until you are sure there is potential for a serious relationship.

- When you are comfortable that the guy is a good person and that he is going to be a part of your life, gradually bring him into your home life. Maybe start off with a date at the park where you all play Frisbee or another outside family activity. At the same time, do not reduce the alone time that you spend with your kid. You don’t want your child to think that he or she has to compete with this man for your attention.
• Don’t expect your kid to accept the guy right away. Let him or her get a chance to get used to the idea of another person in your family fold. Your child also needs time to get to know him.

• Make sure that you choose a man that likes kids. Believe it, kids can tell if someone doesn’t like them. And believe this, too – kids will work to sabotage a relationship if they don’t like the guy or think he’s fake.

Just remember that your child comes first and make the best decisions to protect his or her mental health and view of you.
Sometimes, the second time around is not such a good idea. But there are times when hooking back up with your ex can work out. Relationship experts say that there are five basic signs that indicate that getting back with your former love interest is a good idea.

1. Do you still like him? Seriously, do you still have feelings for him, and do you actually like him? You can love someone but not really like him. Actually digging him as a person and caring for him are two great layers of foundation for a successful reunion.

2. You both desire the same things. You have similar goals, such as having a family, buying a house or other important life goals.

3. You have not been able to move on. You have tried to forget him and maybe even dated other people. But your heart still seems to belong to him. He made you laugh and smile and you often remember those things, even when you are worth someone else.

4. You are willing to try again. That may mean that you are willing to make some changes. You have to examine what the problem was and do what it takes to fix it.

5. He is willing to try again, too. Obviously it takes two to tango, so this will only work again if you both are willing to do the work to first, fix what drove you apart; and second, make a new commitment to each other.

Sometimes, getting back with an ex is the easier road to travel. And if there are kids involved, that has to be considered, too. Just make sure
that this is going to make you happy and that you are not settling or are afraid to be alone. Otherwise, it’ll just end again.
Pretty much everyone wants to be in love and have that special someone for companionship, friendship and support, and to build a life with. But in today’s fast-paced world and despite amazing advancement in technology, we still seem to have trouble finding the right one.

In fact, sometimes we get frustrated and settle for the wrong one. Here are some signals that the one you are with right now is not Mr. Right.

- **Sir Unavailable.** He’s difficult to get in touch with. That’s usually a sign that he is involved with someone else or he actually is a work-a-holic. Either way, you are left in the cold, so let him be.

- **Mr. Mean.** He doesn’t compliment you. He hasn’t said anything nice since you first went out. That’s a sign that he doesn’t value you. He should be proud to have a lady on his arm, and while he doesn’t have to shower you with compliments, there’s gotta be something he sees in you and he needs to say it.

- **Dr. Good Time Now and Then.** Whenever you are together, you have a great time. The problem is it only happens once in a while. When he makes time, it’s all cool and wonderful. But he is not taking you serious if it’s only occasional. You know how it is… when a man really wants a woman, he does what it takes to be with her.

- **Mr. Mama’s Boy.** Oh no. This is the one who wants you to do his laundry, cook for him rather than go out and can’t seem to keep a clean place. He is looking for a mama. Find a man who can take care of himself.
• Mr. Stubborn. He’s not flexible. He makes the rules and he makes most of the decisions as to where you will go, what you will see and maybe even what you will wear. Successful relationships involve compromise, so for the long term, this would mean trouble, unless you think you can be happy being a doormat.

• Mr. Nonchalant. He doesn’t seem to care one way or other whether or not you are in his life. In fact, if you walk away, he won’t try to get you back. You are just a convenience to him. He’s basically a quitter that doesn’t fight for anything, and that means you, too.

Here’s the thing: if you are making excuses in your own head and to family and friends as to why you are staying with him, he is not the right one.
You can talk about women’s liberation and how a woman can do what a man can, including making the most money, but the bottom line is that it is still, as brother James Brown sang, “a man’s world.” That’s not to say men are better or superior… it’s to say there are still a lot of societal expectations and dating norms in place. And actually, a lot of them are still pretty good concepts.

If it’s a blind date or a chance meeting, there are body languages and behaviors that could send the wrong (or right) signals to a man. Here are six things that you should never do to a man when meeting him or out on a first date. Of course, these only apply if you are interested in him.

1. If you begin exchanging looks, glances and smiles with a guy across the room, do not turn and whisper and giggle to your friends. That says to him that you are either making fun of him or you are a silly, immature girl.

2. Do not look away. Exchange some positive energy before you even exchange words. Hold a glance for five seconds and then smile a little. That tells him that yes, you find him appealing. Do not suck your teeth, roll your eyes and turn away. That’s ratchet!

3. Do not ignore his flirtations. If he heads over to you, received him with a smile. He might not even come over – he might send over a drink. Raise it to him and acknowledge. Then if he heads over to you, tell him “thanks” and let the conversation begin!
4. At the time all this is going on, do not ignore your pals. Walk the fence. You don’t want your friends getting annoyed and then sabotaging your encounter. Ask him his name and then say, “Robert, nice to meet you. These are my friends, Lisa and Shay.” Everyone’s happy!

5. Do not go home with him that night. If you came with friends, leave with them. Exchange info with the guy, but it is not cool to disappear into the night with him. First of all, it’s not safe, and second of all, it does not make the right impression on him or your friends.

6. Do not be rude to dudes in the setting that you are not interested in. You don’t have to be so flirty with them, but do show simple consideration. Who knows who is watching? The right guy may see you acting rude and think twice about approaching you.

Here’s the bottom line: men probably don’t remember what you are wearing or even where you met. What they do remember is how you made them feel.
Sometimes men jump the broom and then have to clean house a short time later. Divorce is tough on everyone, but men may take it harder than a woman and thus be slower to really recover.

In some ways, a divorced man may be a real prize, especially if he has actually grown and learned something from the experience. For others, it’s now baggage. Here are some red flags to watch for when dating a divorced man.

- Make sure you aren’t the rebound chick. If he is fresh out of his marriage, he may be looking for the post-marital fling or release. The truth is, men or women, we need time to heal.

- Make sure you aren’t wifey No. 2 too soon. Some men just like the idea of being married, whether they are in love or not. If he’s only been divorced six months and he’s talking tying the knot with you, he’s simply looking for a wife.

- Do his kids like you? It may be too soon for them. And the truth is, they can be a real deal breaker. His kids might not be ready to share him. They will work hard to make sure that they are obstacles to him having a relationship if they are still healing from the breakup of the family. Besides, you do want a man that is a good dad, right? He needs to put his kids first.

- He still talks about her, a lot. He’s not ready; he not over her. You want a guy that’s ready and able to focus on you now. Talking about her, complaining about what happened – these are signs he is not really ready to move on.
• He expresses concerns himself. He might even tell you that he want to take it slow and that he is still hurting. Respect that and let him go at his own pace for a while.

• Something doesn’t feel right. Women have incredible instincts that they don’t often listen to as much as they should. He seems perfect, but your gut says something ain’t right. So don’t rush it – sooner or later you will find out why your instincts were on red alert.

A divorced guy might be right for you. Just use common sense and watch for these signs to keep yourself from going down the same path his ex did.
Tired of dinner and a movie? Or take out and Netflix? Want to shake up your dating routine? There are totally fun things you can do to get away from the usual dating routine, and in the process, create some great memories.

1. Body paint. You can do this in a studio or go online and find the LovelIsArt kit. What you do is lay down a tarp, get down to your basics and then use non-toxic and colorful paint to create your own piece of art. You can create something on a canvas or on each other. No paint brushes allowed! It’s fun and you’ll have something to hang on your wall that is uniquely yours.

2. Hit a bar or club on open mic night. Go in as a duet or as separate acts. You can sing or read poetry or be a storyteller. It’s fun and will help build your confidence to be in front of people, as if you were making a presentation for your job. Who knows? You could win a prize or be discovered!

3. Do the prom night as adults. You might have had a great prom or not or not one at all. Decide to get dressed up one night, hire a limo to pick you up, enjoy a romantic dinner and maybe even stay in a hotel for the night! It doesn’t have to be expensive, but it can create a beautiful memory and refresh a romance.

4. Try flying. Not on an airplane. On a trapeze. You can take classes and learn how to do it. It is a lot of fun and healthy, too, as you learn confidence and how to balance your bodies.
5. Go watch a burlesque show together. They are entertaining and can spark some ideas for the bedroom. Most major cities have at least one, while cities such as Las Vegas and Atlantic City have lots. They are not expensive but can provide an evening of comedy and music.

6. Take a hot air balloon ride. You’ll experience spectacular views and can make it quite an afternoon or evening with some wine and a chance to fly with the air in your face.

7. Go to a shooting range. It can’t hurt to learn how to shoot, especially in a controlled environment.

The point is to get out of the house and explore some things that will get your adrenaline going and to create a long lasting memory.
Being single can be a lot of fun, especially if you make enough money to take care of your own bills and even have some fun money left over. You don’t need to check in with anyone and there’s no one to have to pick up after. There are lots of reasons being single can be a good thing.

But there are also times when being single, well, sucks.

- When you visit your grandma. She wants to know when you are going to settle down, and most importantly, when you are going to give her grandbabies.

- When you bring home a lot of groceries. Wouldn’t it be nice to yell to your ol’ man and say, “Honey, will you bring in the groceries?” Instead, you have to labor back and forth until you get it all in on your own. By then, your makeup is running and the ice cream has dripped on your new silk blouse.

- When you are sick. There’s no one to bring you chicken soup, walk the dog, bring you a glass of juice, get your prescription or bring you a box of tissue. It’s awful.

- When a great movie comes out. We’re not talking about chick flicks. You and your BFFs can handle those. We’re talking about the scary ones you can’t go see without a man to grab on to.

- When you see a couple having a super time. It especially hits home when you see an elderly couple walking hand in hand at the park. If you’re in your 30s already, it makes you wonder if you are ever going to find someone to grow old with.
• When you accomplish something. Sure it’s great to call mom and pops or your BFF. But it sure would be nice to have a guy to share it with. It’s just not the same – the affection from family and friends can’t compare to that big kiss and warm hug from your man.

• When things need fixing or moving. It’s great to have a man around when the DVD player needs to be hooked up or your car is making a gurgling noise. And when you feel like rearranging your place, a man and his friends sure would come in handy.

Meanwhile, enjoy the single life and stay away from Grandma’s house and hope the sink will unclog itself when you pour hair spray down it!
When you split with someone, hurt can turn into anger, and that's when you can do the most damage to another person as well as yourself. You will have a lot of urges, but it's best to try to keep things under control and avoid situations that could even land you in jail.

- Don't blow up his phone with calls and texts. You're just going to waste your time and it could make him do something you'll both regret.
- Eating a lot of ice cream and junk food is not going to make you feel better. And it's not healthy. Resist the urge to use food to replace feelings.
- Same with drinking. It's OK to have a glass of wine or maybe even go out with your girls, but don't overdo it. You will say and maybe even do things you will regret the next day if you tie one on. And the next day, the heartbreak will still be there, along with a big fat headache!
- Don't go home with a guy you just met. It's not going to change things and it's risky. For one thing, your judgment is a little impaired when you emotionally distraught.
- Even if you are craving attention or validation again, don't call up an ex for a one-nighter. It's not fair to him, who may think you want to start again, and it's really not going to make you feel better.
- Don't attack his new girlfriend. Depending on the circumstances, she's most likely not to blame; he made the decision to cheat with her or break it off with you, so it's really not cool to go after her.
• Don’t go public. Keep it among you, him and maybe a few close family and friends. Throwing his stuff out the window, scratching his car – these kind of things make you look bad and depending on how far you go, can lead to an arrest.

• Be cool for a while. Don’t jump into another relationship. That’s called a rebound and they rarely last.
Everything was going so smooth that you were actually starting to think he was the one. Then he comes home late and his explanation seems flimsy at best. A HUGE argument ensues and suddenly you are arguing about who should take out the garbage, who should walk the dog, who should pay the electric bill, who should put gas in the car – everything little thing comes to surface and suddenly it doesn’t seem so beautiful anymore.

But wait… a big fat juicy argument doesn’t have to mean the end of your relationship. There are some things that you can do to get past the hurt and the anger and get back in the groove.

- Acknowledge the pain and that you are upset. Pretending nothing happened is not going to resolve it, which means it could happen again and be even worse. Don’t be afraid to say things such as, “I feel bad about our argument and am still a little hurt.” Don’t play the tough broad and act like it was nothing. It will not resolve anything for you as a person and it will not help you build your relationship.

- Cool down and then try to figure out what really caused the rift. You can do it on your own and then bring it up calmly with your partner, or both of you can discuss it once you are both in a less seething state. The thing is… big arguments usually mean something deep is going on, and you have to figure out what that is and resolve it, or it will come up again.

- Keep a journal. Write your feelings down. You don’t even have to show it to anyone. The mere fact that you wrote your feelings down is a sort of relief in itself. Since there is no yelling going
on and no back and forth, you can take the time to air your grievances, and do it without the name calling and cursing.

- It’s OK to go to bed upset at each other. Is there a point to keep arguing? No. Go to bed and you both will cool down and believe it or not, less volatile words will spew from your mouth in the morning.

- Sometimes you have to agree to disagree. If the argument is not about you as a couple, don’t let it damage your relationship. For example, if you are arguing over his friend’s philandering ways, say your peace and then let it go. Choose your battles – if it’s not about your man’s actions, then is it worth creating angry feelings?

- Say your peace, and try to do it calmly and logically. And then let it go. Fall back. Sometimes people just need a little space to think about things and resolve them at their own pace.

- Know what your boiling point is. And if that means it’s a point where you will throw things or scream obscenities, walk away. Take a walk. Do not let an argument escalate to the point you or him could become violent.

- Biggie – apologize. Saying “I’m sorry” doesn’t have to be an admission that he was right. Lower the voice and say something like, “Let’s just figure out a way to get past this without hurting each other anymore.” It’s a kind of peace offering that also gives him a way out.

Arguments will happen. You have to decide if the real point of the tiff is a deal breaker. If you want to save your relationship, these tips should help when an argument comes up.
This is an interesting topic, especially in the celebrity world where women who continue to bare a lot even after they are married tend to receive disparaging comments. And you have to wonder, if you are married and have kids, why do you have to advertise anymore?

Here are some things society in general considers as no-nos for married women.

- Don’t show off the assets so much anymore. Baring too much is often considered an open invitation for guys to make a move.

- Take on your husband’s beliefs. If you are on the same page, cool. But if you are going to become a Republican, for example, because that’s what your hubby is, don’t do it. Stick to your beliefs.

- Don’t let other men touch you in your special places or take compromising photos with you. It’s an insult to your old man and disrespectful to your marriage, too.

- Don’t think or act as if your marriage is based on your physical activity. Show affection with words as well as tender kisses and hugs.

- Don’t forget your kids! Think about what they will think when they see mama cavorting like a stripper at the family reunion.

- Don’t share your sexiest moments on social media. Even T.I. told wife Tiny to tone it down when she wanted to show off her weight loss on social media. Keep some parts private for only your hubby’s enjoyment.
• Don’t make it known that it’s OK for your hubby to mess around, as long as he doesn’t bring it home. Unfortunately, there are some celebrity wives who did just that, such as Juanita Jordan, who seemed to give the impression that she only cared about the money and the upscale lifestyle that being married to Michael Jordan provided.

• Don’t act ratchety like you did with your girls in public. You are part of a twosome now, and your behavior reflects on him as much as you. And yes, the same goes for him!

• Don’t let your BFF get involved in spats with your husband. In the end, you don’t want to have to choose, and that’s what could happen if you let her get in too much on your fusses.

Use common sense and understand that you are part of a couple now and need to do what’s best for you and your partner, not just you.
Social media has added a whole new dimension to dating and relationships. It can be a good thing and it can also cause problems. But in the beginning, it can be a positive experience that can produce results if you know how to handle things.

Here are some ways to flirt on Twitter, especially if you already have a crush in mind.

- Make sure your avatar is attractive, cute or at the very least... pleasant to look at. Also, make sure you have a short bio that is to the point.
- Follow interesting people on Twitter, such as your favorite stars or authors or athletes, and even people that are in the same career as you.
- Then follow your crush or the person that you are interested in.
- Then Tweet him. Don’t be obnoxious. Be funny, but don’t be offensive. This is just like you are in a coffee shop or bar and you are starting a conversation.
- Reply to his Tweets and follow his leads. Don’t re-Tweet a lot of his stuff. It takes away the personal aspect. It does sound funny talking about being personal on social media, but this is a conversation between him and you and it doesn’t have to be broadcast nationwide.
- Think before you respond. You don’t want to be too provocative too early on and give him the wrong impression. Keep it light.
• Flirt with one at a time. Don’t make it a competition. The nice guys will fall off and all you will have are some dudes competing for you like it’s a wrestling match.

• Go slow, and again, keep it clean. You don’t want to give the wrong impression and then suddenly you are hit with a bunch of dudes looking for a “good time.”

• Once you are confident he’s cool, take it to direct messaging, where you can get a little more personal and maybe even share your phone number.

• Ask for his number, too. It’s only fair and also is a pretty good indication that he is available.

Just use common sense, as you would do in a public situation.
No matter how many stories you hear about couples breaking up over infidelity or families being disrupted because of an indiscretion, people still cheat, and in alarming numbers. Time and time again, folks get caught and someone gets hurt. Yet, it happens again and again, as people seem to think, “I'm not going to get caught.”

Maybe if we understood why people cheat, we can work harder at preventing it or at least understanding it when it happens. While some folks will forgive, for a lot of couples, it’s a deal breaker. Here are some reasons that people cheat.

- Repeat offenders often don’t see it as bad. They have convinced themselves that they are not bad people. It’s called cognitive dissonance, which is basically the ability to separate the act of infidelity and trivialize it.

- Ask Eric Benet and Tiger Woods about what caused their unions to break up (Benet, you remember, was married to Halle Berry). Both ended up at a special clinic as their problem was declared an addiction. People who are addicted to physical relations allow their addiction to control their lives, just as someone on drugs or with an alcohol problem.

- This is just common sense... they are not getting it at home. For whatever reason, if a couple isn’t practicing the dance with no pants with each other, one or both of them is going to step outside the marriage or commitment to get it.

- Some men want just a physical relationship. Their emotional needs are met at home, but they still want something that is a
sort of release and has no strings attached, so to speak. When they say, “She doesn’t mean anything to me,” he’s telling the truth.

- They have a risk taker personality. If he’s gambler or someone who often is willing to take risks with life in general, he is apt to do the same with his personal life.

- Wow. In a study conducted by a site called AshleyMadison.com, it was revealed that people seek outside relations because of disappointment from their current situation. In fact, the site, which helps people find other people to cheat on with, said that its biggest spike is the day after Valentine’s Day, especially for women!

- Stress. Men especially, says one study, seek outside physical relationships to relieve the stress of everyday life. Let’s face it, most mistresses or one-night stands ask for much other than a physical meeting, especially in the early stages.

- This one is a bit out there, and some men may actually use it as an excuse. But a couple of studies put the blame on a chemical inside a guy’s brain that makes him more susceptible to being a cheater. Just in certain men now… there’s a chemical called vasopressin, and apparently if it’s present in a man at a high rate, he is apt to have problems being faithful.

- Here’s one aimed at the ladies. Women who cheat may have learned it from their parents, especially their dad! I’m going to leave you all to think about that one…

- They think they can control it. This is for people who tend to be leaders in industry or people at the top of their game. They have a beautiful wife at home, kids, the American dream, but they risk it all for a liaison with a chick at a hotel bar. How many times have you heard this story? Think of all the athletes, celebrities and politicians that got caught with their pants down and you have wondered why they risked it all.
• It’s a “crime” of opportunity. The setting is the wife is out of town, he’s out with the boys and here comes this vixen giving him the eye. Who’s going to tell?

It’s not a perfect world and people certainly are not perfect. Even if you married the man of your dreams, there is always the chance, large or small, that there will be an indiscretion, and that could be by you as well the man!
Stop complaining about the dating scene. It’s actually more difficult for guys than it is women. Here are some of the reasons why…

- Do you have any idea how hard it is for a man to look nice without wearing a suit? A lady can throw on some jeans and a blouse or even a t-shirt, and if she adds heels – wallah! She looks dressed up! A guy has to go beyond the t-shirt or he looks like a scrub.

- Most of the time, the woman does not pay for the date, and if it’s a dinner date, whether it’s a crappy date or not, she still gets a free meal. For the guys, they are taking a chance on a lady at a cost of about $40-$100 or more.

- Since guys do most of the asking, they have to sweat it out whether or not you are going to answer, and they can especially nerve-racking if he’s waiting for you to text him back and you are taking your sweet time because your BFF told you to make him sweat.

- Guys don’t have a lot of options in how they can look. I mean… ladies can wear their hair up, they can wear it down, they can wear it tied back or they can curl it. Also, ladies can go with different looks with their make up. And we can’t even talk about shoes! Most guys really have only one hairstyle and only a few shoes… their work shoes, their sneakers and a casual shoe.

- Women can be going to school or working at a restaurant, and it’s cool with a guy. But most women don’t want a man who is living paycheck to paycheck at Target while he goes to Devry.
• It’s harder for men to end it. A woman is more likely to say, “It’s just not working for me anymore,” whereas a man is more likely to drag it out and wait for an opening or just fade out.

• Women more easily communicate their concerns with the BFFs. Men, on the other hand, don’t generally talk about their relationships with their boys, and if they do, they can expect some pretty heavy ribbing.

• Women can run – and often do – to their mama. Men, not so much. He’s more apt to grab a six-pack and go in the garage and watch old “Sanford and Son” reruns.

• When a woman says to a man, “We should hang out sometime,” it’s not considered an invitation for a date. However, if a man says that to a lady, she pretty much thinks he is asking her on a date.

• A man is often attracted to a woman physically, and that attraction can be so strong, that he does not see that their personalities are not compatible.

• Dating opportunities, whether online or via speed dating or at a club, are geared to make it easier on the woman. A lot of online services are free for woman. And the clubs offer ladies nights and even the speed dating gigs allow the women to sit while the man has to move around.

So ladies… consider these things next time a dude is looking your way, and don’t be easy, but it wouldn’t hurt to make is easier on him.
You know that song, “When a man loves a woman…” and how it has been used in movies and on TV to show when a dude will do anything for his woman? Well, yes, that can happen to you. Ladies, most of you do have the tools to make a man go crazy for you.

- Let him know you are an independent woman. Men, real men, do like strong women. We’re not talking bossy Madea types. We’re talking ladies who carry the own weight and walk around with confidence.

- Give him space. Don’t sit by the phone waiting for him to call, and when he does, don’t answer on the first ring. And don’t always be available. Go out to a movie or something with your girls or by yourself and then the following night you might be available to see him. Remember, men do like a chase, so don’t be at his beck and call.

- Don’t be so strong that you don’t let him show his masculinity. Let him help you with something, like move some furniture or change a tire. Let him be a man.

- Be happy. When you see him in public or are out with him, be positive and spirited. Make him think, “She is always so happy.” People want to be around happy people and people that laugh and enjoy life. Be one of those people and watch the men flock to your side.

- Help him when he needs it, without emasculating him. That means don’t do thinks that make him feel less of a man. But do things that help him in life. For instance, if you know he is studying for a test, offer to help him study by quizzing him or perhaps giving him a book on the subject.
• Always look good. Even if he’s coming over to help you move that big ol’ sofa to the garage, look good. You don’t have to wear heels or have your hair done – but do look clean and sharp. Always keep a lovely image of you in his head.

• Don’t play games with his head. What we mean by this is, don’t do things that will make him jealous or angry, like dating other guys in his face or being snarky for no reason.

• Listen. When he talks, lean in and really listen. Look him in the eyes and make positive comments. Don’t be the talker all the time. Ask for his opinion and engage him in conversation.

• Be special. Find something that he likes about you and make it just between you and him.

• Share his passion for something, like a hobby. Don’t pretend, but do find something to bond over, like a sports team or writing music or painting.

• Be yourself. Don’t put on airs. Be you. There’s only one like you and if you are true to yourself, he will respect that and want to be you.

It’s easy to go head over heels for a new guy, but if you take your time and follow these simple tips, you can win the guy and his heart!
There are all those studies out there that say if he is good to his mom, he’ll be good to you. But then… will she be good to you? A lot of moms are protective of their sons and can make it tough on his girlfriend or potential wife. I say wife because chances are if he is introducing you to his mama, he is serious about the relationship.

Here are some suggestions to help you become a favorite daughter-on-law.

- Be sensitive to her feelings. She most likely spent a big chunk of her life raising him and she might just view you as competition for his attention now. In the beginning, you might just have to suck it up and let give you the once over.

- Your smile is your best asset. Don’t let her see you upset. If she goes over the top, your man should be the one to step up and let her know it’s not cool to hurt your feelings or attack you.

- Some moms will welcome you with open arms, while others may take a minute to warm up to you. Don’t expect too much the first meeting.

- If she’s too much, make sure you let your man know. He needs to be supportive of you while reassuring her he is still her “baby.” Actually, the whole meeting mama thing may be the most nerve-racking for him most of all.

- Let her give you advice about him, whether or not you think it’s best. Maybe she wants to tell you what spices to put on his fried chicken, while you are more of an organic cook and wouldn’t fry it. Let her do her thing. She might actually tell you something about your man that is helpful.
• Welcome her into your home. Invite her for dinner. Treat her with respect and as a guest.

• Offer to take her shopping or to even go shopping with her. Bond with her on a female front.

• If there are kids involved, let her spoil ‘em. That’s what grams do!

• Include her in holiday plans, or you might have to be willing to spend at least either Thanksgiving or Christmas with her. Usually, couple trade off and one year it’s Christmas at his mom’s house and then next year it’s at your mom’s house.

• Communicate. Keep her informed of what’s going on, like when you are going for a weekend getaway or how he’s studying for the bar exam.

• Respect her. Respect the role she has had in his life and the role she will continue to have. There is no doubt you might have to compromise or let her have her way now and then, but it's important that she feels that you care about what she thinks and that you want her involved in your lives.

• Be firm, though, about her boundaries when issues comes up. For example, if you told your 10-year-old she couldn’t have a cell phone yet, and Grams gets her one, you will have to put your foot down and let her know she has to respect your decision.

Family is important for a successful relationship. Do your best to accept his mama, and she will most likely accept you!
After a break up or divorce, it can be tough deciding when to get back out there. You invested time and your heart into that one person, and now here you are without him in your life. How do you know when it’s right to step back out into the dating scene?

- Don’t let being afraid of being alone push you back out there before you are really ready. Take the time to heal and maybe indulge in something you always wanted to do but your partner wasn’t interested in.

- Some relationships experts suggest that you should wait about a year to step back out. That depends on you, but it’s not bad advice. You have to put your life back together and rebuild some things, perhaps your financial situation, for example.

- Have you grieved? A relationship is like a living thing. When it died or was over, you needed to grieve. Go ahead and be sad. Also, feel the other emotions, such as anger, guilt and regret. It takes time to get them out of your system so you are open to new feelings with someone else.

- Reinvent yourself or find your way back to who you once were. Going back is not necessarily wise because hopefully you have learned and grown from your relationship failure. But you can go back to a career you gave up or your education. Build around you and have the confidence again that you can be happy on your own.

- Think about what kind of partner you want to be and what kind of partner you want. Don’t just jump back out there and date the first guy you see. If your ex was dominant and made all the
decisions and that eventually got in the way of your happiness, don’t date the same kind of guy again.

- Have you socialized with other people? Don’t jump into the dating pool without getting yourself out there to have some fun as a single. Now you can explore what makes you happy or experience new things on your own.

Take your time. Don’t rush back into a relationship. Lose the baggage and have some fun on your own!
While texting has provided a whole new way of communicating, it’s also used to be evasive. It’s harder to be non-committal on the phone or in person. But when you text someone, it’s easy to hide true intentions. 

Here are some typical texts guys send and what they probably really mean.

- “I’ll let you know.” It’s not that he doesn’t know if he’ll be available that night, it’s that he’s not sure he wants to be with you. He could be waiting to see what his guy friends are going to be doing, or he’s waiting to see if that chick with the spandex he met at the Starbucks is going to be available.

- “I have too much work to do.” He could really be working, or he could want to horse around with his friends instead and doesn’t want to start an argument. You can tell if he’s serious about seeing you if you offer him an alternative, such as, “OK. How about Wednesday or Thursday?” If he agrees to alternative plans, that’s a good sign. If he won’t commit, well, that’s a sign he’s not that interested. If a guy really digs a chick, he will do what he has to to be with her.

- “Oh, sorry I didn’t see you text earlier.” It could happen. But it could also mean that you are not a top priority. When guys are into chicks, they don’t just save your number, they save it with your face or a special marker. So if your text didn’t get his hype up, he’s probably willing to put you on the back burner. Do the same to him – don’t always respond so quickly and see if it bothers him. He will probably get back on track if he is into you.
• The short response, such as “K,” “Cool” or “Good” could mean he is really busy. It could also mean he doesn’t really care that much what you have to say. He’s being polite, believe it or not, but he’s probably not that interested. Again, he might just be busy at work or wherever, and if that’s the case he will probably hit you later with something like, “Sorry I couldn’t hit you back before. We were swamped.” Otherwise, just leave it alone and see if he comes back around another time. Don’t try to force a conversation out of him.

• There are great texts, like “Wow. That dress makes you look so hot!” or “You looked gorgeous, more than any other girl in the joint.” He is into you and in a big way.

• The delayed text could mean a couple of things. This is when you text him at one time and he doesn’t respond until five hours later. He could have been out balling with his boys or he fell asleep watching the game. But, he could be playing games. Maybe he doesn’t want to seem so eager, or he’s showing off in front of his boys. The thing is if the response doesn’t come with a “sorry” or reason his response was delayed, you might have a problem, or basically a guy that does not think of you as a priority.

You know what – the phone and its ability to actually engage someone in a live conversation is looking pretty good right now, isn’t it?
So you have been dating for a couple months now and you feel like you’d like to have him over for a romantic dinner. Sure you have dined out together or even had takeout at his place or your own.

But that’s not the same as making him a special dinner. It’s more personal and sends him a message that you are indeed interested in him.

Don’t think it’s as easy as popping some lemon chicken in the over and making some Rica-A-Roni. There are some things you need to do before you pull of the best romantic dinner.

• Watch what he eats when you are out. Is he a steak man? Or is he prone to order chicken? Maybe he likes seafood or fish. Does he usually eat a salad, and does he like dessert? You can pick up what his eating trends are and get an idea of what should be on your menu.

• Plan. Plan this thing to the nines. Decide what you are going to make and how you are going to make it. Ask mama for a recipe or look it up on the Internet or in your favorite cookbook. Now is not a time to wing it.

• Make sure you have all the ingredients ahead of time. Don’t wait for the day of the dinner to shop, unless you are making seafood and you want it to be fresh. You don’t want to be running to the store at the last minute trying to find a certain spice or other ingredients that you thought you had.

• Make sure that you have all the utensils and cookware that you need. Do you have enough pots and pans to make all the ingredients separately? If you are used to being single, you might
not have more than one saucepan or skillet. And you don’t really want to be making the stir fry in the same pan that you sautéed the salmon.

• Remember to get other things to make your table look nice. You should have a nice tablecloth – black is always cool – and some candles and some flowers for the centerpiece would be nice, too.

• Remove or cover the TV. You don’t want him to be distracted by a football game or other sports when he should be concentrating on this amazing meal that you prepared.

• Watch what you put in the dishes. You don’t want to put too much onion or garlic in the food. And watch the spices... you don’t want him running to the bathroom or listening to his stomach growl while you are romancing on the sofa later. In fact, go for some foods that are more complementary to romance. Aphrodisiacs include oysters, basil, asparagus and almonds.

• Think about what you are going to offer him to drink, and if you go with wine, make sure you choose carefully. Remember, white wine goes with lighter dishes such as chicken and fish, while steak or other red meats call for red wines.

• Make the dessert light. Don’t just scoop some ice cream in a bowl. Make or buy a nice cheesecake and put strawberries on it, and don’t forget the whipped cream!

• Dress up a little and wear subtle yet enticing make up.

• Add some music that you know he might enjoy; just don’t go for bumpity bump hip-hop or house music. Pick something that is nice and relaxing and won’t be a distraction.

• Make sure your house is clean!

• Make sure the house smells good, not like Lysol! Light a nice scented candle or burn some incense.

• Don’t be nervous! If you planned and executed, it will be a great night!
You can find a man... the question is: how do you find the right man? We asked some men and they gave some surprising advice to the ladies.

- Trust your instincts. This comes from Sean, who says that women need to do two things using their own intuition: distinguish between hoping he is a good dude and reading that he is. Second, trust yourself. See a man as hey is, not as what you think you see. Don’t let desire fool you. Use your smarts.

- Don’t go for crazy because it’s exciting. You know what we’re talking about – the guy that will get up on the table and dance while singing your name or shoplift a candy bar for the thrill. It’s gonna wear off and then you will be back to square one.

- Understand the difference between a man that is controlling from one that is in control. Christian advises to watch for the guy that tells you what to do, when to do it and how to do it. He wants it his way, all the time. That’s a controlling man. A man in control will be strong, but not to the extent that he tries to control your every move.

- Put yourself in situations where you can meet the kind of man that you want, advises Damen. If you want a man with a good heart, volunteer somewhere and meet guys who give back to the community. They are not all there by court order! If you want a man who takes care of his body, spend some time at the gym. There are clubs for just about every hobby out there. Join one you are interested in to find the guy who also is interested in that hobby.
• Be approachable. Let a guy come to you. Be nice. If you want to reject him, do so in a pleasant way. Don’t turn your back. Sometimes a dude might be approaching you for someone else. Or the right one may be watching and will notice how you respond. If you act ugly, he might not ever take the chance to come over.

• Take your time. You don’t have to see him every day of the week, says Steve. Give him time to be himself and be with his friends, and he wants you to live your life, too. Men like ladies who are not clingy and need attention all the time. They want a woman who can handle herself and not be demanding of his time.

• Finally, Josh advises that you don’t try to change a man. Love ‘em or leave ‘em! If you feel like you have to manipulate him to get your way, he’s not the one for you.
Smart people are supposed to be able to figure things out, right? Yet when it comes to dating, they are often left out in the cold. Most people – OK, I’m going to say average people – have a pretty good combination of street smarts and social sense to live comfortably in our world and successfully enjoy the dating process. But those folks that are more apt to have a lot of smarts (or book sense) often encounter troubles when it comes to finding a suitable mate or even enjoying the dating scene.

Now I’m not saying brilliant people are social morons. Not at all. But you have to admit; smart women especially have more trouble dating than their “average” peers. Here are a few reasons why:

- Smart people tend to focus more on achievements than social activities when growing up. When most kids are out playing, they’re inside banging out a piano lesson or studying something. They are the ones that get good grades and at 13 are already thinking about what college they are going to attend. Proms and hayrides and teenage shenanigans are on the backburner and so are the social lessons that come with them.

- Smart people believe their hard work will earn them love. Again, it goes back to how they were brought up. Chances are their parents were smart people, too, and they were rewarded hugely when they achieved something, such as straight As or first prize at the science fair. That’s when they got the kudos, the applause, the smiles, the pat on the back and the “Oh, I’m so proud of you!” So their logic is… “If I continue to work hard, I will be loved, right?”
• Being smart is often their identity. That’s how people think of that person, not as a person with romantic feelings. And for a lady, being smart can be especially tough since you may not have been taught the things girls do… experiment with make up, check out different hair styles, consider fashions with your besties… you were busy studying or trying to figure out that physics equation. So now, you may not have the social graces that your peers do, which of course puts you at a disadvantage to the gals who now know how to dress to impress.

• It’s difficult for you to be interested in someone not as smart as you.

• Time is not on your side. Since you have focused on achieving since you were a kid, that’s still a big part of your personality. It’s not in your persona now to blow off a workday and head to the beach with some brews and some boys, or schedule a secret rendezvous in the middle of the afternoon with the special someone. Smart people tend to be workaholics who generally don’t put a lot of time into dating.

It’s never too late to relax and lay the books down for a while. Actually, the library can be a great place to meet somebody!
People cheat for a variety of reasons. Most believe they can get away with it. Bottom line is, however, most don’t get away with it and someone, maybe more than one person, always ends up getting hurt.

So maybe the couple breaks up and people move on. Now... you encounter a guy that you know cheated on his last girlfriend or wife. He seems interested in you and you kind of dig him… should you date him, knowing he’s a cheater?

It’s really a loaded question that depends on several things. Ask yourself these questions before you proceed.

1. Does he accept responsibility for what he did? If he is saying, “Well, I wouldn’t have done it if she hadn’t…” then he is not accepting responsibility. He is making excuses. It’s rare that infidelity is justified.

2. Did he learn from his mistake? It’s one think to accept blame, but it’s another to have learned from the experience. How would he handle the situation differently today? What would he do to keep it from happening again?

3. Has he really transformed into a reliable person? You have to decide if he is sincere about behaving and being someone that you can trust. You can tell just by watching how he interacts around other women when he is with you. Is he attentive, or does he flirt with the other ladies in the room? If you catch him winking at someone else or sliding her his card, well, he probably hasn’t really made a change in his thinking.
4. Now to you… are you strong enough to trust him? This is about you now. If you are going to worry every time he is out of sight, this isn’t the situation for you.

5. Follow your head. As a woman, you have really strong intuition and instincts. Follow them. Listen to that little voice inside. A dude deserves another chance, but you may not be the right person to give it to him, or quite frankly, he might not be ready to commit again and be trusted.

Think about this. If there are little doubts in your head, there is no reason why you can’t just say “not right now.”
So since you got hitched and/or moved in together, you two have been pretty much inseparable. Maybe you’ve popped over to see your parents or made a trip to the market on your own, but otherwise you folks have been cheek to cheek.

- But now he has to go out of town on business and you are wondering, “What the heck am I supposed to you for three days without him?”

- First thing: check yourself. A man doesn’t have to wait to go out of town to cheat. If he’s a cheater, he’s a cheater if he lives with you or 3,000 miles away. So cool down. He’s been good so far, he will probably continue that way. In other words, don’t let your imagination run wild.

- Schedule phone and Skype calls with him. Hold on to things to tell him so you have a nice conversation at the end of the day. Don’t text and call him all day. You have to trust him. If you are constantly calling and texting him, he will shut his phone off and then what are you going to do?

- Sneak something into his bag or briefcase that will make him smile or think of you. Don’t embarrass him. Stash his favorite homemade cookies or an “I miss you” card.

- Do something for you. Go get a spa treatment or go shopping with your girls. Go watch that chick flick that he didn’t want to see. Take your mom out to lunch or dinner. Just get out of the house and do some things to help you pass the time.

- Take the opportunity to do some things around the house that you have been thinking about doing but were not because he
was in the way or had all of your attention. Clean out the fridge or organize the bedroom closet.

- Let yourself go. Sit in front of the TV with a bag of chips and a Big Gulp. Sleep in. Don’t make the bed. Be single again for a day.

Just don’t sit around waiting for the phone to ring. Get up and get out!
If you and your boo are Facebook friends, it might get ugly when you break up. All of a sudden your dirty laundry is right there for everyone to see.

So you change your status to “single” and start posting photos of you happy and smiling. Meanwhile, your ex is about to launch an attack on you that will be available for everyone to see.

Here is some advice on how to avoid big time Facebook drama when you and your man go your separate ways.

- Use blocking and privacy settings. Don’t give in to your curiosity to see what he is going to say about you. Block him. You might also consider blocking some of your mutual friends if they have a tendency to favor him. Facebook also has a privacy setting, which only allows your chosen friends to see your page and any updates that you post.

- Don’t be a stalker yourself. Try not to visit his page or his friends’ pages to see what he is up to. Cut yourself off. If he or his friends try to attack you, your friends will make you aware. Instead of stalking your ex, use your time and energy to find new friends or develop a hobby or outside interest. You can keep it from getting ugly by not acting ugly yourself!

- Be nice. In fact, the best thing that you can do is not post the breakup on your wall. Give yourself time to heal. It doesn’t have to be public information.

- Refrain from posting retaliatory comments if he posts negative things about you. You could start a war that nobody is really going to win. Besides, it’s petty and not really accomplishing anything.
• Don’t publicize your private life on your page. Don’t even friend him in the beginning unless he asks. What you do away from Facebook is your business.

• Give it up for awhile. Stay away from Facebook for a while. Your real friends will know how to find you. Change your settings to private and then leave things alone for a while. You can even deactivate your account. It actually can be temporary, as Facebook retains your info for quite some time and you can come back on weeks or even months down the line.

It’s going to be tempting to get in a battle on the pages of Facebook. But it’s really not necessary and easier on your stress levels to follow these tips instead.
Men Who Don't Make Good Husbands

There are lots of men out there who will make great husbands and partner with you to raise a family and head to happily ever after. But there are also dudes out there who will not make good husbands. Please don’t try to change them, mold them or scold them into hubby material. It just ain’t happening for these types of guys.

1. The multi-cheater. Look, be real about this. He says he’s sorry, but he did it twice or more? Can you even trust him anymore? And if you are the lady that he cheated with, what makes you think he won’t cheat on you, too, just like he did her?

2. The heart breaker. He stomped on your heart, threw it in the trash and never apologized. Now he wants to come back and you are tempted. This is a tough one. Is he sincere? Did he actually admit he was wrong and profusely apologize? If he’s not begging you on his knees, let him go. Send him packing.

3. The workaholic. He works 16 hours a day, not because he has to, but because he wants to. Bottom line: if he loves his job more than he loves you, how happy are you going to be when it’s Christmas Eve and he’s on a business trip?

4. The me firster. He puts himself first more than he puts you two as a couple first. It’s not going to change. If you can live with being second fiddle, go ahead. But we doubt you will be happy.

5. The con man. He screws other people and that’s how he makes his living. So his boss was mean – that doesn’t mean it’s OK to embezzle.
Understand this: it’s only a matter of time before he cons you out of something.

6. The couch potato. If you are the main breadwinner and homeboy doesn’t lift a finger to help around the house, how long do you think you will tolerate that? Especially when he grows a beer belly and can belch the alphabet when your parents visit.

7. The runner. He runs when there is any kind of problem, whether it’s with the relationship or something that comes up with you. An example is someone close to you passes and suddenly he has to go out of town on business. He won’t go to funerals, weddings or any event that involves showing his support.

Love isn’t a cure-all. It needs help. Choose your life partner wisely.
So you have reached the point where you are going to move in together or you have become engaged and set a wedding date. He’s finally made a commitment and you are excited as all get out. But before you jump the broom or walk into that man cave ready to turn it into a couple’s cove, check out these important matters that need to be discussed.

- Money. You can’t get around it. It has to be determined if you are going to share the rent or mortgage, who is buying groceries, paying the utilities, etc. Even though your man may say he is your knight in shining armor, make sure that there is an understanding of financials.

- Kids. Some people don’t want kids. Some don’t want but one. Some want big families. Make sure you are on the same pages so there are no surprised looks when you say, “I’m pregnant.” Make sure you both understand when you want them in your relationship as well.

- Housework. Who is going to do what? Before you moved in together, he did do his own laundry and the dishes. So now, especially if you are both working, it has to be decided what responsibilities you each have when it comes to your home.

- Family. A friend once said that he married his wife to be part of her family. But not all families are the Cosbys. You both have to decide how much is too much when it comes to mom, sis and bro on both ends.

- Older family. Maybe you are still young, but somewhere along the line, your parents or grandparents may need to move in. It does happen, so make sure you think about it and talk about
it. Elderly relatives can be a Godsend or a burden. Consider as a couple if this situation were to come up.

- Life and goals. Do you both have the same goals in mind? Do you both want to work hard for early retirement? How about buying a house? Investing your money for the future? Don't just get married to live happily ever after. Discuss what happily means to you both.

- Deal breakers. You have to talk about what is acceptable behavior and what is not. Getting loaded with his buddies and coming home late for dinner… is that OK with you? Does he get high and you don't? Do you blow $300 on a pair of shoes now and then? Cover the basics of what can turn into a deal breaker. Make sure you both understand what is acceptable and what is not.
People are usually on their best behavior when they first start dating someone. That’s the time in most relationships when we are having fun and thinking that he is the one.

Slow your roll. Before you jump into that giggly state, consider these things.

- Do you respect him? Do you admire how he handles other people, the way that he treats them and his outlook on life? When you truly respect someone, you want to be your best around him. You don’t want to lie to him or play games or take advantage of him in any way.

- He’s the one if he is your best friend. You can tell him anything. You feel confident enough to express your accomplishments as well as your weaknesses. You feel safe and you feel accepted as who you are.

- You are truly attracted to each other. That can wear off if it’s not real. If he is the one, the intimacy gets better over time, and it’s more about making each other happy than anything else.

- Do you have the same basic goals? He could be the love of your life if you operate on the same page when it comes to the important things, such as kids, finances (if he’s big spender and you are frugal – red flag!) and lifestyle.

- You are both willing to compromise on things, especially those that don’t really matter in the big picture. You both should have your way, not one having his or her way all the time.
• You are relaxed and feel safe, yet you are inspired to be the best that you can be. You understand your place in his life and don’t feel the need to prove your value all the time.

• You smile when you think about him. You are at work or on the subway, and he comes to mind, and suddenly nothing else matters except the love that you share.
It used to be less complicated to date. You saw someone. He asked you out. The phone was the way you communicated and most contact was in person. Now social media, texting and even video chatting have changed all that.

- Nowadays with all the visual apps available, we're more apt to trade up. Social apps such as Facebook make it much simpler to come across new people, so both women and men are less likely to stay in unhappy situations, says a survey by Cosmo. A new man is just a few clicks away on your computer. You don't even have to leave home!

- More information is available and it's available quicker. Whether it’s info on how to cook a certain dish or relationship advice, it’s there, instantly, and in abundance.

- We aren’t as vested in a relationship, especially early on, as before. If a guy says he has to go on a trip or can’t see you one weekend, instead of waiting for next week, you sit at home and start scanning the Internet for potential dates.

- Who needs his resume? We can go online and find out where he's lived, if he has a record and a whole lot more with just his name.

- It gives us more options. We don’t need to scan the clubs or the lines at the local coffee shop. We can scan dating sites or social media pages. You can narrow it down to income or where he lives or age.

- Snooping is easier. It’s not just looking at his Facebook. You can look at his phone while he’s in the shower or check out the history
on his computer while you told him you wanted to check your email.

- With Skype and video chat, it can be easier to keep a long distance relationship alive. It also comes in handy when your boo is away and he still wants a little one on one time with you, live and in person.
The first time you go out with someone can set the precedent for the whole relationship. That old expression, “You only have one chance to make a first impression,” holds true. Probably one of the most important things to do is be honest. Sooner or later, any lies or exaggerations are going to come to light. So just be you and keep the embellishment to a minimum.

Here are some other tips.

- Look your best and smell nice, too. Make sure you take your time to get ready and pull it all together in one nice pretty package. This may be a good time to consult your girlfriends or sisters.

- Be nice to him and others that you encounter. Don’t put on airs that you are better than service people such as wait staff at a restaurant or anyone else that you encounter. Reflect a positive and considerate personality.

- Switch off the phone. Unless you are a single mom or on call at a hospital, don’t be distracted by phone calls from friends, family and even work. It’s rude and it’s really quite unnecessary.

- Be interested in him. Ask questions, but don’t be too nosy about how much he makes, does he have life insurance, etc. Make good conversation, and make eye contact. Do really listen to him and be interested.

- Be confident. Don’t answer questions with wishy-washy answers like “I don’t know.” If he asks where you want to go, tell him.
• Let him pay. Don’t offer. The only reason a woman should pay is if she is the one who initiated the date. But honestly, real men don’t let women pay, ESPECIALLY on the first date.

• Eat like you normally would. Don’t hide the fact that you like to eat. Men actually like a woman that enjoys her food. If you pick at a little salad, he’s going to think that’s the way you always eat and it’s actually not really very attractive.

• Tell him about you. Don’t just ask questions. Give him a chance to query you and find out what makes you tick. If he asks you something out of the way, just be confident and tell him, “I’m not really comfortable answering that question at this time.”

Remember to be yourself, be nice to others, be confident and show interest in your date.
Across most of the U.S., summertime is a great time to be outdoors. Warm weather, sunny skies and beautiful scenery abound and provide great opportunities for fun outdoors dates. So instead of sitting in a movie theater where you can’t really talk or dining in a fancy restaurant, try these outdoors adventures that can actually help build intimacy.

- A picnic on the beach watching the sunset. Even if you don’t live near a beach, find a spot that gives you access to a relaxing view. Make a few snacks that you both like and go sit and watch the sun slide down. It’s relaxing and romantic.

- A hot air balloon ride. It’s like flying in the open air and the views are fantastic. It’s easy to be romantic and enjoy an unforgettable experience.

- A night cruise. A lot of major cities have some sort of waterway within its reach and there is often a night cruise available. These things can be very romantic and provide a great setting for conversation.

- Hiking. It’s good for you and can provide a lot of opportunity for privacy in the fresh air. Hey, and you can check out your date’s legs!

- Horseback riding. This is an awesomely romantic activity when done on a beach. But it can be great just riding through a wooded area or on a trail.

- White water rafting. OK, there’s not going to be a lot of conversation, but there will be a lot of hooting and hollering and
laughing and getting wet. And then when it’s over and he outs that blanket around you… the romance begins!

- Lake double rowing. Most major parks have lakes that have paddleboats of kayaks for two. You can share the work to get out to the middle for some intimate conversation.
- Going to a petting zoo. Those animals are so cute! And it’s a chance to walk hand in hand and enjoy the family ambiance.
- Playing miniature golf. This is a chance to be competitive in a fun way. And it also allows for conversation. And when he tries to teach you how to swing… well, you get the idea!
It's finally happening. After more than a decade of being together, Angelina Jolie and Brad Pitt are getting married. Despite the statistics that gives them only a 50/50 chance of making it as a couple, they are going to tie the knot.

And guess what? If you don't believe in these myths about marriage, you, too, can be on the statistical side that makes marriage work.

- Myth – marriage will make you happy. If you aren’t already happy as a couple, being married is not going to change that.
- Myth – living together is just like being married without the marriage license. Nope. In fact, studies show that couples that live together are actually less committed, emotionally and financially. And then there are the benefits – try claiming your housemate on your insurance. And if something happens to him, and he didn’t leave a will, try collecting on the insurance or claiming the property. His family has more legal rights than you do!
- Myth – the lovetmaking is better. Not true, according to research. Married couples have more and better than their counterparts that aren’t married.
- Myth – a woman is more apt to be a victim of domestic violence if she is married. Oh, quite the contrary. Men who are married are less likely to be violent because they are psychologically more vested in their marriages.
- Myth – couples that lived together before marriage are more likely to have a longer lasting marriage. Just the opposite. That’s what the studies show. The thing is that people who live together are skittish in the first place about marriage, so the first time a
major conflict comes up, they are more apt to call it quits and “go back to the way it was.”

- Myth – the more educated a woman is, the more likely she is of not getting married in the first place. Not true. They just wait longer and are actually more likely to find a husband than their less educated friends at the same age.

- Myth – the key to a successful marriage is love and luck. According to research, the most common reasons married couples stay together are commitment and companionship. The happiest couples are truly best friends to each other and share interests and values.

- Myth – having kids will bring a couple together. Not always true. Ask Beyoncé and Jay Z, who reportedly had Blue Ivy to strengthen their bond, which is reportedly on the rocks. Actually, wanting the best for their children is often the reason behind a lot of couples splitting up. And often a child has the effect of pushing the mom and dad apart, as the man is not getting the attention he is used to, and second, having a baby adds stress to a household.

- Myth – marriage benefits the man more than the woman. Not true. Men and women benefit pretty equally, except on different levels. One study shows that married men are more apt to be healthier, while woman feel more secure financially.

The bottom line is that marriage is a big step. It is not going to cure a couple’s problems, but it can be a pathway to lifelong happiness and joy.
Most women dream about their wedding days for years. It starts when they are little girls and are read stories or shown movies about princesses who are rescued by handsome princes and then carried off for a beautiful wedding day. But as well all know, sometimes that supposed happiest day of your life can turn into a nightmare.

It could be your craziness or your family's interference. There are a number of reasons your wedding day could end up being a disaster. One of them is that the groom gets cold feet and leaves you standing at the altar. If you're lucky, he at least told you days or even weeks before, but some just fall apart at the last minute.

Here are some reasons your man might have gotten too scared to go though with your big day.

- A disagreement pops up near the wedding day that is a deal breaker, such as where you're going to live, whether or not you're going to have kids, etc. These things should have been discussed in detail, but sometimes couples get caught up in the romance and don't consider a lot of things before the big day.

- The bachelor party makes him realize his life is about to change in a big way. No more sitting around eating chips and drinking beer with no curfew.

- He's not really over his ex. It happens. Maybe he was married once already or engaged and it was a disaster. Suddenly those mistakes and missteps come to the forefront of his brain.
• Too much pressure. He’s actually doing this because his family or you have chided him into it. He’s a big candidate for cold feet.

• On impulse. Men do mature at a slower rate than women. He may be a spoiled one who all of a sudden thinks he doesn’t want to do this and he only is thinking about himself and not the damage he is about to cause.

• Loss of the freedom to be physical with others. Researchers have claimed for years that monogamy is not natural. A lot of men believe that, but do try to be faithful. However, if that’s a problem with him, he might not be marriage material anyway.

• Money. He has watched you spend thousands on dresses and shoes and flowers and everything that goes with a wedding, all for one day. So now he is wondering… is she going to spend like that when we are married? He may also start to worry about giving up his own financial freedom, like when he spends $200 for a pair of Air Jordans – will she understand? Hopefully, you have discussed how the money is going to be managed, but if you haven’t… big problem.

• Trust issues. Yeah, men have them, too. Maybe he’s been burned before. Maybe all of a sudden he wonders if you have told him everything.

• Baggage. It doesn’t have to come from past relationships with other women. He might have issues with his parents or others, or maybe he grew up in an abusive situation. Suddenly those things can come to a head as has to contemplate being responsible for another human being.

Just be cautious. The rush of getting engaged is incredible, but you need to make sure that you and your future hubby are on the same page on important issues, both personally and as a couple.
How many times have you seen an old couple walking together in the park or sitting on the front porch just enjoying the day? Real long-term relationships do happen. Having a long lasting healthy relationship is an accomplishment to be proud of. But one thing is a common thread, and that is that the two people genuinely like each other. At 80, they still like to hold hands and talk to each other.

There are a lot of distractions in this world today that put extra pressure on couples, such as all the bad examples on TV, the easy access of private information on the Internet and the lure of the latest cars, tech toys and brand name fashions. We tend to work at having it all, rather than having it all in place with our mate.

In order to have a relationship that will last a lifetime, make sure you follow these tips.

1. Forgive and do forget. Not everyman is the same. They don’t all cheat and many are actually looking for a good woman to partner with to build a family, and yes, have it all – a house with a car, happy kids and a loving wife. So don’t judge Tom by Harry. Let go of old wounds with forgiveness.

2. Stop talking trash and communicate. Don’t fuss – talk it out.

3. Admit it when you make a mistake. Don’t try to cover it up or lie about it. He will think, “Well, if she lied about that, what else is she lying about”
4. Don’t try to make every little decision for him. And don’t try to make all the relationship decisions yourself. You are not his parent – you are his partner and partners work together.

5. Show him kindness every day, and it doesn’t have to be just for him. Sure, you can make him his favorite meal, but how about making a plate for your elderly neighbor, too? Men admire a woman who shows compassion.

6. Be a good listener. You may have something to say, but make sure you give him a chance to let him speak as well, and without giving him a look that would scare a monster.

7. Don’t let fear replace trust. Think about that. Break it down like this: Love means giving your man a chance to hurt you, but trusting he won’t. Don’t manifest it. Deal with it if it happens, but don’t expect it just because you’ve heard your girls say, “That’s what men do.”

8. Love this one – accept and don’t expect. Don’t force your expectations on him. He’s going to do what his character tells him to do, and it will be genuinely who he is. Then your choice is to accept him or move on.

9. Focus on the positive. Every relationship is going to have its ups and downs. As long as the positives outweigh the negatives, you got something there to build on.
You hear about the Do’s when it comes to building a good relationship, but how about the Don’ts? If you want a healthy long lasting relationship, there just might be some things you should consider not doing...

- Don’t rush. Unless you are already 40 and still single, there's no need to put a time date on your relationship. You and your partner will know when it’s the right time to make a commitment or jump the broom.
- Don’t look to your relationship to solve your problems. Doing that can actually create more!
- Don’t expect your relationship to be easy. Sure, it can be fun and bring joy and security, but there are also going to be bumps along the way and problems to work out.
- Don’t keep secrets. They turn into bigger secrets and sometimes lies, and that’s never healthy for a relationship. It’s like when people say on their dating profiles that they are slim and trim when they are actually 50 pounds overweight. You will be found out eventually, so what’s the point?
- Don’t fake your emotions. You can only get away with it for so long, and then when the truth comes out, someone gets hurt and that is not cool.
- Don’t spend too much time thinking about the past. Discuss it and then let it go and move on.
- Don’t expect your partner to always be strong. He will have down days just like you. Sometimes you will have to be the strong one.
Don’t take the relationship for granted. It needs attention and it needs a little excitement now and then. Don’t be afraid to remind him how special he is to you.

Don’t say “yes” when you need to say “no.” There are times when you have to set boundaries. Otherwise, you are apt to be taken advantage of.
So it’s time to meet his family, his parents in particular. You are kind of nervous. What should you wear? How should you wear your hair? And what about make-up? Should you take a gift, like a bottle of wine?

It can be nerve-racking just thinking about it. Here are some tips to help you calm your nerves and to make a good impression.

Ask questions. What does he mean “meet?” Are you going to a restaurant? Will there be other people there? Is it a BBQ?

- Find out what the timing is all about. He might just be doing it because his parents have been pressuring him to meet you, or it could mean he is really ready to make a commitment. Just ask him, “OK, what brought this about?”
- Next do your research. Unless you already know them, you are going to have to drill him. Ask him what if they have any peculiarities, such as heels that scuff their marble floor, or her dad’s penchant for winking. What are their interests? Ask his sister or brother if you know them… the more you know, the less stress you will feel.
- Don’t paw him in their presence. A bit of affection, such as holding hands, is OK, but excessive kissing and touching is going to make them feel uncomfortable, especially his mama.
- Show your appreciation. That means a gift would be nice, such as flowers (who doesn’t love flowers?) or a bottle of wine. Just don’t overdo it and make them feel like you are trying to buy them. Keep it simple.
• Dress right. Be real about this. Sure you may have nice legs or great tatas, but mama does not want to see her son with a hoochie mama. It’s best to dress on the conservative side… think about what your parents would want you to wear. And also be cognizant of the event – if it’s a backyard BBQ, a dress and heels might not be appropriate.

• Try not to talk about politics or religion. They are topics that can become heated discussions very quickly.

• Watch your manners. Don’t show up late. Say “thank you” and don’t slouch when you sit down. Unless they tell you otherwise, they are Mr. and Mrs. SoAndSo to you.

• Offer to help. It doesn’t mean you are going to end up doing the dishes, but offering to help at least will look good in his mama’s eyes.

• Watch your mouth. Try not to curse. And please do not smoke in their house. And watch the alcohol intake. You don’t want to get tipsy and do or say something stupid.

• Sincerely compliment his mom and/or dad. Find something you like – the food, the painting on the wall, etc. – and let them know you like it.

Most of all, relax. Be on your best behavior, but don’t let them intimidate you either.
First dates can be two things: exciting and nerve-racking. And if it’s a blind date, that’s even more pressure. Amid the excitement, there may be a tendency to forget some details. Here are some don’ts you want to be careful of, especially on a first date.

- Don’t forget his name. Seriously. There was an episode of “Two and a Half Men” where Charlie went out with a woman and he didn’t remember her name during the whole date. Of course it didn’t end well.

- Don’t act like you like something that you don’t. Sooner or later it will come out and then what? He’s rock ’n soul and you love classical – his music will sound like noise to you and he’ll think you are an uptown girl. Just be yourself please.

- Don’t pick at your food and act like all you eat is a small salad. Most women like to eat and men actually like women who enjoy their food.

- Don’t keep looking at your phone. It’s rude, and you wouldn’t want him to do that to you. Unless your mom and keeping your phone handy for the babysitter, the dang thing shouldn’t even be in sight.

- Don’t go to the same spot with new dates that you went with your ex. What if you run into him there? It will make your date feel awkward, and probably make his date feel awkward, too.

- Don’t pressure him to meet friends and family. It will happen when he is confident there is something going on that he wants to share.
• Don’t check in with him every friggin’ day. It’s not cool. In fact, it will probably be more attractive to him to think that you have a life of your own.

• Don’t make him go to family events too early in the relationship, like your cousin’s wedding! Besides, weddings freak guys out, and do you really want him see you dive for the bouquet like an eagle going for a mouse?

• Don’t avoid talking about real issues once you are past the first or second date. If you two have major differences, it’s best to get them out in the open before anyone gets serious.

• Don’t flirt with his buddies. That is so uncool. Be friendly, but don’t embarrass him or do anything to cause friction between him and his friends.

• Don’t compare him to your former man. Statements like, “Oh, you’re just like my last boyfriend” are real turnoffs.

• Don’t lie. One lie will quickly turn into another and it’s just not necessary. Be you. Be the best you that you can be and that should be quite enough.
Maybe you are on vacation together and want to celebrate something or just put some romance back in your relationship. There's something special about getting a little dressed up and going out for a night on the town, beginning with a romantic dinner.

Here are some of the most romantic restaurants you’ll find around the country, according to Zagat.

**Atlanta**: Bacchanalia – it’s intimate and cozy. Enjoy a five-course meal with a wine that you can choose from one of the best wine lists in the Southeast. Make a trek to the top of Stone Mountain for a panoramic view of the city’s ultra modern skyscrapers among tree-lined streets.

**Boston**: Coppa – real Italian cuisine prepared with ingredients from the vicinity, including seafood. Coppa is also famous for great cocktails. If you happen to be in the city around Christmas, a walk down Commonwealth Avenue Mall after dark is simply enchanting.

**Chicago**: Grace Restaurant – the Windy City is loaded with romantic restaurants and great food, so you can best believe this is going to be awesome. In addition to a beautiful atmosphere and ambiance, Grace chefs create dishes that are as gorgeous as they are tasty and healthy. Then head to the John Hancock building and go up nearly 100 floors to the deck and look down on the gorgeous Windy City, day or night.

**Dallas**: Lucia – it’s intimate and the staff is warm and friendly and will make you feel as if you are the only couple in the place. The menu constantly changes, although you can bet on always having some amazing pasta...
dishes. Then head for a gondola cruise ride on the Mandalay Canal to top off a romantic evening.

**Denver**: Splendido at the Chateau – portions are not large, but you really don’t need a heavy meal if you have plans for after dinner. But the selections are different and amazing. Some specialties include jumbo lump blue crab cakes (seasonal) and pan-roasted Iowa rabbit. Not sure why Colorado’s rabbits aren’t good enough (smile). After dinner, head over to the 16th Street Mall for a lovely horse-drawn carriage ride.

**Houston**: Da Marco Cucina E Vino – this is consistently considered Houston’s top restaurant. A warm and friendly staff complements some of the best homemade pasta in the Southwest. To add to your special night, head over to Rice University to see the James Turrell Twilight Epiphany Skyspace for a spectacular show.

**Los Angeles**: Marché Moderne – the name is French and so is the food. The place is elegant and known for its fresh ingredients, especially the bread. Next up is a nice ride to Crystal Cove, said to be the most romantic beach in Southern California.

**Miami**: Naoe – as Latin as Miami is, this is one of the hottest restaurants for romance, and it doesn’t serve Latin food. Sushi is the food for lovers, complemented by real sake brewed by Chef Kevin Cory’s family brewery in Japan. Then head to Bayside Marketplace where you can catch a night time cruise under the Magic City’s brilliant sky.

**New York City**: Bouley Restaurant – this is a French eatery with an ambiance of romance and incredible menu that includes traditional French dishes prepared and presented in a way that is artful. Next up should be a journey to the top of the Empire State Building for a fantastic view of the greatest city in the world.
**Philadelphia:** Bibou – this place is French, but the selections are a la carte. The food is said to be exquisite. After such a romantic dinner, the perfect spot in Longwood Gardens, where couples can walk hand in hand over more than 1,000 acres. If it’s chilly or rainy outside, there are glass-enclosed conservatories with tropical gardens and 16 waterfalls.

**San Diego:** Market Restaurant & Bar – being close to the water, you can bet that a lot of the Asian-inspired food here is loaded with seafood. Chef/Owner Carl Schroeder likes to change dishes as the seasons change, so you can always go back for something new. Then it’s off to the Bahia Belle, a Mississippi-style boat that cruises around Mission Bay.

**San Francisco:** Restaurant Gary Danko – it’s California cuisine at its best. A lot of the features are seafood-based, with much of the ingredients coming right from the Bay area. Next it’s time to totally relax with a couple’s massage at the Spa Bar, where afterwards you can sip champagne and feed each other fruit.

**Seattle:** Canlis Restaurant – you’ll go Greek here with classic dishes combined with contemporary fare that makes each selection unique to the spot. For an exotic experience, try the Beijing Herbal Foot Massage in Park Place Center… the massages last a whole hour for just $25 per person.

**Washington, D.C.:** Inn at Little Washington Restaurant – it’s a bit outside the city, but it’s worth the drive. This is a romantic retreat that features a wide selection of Asian, Italian, French and American fare. The food is light yet full of the flavors you love. After dinner, head over to Bishop’s Garden at the National Cathedral, a stunning piece of architecture surrounded by beautiful gardens.
When you first starting dating someone, it can quite awkward coming up with questions to ask. You are curious, but you don’t want to be intrusive. Once you talk about the weather and the rising price of potatoes, there’s a big gap to fill.

Here’s some help with some questions you can ask that can ease the silence and get things going.

- What was your favorite toy as a kid?
- What’s your dream place to visit or travel to?
- What secret skill do you have?
- What’s the best present you ever received?
- What’s the best present you ever gave?
- What was your worst job?
- What was your best birthday like?
- What’s the most embarrassing thing that ever happened to you?
- If your home was on fire, what three things would you try to grab and save?
- What did you dream of growing up to be?
- What is your favorite movie of all time?
- What modern gadget or tech toy could you just not live without?
- What are the best words of wisdom anyone ever gave to you?
- Not counting video games, what’s your favorite sit-down game?
- Where would you want to live if you could live anywhere?
• What’s the hardest thing that you have ever done?
• What’s the best thing that’s ever happened to you that was totally unexpected?
Yes, there are some cities that are better than others when it comes to being single. According to research done by PopSugar, there are 10 cities that stand out as good places for the single to mingle based on income, safety, nightlife, restaurant options, lifestyle trends and coffee shop options.

1. San Francisco comes in at the top with about 40 percent of its population consisting of singles. The average household income is also pretty high at more than $104,000.

2. New York City rarely comes in No. 2 in anything, but here it is second to the Golden Gate city. As with San Fran, NYC has about 40 percent singles and an even higher average income, but the cost of living is higher.

3. Washington, D.C. – our nation’s capitol is 38 percent single with an average income of about $93,000.

4. Boston’s population is about 33 percent single with an average household income at $76,000.

5. Seattle has a hold on the NFL championship trophy, for now. With about 33 percent of its population single, the city has an average income of $88,000, higher than Boston, but it rains a lot.

6. Philadelphia kicks off the bottom 10 with a population that is about 26 percent single. Average household income drops dramatically to $52,000, but it has a pretty good rate for nightlife options.
7. The Twin Cities, aka Minneapolis/St. Paul come in right behind Philly with a single population at 25 percent. Average income goes up to more than $66,000, but the nightlife options drops compared to most of the previous cities.

8. Portland – the one in Oregon. This northwest city has about 24 percent of its population as single and an average household income of $68,000. Its restaurant index is a bit lower than most of the other cities on the list.

9. This one kind of surprised us – Jersey City, N.J. Its population is about 23 percent single and the average household income is more than $77,000. But the cost of living is high.

10. The Windy City, aka Chicago, rounds out the Top 10 with a single population of about 23 percent. Average household income is $70,000 and it has a very high nightlife options index.

Cities we were surprised that are missing include Atlanta and Miami.
Bet you think you have heard them all… those pick up lines that men use to try to get something going with you. Well, here some you may have not heard. Some are just outright corny, while others border on being insulting. Get ready, though. If you are out there on the singles scene, you are likely to be hearing some of these.

- I don’t think you know this, but you look like my next girlfriend.
- Hello there. My two favorite things are changing and commitment.
- Are you my appendix? Because this feeling in my stomach makes me want to take you out.
- Do you have a band aid? I just scraped my knee falling for you.
- Do you have a pencil. I want to erase your past and write our future.
- The only thing that your eyes haven’t told me is your name.
- So what time do you have to be back in heaven?
- I seemed to have lost my phone number. Can I have yours?
- When I first saw you, I looked for a signature, because every masterpiece has one.
- Excuse me; can you empty your purse. I believe you stole my heart.
- You must be a magician, because every time I look at you, everyone else disappears.
- You look like someone I’d like to meet.
- Touch your shirt and say, “Know what this material is? Boyfriend material.”
- How much does a polar bear weigh? Enough to break the ice.
- You smell like trash. May I take you out?
Relationship advice is everywhere, from doctors and therapists to comedians turned relationship experts. It’s out there in great abundance. But who better to receive it from then those who have been there done that?

That’s exactly what Nate Bagley did. This cat actually quit his job and used his savings to go on the road for a year and interview couples from all walks of life that are happy and in long-term relationships. One couple he encountered has been together for 70 years!

Here are some of the consistencies he found in happy couples. (You can see some of the live interviews at [http://loveumentary.com/](http://loveumentary.com/))

- **Loving yourself** – couples consistently practiced self-love. That means that individuals in a couple love him or herself and treated him or herself as well as he or she treated his or her partner. They pull their own weight and provide support and love when necessary. But the key words are: self-love.

- **Trust.** Oh what a big one! But don’t get it twisted. Trust is something that is built over time. It involves being faithful, yes, but it also involves being reliable and providing emotional security.

- **Commitment** – it’s not just a word; it’s real action. Happy couples knew that they could count on each other to be there. Even when health issues came up or other crisis, they are there for their partners through thick and thin.

- This one Bagley calls “intentionality.” What it breaks down to is having the intention to make the relationship work, not just going through the emotions. The happiest couples are the ones
who try on a daily basis to experience some kind of connection with their partner, or at least try to create and endearing or fun memory.

- Don’t fight to win. Remember that you are on the same team and should be working to resolve any issues.

- Be nice. Don’t fight mean. No name-calling or accusations. Treat your partner with respect and love. And it you can’t do that, then maybe that’s a relationship you shouldn’t be in.
It’s not easy maintaining a relationship. A lot of things can go wrong, and then it’s up to you whether or not the relationship is worth saving. Here are some of the top things that can kill a relationship.

- Family and friends… it may be a good idea to save on your cell phone bill to have them involved, but they can be real relationship destroyers. You have to try to get along with just about everyone. Think about it… if your relationship with his mom or sister is so strained that he is forced to make a choice, whom do you think he will choose?

- Everyday life – you have to work out who is going to cook, who is going to clean, who is going to pay for the take out or the cable? Who is picking up his kid from a previous relationship from daycare? Make sure you both are on the same page or any of these things can turn into relationship breakers.

- Other suitors or exes. Don’t let them hang around much. It can put a real strain on a relationship if other men hang around you a lot or you still have long conversations with your ex. Make sure you make it clear that you have a love interest now and are not interested in anyone else.

- Bad habits. They may be cute in the beginning, but certain bad habits can become annoying and magnified and pretty soon a big argument ensues and he says you are nasty because you don’t put the cap back on the toothpaste. See where we are going here?

- Getting too used to each other. Don’t take your man for granted. Spice things up now and then. Change the routine. Do something
different to let him know how glad you are that he is in your life. Boredom can cause a partner to go astray.

- Having different goals eventually is going to come to a head. Work out those things before you jump the broom or move in together. If he wants kids and you don’t, that eventually going to be a deal breaker.

- Let bygones be bygones. If one of you made a mistake and you decided to stay together, don’t use it as an argument tool. And don’t compare him to past men, and he should do the same. Work on growing together for a happy future.

- Don’t move too fast. Don’t let him move in after just a few weeks or even months. It takes a minute to really know someone. There is no need to rush.

- Don’t get clingy. Have a life or something to do away from your partner. You don’t need to be together 24/7. And that works in reverse, too. Don’t be so independent that your mate feels neglected.

- You knew this one was coming – cheating. It’s the top relationship killer. But truth be told, if you don’t let a lot of these other things happen, this one won’t either.
Once you are in a relationship, it’s easy to get complacent and not do the little things that made your man fall in love with you. Nowadays, with so many distractions and so many other women ready on the sidelines to make your man feel good and steal him away from you, it’s important to make sure that you do more than just tell him “I love you” when he walks out the door in the morning.

1. Do sweat the small stuff. Compliment his choice of shirt, provide a loving smile, give him a sweet kiss on the cheek and do other little things to make him feel like you genuinely care.

2. When you want to say something, positive or negative, choose your words wisely. Your tone of voice and words can seem harsh. Mom used to say, “You catch more flies with honey than vinegar.” Instead of saying, “Is that the best that you can do?” try, “Honey, let’s try it this way.”

3. Give him undivided attention. Turn off the dang cell phone if you are going out together. Concentrate on him and make him feel like he is the only man in the world for you.

4. Don’t judge him. Gently point out another way to do something, but do not be condescending and say derogatory things like, “I should have known better,” or “What kind of idiot are you?”

5. Ask him. “Hey, what would make you happy today?” Find out if he’d just like to lie in bed and read the Sunday paper with you or go do something that he likes, like bowl or shoot pool.
6. If you know something annoys him, like leaving your makeup all over the bathroom or cracking your gum, try to stop doing it. Make a conscious effort to change those annoying habits.

7. Surprise him with random acts of love. Leave a note in his briefcase, pack his favorite cookies in his lunch or bring home a CD from his favorite artist. Spontaneous and small acts of love can go a long way.

8. Be there when he accomplishes something that you know means something to him. Maybe it’s the three-on-three street ball tournament or graduation from cooking class. Show up even when you are not interested in these things – it will show him how much he means to you.

9. Compliment him in front of others.

10. Defend him against negative comments.

11. Celebrate whenever you can. Don’t just wait for birthdays, Christmas and your anniversary. Bring home his favorite Marie Calendar’s pie when the Little League team he’s coaching wins or he gets a promotion or passes a test or certification. Be his biggest cheerleader.

None of these things require major effort, but they can go a long way in making your man feel appreciated and loved.
If you ever watched “Jumping the Broom,” you’ll remember how the couple getting marriage was practicing abstinence until the wedding night. A lot of people don’t do that these days, and, there are actual places in this world where getting physically intimate before marriage is required. Check out these odd mating rituals.

- In Cambodia in a relatively remote area, there is a tribe of people known as the Kreungs. Parents of a daughter will build what they call a love hut. When a daughter is in her mid teens, she spends the night with different boys or young men in the hut until she finds one that she likes. There is no divorce among these people.

- In rural Austria, there’s the apple ritual. Young ladies cut an apple and place part of it under the armpits. Then they go to a special dance where there are young men. Everyone dances for a while, and toward the end of the evening, if a girl likes a boy, she gives him her apple slice from underneath her arm. If he eats it, they’re a couple!

- A couple is not considered ready to marry in Hindu Balenese society until the two have had their teeth filed. Yep. With a Braham priest present, each is subject to having their upper teeth filed down to be even with their incisors. The ritual is believed to rid them of evil thoughts and actions, including lust, anger, jealousy and greed.

- Bundling actually used to be practiced in Colonial America and still takes place in parts of Europe. A teen couple would be wrapped in separate blankets and spend the night together in the same bed. The two could be intimate but couldn’t go all the way.
There’s a tribe in China that has a ritual called “visiting girls.” Young ladies sit around a fire with their spinning wheels. Some men approach them wearing red blankets and playing instruments. Each guy chooses a lady to serenade. If the lady likes him back, he invites him to sit down in front of her. The man then wraps the blanket around them and they do the do!
It’s exciting and fun at the beginning of any relationship, but there are also a lot of signs that can indicate it’s not going to be a good thing in the long run. The thing is to recognize these signals and get out before someone, probably you, gets hurt.

It’s important to understand that you will most likely have to kiss a few frogs to find your prince. It’s only natural and a good thing to date a bit to help discover what’s out there and what you really want in a partner. The thing is not to drop your guard and miss red flags in the quest for the best guy for you.

- If he lives at home, it’s probably not a good thing for a number of reasons. One is that he’s not really ready to grow up. An exception could be that he’s taking care of his mama or pops, but otherwise it could a signal they’re taking care of him!
- He doesn’t invite you to his place. Chances are he’s hiding something, even if it’s just a dirty place. He’s embarrassed about something or hiding something.
- He’s moving in too fast. What’s the hurry? He may be too needy or uncomfortable being alone. Some guys need a woman to take care of them. Take some time to get to know each other before you move in together or become exclusive.
- He talks a lot about his ex. A lot of problems here, including that it may mean he’s not over her. And if he’s talking trash, that means he’ll do the same if you split up. Also, it’s a sign that he hasn’t taken responsibility for any part in the break up. Beware also of any unresolved anger that he could end up taking out on you.
• He’s too attached to his parents. It’s great he loves and respects them, but he also has to be able to stand on his own and be able to make his own decisions.

• He’s just gotten out of a relationship. Don’t let a man use you to fill a void. There should be time between relationships to reflect and heal. Basically, don’t be the rebound.

Just take your time and let a relationship develop before jumping in full speed ahead.
When it comes to expressing love, men are more apt to show it than speak it. Some folks in Britain surveyed some men and here are some of the things that men said meant more to them than hearing those three words.

- Laughing at his jokes – one cat told researchers, “You really have to love me to find my jokes funny.” Laughter or having a sense of humor is important to men. It’s another way of showing them your appreciation and it’s actually also a form of intimacy when you laugh with him, even at silly things.

- Giving him your undivided attention. Make him your priority. Put that dang cell phone on vibrate or turn it off when you are out with him. Have you ever been watching something on TV or at the movies and there is a hot and heavy bedroom scene going on, and the woman’s phone goes off, and she stops to answer it? Oh hell no! That will make a man crazy! And it’s not cool to do to a woman either.

- Like what he likes. Not everything. But try to take an interest in his hobbies. Encourage him and offer to do some of them with him.

- Try to be cool with his family and friends. This shows him that you are willing to be a part of his life and that he doesn’t have to give them up to be with you.

- Cook for him, not just what you know. Go the extra mile to find out what he likes and make it for him. One researcher was told by one man that his woman went to his mama to get her recipe for her fried chicken. He was very touched at the effort and was bragging about her to all his friends the next day.
• Asking for his advice was also on the list. Men in general do like a strong woman, but they also want to feel strong and needed. It also shows that you trust him and value his opinion.

• Supporting his dream – he needs that from you more than anyone else. Believing in him will mean the world to him and inspire him to do his best.
Long distance relationships are never easy, but in today’s high-tech world, they can get a leg up from apps right on your phone or laptop. No more having to rush home to field a Skype call or be in front of your computer.

- Avocado was actually created by a couple in a long distance relationship. The reason the pair named it Avocado is because the trees of this fruit won’t produce unless there’s another tree nearby. And the activity on this app archives, so you can go back and look at previous entries. [https://avocado.io/](https://avocado.io/)

- Couple has some nice little features than can make you feel you are a lot closer, such as being able to touch your phone and get a “kiss” back from your partner. It’s not really a kiss – more like a little buzz. [https://couple.me/](https://couple.me/)

- SnapChat is kind of fun. You can be naughty or nice. The app snaps a pic, sends it and then disappears in a matter of seconds. [https://www.snapchat.com/](https://www.snapchat.com/)

- Bliss offers games for lovers to play together and keeps tracks of things such as your favorite background music. It’s available through iTunes.

- Love Quiz is another app that offers games for people in relationships, no matter where they are. It’s available through its Facebook page or iTunes.

- Words With Friends is popular among couples that live far apart. It’s almost like playing Scrabble in person. [http://www.wordswithfriends.com/](http://www.wordswithfriends.com/)
• Skype will allow video and audio on your phone or tablet, keeping lovebirds up close and personal. [www.skype.com](http://www.skype.com)

• Feel Me is another Apple app that actually gets physical. The app shows you where your partner touching the phone, it lights up and it vibrates. It’s not available yet, but you can go here [http://www.cs.uic.edu/~mtriveri/Marco_Triverio/Feel_me_app.html](http://www.cs.uic.edu/~mtriveri/Marco_Triverio/Feel_me_app.html) to sign up to be notified when it’s ready.
Sure he may be a bit on the macho side and walk around all manly. But you can best believe that he likes to hear compliments as much as you do. Here are some that are sure-fire winners.

- “You smell really good.” Hopefully, you will be telling the truth and want to wear his shirt later so you can inhale his masculine smell long after he’s gone.
- “I feel safe when I am with you.” Men still have a lot of primal instincts in them, so hearing a woman telling him he’s a good protector is a real plus.
- “Have you been working out?” Man, do men like to hear that!
- “It’s great that you are so handy around the house.” Men love to fix things, even if it’s just hooking up the DVD player to the TV. Give him a boost to his ego by complimenting any work, real or imagined, that he has done around your place.
- “That’s a nice shirt.” Let him know when he actually wears something that doesn’t embarrass you in front of your girlfriends.
- “You have a great butt.” That is such a turn on for a man to hear!
- “You make me laugh.” Men like to think they are funny, and it’s actually important in a relationship that there is laughter.
- “You really turn me on.” Oh yea baby! That’s as good as you groping his nice butt!
Researchers claim that there are certain foods that will enhance your lovemaking. We know about whipped cream, of course. But we are actually talking about food choices that can cause your body to take it up a notch.

- **Hey fellas…** next time your lady wants to order **lobster** when you’re out, don’t cringe; smile. Lobster is a source of protein, zinc, copper and selenium, and it also contains phosphorus, which boosts sex drive in both men and women. In addition, a concentration of essential fatty acids increases sensitivity in your sexual body parts. And besides, isn’t it worth it to watch her eat it… i.e. licking fingers, etc.?

- **Strawberries** – oh, you probably know what to do with these! They are loaded with good stuff for your body to help you feel good and keep your heart strong.

- **Dark chocolate**… here’s the cool thing about dark chocolate. Besides the fact you can dip the strawberries in it and it’s delicious (kind of sweet but not too much), it’s full of a chemical called phenylethylamine, an endorphin released in your brain that makes you feel warm and fuzzy about your partner.

- **Nuts.** OK, stop with the jokes. We’re talking walnut, almonds, Brazil nuts and even peanuts. They help with release of those endorphins mentioned above, and they also increase blood flow to your sexual body parts. Wait, there’s more. They also contain an amino acid called l-arginine, which gets the brain to circulate neurotransmitters, and those little buggers send message to the brain such as “Oh yea. We like that!”
- Eat your **spinach**! Along with kale and other leafy green veggies, spinach is full of Vitamin A, which is good for the hormones. These veggies are also high iodine, which helps regulate your mood and keep you feeling good.

* **Blueberries** - It’s important to have good circulation during sexual activity, and these little babies are good for that. In addition, Blueberries contain dopamine, a neurotransmitter that works to stimulate your brain’s pleasure areas, especially the ones that will make you say, “Ahhhhh.”

- **Celery** – it’s not only low in calories, it will add to your drive. In addition to sodium and potassium, celery has a small amount of male hormones, which actually can enhance arousal in the ladies.

- **Watermelon** is loaded with Vitamin C, and it also contains an amino acid called l-citruline. This helps dilute and relax blood vessels, which increases blood flow that can lead to a more powerful climax.

One more thing… don’t eat a meal heavy in carbs before you intend to engage in doing the dance with no pants.
Unless you have a toned and relatively perfect body, you get a little nervous when you start shedding your clothes in the presence of a fan. And let’s be real – most women aren’t shaped like Beyoncé or Tyra Banks. But don’t worry. Surveys and research show that men are not so concerned with your flaws once you are in the buff.

- Flaws that are there as a result of pregnancy, such as stretch marks or a scar from a C-section are not really a concern that he will have. Concentrate on showing him your best parts.
- He is going to be into you if you get naked. Those bills or that golf game are going to lose his attention because it will now be on you.
- However, studies show that a baseball game on the TV is not a bad idea, as for some odd reason, it can make a man last longer. Play ball!
- Sometimes it’s not about sex as much as it is about showing tenderness. It’s not always about getting busy; he may want to just hold you. Remember, men still have strong primal instincts and that can mean they will have a tendency to want to protect you.
- Stay that way. Even after the lovemaking is over, he likes it when you prance around nude. You don’t have to quickly cover up. He likes to think that you are comfortable in your own skin.
- Whether the lights are off or on… he’s into the moment and is not going to care one way or the other, and actually, many men will prefer the lights on. They do like to see your facial expressions as they do what they do.
• How much access you give him… men love it when you join them in the shower. They like the feel of slippery skin and the challenge to be creative enough to make it happen in a small space.

• Other women – there you are right in front of him. Why would be even be thinking of anyone else when the one he choose to be with is presenting herself in full effect.

If your man is shallow and wants the perfect bod, then he better have one himself! And chances are you don’t really want to be with a man that lost in himself anyway.
The clubs aren’t just happening when it comes to meeting someone. There’s a lot of noise and a conversation is hard to have. And let’s face it, seeing someone is a dark space and seeing them in the light can be two different things.

Here are some places you might not have thought of that you can meet potential dates.

- On a date with someone. Maybe that waiter is eying you or you went on a blind date and approached the wrong man. You never know who is checking you out!
- On social media – with some of the new aps, you can go to places that others may be gathering as they indicated on their social media page. Sometimes a friend of yours might have another friend that interests you.
- On the airport super shuttle. You are sharing the ride with people and who knows, Mr. Right might be sitting right there and in the mood for a connection after being on the road.
- At the doctor’s or dentist’s office. Other patients or even the medical staff can be sources of potential dates.
- While doing your laundry at a location away from your house. People are usually just sitting there waiting for their spin cycle to end. They have nothing but time to chat and get to know someone new. And chances are if he is there by himself, he is single.
- On the bus or train. Again, people are just sitting there. It’s an opportune time to start up a conversation.
• At an amusement park of Chuck E Cheese’s, especially if you go with a younger sibling or even your own kid. There are bound to be other singles there entertaining their young relatives or their own kids.

• Next time you get a notice to do jury duty, don’t be so quick to find a way to get out of it. There may be some hotties in the lot with you who are up to some conversation.
Some things that women do obviously turn men on, but there are also some more subtle things that researchers found men might not like to admit that they like, too.

- A lot of men reported that during the act of lovemaking, if he is making too much noise (grunting or talking), if the woman covers his mouth, it turns him on that she is trying to take control.
- Men like a woman who can down some liquor or even beer. It kind of makes her seem like a bad girl, and we know men love a naughty hottie.
- Having a woman come back to bed in the morning and initiate lovemaking – maybe she went to brush her teeth or use the bathroom, but mornings are the right time to kick off the with some hot action. Dude will probably think about it all day!
- A lot of men are turned on by a woman getting into sports, screaming at the TV and jumping up and down (with emphasis on the jumping up and down).
- Looking trashy in the morning – one dude explained how his woman wouldn’t wash her mascara or eyeliner off at night, and when she woke up in the a.m., it had smudged and she had this trashy look that turned him on.
- A soft stomach. Seriously, men like the feel of a soft stomach, so make sure that area gets plenty of lotion!
- A different look – coming to bed in a wig or wearing something that gives her a different persona. He feels like he’s with another woman, but he really isn’t.
Men also reported that they like a messy look once in awhile, like when you come back from the gym and your hair is out of place and you look tussled.

Men like it when you laugh during lovemaking. Not giggling – a laugh that shows you are having fun.
Yea, OK, guys do check you out physically when they first meet you. But in the first five minutes, there are also several other things that go through their heads when they first encounter a woman.

- How you talk… are you loud? Are you sweet? Are you trying to be cute? Actually, it’s best to just be yourself.
- How you smile at them… are you just smiling back at him to be polite? Maybe he said something that made you smile – he likes that! Then there’s the smirk, which he won’t like.
- What you are wearing… he’s either wondering why you are wearing that or thinking he’s glad that you wore that!
- Your sense of humor… how you responded to his joke will let him know if he should continue or walk away and save himself any embarrassment.
- What you are looking at… before he even approaches you, he has probably tried to see what you are looking at out the window or wherever in the room. If you are looking down at your cell phone, he might think you are self-absorbed and not want to interrupt.
- Are you checking him out? He’s a man, and he wants to know if you are interested in doing the dance with no pants! They are always going to try!
- What you smell like… never go out without smelling good. Just don’t overdo the perfume. Wear something subtle or something you know smells really good on you.
- The way you treat other people… he’s watching how you spoke to the person at the counter where you are ordering your latte, or how you spoke to the waiter/waitress.

- Your makeup – keep it simple. My friend used to call it war paint (smile). Don’t overdo it.
Nowadays there are so many factors that can have an impact on your love life, from the foods you eat to the birth order your man was born in. And that includes your home, too. Here are some things that could be happening in your home that impact your love life.

- **Messiness.** Clutter is like having body order or bad breath. If the two parties can’t relax because one is thinking about the mess, it can affect the lovemaking.

- **Make sure that birth control items, toys and even stuff such as Viagra are in an accessible place.** You don’t want to be going through drawers to find something – it can be a real mood killer.

- **Your photo array can really be a mood killer.** It’s like the people in those photos are watching you, and we doubt you want to think that your kids or your mama are watching you get it on.

- **Shut off the tech toys or keep them out of the bedroom.** We’re talking cell phones, iPads and even TVs. You don’t need those kinds of distractions to keep you from focusing on tuning into your lover.

- **Gifts from past relationships.** They don’t need to be there to remind you or your beau. Again, the focus should be on the partner at hand.

- **A dirty bathroom is a huge turnoff.** And when it comes to the bathroom, too, light a candle or place something scented in there so it smells decent.

- **The right sized bed...** you don’t want to have your partner rolling out, but at the same time, you don’t want it too vast so that you are too far apart.
- Have an option where you can turn down the lights or turn off the bright ones. A glaring light can be very distracting.

- Make the bedroom look warm and comfortable. Raggedy sheets and flat, lifeless pillows are mood killers. And keep the room smelling nice.

The bedroom is your haven for creating heaven, so make it the best place to be with your lover.
Relationships rarely just abruptly stop. There are signs that things are headed for a breakdown. Here are the stages of a relationship headed south.

- You start holding back your feelings.
- You don’t go out together as a couple anymore. Are you spending most of your free time with others or alone?
- You are lying or keeping secrets. It doesn’t even have to be about having an affair. It’s about not keeping your man up on what’s going on in your life.
- Are you having big fat fights over stupid little things?
- You don’t make love much anymore. You can blame it on your schedule if you want, but it’s deeper than that.
- You are looking for comfort from other sources other than your partner. This is physical and emotional.
- The little things you used to do – kissing good-bye in the morning or walking holding hands aren’t happening anymore.
- You are doing things that you know he hates, like running the vacuum during the game or cracking your gum.
- Other things have a higher priority than pleasing your partner or spending time together.
- You aren’t including him from major decisions or events. Maybe you got a promotion and didn’t tell him, or you went to a big event with your BFF instead of him.

If you value your partner and your relationship, don’t let these things go un-noticed.
For a lot of men, the bedroom is their stage. It can mark the beginning or the end of a relationship if their female partner doesn't respond in the way that they need. Here are some things men wish women knew about sex.

- Men like compliments. It's not just about getting it. A man likes to know if he's doing a good job. Men do respond to praise. And that goes beyond his bedroom skills into such areas as his hair, how well he takes care of his hands/fingernails, etc.
- It's not just about the, uh, apparatus. Men have other zones that they can get turned on from, such as touches to their chest and even their face.
- Men like it sometimes just for no reason other than to have it. They do like sex for sex and not as an emotional issue, at least not all the time. The truth is a man likes to just take it sometimes.
- Men don't like intimacy in the beginning because it makes them feel like less of a man, and that's because of social pressures that start when they are 10, 12, etc. “You throw like a girl.” “Man up!”
- Men like fantasies. They often want to hear yours, but they also want to share theirs. Men will sometimes hold back because they don't want to be judged by their fantasies.
- They like it when women talk to them during the act. It doesn't have to be “dirty” – it can be encouraging or even instructive. “Oh, that's it. Right there.”
- If something is wrong, men like you to tell them. Their egos are often ties to their sex lives, so if you are not enjoying yourself and
don’t tell him, it’s going to eventually affect his performance and also how he acts outside of the bedroom.

- Men do like to hunt. Don’t think otherwise. Be a little bit of a challenge. Let a man court you and earn the right to make love to you.

- Men like pornography. Not all the time, though. And it doesn’t make them pigs. It can actually be quite stimulating. So communicate with your man if it makes you feel uncomfortable.

- Men need it. It’s not just an emotional release. It also is healthy. It’s alleviates stress and anxiety, and reduces blood pressure.
You know the saying – “Breaking up is hard to do.” For a lot of women, it’s the aftermath that’s really hard. Here are some things you can do to let the world (and yourself) know, “To hell with him!”

- Make sure it’s really over. One of you had to say it. Make sure it’s not just a fight, that the relationship is over.
- Cry. Have a big balling. It helps a lot. And crying also makes you tired, so before long you can fall asleep and dream about something else. You’ll feel better when you wake up.
- Hash it out with your BFF, your mama, your gay friend and your big sister or cousin or whomever will listen and take your side. You can even have a support party… with ice cream, wine, tissues and a “Waiting To Exhale” video.
- Spend some quality time with you. Seriously. Do something that you like to do that he didn’t care for, like go to a museum or an antique store.
- It’s OK to have a drink. Just don’t drink and drive and try to have a friend with you.
- Burn or at least pack up and hide the stuff he has given you and take down the photos, too.
- Make a list of why he was no good anyway.
- Shop.
- Do not answer his calls or texts and avoid places you know he will be.
- Flirt. You are single now and you can mingle.
There are a lot of sayings about beauty – it’s only skin deep and it is in the eye of the beholder. Sure men are attracted to beauty, but that’s not all they look for in a partner. Actually, research shows that when it comes to finding someone to settle down with, beauty is the least of their worries.

Here are some things men look for in a mate.

- A good listener is high on the list. Just listen. Don’t make judgments or roll your eyes. Listen to what he has to say. Men generally take more time to process their thoughts, so when they have something to say, it’s important to listen.

- Men love a woman with a sense of humor.

- Toward the top of the list… men love a lady who takes care of herself. That means exercising and waxing and cleansing and all those things ladies do to look good.

- Here’s one we bet you didn’t think about – being a good driver. Yep, it’s on the list. A man likes to be able to relax sometimes and of course he wants to feel like he can trust you with his wheels.

- A lady that is spontaneous is another trait men like. We suspect this is about being able to throw down that briefcase or dish towel and jump his bones just because, but it also has to do with sometimes stepping away from your daily routine.

- Positive women. Men don’t like whiners. They like a woman who seems happy and ready to take on the world.

- Men love a good cook. That’s a given.
• On the good cook note, a man also likes a woman who enjoys eating her food. He wants you to look good, but he also doesn’t want you always ordering a salad or starving herself.

• Men like a woman who isn’t fake. And that’s not just the physical stuff, such as acrylic nails, a weave and a stuffed bra. He likes a woman who is real about her feelings and doesn’t say she likes something just to attract him. She doesn’t lie about her job or who she knows, etc.

• He wants his woman to show him she cares more than hearing constantly “I love you.” Showing you care means listening, babying him now and then, and remembering things he likes that is distinct to him.

• Men like women who are willing to compromise and not have their way all the time.

• He likes a woman who is strong enough to stand on her own. She doesn’t play the damsel in distress role and can handle the little things without stressing him out over things like what color sheets or what kind of laundry detergent to buy.
Strong Women Only Intimidate Weak Men

A Compatibility Test
It’s usually all lovey-dovey when you first start dating someone. There’s excitement about what lies ahead as he seems perfect. Here are some tests to try to see if it’s the real deal or another stepping stone to the read deal.

- Does he yawn when you yawn? Seriously, a Swedish researcher found that couples whose yawns came within seconds of each other’s were more likely to be in sync.

- The hand trick – no, we’re not talking about the size of his hands and how they general match the size of another part. We’re talking about the length of your fingers. Researchers claim that people with like-length of the fingers indicates compatibility. So basically if he has long fingers and so do you, you’re more compatible than not.

- Do you mimic each other’s movements? You take a sip of your drink, and he does the same. It’s called “interactional synchrony.” It’s done subconsciously as your attraction and comfort level grows.

- Have you started to speak different to him? Researchers found that when we begin to get attached to someone, we alter our voice to a softer tone that’s only for that person. It’s so true. How many times have you been with your BFF and when her man calls, her voice changes and she starts cooing like a dove?

- Have you ever looked at a couple and thought that they kind of look alike? It’s not creepy, so relax. Studies show that we are attracted to things that we are familiar with.
• How does he walk with you? According to a study from Seattle Pacific University, when you go for a walk, if he walks next to you and adjusts his pace to yours, that's a good sign. If he walks faster and you have to pick up your pace to keep up with him, that's a red flag.

Serious. We are not making this stuff up!

• Do you both use the same function words? This one is from Texas Tech University. It says that if certain words – function words – are shared by a couple, they are compatible. The way you use “and,” “or” and “but” for starters could be an indication of compatibility. Other function words include “he,” “she” and “it.”

• Still on the word tip, if he uses the word “we” more often than not, that’s a good sign. It says he thinks in terms of a couple now.

• This one you can’t control… it just happens when the right people get together. It’s a chemical thing. A 30-year research project of couples found that the people that stayed together the longest had chemical reactions to each other that were complementary. The chemicals are serotonin, testosterone, dopamine and estrogen. Basically, if he has high levels of serotonin and you don’t, you’re compatible, etc.

• One relationship expert divided people into four types and then revealed how they go with each other. An explorer will choose another explorer; builders go with other builders; directors or leaders go toward negotiators; and negotiators favor leaders.

Take these tests with a grain of salt. They’re just finds from people who are obviously looking for a formula for the perfect relationship. We say if he floats your boat and makes you smile, go for it!
Whether you are older or younger, Christian or in law enforcement, there is at least one dating site for you. There is even sites for farmers and of course single parents. Everyone has heard the good things and the bad things about online dating. Here are some simple guidelines to keep in mind if you decide to go that route.

1. If he looks too good to be true, he probably is. Most people will embellish their dating profile because, let’s face it, they’re trying to put their best foot forward, just like you. Be a bit cautious of someone who seems to have it all. Why would be on the Internet if he was all that and a bag of Doritos?

2. Be honest. You are eventually going to meet in person, so there is no point in being deceptive. Different people like different things. Some men like women with curves while others like the boney type. Don’t paint a picture of yourself that is not realistic.

3. Take your time. Exchange emails. There is no need to exchange phone numbers or meet right away. In fact, have a conversation on Skype before you meet in person. Most modern computers give you the capacity to see each other using Skype and it’s free to use if both of you have it.

4. Follow your gut. Women should especially listen to their intuition. If it doesn’t feel right, don’t go forward. One thing about Internet dating, it’s easier to slow things down without hurting anyone’s feelings.
5. Do not provide too much info. There is no need to tell a stranger how much you make or how much your house costs. And especially don't get into the exchange of sexual information. Unfortunately, there are a lot of predators out there that are looking for a sexual encounter only.

6. Always meet the first time in a public place and provide your own transportation. It's safer and easy to leave if you start feeling uncomfortable.

7. Be cautious of the photo that you put up. If you choose a photo that shows a lot of body parts, that could send the wrong signal. If you want more than a sexual encounter, use a nice photo that is current and shows a certain level of dignity.

Just take your time and follow common sense.
Having trouble getting a conversation going with your man? Men are generally not big conversation starters, are here are the top 10 topics that men like to talk about, according to a recent study.

1. Sex. Of course! But you have to be careful and not do it in a way that makes him think you are, well, easy. Truthfully, this is a topic best left alone on the first date.

2. Romantic fantasies. Again, although it’s subject the male species will get in to, it probably should be reserved for those already in committed relationships.

3. Hobbies/interests. This is an easy conversation starter.

4. Hopes and dreams. Ask him what his goals are and he’ll be off and running with the conversation in no time.

5. Music. Who doesn’t like music? You might even find out he is in a band or is actually a a budding, or just an average guy who digs hip-hop.

6. Dreams. This is the kind you have when you sleep. Guys like to know what dreams might mean, or they simply like to relay ones that they have to anyone who will listen.

7. Movies. Maybe you’ll find out he’s in to more than car chases and things that go boom. He might be a good mystery man or a lover of comedy.
8. Entertainment. Guys like to talk about video games (of course), sports and anything that makes them laugh, sweat and have fun.

9. Vacations. Men love their time off!

10. Travel. Guys like to go on trips, whether it’s camping in Yellowstone or skiing on a Vermont slope or just going to the NFL Hall of Fame in Canton, Ohio.

So now that you have this list, you shouldn’t have any trouble getting your guy to chat away!
If you are a fan of hugely successful screenwriter Shonda Rhimes (“Scandal” and “Grey’s Anatomy”), you might remember that in her other hit series “Private Practice,” actor Taye Diggs started an affair with his ex-wife’s best friend. Of course the you-know-what hit the fan and his ex didn’t speak to either of them for quite a while.

That’s a scenario that many of us face. It can be a tricky situation, which many simply avoid, while others are willing to chance it. If you do decide to pursue your BFF’s ex boo, here are some rules you might consider following.

• Don’t talk trash about the ex or reveal secrets. It will make your girlfriend even more uncomfortable that she already is. And she doesn’t want to hear about your escapades with her former book

• Take into consideration certain boundaries. If your BFF doesn’t want to go with you where she might run into her ex, don’t make her go or trick her into going. Their breakup might have been hurtful and it’s not cool to put her in a position that makes her feel sad or bad or simply uncomfortable.

• Don’t ask her ex to compare you two. He probably likes you for different reasons than he liked her, and you will be putting him in a position that will probably make him squirm. Besides, that’s high school stuff… act like a grown woman and don’t play those silly games.

• You chose to make this move, so if your BFF and her ex are in the same room and share some laughs or conversation, don’t get all clingy and try to make either of them feel like you don’t trust
them. He’s with you now and a show of jealousy or mistrust is not going to reflect well on you.

- Don’t ask too many questions about their relationship. It will make him feel uncomfortable and it’s really none of your business.
- Don’t date an ex’s dude if she says he’s limits. Respect your friendship or you will lose it and cause problems for him, too.

Honestly, it’s just really not a good policy to date your BFF’s ex. But if you can’t resist, please be cognizant of the feelings that may still exist between the two. In fact, don’t jump in days after they have broken up. At least wait awhile before you walk that rocky road.
As a relationship develops, it’s important to get to know your man beyond what he does for a living and what is his favorite sports team. There are ways to get the conversation going that will do two things: show him that you are interested in him; and provide you with some important information.

- What’s his favorite foods? Make sure it’s the plural version. If his answer is loaded with fatty meats and sweets, you might have a guy who could develop health issues and even excessive weight down the road.

- What was his favorite subject in school? If he says, “Shop,” you might have a nice handyman on your hands, but it’s doubtful he’s going to be a professor or high-end professional.

- If he could have a super power, what would it be? The answer to this can say a lot about your man’s character as well as his compassion for others. If he says something like “No more wars,” he’s probably idealistic and genuine, while the dude who answers, “The ability to fly,” may be more of a dreamer. And that can be OK, too.

- If he could live anywhere, where would it be? This can say a lot about his ambition and his goals. If he wants to go live alone on a deserted island, he may have some issues getting along with people.

- Does he play any sports? Simple question, and the answer can tell you a lot about his nature: if he likes to participate, chances are he is conscious of his health. It can also mean he is competitive, which can be a good thing, too.
• If he were an animal, what would he be? If he answers with “tiger” or “lion,” he sees himself as strong and aggressive. The animal he chooses will typically represent what he thinks of himself or what he'd like to be like. Take it to the next step and ask why that particular animal.

• What’s his idea of an ideal date? This can reveal a lot about a dude, such as if he's a romantic, if he's selfish or even if he's chauvinistic. If he says “a trip to Vegas,” it’s not about you. You will be relegated to blow on his dice while he plays craps. If he specifically talks about a romantic evening with you and candles, etc., it’s all about pleasing you. He might be a keeper!

Remember, these things can be conversation starters that are light enough not to set off alarms in his head while they can reveal a bit more about him.
When you are in a relationship, the pressure is on to get intimate or as they say, “Go all the way.” You don’t want to do it too early in the dating process because the same social norms that have been around for centuries still exist, which basically says that she’s easy and he’s just a player.

If you are truly interested in the guy that you are dating in terms of building a great relationship, it’s best to take the time to get to know him before doing horizontal mambo. Check out these suggestions on how to tell your man that you want to wait or that you are not ready.

- Just tell him. The thing is not to wait until you are in a heavy make-out session. That will make him mad and definitely frustrated. Don’t fall for the old line, “If you cared about me, you would do this.” No, if he cared about you, he would ease up on the juvenile pressure and try to understand why you want to wait.

- Let your partner know why you want to wait. Maybe you don’t believe in it before marriage or at least a commitment. Maybe you think you two should talk about protection first. Maybe you are not (yet) turned on enough. Whatever reasons you have, make them known.

- Be strong in your resolution. Choose words that are not defensive. Don’t yell stop and push him away. Say, “I really like you, but I’m not ready to take this step yet.”

The bottom line is that you have to communicate before the situation gets out of hand and your partner gets frustrated. If he says stupid things like, “I guess I’ll get it from someone else,” he is immature and not going to be a good partner for you.
Being intimate is important and actually been shown to be a human need, but it has to be a mutual decision in order for both parties to enjoy it and not regret it.
It can be difficult to find someone to date with relationship potential, especially as you get older and your values come into focus. Clubs are noisy and the communication is limited. Online dating is definitely an option, as long as you try to be honest with your profile, follow some safety rules and know how to weed out the losers.

But there are other options.

- At a school… try taking a class in something you are interested in, such as dancing or cooking. Other like-minded singles will be there and you already know that you have an interest in common.

- The grocery store… you can start up a conversation while waiting in line or ask someone that you are interested in about a recipe or how to tell if a kiwi is ripe.

- Bookstores… people go there for books and to browse among their favorite genre. Maybe you are interested in horse racing and you might run into someone with that same curiosity.

- Volunteering… seriously, this is a great way to meet people with similar values. You would be surprised how many corporate executives and just good people you will find scooping mashed potatoes or nailing on some shingles on a community house-building project.

- The gym… sure you’re all sweaty and your hair is messy, but being in good shape is a common goal of a lot of people, and the truth is healthy people look good sans make-up or fancy hair styling.
- Where you worship… again, you are more likely to find someone with similar values. Also, especially in the bigger cities, a lot of churches actually have activities for singles.

- Friends and family… they sometimes know better than you who is a good catch. Don’t be afraid to let them hook you up now and then. You’ll already be off to a good start with someone they like.
Relationships are hard enough to navigate when you both live in the same community, and they can become even more challenging when it’s a long distance hook up. Here are some tips to help you and your book survive and go the distance.

- Make sure that you both agree that you are going to work at it. Don’t go off thinking he’s going to wait for you – make sure that you have discussed it and both parties have both feet in.
- Make time. You have to set aside time everyday to communicate without a lot of distractions.
- Talk about your day, ask about his – discuss things that will make you both feel like you are a part of each other’s lives.
- Visit. Don’t just show up. Actually planning a visit can create excitement in itself. And trade off... he visits one month and you go there the next time. Don’t make it a lopsided things or it could create resentment.
- Plan to be able to spend time when he does visit. Organize your schedule so that you can make best of the time you will be together.
- Do things that lets your boo know that you miss him. Make a CD or send him something homemade (such as cookies) that can handle a journey via the mail or UPS. Cards are nice, too.
- Don’t worry too much. You are going to have to have a pretty good level of trust for this too work, so don’t fret and don’t blow up his phone trying to figure out who, what, where, why every minute of the day.
• Don’t be afraid to be naughty on the phone or with Skype. If you had a physical relationship before the separation, this is important to keep that physical bond going.

You have to want this to be able to pull it off. It’s important that you respect and trust him or it’s not going to work.

Tags/keywords – tips for long distance relationship, ways to make long distance relationship work

Relationships are difficult and especially so when distance is involved. But they can be successful by following some simple rules.
Whether you are in a committed relationship or actual marriage, it’s a challenge to keep it fresh and together. It’s not just the two of you – you often have to counteract outside forces as well. On order for a relationship to have a fighting chance, it has to have three things: communication, connection and intimacy.

Here are some straight up tips to help you keep your bond strong and happy.

- Say it with words. You don’t have to say “I love you” all the time, but you can say it in other ways. Analysts suggest expressing your love every day and early in the day with things like, “I’m glad we’re together” or “You mean the world to me.” You’re sending your partner out into the world with the knowledge that he or she matters.

- Welcome your lover home. It can be a big hug or a kiss or even just special expression. It’s important to stop what you are doing and recognize him or her in some way.

- Let him or her know you are appreciative. “Thanks for doing the laundry, honey” or “That was a great meal.” You would be surprised how those simple words can carry a relationship into another day.

- Bring up happy memories. Smile or giggle and then start off with something like, “Remember when you …” This about staying connected and recreating happy thoughts.

- Talk about things to look forward to, such as a trip or some remodeling work or the completion of something that will bring
you both some relief or a sense of accomplishment. “I can’t wait until we go to Jamaica.”

- When you fuss, and it’s OK to do that, it’s natural – don’t work so hard to prove you are right. Look at it from your partner’s perspective and use less combative words. Instead of saying, “You moron, why did you do that?” Try, “Honey, I don’t understand what you were thinking.”

- Listen. Sometimes your boo just wants to be heard and sometime he or she is looking to you for a solution. Do not minimize the issue or make him or her feel worse. Listen and offer support and encouraging words.

- Have fun. Don’t stop doing the things that made you laugh.

- Be creative. Try new recipes. Cut your hair a different way. Show that you want to be in this relationship by doing things to keep it interesting and also by showing him or her that you want to be in it. That could mean ordering a comedy from Netflix instead of the latest end-of-the-world flick.

Look, it’s not easy, but it doesn’t have to be difficult either if you just get into some habits that keep your partner interested, satisfied and looking forward to another day with you.

Tags/keywords – healthy marriage habits, things to keep your relationship fresh, good relationship habits

Being happy in a marriage or committed relationship doesn’t have to be a massive challenge if you practice some simple habits.
So he popped the question and gave you a fat, shiny ring. That’s doesn’t mean that you are actually ready to get married. Once the excitement quiets down, go somewhere and consider these factors. You are not ready to jump the broom if...

- Don’t fully trust your partner. That includes him being faithful as well as having the ability to be sincere about your happiness.
- You are more into the wedding than the marriage. If you know more about wedding dresses than you do about your partner’s spending habits, marriage ain’t for you.
- You’re not ready to be a mama to his kids, the ones he may already have as well as the ones you might have. In fact, have you two talked about having kids? How many? When?
- You haven’t been dating that long. Studies indicate that the divorce rate is considerably higher for those who date for less than two years.
- You are not physically attracted to him. It’s a real important aspect of a successful marriage. Somewhere along the line one of you will stray if the sexual intimacy component isn’t in place.
- You aren’t ready to compromise. It can’t be your way all the time. And the truth is, if you have a man that caters to your every whim without question, that’s not good. Eventually you will lose respect for him or he will get tired of being your doormat.
- You have serious issues, such as an addiction or even a mental disability that is unresolved. Your partner can’t save you – you have to save you.
• You’re being pushed into it. Either he’s saying he wants to get married now or he’s moving on, or your family and friends are pressuring you with lines such as, “You’re not getting any younger.” It’s you who has to be comfortable and confident that marriage is the best thing for you.

• You are spending more than you can afford on your wedding. Once you are together, are you going to be mired in debt or worse, expect him to cover your debt? Entering into a union with a lot of personal debt is not safe, either, meaning if it falls apart, you don’t want to be in a position where you can’t afford to leave.

Tags/keywords – signs you’re not ready for marriage, when you’re not ready to marry

You may love him and he seems wonderful, but you just may not be ready to tie the knot.
Are You REALLY Ready To Be In A Relationship?
Most of us say we want a relationship. And it has become a more complicated issue, as dating rules seem to be continually evolving and changes due to technological advances and shifts in social behavior. But for many, the question may actually be this: are you really ready to be in a relationship? Here are 10 questions to ask yourself. And be truthful with your answers.

1. Are you pissed off at men? You may need to heal from past hurts before you embark on a new relationship.

2. Do you make excuses to avoid dates with serious contenders? Listen to yourself… do you say things like, “He’s too tall” or “I don’t like the way he wears his hair.” If you are not being open to guys for the silliest things, you may be the problem.

3. Do you think that you are so independent that you don’t need a man? It’s cool to be able to take care of yourself, but allowing a man in doesn’t mean you have to give that up.

4. Are you afraid of falling in love because you could get hurt? It happens. Most people go through at least one breakup before they find the one that they want to be with. It’s part of growing and learning and finding out what you really want in a man.

5. Are you always waiting for something to go wrong? If you are one of those people who see the glass as half empty rather than half full, that may be a problem. You have to believe that there are good men out there.
6. Are you afraid to trust a man? Not all men are cheaters. Don't let past betrayals cloud what you think of all men.

7. Do you try to do things that are distractive when it comes to becoming physically intimate? Affection and lovemaking are an integral part of a successful relationship.

8. Do you hesitate to talk about your feelings? Intimacy involves more than physical activity – it also involves a willingness to share feelings.

9. Are you one of those people who think that someone better might come along? Is that fair to whomever you are dating?

10. Are you afraid that a serious relationship will place too many burdens or expectations on you? Any good relationship involves give and take, but if you are not interested in compromising now and then, you are not relationship material.

If you answered “yes” to some of these questions, then it’s time to stop complaining and make the changes that will put you in the position to be receptive to a REAL relationship.

Tags/keywords – questions to ask yourself about relationship, being ready to be in a relationship

Don’t blame men by claiming they aren’t ready for relationships until you answer these 10 questions yourself.
Men will generally be on their best behavior when women are around them, especially their girlfriends. But leave the house or even the room, and there are some guy things most men will do simply because they are guys! Some are downright nasty and some are sneaky and some are simply too embarrassed to do it in front of anyone other than their boys.

- Mess with their hair. Oh yea. You aren't the only who knows how to use mousse and gel, etc. And those that are bald… do you think the head is naturally shiny?
- Eat stuff they know they shouldn't. And lots of it.
- Check in with their smelling apparatus, aka their nose! Need I say more?
- Speaking of smelling… flatulence is also on the list, although once a man is comfortable around you, he might just feel free to let one fly whether you are in the room or car anyway.
- Wear those stinky sweats along with socks that can stand up on their own.
- Get on the computer and look at their social media and a few other things they won't do in front of you, such as, well, you know.
- Talk about their feelings to each other. They don't want you to know, but they will tell their boys what you two have been up to, or down with.
- Fall asleep while watching SportsCenter. Shhhh. That one is a secret men don't like to admit.
- Not bathe. Who needs to be clean to watch football and eat?
• Not make their bed. Unless he was in the military and it was drilled into him, he only makes it when he knows you or his mama are coming over.

• Sing. Yea, they do that, too. And they even know the lyrics to songs you can’t even imagine they would like.

• Go to the bathroom with the door open.

• Leave the seat up, sometimes even when you are around!

• Drink as many beers as there are in the fridge, and then belch the alphabet.
If the Shoe Fits...
OK. We know the tendency for ladies to believe that they can tell a lot about a man’s, uh, ego by the size of his feet. And by checking out his shoes, there are some clues to whether or not you may want to walk a mile with him.

- Hiking or construction shoes or Timberlands. He’s a hard worker. He probably has some pretty good muscles underneath those jeans and that cotton shirt. He is active and a bit adventurous and will likely like a lady like that, too.

- He collects sneakers. Not just any sneakers. Ones that will be worth something someday, such as the first Air Jordans. It’s a sign that he is into sports and you should expect to make room for his bobble heads if you end up shacking up.

- More sneakers… beat up sneakers. He likes to play ball, probably in the park with his friends. He also may be a little broke, but he also tends to be a laid back kind of guy, so maybe cut him some slack. Just keep a can of Febreeze handy.

- Fancy, well polished dress shoes. He’s meticulous. He may also have been in the military. He probably actually reads more than the sports page, he knows wines and likes to look good. So be careful he doesn’t outshine you when you dress up for a night out on the town.

- Flip flops. When he’s home, he’s ready to relax. He’s happy doing simple things, like popping open a beer and watching sports. He’s not intense and he may be a little messy. But he’s usually the kind of guy who will do his part to keep a lady happy.
• Boat shoes or loafers. He may not own a boat, but these shoes are comfortable to him. He can wear them with jeans and he can even wear them to work. He's usually a "don't worry be happy" kind of guy that is easy to please and easy to get along with. Also, he tends to be financially secure.

• Sandals with socks. He probably has ugly feet. He's not aggressive and he probably still lives with his mama!
It’s Not You, It’s Me
Breaking up with someone is never easy. It can be dramatic and it can be smooth, but usually someone is going to be hurt. And with all the new technology, unfortunately, people have found cowardly ways to end things, such as email, texting and social media.

You don’t have to be mean. And it will come back to you if you are… believe that!

If you are unhappy with your partner, there is no use in going on with the relationship. It’s going to be difficult whether you do it now or coast along waiting for the right moment. You are wasting time that you could be happy instead of being sad and dissatisfied. So make up your mind and get ready to drop the bomb.

Here are some tips.

• He should be the first to know. Don’t blab to one of your girlfriends and then she tells her girlfriend and then she tells his sister, and pretty soon you have a real mess on your hands.

• Not any day will do. Either do it on a Monday or on a Friday. If you do it on a Monday, then you know he will be busy at work and not have that much time to think about it. If you do it on a Friday, it gives him a chance to be with his friends and not affect his work. Which day to choose depends on what kind of person he is – if he’s sensitive and soft, Friday may be better so he can recover in time to go back to work on Monday.

• Do not break up with him at a restaurant or high traffic area. A park is OK because you can be secluded but also get loud if you
need to. Make sure that wherever you choose, there is an easy exit route if things get too heated.

- Don’t dial and dump. Do it in person. Be decent and calm and give him a chance to protest. Doing it by text or email is cowardly and cold.

- Let him know it was a difficult decision, but you feel it is best. There is no need for anger or name-calling, as this will only rile him up and you don’t want your fight to end up on YouTube.

- Be determined. Don’t accept any whining or begging to reconsider. Men will say they will change, but we know they won’t. They may try for a while, but pretty soon he’s back to eating Doritos and drinking beer on the sofa all weekend long instead of doing things to build your relationship.

Be true to your heart. Eventually the break-up will pass for both of you and you will be able to move on by finding happiness as a single or continuing your search for Mr. Right.

Tags/keywords – break up tips, how to handle a break-up, easing into a break-up, ending a relationship

It’s never easy to break up with someone, but sometimes it has to be done. Just do it with civility and it will be better for both of you.
Marriage is still a popular option for couples that want to make a commitment in front of God. Living together is cool, but actually getting married provides more protection under the law in case something happens to him or you get divorced.

But how do you know whether or not he is the right one?

1. He’s your biggest fan. He brags about you to friends and family. It can be a job promotion or the fact that you won the office football pool. He is proud of you.

2. You and him share the same values. We’re not talking about Mickey D’s value meal. We’re talking about whether or not you want kids, if you want to buy a house and saving money, things that matter for the future.

3. He will do what it takes to support you. That can be as big as moving to another city so that you can take an important job or he will support you financially and mentally if you want to go back to school. He is willing to make sacrifices to show that he supports you and wants to be in your life, and contribute to your success and happiness.

4. Big one – he doesn’t attempt to change you. He loves you the way you are, even when you cry at the movies and your makeup runs and you look like the Joker from Batman.

5. It’s been six months or more and he still does old-fashioned (yet manly) things for you, such as opening the door, bringing you flowers, etc.
6. You are more excited about being with him for the rest of your life than having a big, fancy wedding.

7. He’s whom you call whenever anything happens, good or bad.

8. You can do a lot of things together without fighting, things he likes to do as well as things you like to do.

Marriage is a big step and it takes some thought as well as effort to find the right one. Don’t let him get away!

Tags/keywords – signs he’s marriage material, signs you should marry him, the guy you should marry

There are several ways to tell if you and your man are marriage material.
Doing the horizontal mambo can be an intricate and exciting part of any relationship. But it can get dull and will need a stroke of excitement now and then. Here are some surefire ways to set your love life on fire.

1. Talk dirty or have him talk dirty to you. If it seems difficult to do while looking at your boo, do it with the lights off.

2. Start early. Begin the day by sending him sexy texts with scintillating messages, such as “Can’t wait to get you in the bedroom tonight.” He’ll probably leave work early, so be ready!

3. Try a new bra. Don’t go to the department store – go to a risqué shop or Victoria Secret. Get something hot and wild, and don’t worry if it’s uncomfortable – it’s not going to be on long anyway!

4. Put on some heels. Men love women in heels. In fact, you don’t have to wear anything else!

5. Try some toys. You don’t have to be kinky. It can be as simple as feathers or a silk scarf, or as wild as handcuffs or a vibrator.

6. Pretend you are other people, or role play. Men love to see their ladies dress up like nurses.

7. Sweeten it up. Break out the whipped cream, chocolate syrup, honey or other delectable. Just be ready to get a little sticky.
8. Play a sexy game, such as naked Twister or strip poker. It will be a night of gaming where you both win!

Just have fun and enjoy the physical pleasures of your relationship.

Tags/keywords – how to heat up your love life, spicing up the bedroom, renewing the lust in your relationship

Your love life doesn't have to be dull and boring – it can be fun and exciting again with just a few props.
Face it. If you don’t trust your man, you are not going to have a loving and successful relationship. Not trusting him is going to cause problems. It might start out small and grow into a major fight. Or he might not be worth trusting.

And the truth is… you might now always be so truthful yourself at times as to where you have been and with whom. Before you ruin a good relationship or decide to abandon one, check out these ideas that might help you deal with trust issues.

• Don’t be combative. If the issue lies with you, you can’t go blaming him for it. A fight is just going to make it worse and things will be said that you and him might regret later. Think before accusing him – has he done something to make you think he’s not trustworthy, or is this something that is in your head because of past baggage?

• Let it out. Be nice about it, though. Let him know that you have a problem trusting him. Talk to him and let him know why – it could be something he is doing or has done or something that someone has done in the past to you. But it’s like an addiction – if you don’t recognize that you have a problem, you won’t be able to fix it. And if he is a good man, chances are he will understand and work to help you resolve your trust issues.

• Be consistent. Give him reason to trust you. If you tell him that you are going to be home at 6, be there, or at least call and let him know that you are stuck in traffic or whatever. Don’t give him reasons not to trust you.
- Be prepared. If you can’t resolve your trust issues, then maybe it’s best to move on. It’s not going to get better or go away unless you and him are proactive about it. If he’s no good, then cut your losses now. If you can’t trust him and it’s because of past problems you’ve had, maybe you aren’t ready to be in a relationship again.

- Get help. Talk to your church pastor or seek other professional help. If there has been an indiscretion, it might be too much for you two to handle on your own.

Trust works both ways. It’s as important as communication. If you have problems trusting your partner or he has trouble trusting you, it’s going to fester and grow into a deal breaker. Handle it before it breaks your relationship.

Tags/keywords – trust issues, can he trust you, do you trust him, how to handle trust issues

Relationships are not going to succeed and be happy for either partner if you don’t have a good level of trust.
Do You Know The Difference Between Lust, Love And Infatuation?
Lust, love and infatuation are three different things. It’s important to know the difference before you go all into a relationship.

Lust comes from a physical attraction. You want him only for sex so the relationship – if you can even call it that – tends to be short-lived. It only provides physical satisfaction. There probably isn’t much of a conversation after you do the nasty and you don’t do much of anything else together.

Infatuation is an intense feeling for someone. You’re physically attracted to a dude and you view him through rose-colored glasses. It tends to become obsessive, especially when you think you are in love with him and view him in a way that is not true to life. You get caught up in your feelings, real or not, and caught up in the idea of being in love. You are probably going to end up disappointed and/or heartbroken because eventually it will become clear that he is not that into you and only enjoys the attention and late night booty calls.

Love is a real feeling. It doesn’t happen overnight. It takes time to develop and it does so based on real time spent together doing quality things, making warm memories, caring for each other emotionally, mentally and physically, and building lives together.

So which one are you?

Here are some questions to ask yourself that will help you decide whether you are in love, infatuated or in lust. (Hint: it’s love or headed there if the answer is “yes.”)
• Do you feel good about who your man is?
• Would you still love him if he lost his material possessions?
• Do you feel good about the way you two resolve issues?
• Does the thought of him make you happy?
• Do you appreciate him, despite his quirks?
• Are you free to be your true self while around him?
• Are you confident he feels the same about you as you do about him?
• There is no one else I’d rather be with.
• Do you feel content and fulfilled?
• Is he the first one you want to call with good or bad news?
• Do you trust him, even when times aren’t so smooth?
• Do you want a future with him?

Some of these questions weigh more than other, but they are key to being in a relationship that is based on love and not lust or infatuation. Where do you stand?

Tags/keywords – love or lust or infatuation, the difference between love and lust and infatuation, are you love

Sometime we mistake lust and infatuation for love, but there are signs that can help you tell the difference.
So when you first start dating this guy, it’s all hot and heavy and he can’t seem to get enough of you. And then, as happens in most relationships, things start to cool off and he’s not always at your beck and call. So, women especially will start to do things to get “that loving feeling” back.

Stop shaking your head and pursing your lips. You know it’s true.

Women will start doing things like calling him more, doing things for him that were shared duties before, giving him gifts and even coughing up money. The relationship becomes costly, not only in terms of money, but also in terms of time, effort and your heart.

Are you spending too much on your relationship?

- You are tired more than usual. In addition to working, you are playing house (married or living together), so you are cooking for two, cleaning for two and doing laundry for two (maybe more if either of you have kids). That’s not fair. A compromise needs to be met so that you can continue to do your job well and also have time for yourself. You are not his maid. You’re his partner. It’s time for your boo to step up.

- Your bank account is not what it used to be. You are making the same, but now you are buying groceries or take out for two, spending money on gifts and buying more clothes to keep looking good. In a real relationship, that shouldn’t be happening. Costs should be shared at the least and you shouldn’t have to be in the latest fashions. He’s supposed to love you for who you are, not as a Kim Kardashian dress-alike.
• You are sacrificing your own goals and aspirations for his. Don’t do that. A real man will support his woman’s career. And you have to ask yourself this question: would he do the same for you?

• There’s no time for hobbies or the things you used to like to do on your own or even with friends. You spend every waking moment when you are not on your job with him or doing things for him. That’s costly. Don’t let a relationship take away more than it gives.

• Your future – is he really worth all this attention? Is this the one who will be there for you through thick and thin?

Any relationship needs boundaries. Shared responsibilities and even costs are important to the success of a true romantic partnership. Don’t be the big spender at the cost of your individuality.
A few months ago a nationwide survey came out that said nearly one third of single ladies are attracted to guys that drive trucks, especially Black trucks (a whopping 53 percent). Another 27 percent was into dudes that drive sports cars. And what do men like to see ladies in? Hot little red sports cars.

It seems ladies think for the most part that a man that drives a big black piece of machinery is viewed as strong and able to handle himself as well as his lady.

Here are some other tidbits about men and their cars that pose the question: does your car reflect who you are?

- He's practical and thinking of having a family one day if he drives a plain ol' sedan gray or blue in color, say the experts. He probably has a savings account and is not into having the latest tech toys. The other side of the coin could be that it’s his momma’s car because cuz still lives at home with her!

- He’s either rich or immature or both if he drives a bright red or yellow relatively new sports car. He looks cool in it and so do you, but if he's named the car and talks about it like it has feelings, it’s not so cool. On the other hand, you may have landed a winner who has cash to flash and can take you on a nice ride.

- He might be a winner if he drives an older sports car that has been rebuilt and well cared for. He takes pride in working on things, he's mechanically inclined and he doesn't need the latest playthings to prove he's a man. At the same time, it may mean he gets attached to things and is clingy. But a guy who spends time
working on his car is unlikely to spend time working on other girls.

- He's compensating for a weakness or “short on something” elsewhere if he drives a really expensive (likely) foreign car such as a Ferrari, Lamborghini, etc. They claim they only date super models and are the best at everything, but like we said, they are probably compensating for something else with this big bad car, such as being fugly, uh, having small parts or just plain no personality.

- If he drives a pretty current BMW or Mercedes, he understands the value of perception. He values perfection and that will spill over into his personal life. He could be a good catch but don’t think for one minute that you can eat hamburgers in his car!

- If he drives an SUV, watch for three possibilities: it’s his wife’s and she lets him play with it instead of the boring Camry now and then. Or it’s his manly toy and he will be gone on a lot of weekends hiking, fishing and climbing rocks with his friends. And third, he could be a keeper – he’s practical and a little bit adventurous at the same time. Check the rear area – kids toys and a makeup bag = his wife’s. Hiking boots, fishing gear, etc. – he’s the weekend warrior who likes to play in the dirt.

A man’s car says a lot about him. Try to fall in love with him, though, as cars do eventually break down.

Tags/keywords – men and their cars, what his car says about him

Sometimes a man’s car can say more about him that the actual date.
How To Be Cool After First Hook Up
Here's hoping that you didn’t do the nasty on the first date. It’s one thing if that’s what you went out with him for, but it’s another if you are truly interested in a relationship.

**Rule No. 1** – Don’t do it on the first date. He won’t think much of you except as a booty call. How long should you wait? That’s up to you, but it’s probably best to wait until there is some kind of commitment in place. Some advocate 90 days while others say five dates. It should be what you feel comfortable with.

**Rule No. 2** – Don’t do it at your house. If he’s not very good, it will be difficult to kick him out. And what if he wants breakfast and you don’t have any eggs? It’s easier to leave if you change your mind than it would be to kick him out. Also, you are exposing him to your personal life and you really need to be ready for that.

**Rule No. 3** – Don’t overstay. Don’t wait until he wakes up and you have to face him with stink breath. Slip out and go home at sunrise. It will make him wonder, “Where’d she go?” and take the pressure off for any post-coitus awkwardness.

**Rule No. 4** – Don’t ask him for a ride home. Call a friend. Take a taxi. Take the subway or bus. The least you depend on him at this time, the more he will be interested. You want him to call you back? He damn sure will if you slip out of his crib without waking him up.

**Rule No. 5** – Keep some light make-up in your purse and especially a tissue or cleansing pad. You wanna scare a guy? Let him see your mascara running like the Joker in “Batman.” Stay fresh. It might even be
wise to get up after you've done the dance with no pants to freshen up your face.

**Rule No. 6** – Don’t ask him how it was for him. It’s awkward and then you have to answer him, too. If he wasn’t all that, you’ll just create an awkward moment and bruise his ego. Yeah, guys are sensitive about that. Leave some mystery. Leave him wanting to try again.

**Rule No. 7** – Don’t answer your phone the first time he tried to call you after you’ve done it. Leave a little space for him to wonder how he was and if you want to see him again. Men like to hunt. It’s that simple. Don’t make it so easy for them.

Tags/keywords – rules to follow after a hook up, ways to keep him interested after first love making, how to look cool after first sexual encounter

Hopefully you won’t sleep with a dude on the first date. Here are some ways to look cool and get him coming back for more.
Even smart women sometimes fall for a married man or one in a committed relationship. Maybe he caught you at a vulnerable time, or perhaps he successfully hid his other relationship from you for quite some time, and then you were too in love to stay.

But the bottom line is this – you give up a whole lot of stuff when you are the other woman.

- Being able to call him at any time – you can’t just call to say “I love you” at 8 o’clock at night while you are alone and he is at home watching a chick flick with his wife.

- Sleeping alone. You get used to it. Maybe he was there for a spin in the sheets and all you are left with for the night is the musty smell of him and the loving he left behind. It was hot, but now it’s not so cool to be lying there alone with only his scent. And doesn’t it bother you that before he left you, he took a shower to wash any traces of you off of him?

- You believe him when he says he’s going to leave his wife for you. Think about that – think about what will happen if he does that. Then, isn’t it logical that he will leave you one day for another woman?

- You spend holidays without a significant other. Oh sure it’s fun to head over to mom’s or your sister’s on Christmas morning and see the kids ripping open presents and squealing with joy. But where’s your joy? Did you have to exchange gifts with him in secret the day before? Or maybe you have to wait until he can steal away from his family later or tomorrow.
• Precious time. Do you have time to invest in someone else’s man? At you putting your own future at risk by wasting valuable time and energy loving someone back who can only give you moments here and there?

• Control. You can’t decide when you will be together and sometimes you get nothing because something has come up with “her.”

• Choice. You can’t go to the Olive Garden because you can’t be seen in public. Hope you like take out. And you better like Netflix because you aren’t going to be able to see the new Kevin Hart flick until it comes out on DVD.

• A reliable man. You accept his excuses and his last minute cancellations. Is that fair? Why are you shortchanging yourself?

It’s easy to fall for a charming man and then make excuses to yourself when you find out he’s already attached. Don’t cheat yourself. He’s getting all he wants and you are getting just a piece. It’s not right, so please be good to yourself and walk away.

Tags/keywords – things you give up as the other woman, sacrifices you make as other woman, what other woman gives up

It may be fun and exciting to sneak around and be the other woman at first, but you are only hurting yourself and limiting your own possibilities.
Some women, unfortunately, will mess with a man, even though they know he is married or with someone. It’s a very selfish act and it makes you want to rip their weave out and deflate their fake tatas. But it’s a very complicated issue.

Why is it that some women think that the most attractive men in the world are those that are two things: handsome and taken?

You aren’t going to believe this, but there are studies that say that there are actually good reasons why women do this that make sense. Now we are not advocating such behavior, but we thought maybe if we looked at the reasons many women are attracted to taken men, it could help other women keep their guard up.

Reason 1: If someone else chose him, he must be a good catch. It’s an ego thing. She is thinking, “If she is good enough for him – and I’m better – then he’s good enough for me.”

Reason 2: She’s the kind of chick that likes danger and excitement. In fact, it turns her on to be naughty with another woman’s dude. This one can be downright evil and let you know she did it. She’s also most likely a sex addict.

Reason 3: Some women don’t like single men after a certain age because they think, if he’s still single, there’s something wrong with him… that he’s a player or he’s gay or lives with his mama. These women believe the hype that “there are no good men left” and are willing to share a man with another woman.
Reason 4: She’s attracted to a committed guy for just that reason – he’s a guy willing to *commit*.

Reason 5: She’s competitive. She likes a good challenge. She really doesn’t care who she hurts… the game is on to get him away from his wife or significant other. This one will cross genders. She is so confident – cocky as a matter of fact – that she thinks she can even flip a brother that likes brothers.

No matter how you look at it, it’s wrong. Hey, and these women are not totally to blame – there are obviously plenty of dudes out there that are willing to cheat with this kind of woman.

Tags/keywords – women who are attracted to taken men, chicks that like married guys, why women like men that are taken

Beware of the she wolf that is on the prey for men that are already in a relationship.
Before You Break Up...
The statistics are alarming. More than half of marriages in the U.S. end in divorce. Yet, millions still marry every year and even more get involved in committed relationships by living together.

It’s possible to save a relationship. It’s up to you, though, to decide whether you want to do that. Is it better for the kids? Have you invested so much time in it already that it’s not worth turning back? Do you still really love your partner?

If there are more questions than answers, it might be time to move on. But here are some ideas that you can put into motion to help you keep it all together.

1. Don’t act out of spite or anger. Think it through. Was his/her discretion so bad that it can’t be forgiven? You don’t want to regret your decision to head to Splitsville later on down the road, so ask yourself if you are ready, able and willing to live without him/her in your life.

2. Seek counseling. That’s not your mom or dad or grams. Their points of view will be one-sided. It means going to a professional that is trained to help you sort through your issues. A professional will look at your situation from an objective point of view and may be able to point out things you haven’t realized because you are hurt and your emotions are running high. It may be worth at least one session with a professional that can examine your state of affairs from the outside.

3. Think about making some changes. Make a list of what’s wrong or why you want to break up. Then look at that list and see what you are
responsible for. Are there things you could change about you that will help save your marriage? You can not change that other person – you can only change you.

4. Take a trip down memory lane. Remember what brought you two together in the first place. Are the good times strong enough to outweigh the bad? Those things that you hooked up for in the first place – are they still there?

5. In the words of Beyoncé, listen. Let your guard down long enough to hear the other side. That doesn't mean he/she will be right, or wrong. But maybe if you listen, you’ll hear what is really wrong and be able to save the relationship.

Of course it takes two to tango, so if your boo is willing to do any of these things, it's probably not worth your effort either.
Long-distance relationships are never easy. The lack of physical contact along with the fact that you are so far apart can be daunting. But with technology making contact so much easier and better, long-distant romances have as good a chance as ever to survive and thrive.

In addition to being able to talk on the phone without worrying about minutes, nowadays you can also see each other with Skype and other forms of visual communication. Here are some tips to help you keep the love fires burning while you and your sweetie are apart.

1. Make plans. We’re not talking about plans to just see each other for a weekend. We’re talking about long-term plans – when one will move so that you can be together. There’s no need to rush it, but do start working on a plan.

2. Make rules. Although you should be able to call him/her at any time, don’t push it. People have to work, so set rules – no calls after 11 p.m. or before 8 a.m., unless it’s an emergency. Don’t call the office too much – you don’t want him/her to get in trouble. Try to stay on point – you don’t want a partner panicking because he/she hasn’t heard from you for a longer than usual time.

3. Be creative. Send notes or cards through snail mail (U.S. postal service). Packages from home of things that will remind him/her of something are cool – for instance, maybe he loved a hip-hop artist you saw together when he visited you in Atlanta. See if the artist has a CD and send it to him as a reminder of a good time you had together.
4. Enjoy the time you do have together without big expectations. Don’t expect every visit to be a whirlwind of activity. Spend quiet time together, too.

5. Make the effort. Treat it like a relationship. Through today’s technology, you can watch a movie together, play online games and of course be a little naughty now and then. There’s nothing wrong with a naughty text or surprising him/her with a scintillating video now and then. Just please be reasonable and send such things if you are sure you both are on the same page.

6. Be trusting. Be patient. Chances are you two aren’t together right now because you are still developing your bond and/or one of you has a job or family commitment. Don’t expect that person to account for every minute of his/her day. You both have lives away from each other and you need to live them until you can be together.

Don’t align yourself with someone you can’t trust. It will make you crazy and never work out. As with any other relationship, take the time to get to know each other and develop a real bond.
Things A Dude Does When He’s Serious About You

It’s one thing if a guy likes you, but is he really into you? Is he serious and want a committed relationship? Here are some indicators that he is serious.

1. He apologizes for being late or not calling you back when he said he would. He is concerned about what you think of him and he tried to keep his word, and says he’s sorry when he doesn’t, and… provides a viable explanation. “I couldn’t pick up your call because I was in a meeting with my boss.”

2. He wants to help! He doesn’t run when you mention moving or having to do something. A man who is into you will look for ways to help you so he can be around you. “I can fix that chair for you.”

3. He remembers things that you mention and follows up by asking about them. For example, if you had mentioned you had a performance review coming up on your job on Friday, and when he sees you on Friday night, he asks you how it went, that’s a winner! He is into you.

4. He introduces you to people. When you are out and encounter friends or family, he does not hesitate to say, “Hey, this is my lady Deondra.”

5. He makes real plans with you. He thinks ahead about things you can do together. If you’re just an affair, most of the time he spends with you is spur-of-the-moment. A guy that is truly interested will plan and ask ahead of time.
6. Your career matters to him, too. He genuinely wants you to be happy. He may offer to help you study or learn a new app you need for your job. He is supportive and encourages you to move forward.

7. He likes and offers affection. He will hold your hand in public, put his arm around you while you’re watching a movie or TV and welcome hugs and kisses from you.

Men know when they like a lady and they will show it consciously and even unconsciously. Watch for these signals that he is in to you.
It’s complicated. Making relationships work, especially romantic relationships, is probably the toughest challenge we face in our daily lives. And when your man or lady strays, it’s even harder.

But maybe if you understand why a partner cheats, it will help you prevent it. Don’t get it twisted, though. Some partners are habitual cheaters and you aren’t going to stop them with a ring on the finger. And honestly, you can only be responsible for you. But let’s look at the reasons experts say spouses cheat.

1. Someone in the relationship, maybe both, stops trying. When we meet someone and as the dating process progresses, we put out best foot forward. But sometimes, we get into a habit of not doing the little things our partner is used to. There’s an emotional disconnection and someone suddenly feels unappreciated.

2. Hey guys… how many times have you heard this line? “The best defense is a great offense.” Well, apply it to your relationship, too. And ladies, this is an attitude for you to adopt, too. Don’t wait for your partner to initiate physical activity, and it doesn’t have to be about making love either. Go on the offensive with things that you can do together. Nurture the bond.

3. Check your mate. Seriously. Statistics show that there are certain types of people that are more likely to stray from home. They include those who suffered sexual abuse, thrill seekers, those who have been married more than once before and people who have mental issues, such as depression or other psychological issues.
4. Morals. Some people don't have good morals, so cheating is not a big thing to him/her. And consider this: if he/she is the kind of person that betrays family and friends, what makes you think he/she won't betray you?

5. Opportunity. Oooooh. That's right. Sometimes if someone thinks he/she has an opportunity to get away with it, he/she will do it.

6. Once a cheater, well, was the behavior really corrected? Did the cheater take responsibility for his/her actions, or make excuses.

7. Women cheat just as much as men, but their reasons are more dangerous as a general rule. While men cheat (usually) for physical satisfaction, women tend to cheat to fill an emotional need, and that automatically spells trouble for a marriage or committed relationship.

Know your partner before you move in or jump the broom and take care of the relationship, and that goes for men and women!
You are sure he/she is into you. It’s a relationship! Here are eight bonehead moves NOT to make if you want it to last.

1. Needy baby greedy baby. Don’t become too dependent. Don’t abandon your friends and family and depend on him/her for all of your emotional needs. It’s dangerous and honestly, it’s unattractive.

2. Great expectations – it’s not just the name of a movie, it’s a relationship killer. Of course you should expect certain things: respect, civility, etc. But don’t think your relationship is a cure-all. And surely don’t expect your lover to lavish you with gifts, even if he/she got it like that.

3. Remote control – don’t hog the remote control, meaning don’t be the one making all the decisions all the time.

4. Jealousy. This is a big no-no. First of all, it’s scary. And it’s not healthy. He/she is going to have friends and family that he/she will want to spend time with, too. Slow your roll. Don’t be possessive.

5. Flirting with other people. It’s not nice. It’s disrespectful. It’s most likely to piss off your date and start a fuss. All for what? Make sure that you and your partner have boundaries and you know what makes him/her feel uncomfortable.

6. Boring. Be a little spontaneous now and then. Don’t be so predictable all the time and put your relationship into a rut.
7. Expecting change. Oh what a big killer! Do not expect your mate to change for you. Like and love ‘em for who they are, not what YOU think you can turn him/her into.

8. Ultimatums. “If you don’t do this, it’s over.” It will be. Communicate your concerns or wants. Don’t be demanding. If there’s a problem, be supportive without being pushy.

A good relationship is a balance act and one of compromise on the part of both people. Don’t commit murder and kill the buzz before it has even had a chance.
Strong Women Only Intimidate Weak Men

Signs He’s a Loser
You probably have your own system of weeding out the losers when it comes to dating, and your mom gave you some tips, too. But if he's hot and talks a good game, you might fall prey to that first date. Here are some signs that you need to call a cab and hightail it home.

1. He drives like a maniac. Seriously. He yells at the other drivers and has no patience. He probably has anger issues. When you get to your destination, make an excuse to go to the ladies room and call for back-up. Your mom or kid just got sick and you have to go home.

2. He's wearing an ankle bracelet. We're not talking the gold kind here; we're talking about the one placed there by the long arm of the law. Run now. He's done something wrong and is not responsible for his actions, so much so that they want to keep track of him!

3. Asking questions that have to deal with sex. Oh no. That is too much too soon. According to dating guru Patti Stanger, this is a serious red flag and indicates that he has no respect for boundaries and certainly has no class. And that's probably all he is really after as well.

4. Asking questions that are way too personal – the first date or two even should be simple get-to-know-you stuff, not questions about how much you make or what’s your credit score.

5. He's too good to be true. He probably is. It’s OK if he is trying to put his best foot forward, but not if it means lying to impress you. If he brags a lot, it’s actually a show of a lack of confidence and insecurity.

Don't Just Avoid Him—Run!
6. Consuming too much alcohol – sure a little drink might be in order to relax, but when he orders another and then another, don’t even think about getting back in that car with him. Make some excuse and call a friend or cab and run away.

7. Rude to other people – he is disrespectful to the waiter or waitress at dinner or anyone else that you encounter. He may be being nice to you at the time, but it’s only a matter of time before he disrespects you, too.

8. Rants about an ex negatively – he still has anger issues and is probably still in love with her. And most of all, he’s not taking the blame. Divorce comes about and relationships end usually because of the fault of both people, not just one.

9. He shows signs of jealousy – this is a red flag from the start. He will most likely be this kind of guy if he asks a lot of questions about past relationships; asks a lot about what kind of guy you like (one or two is OK, but if he dwells on it, take off!); he gets mad if you are too friendly with the waiter; and he asks a lot about who you socialize with.

If you are a quality woman, you want a quality man, so don’t settle for less.
So you want the good life. You want someone who can afford to show you a great time and maybe even lay down a few nice gifts. You want to attract a millionaire. Here's how!

1. Look like a million bucks! Your hair has to suit you perfectly. Your nails must be done and your clothes don't have to be designer, but they should be of quality and show off your figure without showing too much.

2. Be confident. You have to have your own life or be in the process of making one. He wants a woman of substance, not a gold digger.

3. Don’t be needy. Be independent. A man with money is probably accomplished and can get a woman any day. But the woman he dates and caters to… that woman will be not so easy to score.

4. Forget the clubs. Go to places where this kind of man will be: at seminars, conventions, high-end social events.

5. Be up on the news and latest trends. You have to be able to hold a conversation. Talking about Bey or Chris Brown is not going to cut it. Have a more intelligent approach.

6. Be money savvy. Understand finance. They do and will appreciate a woman who gets it.

7. Don’t give in to physical desires on the first date. Make him want you.

8. Be a little mysterious. Men love that. They love the chase.
9. Go on a matchmaking TV show or to a matchmaker who caters to the rich. Every major city has at least one.

It can be done, but it takes planning and some work.
STRONG WOMEN ONLY INTIMIDATE WEAK MEN

Show And Tell
How many times have you heard this? “Actions speak louder than words.” Indeed! Our body often gives away clues to what we are thinking, and this can especially be true when it comes to men. Most of the time they don’t even know that they are doing it!

- He interested if… he is sitting next or near you in a way that his shoulders and chest are turned in your direction, even though he may be glancing at something else.
- He may be interested in more than a date if… he looks at you intensively for more than 5 seconds. Unconsciously, he is trying to seduce you.
- He thinks you’re cute if… he grins or half smiles at you. He is interested, but he isn’t sure how much yet.
- He is interested if… he does the eyebrow flash. He lifts and lowers his eyebrows when he looks at you, but it happens pretty fast.
- Oh boy. He is trying to unconsciously show his sexual interest if… he hangs his thumb off his pants waist or pocket and touches his belt buckle. You got it… he is pointing down there!
- He wants you if… he stands in front of you with his legs spread apart. It’s to telling, it’s primal! But experts say most guys aren’t even aware when they do it.
- He’s not sure if you would be interested… if he is sitting or standing with his toes pointed in. He may be the shy type.
- He likes you if… he looks at you, tilts his head slightly and grins.
He wants YOU to come after him if… he offers a devilish grin with one side of his mouth slightly raised. He is interested, but wants you to make the first move.
Are You Spending Too Much Time On Your Relationship?
You may love your boo, but yes, you can be spending too much time with him/her. Always being around the same person can be suffocating and actually harm a relationship. Everyone needs some “me” time. And here’s how to ease the pressure and get some alone time.

1. Take a class on a subject that you enjoy, such as yoga, cooking, dance or even (video) gaming. Just don’t get obsessive about it. But it gives you some personal time and perhaps a new skill, which will boost your self-esteem and confidence. And even give you something to share with your partner when you get home. “Hey, wait until I make this pie I learned about in class today!”

2. Go ahead and spend some time with your homies or your girls or even a sibling. Keep them updated on your life. It might even help them understand your partner better and be more receptive to him/her in social settings.

3. Don’t let past relationships dictate what’s going on with your current relationship. You don’t have to text him/her 20 times a day or be together 24/7. Relax. Don’t be obsessive and feel like you have to track every minute of his/her day. The truth is, if you don’t trust him/her, the relationship is going to fail or be challenging at best anyway.

4. Ladies, understand that men especially need a little space. Let him have a night out with friends once in awhile. And don’t complain if he spends a whole Saturday afternoon in the garage working on the car.
5. Be more confident in yourself. Men do like a woman who knows what she wants. And boy do they like a woman who is not clinging to them 24/7. Same goes for the ladies. A strong man is very attractive. Don’t be wimpy and think you have to ask for permission to do everything. But do be considerate.

6. Take time for personal care, such as the beauty salon, the barbershop, a mani/pedi or the gym. It will make you feel good about yourself and who doesn’t want a partner that looks good?

7. Don’t give all of your time to that one person. If you have kids, you already know your time is divided, but you need to get away from them once is awhile, too. You have to strike a balance and divide yourself between your lover, your kids and yourself.

Too much time together can kill a relationship. Let it breathe and it will grow in a healthier way.

Tags/keywords – too much time together, personal space

There are things that you can do to cut down on the time you spend with a boyfriend/girlfriend that are healthy for you and the relationship.
Are You Successful At Being Single?
So your mom, your auntie, your Grams and even your pastor seem concerned that you aren’t married yet. They have all kinds of ideas of whom you should date and consider as a life partner. But you are not in a hurry. In fact, you are rather comfortable going solo for now. Here’s what’s special about you.

1. You won’t settle. You have standards and you are not lowering them just to have someone around. You know that if you “settle,” you just won’t be into that other person and the relationship won’t last anyway.

2. To thine own self be true. You hear it all the time. You need to change so you can meet Mr. or Mrs. Right. But you know it’s important that you stay genuine, so that when the right person does come along, he/she’s into you and not a façade.

3. You don’t mind being alone. Oh sure you like to hang out with other people and have fun. But it’s OK with you to go home by yourself or even stay in and watch TV or do what you do. Just to have someone around for the sake of just that is not your style.

4. You can be happy. It’s not necessary for you have a mate around in order for you to be happy. And truth be told, when you do find someone, you will be such a stable person, who wouldn’t want you!

5. You know it’s just temporary. You’re comfortable knowing there is someone out there for you. You are satisfied to take your time and be into you until the time and the person is right.
It's not always easy being single, but it also has its rewards.
Strong Women Only Intimidate Weak Men

Did You Finally Meet the Right One?
When you’re young, you have time to go through some losers and have a few flings. But when those 20s start creeping into 25 and heading toward 30 and you are not attached to someone, it may be time to start looking at your dates and asking, “Is he a keeper?”

As you date someone and move toward a steady relationship, here are five key things to look for in a keeper.

1. He’s thinking ahead. He has a plan. He’s moving toward some goals. He doesn’t have to be planning on being the richest man in the world (that may be someone too ambitious to have time for a relationship!), but he should have some dreams, some ambitions, such as owning a home, starting his own business – plans for a good life.

2. He’s thinking of you. He starts sentences with “We should….” The key word is “we.” He’s starting to include you in his life. You don’t want to hear anything creepy like “We should have five kids” on the third date, but things such as “We should take a class together” or “We should go to the Black Film Festival next month.” These things show that he’s thinking of you when you are apart and wants to include you in his life.

3. He thinks your quirks are cute and funny. The odd things you do are adorable to him, such as the way that you dance when something good or exciting happens, the way you pop your lips when you put on lipstick or the way you like to put peanut butter on your pancakes. He likes the offbeat part of you just like the rest.
4. He is willing to meet you half way. He doesn’t have to have his way all the time and he doesn’t fight like a baby or a kid (kids just roll their eyes and stomp their feet). He’s willing to listen and be fair.

5. He’s not afraid to be lovey-dovey now and then. We don’t want to see you mauling each other like you’re in heat at the mall, but some handholding, an arm around as you walk or a gentle kiss on the forehead while standing in line together – subtle signs of affection say “I’m glad we’re together.”

6. He doesn’t run when you hit a rough patch. It’s one thing to see you cry at a sad movie or listen to you vent about your boss, but it’s a whole new ball game when he is ready and willing to go with you to your aunt’s funeral or your cousin’s wedding. That’s a man who wants to be a part of your life.

7. He makes you laugh. ‘Nuf said on that one.

Good hunting!
Whether you are a divorced mom or a new mom ready to get back on the dating scene, there are probably some guidelines that you should follow. Although the dating scene may have changed a little since you were out there, it’s really you that has changed, whether you realize it or not.

• First thing – don’t wait too long to get back out there. The more time that you spend alone with just your kids and your BF, the harder it’s going to be to dip back into the dating pool. You will get set in your ways and your routine and it’ll be harder to be receptive of someone new.

• Another first thing – don’t date too soon if you are just getting out of a long-term commitment. Get used to being alone and independent and take in what makes you happy. It’s up to you to find a balance of when to get back out there. If you wait too long, you’ll be rusty, and if you go too soon, you’ll be needy.

• Don’t get back into that same pattern of being with just one person like you were before the big split. Don’t sleep around – just be open to dating more than one person. Go to church functions, dance classes and other social settings where you can meet an array of people.

• Don’t become intimate too soon. For women, making love has more of an emotional bond attached to it than for most men. First and foremost, it’s not a good example for your kid, whatever age. And by now you should have realized that a good man will wait until it’s the right time for both of you.
• Don’t bring the kids into the picture too soon. You don’t know how the guy is going to be around you, so how do you know how he will treat your kids. That’s one thing. The other thing is, depending on the age of your child, he/she is probably still attached to dad and any new man is going to cause confusion and conflict when he/she tells dad. You don’t need that scene before you even know if your new dating partner is going to around.

There’s nothing wrong with a little caution. Your priority is you and your child, so keep that in mind the most of all before you jump back into the dating game.

Tags/keywords – single moms and dating, mistake single moms make when starting dating again, moms and kids and dating

If you have gone through a divorce or break up and are now a single mom as well, take you time getting back out there and follow some simple guidelines.
Strong Women Only Intimidate Weak Men

Say What!
So this fly guy approaches you while you are in line at Starbucks. You set up a first date. You are excited as hell because he was dressed to the nines, had a gorgeous smile and a body like Adonis. Or… you meet this to-die-for chic in the elevator at work and she gladly gives you her number. You set up a first date and go to pick her up.

So far, so good. But then…

“That’s what you’re wearing?”

“How many babies do you want to have?”

“How many babies do you want to have?”

“Can you pay this time? I forgot my wallet.”

“So what where would you like to eat – Taco Bell or Mickey Ds?”

“I love you.”

“My husband is in prison for assault.”

“I was born a man.”

“So what’s for breakfast in the morning?”

“I’m living with my mom to save money.”

“I just got out of rehab.”
“We should go back to your place after this.”

“You know what the problem with this country is?”

“Are those real?”

“Can we stop at Walgreens to pick up my prescription?”

“Are you on the pill?”
STRONG WOMEN ONLY INTIMIDATE WEAK MEN

Your Man And His Mom
It’s nothing new. It’s something people have talked about for decades, centuries probably! How a man treats his mom is pretty much an indication of how he will treat his lady. Sure, there are some exceptions, but you can pretty much determine what kind of man he is by his relationship with dear ol’ mom.

Here are some things to look for:

1. The nurturer – if he has a mom who is loving and nurturing, he will tend to be sensitive to you and he will also be more attentive than the average Joe. Guys like this love their moms and appreciate the fact that she gave them value and values, both. He will be respectful. But be careful – there’s a line between being a good man and a mama’s boy. Also, if he is an only son or if he still lives with her, beware. She may not think you (or anyone else) are good enough for him and she will do what’s necessary to keep him.

2. Not so close – if he is not close with his mom, well, he may be a bit more difficult to figure out. It could take a minute. He will show respect, but he may not be as affectionate and may not be sure how to show you love. However, he can be smoother over with a little love.

3. The strainers – these are the dudes who did not develop close and loving relationships with their moms. They need a lot of work, typically. And they may be more trouble that they are worth. Why? Because they really have little respect for women. And they really aren’t into commitment. If things start to get serious, he will find a way to create friction and end things.
4. The copycat – he’s the one who does what mama tells him. For some strange reason, he never established a mind of his own. He’s not a keeper, either.

These tendencies are not etched in stone, but you can pretty much gauge your man’s behavior by how his mama raised him. So if he wants you to go to a family reunion or family wedding, it might be a good idea to go and check out his relationships with the women in his family!
There are relationship experts out there that say you should wait three months before you do the horizontal mambo or dance with no pants. For older folks, that’s probably a concept that can be followed. But when you are young and hot to trot, that rule may be hard to go by, especially if you are a dude.

But ladies, you really need to stop thinking that you can live by the same rules that guys do in this department. Because guess what – if you act like one of the guys, you will be treated like one of the guys. And that’s not really what you want, is it?

Scientists, relationship experts and even university level research shows that women tend to experience physical relations in a different way than men do. One of those main differences is that even on the first time, ladies tend to release chemicals in their brains that are related to emotions. It’s complicated.

In addition, ladies are risking more than a guy is, including their reputation.

Take a look at these methods to tell whether you’re ready to lay down the pooty.

1. Big one – if neither of you are attached and are REALLY looking for just a good time. Make sure that you are both on the same page. And please, protect yourself. Do not expect the guy to do it. Be ready.

2. Are you over your last relationship? Contrary to popular belief, rebound sex is not a good idea. Here’s why, and it is actually quite a
fascinating one – ladies tend to enjoy intimacy more than men, so your brain and your emotions are looking for that and may think you found it again if you have a good night.

3. You both agree to be exclusive. Again, it goes back to the emotions. Ladies, don’t get mad. It’s reality. Oh sure, some are built different than others. But science is rarely wrong. And you know that is what you want anyway… a guy that is sleeping with you and you only. It’s also safer.

4. Make sure that you won’t regret it. Don’t just pick up someone because you are lonely one night. And try to keep your drinking to a minimum if you are in a social situation. You don’t want to wake up with a hangover next to some guy whose name you don’t even know.

5. He’s the one. You have been dating and you know he is the one you want to be with. Just make sure that he is on the same page.

Just be careful. Protect your body and your heart by using your brain.
It shouldn’t come of any surprise to ladies that men are initially attracted to women via their physical appearance, but that does not mean all men are looking for the Tyra Banks super model type. Different strokes for different folks. Some men do like thick women, come like them curvy, etc.

But it’s the first five minutes that count the most. That’s the time you have to use your physical appearance first and then your personality to “reel him in.”

Here are some characteristics that men say they tend to notice when they first encounter a woman.

- A woman’s shape. Relationship guru Dr. Paul Dobransky says men look at curves and shape. And he won’t hide it, either. So don’t be surprised to catch him looking you up and down when you enter his space.
- A woman’s attitude. Men love a woman with confidence. Her posture, her ability to look him straight in the eye and her air of confidence are all traits men will be attracted to.
- Her smile. Subconsciously, men are drawn to certain smiles. Some like sweet and genuine, while others like a mischievous look.
- Your girls. Oh yea. He is checking out whom you hang with. He will be intimidated by a large group of women, but will approach a lady in a trio. If he’s rejected, at least he knows the giggles will be at a minimum.
• A woman’s hair. They like well kept hair that smells good. So make sure your weave is fresh! In fact, research shows that men notice your hair before they notice what you are wearing.

• Your makeup. Keep it light and natural looking. And wear lipstick. It doesn’t (and shouldn’t) be bright red, but he will notice moist shiny (yet natural) looking lips.

• The butt and the bust. Yea, you knew that was coming. But be cool about it. That doesn’t mean you should wear spandex or a shirt that leaves nothing to the imagination. Do leave something to the imagination. And remember, some guys like a handful, while others go for the melons.

• Your bag. Yep. He will check out your purse. If you are lugging around a big ol’ bag, no matter if it’s Gucci or not, he will take that as a sign that you are high maintenance and that you are also materialistic (that you need a lot of things). So when it comes to bags, bigger is not better.

So ladies, look your best and show that smile, whether you are going to the super market or out with your crew. You never know when you are going to encounter “the one.”
Don't for a minute think that men are predictable when it comes to doing the horizontal mambo. Sure, there are certain things that will turn them on in a heartbeat, but there are also some surprising things that you can do to get your man's attention.

1. Being handy with a tool, such as a screwdriver or even a drill. Seriously, if you can put together your own cabinet and you let him watch, there will be some woodworking on the agenda.

2. Letting him know you can cook. It's true. A way to a man's heart and other parts is through his stomach. It brings out some instinct in him to, well, mate after a good meal because deep in his psyche, he believes he needs to reward you… well, you get the idea. Seriously, just the thought of you cooking for him will turn up the heat.

3. Yoga. It's the bending and twisting and turning. He now believes you are flexible and his imagination is running wild.

4. Driving a stick shift. Oh yea baby! Watching a woman handle a car is a big turn on for a dude. He may even let you drive his car!

5. Wearing white cotton briefs, not panties, not thongs. White cotton underwear. It gives you an innocent look, and well, the guys like that once in awhile. It's almost like a schoolgirl kind of look.

6. Knowing your liquor. Once in awhile, skip the Cosmo or the dainty fashionable drink and order a shot of bourbon or whiskey. His eyes will light up like a Christmas tree.
7. Go braless. Ok. Ok. Some of you might find that a bit too much, especially if you are blessed well in that arena. But men love to see some jiggle.

8. Eat something with whipped cream. OMG. A hot fudge sundae. A banana split. A piece of pie with whipped cream on the top. And don’t eat it without getting some around your mouth. He will be on you before you can lick your lips!

Everyone should have a trick or two up their sleeves. What’s yours?
Strong Women Only Intimidate Weak Men

Get Over It!
You can fly around with that angry look on your face and brag to your girls how you are so over him. Or you can wimp around with a box of tissue and a tub of ice cream. No matter what, a break-up hurts and you need to mourn it yes. But now you also have to convince your heart that there are happier times ahead.

1. Take advantage of being single. There were probably things that you stopped doing because your man didn't like them or didn't want to do them. So now you can do them again, such as going to certain movies or concerts, taking that French class or planning a trip to Paris. Now's the time to go ahead and refill your days with activities for the free and single.

2. Cut off all communications. There is no need to expose your heart to thoughts that you two will get back together. It's tough to do, but it's a necessary part of moving on.

3. Hide the hurt, at least from him. Stay away from seeing him if you can and do not let on that you are sad. Walk around with your head held high as if you are managing well by yourself.

4. Try to avoid his friends as well. They may mean well, but they are just going to remind you of him by saying things like, “We're sorry he dumped you.”

5. Put the memories away. The photos, the gifts and the things that remind you of good times need to be put away somewhere where you don't have to see them.
6. Stay busy. Go out with your friends. Pick back up an old hobby. Do not sit around and mope by yourself. You can bet he is not doing that!

7. Make new friends. The best way to erase painful memories is to replace them with new fun ones. Go someplace different, where no one knows your name and you can relax and have new experiences.

8. Win the game. Move on. Do what you have to do to come out on top. Be a winner. You loved and lost, so now you know what to do next time to make it better, better for you!

It’s not going to be easy. But in the end you will do what it takes to move on. It’s built inside of you to be a survivor. Make the most of the situation and get ready for the next adventure.
It’s one thing to know how to get a guy’s attention and get him to take you out, but it’s another ballgame altogether to get him to fall for you.

The first thing is to stop listening to your girls, especially the ones who aren’t married themselves. And it’s not that you have to change into a whimpering “I need a man” chick. You do need to stop and smell the medicinal marijuana and understand a bit how guys work.

Here are some tips on how to make a man fall in love with you.

1. Make sure your package looks good. Dress well. That doesn’t mean that you have to let everything hang out. On the contrary, dress attractively and in style. Men are two things for sure: visual and competitive. If he sees other guys looking to check you out, you get like 747 bonus points.

2. Smile a lot and be warm. Ratchet chicks can stay home on this one for sure. If you are serious about nailing your man, drop that big smile on him, push your hair behind your ears when responding to a question, laugh at his jokes (funny or not) and use your eyes to express affection. You know who was a master at using her eyes to melt a man and to this says still has millions of admirers? Marilyn Monroe.

3. Don’t be rude. Don’t treat other people with disrespect, such as the waitress or any other service people you encounter.
4. Listen to him. Connect on a level other than physical or flirty. Have a conversation about his career or something intriguing that’s going on in the world that shows you have some level of intelligence.

5. Touch him in a lingering way. When you answer a question, reach over and lightly touch his arm or lean in to talk softly into his ear with your hand gently placed on his shoulder. Physically flirt with him without exposing the goods.

6. Don’t always be so eager to be with him. Yep, you’ve heard it before – men are hunters. And if you can tackled, ropes and hog-tied in one fell swoop, you will not hold his interest.

7. Show off a little when the opportunity comes up. Maybe you can sing, so blow him away at a karaoke bar. Perhaps you are great at trivia, so impress him while you two are playing as a pair at a bar so that you as a couple win the competition. You have something that you are really good at, and one day you need to surprise him with your talent… and watch him admire you with big soft falling-in-love eyes.

8. Don’t let him know that you are into him line, sinker and hook. Keep him guessing a little bit. Don’t play games. Just hold back enough to be a little mysterious. He's going to like a bit of a chase –it’s his nature.

Men don’t fall as fast as women do in general, so be a little patient, be warm and be you. You want him to want you, not what you think he wants.
Be Your Own Lie Detector
Is your man sweating after you ask him a question? Maybe it’s because it’s actually hot out or he just finished a strenuous workout. Or maybe it’s because his pants are on fire because he’s a liar!

Communications experts there are telltale signs or certain words that a liar will use that are surefire signs he’s not telling the truth.

1. “But.” A biggie in the liar arsenal. He will even use it to say he’s not lying. “I know you think I am lying, but…” It’s another move to minimize what he is about to tell you.

2. “Would.” Ask him, “Did you have lunch with your ex?” and see if he squirms and answers with, “I would never do that to you.” He’s overcompensating.

3. “By the way….” It’s a phrase liars use to try to give lesser value to what they are about to say. “By the way, I’m going to hang with the boys tonight.”

4. “I think…” I think I left the bar at 2 a.m. OK. Either he was too inebriated to remember, or he is hiding something.

5. “That.” If he uses it to say “That chic” “That car” doesn’t interest him, he’s telling one. By using the word “that” he is trying to separate himself from that person or item.

6. “Never.” He’s probably lying. Ask him, “Did you just wink at her?” If he says, “Never,” he is overdoing it. He did!
7. “Why would I do that?” How many times have you heard that as an answer to a question! He’s buying time to come up with an answer to your question.

8. “Yes ma’am.” OK. Some men are gentlemen, but they don’t usually address their ladies like that. He’s not telling you something.

These words aren’t etched in stone as sure ways to pick up lies, but they are common among the less truthful. So keep your ears open and be your own lie detector.
There's no way around it – men love the ladies. But there are certain things that women do that men just can't get with. Some of these things are habits and some are things that women just do.

1. Asking us how we feel. We don't like to talk about our feelings. We will show you, so please stop asking and pay attention.

2. It annoys us when you freak out when we don't call, especially the day after the night you gave up the booty. It doesn't mean that's all we wanted. It could mean that, but it probably doesn't so please do not blow up my phone and dis me on Twitter.

3. Changing how we look. As long as we're not wearing dirty clothes, smelling like the gym or showing up with nappy hair, please don't try to tell us how to dress.

4. Talking after work. Talking after sex. Talking after dinner. We want to know how your day went, really we do. But not after we walk in the door after a hard day's work and not when we are sleepy (after sex and after dinner).

5. Being a handyman. A lot of us went to school to study things like communications, business and technology, so we probably don't know how to fix the sink or change the oil in the car. Shoot! We call AAA just like you do when we get a flat tire!
6. Asking us if you look fat. We’re damned if we do and damned if we don’t. If we say you do, you get mad and stomp off. And if we tell you don’t, you say we’re lying and stomp off.

7. Crying. Please stop trying to win an argument by crying.

8. Calling us cute names. Ugh. We practically hate the word “cute!” And don’t call us boo boo, sweetie pie or any other embarrassing names that will make others laugh at us in public.

9. Using the booty as punishment. ‘Nuf said.
Maybe you are in a dance club or a loud room. Perhaps you’re on a crowded train. There are ways to let someone know that you are interested without saying a word.

1. If you’re on a bus or a train, grab (gently!) his arm as if you need his support to stand steady.

2. Dance with him, and look at him while you are doing it.

3. Hold eye contact for at least three seconds. Don’t do it too long, though. That will be creepy.

4. Run your hand through your hair or if you have long hair, you can even flip it. Guys love nice hair and running your fingers through it as an added element of sexual appeal.

5. Lean into him just enough that some part of you – a hip, an arm, a tata – rubs against him.

6. Smile at him. And if he smiles back, you’re in like Flynn!

7. Touch his arm or shoulder. Do it to point to something, like the line is moving or to show him something happening in the area. You don’t have to say a word – just smile when he looks at you or motion with your eyes.

8. Move a bit to the music you are hearing or listening to on your phone or iPod, and look at him and just ever so lightly smile – don’t even open your mouth – just go with a light grin.
9. Eat an ice cream cone or lick the foam off your latte right in front of him. Wanna drive him extra wild? No so accidentally get the ice cream or latte on your lips and lick it off while looking right at him.

10. If you have been introduced to him at a social setting but there's been no chance for private conversation, when you or he are leaving, make that hug very warm and a bit longer than usual.

It's on you to use your eyes, your hands, your body and even your lips to send the right signals to initiate verbal contact.
Ever see one of your guy friends go goo-goo over a chick? He seems smitten and it’s almost sickening how much he swoons for her and seems to live off her every word. Chances are that this lady is smarter than you give her credit for and she has been using some age-old methods to make her man mad for her.

That damn phone. It’s worst than ever now that there is also texting and you can check your email or social media from anywhere with your phone. But stop it. Just stop it. Stop holding onto your phone as if you need a blood transfusion and it can only come from your phone when he calls. Seriously. Let it go. Let it breathe.

Try some of these – oh we hate to use this work – tricks to make him want you and call you more.

1. Play the mysterious card. Don’t feed him every detail in one fell swoop, or even two. Some questions leave unanswered or tease with an answer like, “If I tell you, I’ll have to kill you,” or “You’re not ready for me to answer that.”

2. Really do listen. If he tells you something on the first date, like how he’s nervous about a presentation or a test, ask him about it the next time you see him or hear from him. It’s all about him. Be sincere and supportive so that he is eager to share his accomplishments or events of the day with you.

3. A friend once said, “Expect nothing and you won’t be disappointed.” Keep your expectations to a minimum or at least to yourself.
demanding chick is usually a chick that is alone or married to a wimp that she is divorcing.

4. Don’t be like a high school girl and wait until he hangs up. Do it before him. It’ll freak him out, especially the handsome, full-of-himself kind.

5. And don’t answer the phone on the first ring!

6. Smell good. Seriously. Don’t put so much perfume on that it burns his eyes, but do take the time and explore some different scents for the one that makes you smell sooooo good. When you go to the mall, look for a male salesperson or even ask guys as they are passing by what they think of a fragrance. You may like Bey’s line but good ol’ Chanel No. 5 makes you smell oh so clean! Experiment and find your scent.

7. Leave some of your scent on him. If you dabbed some on your wrist, make sure you somehow subtly touch or rub your wrist on him. This can be done when he leans in to kiss you good night and you gently touch his shoulders or embrace him. He will smell you all night and you will be on his mind like white on rice.

8. No last minute dates. You can’t give him the impression that you are sitting by your phone waiting for him. You have a life of your own, and it’s exciting and you can’t drop everything to be with him.

9. Say his name, well, in a sexy way, especially when you can’t or aren’t going to see him that night. Say it breathlessly, as if you were in the middle of foreplay. No joke. Make him think about you when he’s not with you.

10. Compliment him. Don’t be phony. But it can’t hurt and will actually help to boost his ego a bit now and then. If he thinks that you want
him, that makes him want you more. Be cool with the compliments. Say things like, “Wow, that color makes you look hot.”

11. Make the love making hot (once you get that far). Participate. Say his name. Do not stay. Go home and he will think about you all night.

Ladies, make him work for it a bit. Men love the hunt. Don’t always make it so easy and put that damn cell phone away for once!
Guys may not be so good at expressing their feelings with spoken words, but there are telltale signs he does love you.

1. He gives up a night out with his boys to watch a movie with you! Wow. That means you really are important to him.

2. He cleans up after himself and even cleans up the apartment on his own once in awhile. This is huge and also means he's probably a keeper!

3. He agrees to go with you to dancing or cooking classes. It's a way of him showing he wants to truly bond with you.

4. He calls you for no reason. Dude is hooked. His nose is so deep he calls just to say “hi.” Talk to him. He doesn’t have anything to say. He just wants to hear your voice.

5. He remembers birthdays, anniversaries, etc. He looks forward to the opportunity to show you how much he cares.

6. He's touchy feely even when he knows there is little chance of him getting the stuff that night.

7. He can't stand you being mad at him. Cross your arms and look at him like you're angry and he's not going to say, "What did I do?" he's going to ask, "What can I do to make it up to you?"

8. He introduces you to everyone – his boss, his friends, his dog and even his momma.
9. He has eyes only for you.Seriously. He will stare at your for no reason.
He’s admiring his work. Yea – his. Men are possessive by nature and
will show pride in what they have, and that includes their woman.

10. Let’s you have your way, even when, you know, he still ain’t gonna
score the booty that night.

11. His favorite song is “When A Man Loves A Woman.”
When your man breaks up with you, it can be a shock, it can be hurtful and it can send your life into a tailspin. A breakup may be inevitable or it may come as a surprise to you, but you can see the signs and at least be prepared for the jolt. Here are some signals that could mean trouble for your wedding plans.

1. He becomes distant. He may be right there in front of you, but his mind is somewhere else.

2. He ignores you a lot and is constantly checking his phone. He wants to be someplace else and not with you.

3. He's not returning phone calls or texts for days at a time instead of the hot and heavy frenzy that you are used to.

4. Starts fights for practically no reason. He's snappy and not easy to get along with and is actually hoping to launch a fight big enough to cause a break up.

5. He's not around much anymore. That's just the way dudes are. They'd rather avoid you than tell you what's up.

6. He's inconsiderate and could turn downright mean. Your feelings don't matter to him that much anymore, but he doesn't have the nuggets to be straight with you.

7. He works more than usual. It's one place you aren't around (geez, unless it's a workplace romance!) and it's a place, well, he can hide.
8. He doesn’t include you like he used to when it’s time to hang with friends.

9. What you talk about is general. You aren’t having intimate conversations anymore.

10. The physical contact changes. Oh sure, he’ll take it if you offer, but the compassion and that loving touch is not there anymore.

11. He stops texting you so much and practically doesn’t send any fun or silly messages anymore.

12. There’s no talk of the future. He’s already got one foot out of the door, and in fact, if you weren’t paying his car note, he’d a hightailed it outta there sooner.

The most important thing is to communicate without being accusing. Sometimes men have legitimate excuses for changing their behavior toward you, but a lot of times, they are just ready to move on.
Are You Addicted To Sex?

Strong Women Only Intimidate Weak Men
Remember when R&B singer Eric Benet was married to Halle Berry and they broke up because he was a sex addict? And then there’s mega golf star Tiger Woods’ obsession with the booty. Sex addiction is a real phenomenon and it’s not limited to guys, either.

Some of it is psychological, but some of it is chemical. When we climax, we release a chemical in our brains, and yes, it can be addictive.

But the real signs come from our habits… now you have to be careful with this. Someone who is obsessed with porn or is a pervert is not usually a sex addict. It’s a combination of things. You are addicted when you constantly have a strong desire to do the nasty and are unable to control it to the point that it negatively impacts your life.

Here are some signals to watch out for.

- You have two lives. One is the normal you who goes about her business of taking care of the kids, going to work, visiting momma and enjoying a healthy relationship with your man. But there’s another part of you that cheats because you want the illicit physical contact, not because you dig this other dude. In fact, there’s more than one dude.
- You are obsessed with sexually based material. You love to go online to the adult dating sites and flirt and even set up outside encounters. It’s a secret, though. You hide it from everyone.
- You lie to your spouse or partner to go to strip clubs (yeah, women do that, too), X-rated movie theaters and other places that are only about sex. The point is not that you are going to
these places as much as it is about the fact that you are hiding it from your man.

• Your sex drive is getting you into trouble and you don’t seem to give a rat’s butt about it. Maybe you are getting into exhibitionism or voyeurism. You know it’s wrong and you still do it.

• You feel bad afterwards. Guilt and even depression set in, but it only lasts for a while, until you are craving a hot encounter again.

It’s not a joke. It’s not healthy. It’s important that you seek professional help, or you could damage your relationships with your romantic partner, your family and friends and even in the work place.
STRONG WOMEN ONLY INTIMIDATE WEAK MEN

Are You Ready For A Relationship?
It’s one thing if you meet a great guy, but it’s another thing if you are ready for him. Maybe you are having a ball living the single life and are not really in the mood to have a steady. You could ruin a good man. So check yourself and see if you have these attitudes when it comes to guys and see if you are ready for a real relationship.

1. You are willing to put in the effort. You are willing to be consistent and interested in doing things on a regular basis with one person.

2. You will be OK with going with what he wants to do over what you want to do. That doesn’t have to be all the time. But basically, you must be willing to compromise.

3. You have to be a communicator. Men can’t read your mind – they shouldn’t even try to! At the same time, you have to be willing to talk to him and relay information in a positive way. Remember, you are trying to build something here.

4. You have to be willing to talk about the future, and it would be helpful if you had a plan in mind for yourself. Finishing your degree or starting your own business – it’s apparent that you have plans to do something with your life.

5. You are open to Mr. Right not being Mr. Perfect. He’s going to have flaws, and you should be ready to let the little things slide and accept him as a man and not Prince Charming.

6. You are not ready for a relationship if you are in the mindset that a man will complete you. You need to be a person that can stand on
her own and be the navigator of her own ship to happiness. Strong women attract good men. If he wants a meek woman, he wants someone he can control. That's not healthy.

7. At the same time, are you ready to blend your life into someone else's? You should be willing to hang with his friends, be interested in his hobbies and be willing to support his career, at the same time that you are willing to share your interests, introduce him to your friends and expect support for your career.

8. You've left the luggage behind. You are over your ex. He is no longer a factor in your life (unless he is baby daddy and that is just contact for the kid).

Don't play with a man that is sincerely looking for a committed relationship if you are not ready. Some day you will be ready and you will want one that hasn’t been ruined by a selfish, single, well, you know…
When it comes to dressing, black is classic and they say it makes you look thin. But if you want to attract the opposite sex and be desirable, get some color into your wardrobe. Oh yea. Red is hot, but it’s not the only color that can spice up your look.

- Red is definitely known to be good for expressing passion and sexuality. It goes back to Adam and Eve when Eve presented Adam with a shiny red apple. And it is so often used as the color of the sexy woman in films, such as “The Lady In Red.” Red lipstick, red shoes and even red hair are all considered sexy. (How many times have you heard a lady with red hair referred to as “that fiery redhead?”)

Even science has put a premium on red as the color of desire. In one experiment, men saw women against a red background, and also saw them against a white, green or blue background. The men said the women against the red background were sexy, hot and desirable.

The experiment went on with photos of women in different colored shirts, but the ones in red always won out as the most desirable to date.

You don’t have to go all out and wear red from head to toe. Apparently you can be subtler about it and wear just a red shirt or even just a red scarf tied or thrown seductively around your neck.

No doubt the color that you wear says a lot about you.

- Back to black… it’s considered chic, but it also indicates that your personality is timeless and you general carry yourself with...
authority. Think about it, ladies. When you put on that slinky black dress, it makes you feel confident and in charge.

- White is a sign of cleanliness and purity, thus the concept of the wedding dress, but we all know most ladies should be wearing red wedding dresses!
- Green is a sign of wealth, that you feel refreshed and also calm. It’s a sign of happiness and helps make the people around you feel happy, too.
- Blue is peaceful and loyal and soothing, both to the person wearing it and the people he/she encounters. It’s also recommended to wear blue to court if you want to be seen in good favor, as it is also associated with justice.
- Purple, believe it or not, is associated with luxury, sophistication and romance. It was no accident that a lot of royal families went with the color for their robes. It also says that you are creative and a free thinker. Seems purple fits Prince to a “t!”
- Brown says you are reliable, genuine and stable.
- Orange is the color of energy and exuberance. It’s perfect for social settings and falls right behind red and black as being attractive.

So next time that you are deciding what to wear, think about what message you want to send and choose the color that best suits your mood or situation. Go ahead ladies – you know you want to wear red today!
Sometimes a younger man is just more attractive to an older woman. He’s got that six-pack and a smile that is still untainted by years of the strains and strife of everyday life. And if she has taken good care of herself, why not reward herself with someone young and hot?

And it’s not a one-way street, either. There are a lot of younger men that like older women. The most frequent reasons stated tend to be, “She knows what she wants” and “She’s not interested in playing games.”

Here are six reasons that the experts say drive an older woman into a young man’s arms.

1. Stamina. Men and women peak sexually at different ages. Women in their 40s are hot to trot, while dudes their age for the most part are quietly checking online on how to get ahold of some Viagra or Cialis.

2. He’s flexible. Younger guys aren’t set in their ways, yet. He is more willing to compromise and is generally more open to trying new things. He’s fun.

3. He opens doors – not the physical kind, although it is still a nice gesture. A young cat will show you a different perspective of things and maybe even an outlook that you hadn’t considered before when it comes to music or exercise or even politics.

4. He has energy. Lots of it. Enthusiasm may be a better word. He is more eager about just about anything, from traveling to dining, and
let’s be honest, he’s going to be more eager to experiment in the bedroom, too.

5. Less baggage. He may have a young kid or two, or not. He probably has less baggage all around since he hasn’t dated as much, so his outlook is fresh. But there may be some training involved if he is wet behind the ears when it comes to the dos and don’ts of a relationship.

6. He will boost her ego. Oh yea. “Look what I got!” There is no doubt that attracting a younger man will send a woman’s ego to the top. And if he’s fine at that? You will starting seeing your girl out more, as she shows off her new beau, especially in front of those guys her age who did her wrong or never gave her the time of day. Two snaps!
Strong Women Only Intimidate Weak Men

What's the Best Age To Get Hitched?
Although the divorce rate in the U.S. is quite high (nearly 50 percent), many people still opt to get married. In fact, it’s still considered one of the biggest days of a woman’s life.

There are some things that you can do to try to make your marriage a long lasting one, and one of those things is marrying at the “right” age. It’s not an exact science, but certain ages generally means certain things in a lady’s life and these things can make someone ripe to jump the broom.

Drum roll… 25.

Now here’s the reasoning behind it… money and education, not necessarily in that order, but definitely this combo at this age can make for a long lasting commitment.

At this age, you have probably completed college and gotten your degree. Statistics show that women with higher levels of education have a lesser chance of becoming divorced. Ladies who have earned certificates and degrees tend to be more confident and make better choices. They are less likely to settle and more likely to be more selective.

Also, by 25, women tend to be into their careers pretty good and are making enough money to support themselves. Again, they will be more selective in choosing a man since they know that they can take care of themselves and don’t need a man to, as Destiny’s Child once sang, “pay my bills.”
Women who marry after age 25 also tend to have experience managing money and so they come into a marriage with that capability, which can mean the couple is less likely to fight about money.

Since it’s likely a woman age 25 or older has been out in the real world for some time now, she is also likely to have some people skills that she picked up in school or in the workplace. Learning to be responsible, solving problems and juggling schedules are all skill sets that can also become assets in a long-term relationship.

By 25, a lady has had some experiences and is more likely to know what she wants. She’s clearer on her values and has goals in mind and will choose a partner that reflects her own tastes in life. She has already dated some duds and is less interested in the dude that looks good and is more interested in the dude that is good.

Of course, there are younger women that are smart and together, and there are older women who are ratchety and useless. But statistics show that divorce rates dip dramatically for those who wait until at least 25. Here are some numbers: Black women who marry at 18 have a 55 percent chance of divorce, while those 25 and older are only 38 percent likely to split up. The statistics for the all races show that while 48 percent that marry at 18 end in divorce, only 24 percent of those at 25 or older end in divorce.

By the way, ladies, these same studies say that the optimal time for a man to marry is 27-29.
Copyright

Copyright © 2014 by Farrah Gray.

All rights reserved. No portion of this publication may be reproduced, stored in a retrieval system or transmitted in any form by any means—except for brief quotations in published reviews—without the prior written permission of the author.

Credits

Cover and Wardrobe Provided By Stitched (Las Vegas Strip)

Ronald Smith & Ryan Beyer