Celebrity Break-Up: Corinne Olympios Is Single Again After Announcing New Relationship





Karley Kemble

Just two weeks after announcing her new relationship, Corinne Olympios is back on the market. The former *Bachelor* hopeful was dating a Los Angeles area relator, but the pair has endured a <u>celebrity break-up</u>, reports <u>UsMagazine.com</u>. This <u>celebrity news</u> is a shock to fans, as Olympios said things were going well when she first spoke out about her now-ex. The reality star apparently in good spirits about her current relationship status, and shared the qualities she's hoping to find in a future partner: "I'm just looking for someone who's,

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like, chill and relaxed, supportive, cool," she said. "We don't need to rush into anything." Hang in there, Corinne!

Corinne Olympios just went through another celebrity break-up very soon after announcing her relationship. What are some ways to know if your new relationship will last?

Cupid's Advice:

When you begin a relationship, there's always an element of uncertainty. Sometimes, you just know when somebody's going to be around for longer than a few dates. Here's what Cupid has to say:

1. They're eager to be with you: Everyone's busy to some extent. However, it is important to recognize the difference between not having time and making time. If your partner seems super eager to spend a lot of time with you, and never (or very, very seldom) postpones plans, that is very telling! Even better: when the time they want to spend with you is thoughtful or seemingly mundane (i.e. offering to tag along with you while you run errands.)

Related Link: <u>Celebrity News: Find Out What Corinne Olympios</u> <u>Remembers from Night of 'Bachelor in Paradise' Incident</u>

2. They take a genuine interest in your life: When others might brush you off and seem indifferent about something small that excites you, your new partner shares the new excitement with you. They love hearing you talk about the details of your life – big and small. The same goes for you, too. If you're

excited to learn all there is to know about them, you might just have yourself a lasting relationship!

Related Link: <u>Celebrity News: Controversial 'Bachelor' Alum</u> <u>Corinne Olympios is Headed to 'Bachelor in Paradise'</u>

3. They listen (and remember!): We can all tell if somebody is *actively* listening and *genuinely* caring. Perhaps you mentioned something in passing, and they bring it up later. That's a really, really good sign! It shows that they care about you and all that you have to offer!

How could you tell if your relationship was going to last? Comment below – we'd love to hear from you!

Celebrity Interview: 'RHONJ' Star Teresa Giudice Opens Up About New Book, 'Standing Strong'





Interview by Lori Bizzoco. Written by Karley Kemble. In our exclusive celebrity interview, Teresa Giudice candidly discusses her new book, her four daughters, and her controversial past. Standing Strong is all about finding strength during tough times — something that the Real Housewives of New Jersey star knows the importance of from firsthand experience. Ultimately, she hopes to use her celebrity status as a platform to help women struggling with financial infidelity. Her words of advice to the masses? "Stand strong — nothing bad lasts forever," she shares. "Even though you feel like you're going through a rough time, you're gonna get through it."

As for the future, expect to see more from this bestselling author. "The sky's the limit, and I'm all about empowering women," the <u>reality TV</u> star says in our celebrity interview. "So, you know, we'll see what comes my way in the future."

You can follow Teresa on Instagram at <u>@teresagiudice</u> and purchase her book on <u>Amazon</u>.

Celebrity News: Inside 'Bachelor in Paradise' Stars Raven Gates & Adam Gottschalk's Relationship





Ashleigh Underwood

While she may not have gotten the fairy tale ending during her run on <u>The Bachelor</u>, Raven Gates has surely found love this time around. According to <u>E! Online</u>, Gates and boyfriend Adam Gottschalk met on this season of <u>Bachelor in Paradise</u> and have not let their spark fade away since. Ever since the season ended, the <u>celebrity couple</u> have posted several photos

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together on Instagram documenting their amazing time together. In one caption, Gates wrote of Gottschalk, saying, "my ride or die."

In celebrity news, this *Bachelor* Nation couple is still going strong. What are some ways to continue building the strong foundation of your relationship?

Cupid's Advice:

Keeping a relationship strong and healthy, takes a lot of work. There need to be a solid foundation built if there is any hope of continuing on. Here a few ways to strengthen your romantic foundation:

1. Communicate: The only way to build a relationship with someone is to talk with them. Get to know who they are, what they like and don't like, who their family is, and tell them all the same things about yourself. In order to have a strong relationship with someone, you have to know them and be able to accept them as they are.

Related Link: <u>Celebrity News: 'Bachelor in Paradise' Star</u> Danielle Lombard Says Dean Unglert Was 'Encouraged to Cut Ties

2. Explore: Once you know more about your partner, go out with them and see for yourself who they are. If they enjoy sports, go to a game with them and really see them in their element. Not only is it important to do things together that you enjoy, but it lets you see more of their personality in action.

Related Link: Celebrity News: Spoiler Alert! 'Bachelor in

Paradise' Stars Derek Peth & Taylor Nolan Are Engaged

3. Work: One of the simplest things you can do in a relationship to help it grow, is to work for it. Make an effort to show them you care and that you want it to work. Doing the little things, like cooking dinner one night or surprising them with a gift you know they'd love, just continues to build on that romantic foundation that you two have.

How do you build up your relationship? Comment below!

Celebrity Break-Up: 'Bachelor' Nick Viall Addresses Being Single After Split from Vanessa Grimaldi





Ashleigh Underwood

As much as we wish it weren't true, *The Bachelor* doesn't always end with a fairy tale. Sadly, such is the case for <u>celebrity couple</u> Nick Viall and Vanessa Grimaldi. After being engaged for several months, the couple announced their split in August and embraced single life. In a recent <u>celebrity interview</u>, Viall finally opened up about being single. According to <u>UsMagazine.com</u>, Viall said, "It's never fun, right? I don't know. Being single kind of sucks. But what can you do?"

This celebrity break-up talk has us feeling bad for this *Bachelor*. What are some ways to embrace the single life after a split?

Cupid's Pulse:

Break-ups are always tough and can be hard to handle. While there is no magic cure to the pain of heartbreak, here are a few ways to embrace single life:

1. Focus on you: There is no better time to spoil yourself and learn about who you are, than when you are single. When you become single, you are flooded with a large amount of free time. This can be overwhelming and disheartening if you don't know how to fill that time. So, instead, spend this time trying new things and learning about yourself.

Related Link: <u>Celebrity Break-Up: Nick Viall Says He Still</u> Loves Vanessa Grimaldi Post-Split

2. Be with your friends: Being in a relationship sometimes means that you have less time to be with your friends. When you are single though, you have endless time to be with your friends and catch up. They are the ones who will carry you through this break up and stand by your side no matter what. So, take this time to be with your squad and live it up.

Related Link: <u>Single Celebrity: Bachelor's Ashley Iaconetti</u> <u>Isn't Interested in "Random Dates"</u>

3. Travel: What better way to move on from a break-up than to travel the world. Take some days off of work and live it up in a new town, new country, new scenery. Any place you go will be uplifting to your soul and will help you embrace single life even more.

How did you embrace single life? Comment below!

Celebrity News: 'Bachelor in

Paradise' Star Danielle Lombard Says Dean Unglert Was 'Encouraged' to Cut Ties





Melissa Lee

Is there ever a time where there *isn't* a ton of drama in Bachelor Nation? <u>Bachelor in Paradise</u> star Danielle Lombard recently disclosed some juicy <u>celebrity news</u>. In a recent interview, she says that Dean Unglert, who simultaneously dated Lombard and Kristina Shulman during the show, was encouraged to cut ties with Lomboard in the finale of the show. Unglert, who originally found interest in Schulman, flip flopped between the two girls this season. According to <u>UsMagazine.com</u>, Lombard says that Unglert is infamous for constantly changing his mind, and relationships are no exception. She further disclosed that the producers of the

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show make it seem like there's always a greater opportunity to meet someone new and connect with somebody else. Sounds fishy!

This celebrity news continues the 'Bachelor in Paradise' drama from the most recent season. What are some ways to know if you're respected by your S.O. in a relationship?

Cupid's Advice:

Dean is definitely looking sketchy after the nation watched him mess around with both Danielle and Kristina. This kind of situation is totally unfair – in order to prevent getting disrespected by your significant other, check out Cupid's advice:

1. Communicate often: If you're speculating that your partner is being dishonest, the best way to figure that out is through communication. If they aren't communicating with you very often, or they don't seem super serious about your relationship, it may be a cause for concern. Sit your significant other down and talk everything out – after all, it's better to be safe than sorry.

Related Link: <u>Reality TV Update: Andi Dorfman Is 'Excited' to</u> See Arie Luyendyk Jr. as New Star of 'The Bachelor'

2. Talk to your friends: Though sometimes it's better to avoid the opinions others have on your relationship, this may be a time where you should lean on their advice. If your friends or loved ones have been around you and your partner, ask them how they feel about them. Do they think they're disrespectful? Or do they think you two go well together? Take their thoughts into consideration.

Related Link: <u>Reality TV Star Dean Unglert Talks About</u> <u>'Bachelor in Paradise' Love Triangle</u>

3. Listen to your gut: At the end of the day, your instincts will never guide you in the wrong direction. If you truly feel that something's off, don't torture yourself by being in a toxic relationship. When it comes down to it, the relationship may not be meant to be, and that's completely okay.

What are some of your tips for figuring out if you're being disrespected in your relationship? Share your thoughts below.

Reality TV Update: Andi Dorfman Is 'Excited' to See Arie Luyendyk Jr. as New Star of 'The Bachelor'





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Ashleigh Underwood

The <u>latest celebrity news</u> reveals that Arie Luyendyk Jr. is the newest star of <u>The Bachelor</u>, and former <u>Bachelorette Andi</u> <u>Dorfman</u> is happy to share her excitement. In a recent <u>celebrity interview</u> with <u>UsMagazine.com</u>, Dorfman says, "I think it's cool, it's kind of interesting. It's going back a little old school." And she's completely right: With the network bringing back an old contestant, there is bound to be some riveting plot twists and interesting people returning to this longtime reality TV show.

This former *Bachelorette* is just as excited as we are for the upcoming season of *The Bachelor*! What are some ways to support your friends as they look for love?

Cupid's Advice:

Being a good friend means being there through thick and thin. Whatever they are going through, you are by their side, holding their hand. When it comes to their search for true love, here are a few ways to show your support:

1. Know how to listen: The most important thing you can do to help a friend is to simply listen. When your pals are upset or struggling with something, odds are, they just need to get it out of their system. Allowing them to talk through it can help their situation more than anything else.

Related Link: <u>Celebrity News: Peter Kraus Speaks Out About</u> <u>Arie Luyendyk Jr. Becoming 'The Bachelor'</u>

2. Empathize with them: While you may not be experiencing the exact same thing, you can probably relate. Share your stories with your friend and let them know they're not alone. This way, they'll feel more comfortable and hopefully feel better faster. When you share your experiences with them, it may also help them to come to another solution they may not have thought of before.

Related Link: <u>Celebrity Break-Up Nick Viall Says He Still</u> Loves Vanessa Grimaldi Post-Split

3. Be their wingman: There is nothing more empowering than having your friends talk you up. If they are struggling to find love, help set them up with someone! No one knows your friend and what they want more than you. You can pair them up with the perfect partner and help them jump start a new relationship.

How do you support your friends as they look for love? Comment below!

Reality TV Star Dean Unglert Talks About 'Bachelor in Paradise' Love Triangle





Ashleigh Underwood

Finding love isn't easy, even for <u>Bachelor in Paradise</u> contestants. As reported by <u>People.com</u>, during this season's competition, reality TV star Dean Unglert found himself in the middle of a love triangle. He initially pursued a relationship with Kristina Schulman and then showed interest in Danielle Lombard, ultimately leading them both on. Schulman eventually took herself out of the game, allowing Unglert to continue his <u>celebrity relationship</u> with Lombard. While filming Monday's finale episode, the <u>reality TV</u> star admitted that he hurt both women throughout the show. "Watching it all play back, it makes me realize that I need to change a lot of things about

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myself before I can actually pursue a relationship," he shared. "It sucks to come to that realization that what you've been doing is just not right. To see how deeply upset Danielle and Kristina both were, it hurt."

Dean Unglert realized that he needed to change after viewers saw him involved in a reality TV love triangle. What are some ways to make sure you're ready for a relationship?

Cupid's Advice:

As Unglert learned, starting a relationship can be stressful. If you are unsure whether or not you're ready to begin something new, answer the three questions below:

1. Are you comfortable with yourself? A big part of dating is joining together two lives: your's and your partner's. Before you commit to a relationship, make sure you're happy with who you are and the life you're living. As they say, you must love yourself first.

Related Link: <u>Celebrity News: 'Bachelorette' Castoff Dean</u> <u>Unglert Still Isn't Speaking to Father After Emotional Reunion</u>

2. Are you a good communicator? In order to make a relationship work, you have to communicate. When an issue arises, the two of you need to be able to work it out in a healthy way. Make sure you are ready to talk openly and honestly with your partner.

Related Link: <u>Celebrity Break-up: 'Bachelor in Paradise' Star</u> <u>Amanda Stanton Opens Up About Her Split From Robby Hayes</u> **3. Have you moved on from your past?** If you hope to move forward in a relationship, you need to let go of the past. You cannot be focused on your previous dating experiences and how they ended up. All you can do is learn from your past and concentrate on the present.

Cupid wants to know: How did you know that you were ready for a new relationship?

Celebrity Break-Up: 'Bachelor in Paradise' Star Amanda Stanton Opens Up About Her Split from Robby Hayes





Melissa Lee

Looks like there's trouble in paradise! <u>Bachelor in Paradise</u> star Amanda Stanton recently spilled details about her celebrity break-up from Robby Hayes. <u>EOnline.com</u> reported that, following their brief reality TV romance, the former <u>celebrity couple</u> attempted to make their relationship work in the real world. Hayes asked Stanton to be his girlfriend but continued to go out with his friends and go MIA for multiple days at a time. Stanton has taken a mature position following their <u>celebrity break-up</u>, saying that she doesn't blame him for anything and wishes him the best.

Amanda Stanton is staying positive after her latest celebrity breakup. How can you keep a good attitude following a split?

Cupid's Advice:

Break-ups can be super tough, so props to this reality TV

star for staying positive and moving on! If you find yourself struggling to keep a good attitude after a split, check out Cupid's advice below:

1. Be nice: Although you may want to talk badly about your ex, it's better to be nice and keep a positive mindset. Wish them the best and move forward instead of focusing on the past and starting drama. The cliche "fake it 'til you make it" is true: If you think only good things about your ex and your former relationship, you'll eventually begin to believe them!

Related Link: <u>Celebrity News: Spoiler Alert! 'Bachelor in</u> Paradise' Stars Derek Peth & Taylor Nolan Are Engaged

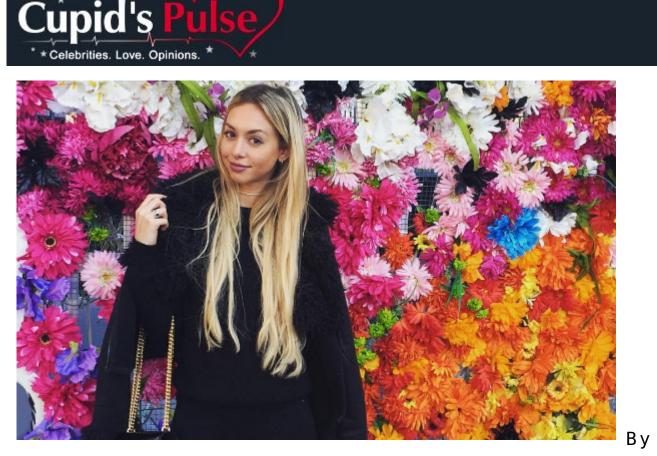
2. Focus on yourself: Instead of wondering what your ex is doing or being sad about the break-up, use it as ammunition to better yourself. You have the power to make any situation better, and if you do things to positively impact your own life, you won't be as concerned with the split. Start a new workout routine, focus on your career, or make an effort to spend more time with your friends.

Related Link: <u>Celebrity News: Peter Kraus Speaks Out About</u> <u>Arie Luyendyk Jr. Becoming 'The Bachelor'</u>

3. Unfollow your ex: Unfollowing your former lover on social media can be extremely cleansing. If you're less concerned with who they're with or what they're doing, it'll be easier for you to stay positive. Out of sight, out of mind, right?

What are some of your tips for staying positive after a breakup? Share your thoughts below.

Celebrity News: Peter Kraus Speaks Out About Arie Luyendyk Jr. Becoming 'The Bachelor'



Ashleigh Underwood

The new <u>Bachelor</u> for season 22 has been decided. While many fans believed Peter Kraus was the front runner and clear choice, the <u>latest celebrity news</u> is not in his favor! Instead, Arie Luyendyk Jr. will be this season's star. Although ABC went in another direction, Kraus believes they "made the right choice," according to <u>E! Online</u>. He is grateful for the opportunities <u>The Bachelorette</u> provided for him and is ready to continue helping people in his home state of Wisconsin.

In this celebrity news, Peter Kraus says he supports ABC's decision, but does he really? What are some ways to deal with rejection?

Cupid's Advice:

Rejection can be hard to deal with, especially when you were sure of the outcome. So, when it rejection hits you out of nowhere, use these tools to to make it through:

1. Accept the outcome: Denying rejection will not make it go away. In fact, it will only delay your ability to move on and try again. So, after giving yourself some time to grieve, acknowledge the rejection and move forward.

Related Link: <u>Celebrity News: Allison Janney Reveals How Anna</u> Faris is Handling Split from Chris Pratt

2. Don't give up: When you are faced with rejection, it is all to easy to throw in the towel forever. Don't! Rejection happens all too often in life and you have to learn to continue on afterwards. Try and see it as a minor set back and then continue to go after your goals.

Related Link: <u>Celebrity Break-Up: Kylie Jenner Says She's</u> <u>'Genuinely Happy' and Having 'More Fun' After Split from Tyga</u>

3. Don't take it personally: Rejection is never about you as a person. Whether you were denied a job, a date or an opportunity, the blame cannot be placed on yourself. The person in control was rejecting what didn't work for them or their situation. It does not mean that there is something wrong with what you have, it was just the wrong fit.

How do you manage rejection? Let us know below!

Celebrity News: Spoiler Alert! 'Bachelor in Paradise' Stars Derek Peth & Taylor Nolan Are Engaged





Ashleigh Underwood

This season, *Bachelor in Paradise* has fulfilled its goal of helping its contestants find love. In <u>latest celebrity news</u>, Derek Peth and Taylor Nolan have decided to continue their romance and have gotten engaged! According to <u>UsMagazine.com</u>, the <u>celebrity couple</u> engagement came out of the blue on Wednesday, August, 30. With a Neil Lane ring, Peth

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popped the question during a taping of *Bachelor in Paradise's* after-show.

This celebrity news comes before this season of *Bachelor in Paradise* is even complete! What are some ways to keep your engagement on the down-low until the right time?

Cupid's Advice:

Getting engaged is a big and important step in a relationship. However, you may not be ready to share your big news with everyone around you. Here are a few ways to keep your new status quiet until the right time:

1. Stay off social media: When you and your partner get engaged, it's only natural to commemorate the event with photos. While you may be tempted to share photos or post subtle clues about your relationship, don't. Social media is the easiest way for your news to spread, whether or not you're ready for it.

Related Link: <u>Is Your Boyfriend Hopping Around the Big</u> <u>Question?</u>

2. Don't show off your ring: If you and your partner want to keep your relationship on the down-low, it is best to hide your ring. Your ring is a dead giveaway. So, when you are out in public it is best to keep it hidden, or take it off altogether.

Related Link: <u>Celebrity New: 'Bachelor in Paradise' Premiere</u> Addresses DeMario Jackson & Corinne Olympios Scandal 3. Make it a private event: When people get engaged, it seems only nature to make a grand gesture. However, when you are trying to keep things quiet, it is best to keep your proposal simple and private. Instead of proposing at a big event, opt for an intimate dinner or romantic night in.

How did you keep your engagement on the down-low? Comment below!

Celebrity Break-Up: Nick Viall Says He Still Loves Vanessa Grimaldi Post-Split





<u>Melissa Lee</u>

It seems like there's always drama in *Bachelor* Nation, and this week is no exception. After season 21 *Bachelor* Nick Viall and Vanessa Grimaldi announced their split last week, Viall broke his silence regarding the situation. "I still love her very much. I'm not afraid to say that," Viall admitted at the Wrangler by Peter Max line debut party. According to <u>UsMagazine.com</u>, he wants to stay friends with Grimaldi, despite the difficulty of the separation.

This celebrity break-up really wasn't that shocking. What are some ways to know you're not a good match with someone?

Cupid's Advice:

Heartbreak is real, but it comes as a result of realizing the person you're dating just isn't for you. If you're wondering whether or not your partner is a good match, check out some of Cupid's advice below:

1. Differences and similarities: Although they say opposites attract, there is such a thing as *too* many differences. If it gets to a point where you realize that the differences between you two are starting to take a toll on your relationship (and result in frequent arguments), it might be a sign that you're not the best match. Differences in morals, attitudes, and personalities can be an on-going conflict in relationships, so make sure to pay attention.

Related Link: <u>Single Celebrity: Bachelor's Ashley Iaconetti</u> <u>Isn't Interested in 'Random Dates'</u>

2. Comfort level: Ideally, you would like to feel completely

comfortable around your significant other, right? But... what if this isn't the case, and you can't imagine yourself ever getting particularly comfortable around them? This would be a cause for concern. Your partner should be someone that never judges you, so if you feel like this isn't the case, it may be something you need to think about.

Related Link: <u>Celebrity Couple News: George & Amal Clooney</u> <u>Enjoy Date Night in Lake Como</u>

3. Think forward: Do you see yourself having a future with this person? If you are dating seriously, it's important to think forward about whether or not you think things will last. If they have qualities that you personally don't want in a longterm partner, this could be a sign that you two aren't a great match. Although it's fun to casually date as well, you need to keep in mind what you would like to get out of the relationship.

How do you know someone you're dating isn't a good match for you? Leave your thoughts below.

Single Celebrity: Bachelor's Ashley laconetti Isn't Interested in "Random Dates"





<u>rissa Donovan</u>

Ashley laconetti doesn't make dating her first priority. According to <u>UsMagazine.com</u>, <u>The Bachelor</u> alum is too busy to go on random dates after she's done recording her Almost Famous podcast. The <u>single celebrity</u> joked that she would rather have God drop a husband in her lap than go on dates with strangers. We bet that laconetti will someday get lucky with love!

In <u>celebrity news</u>, Ashley laconetti claims to be too busy for romance. How can you open up your schedule for <u>date nights</u>?

Cupid's Advice:

Although we can't predict when you will meet the next person you'll be in a relationship with, we can help by giving you some advice about opening up your schedule for date nights:

1. Free up your weekend nights: The best opportunity to go on

date with a busy schedule would be your weekends. Many fun venues usually have events that you and your date can enjoy on Saturday. Sundays are good for restaurants specials and maybe brunch specials depending on what you and your date want to do.

Related Link: <u>Celebrity News: Lauren Bushnell Has A New</u> <u>Boyfriend</u>

2. Try finishing up work projects during week: Tackle work projects during the week to allow you to enjoy your weekend. It might be easier said than done, but you will be thankful when you have a fun date to enjoy on the weekend!

Related Link: <u>Celebrity News: Former 'Bachelor' Ben Higgins</u> <u>Discusses Why He Sent Becca Tilley Home Before Hometown Dates</u>

3. Take advantage of the holidays: The holidays are really good for date nights! Most work offices will give their workers time off. Take advantage of your free time by planning a date night with someone new!

How can you free up your schedule for date nights? Let our busy readers know in the comments!

Celebrity Breakup: 'The Bachelor' Couple Nick Viall and Vanessa Grimaldi Call Off Wedding Engagement





<u>rissa Donovan</u>

Bad news for those rooting for Nick Viall and Vanessa Grimaldi to get married soon. The celebrity couple has split up! According to <u>EOnline.com</u>, <u>The Bachelor</u> couple shared a joint statement on their <u>celebrity break-up</u> and there's a great amount of heartbreak for the both of them. Before their split, the <u>Reality TV</u> stars were determined to not let the <u>Bachelor</u> curse effect their relationship. We hope the two can find love again and maybe star on <u>Bachelor in Paradise</u> in the future.

This <u>celebrity news</u> is upsetting to hear! What are some benefits of sharing your break up news with

your ex vs. doing it alone.

Cupid's Advice:

Telling people that your relationship has ended is upsetting. Depending how the relationship ended, you might find yourself able to break the news with your former partner. Here are the perks of sharing your break up news with your ex compared to doing it alone:

1. You've ended on good terms: There's a good chance you ended your relationship on good terms if your ex is willing to spread the news about your split. Most exes are too hurt to come together to share bad news about their former relationship. It's a good sign that they want what's best for the both of you.

Related Link: <u>Celebrity News: 'Bachelor' Stars Nick Viall &</u> <u>Vanessa Grimaldi Attend 2017 MTV Movie Awards</u>

2. You can be civil from now on: Ending things together will allow you to be civil in the future, instead of being spiteful or sad about the break up. You do not have to be best friends with your ex, but it's good that you can move on from the relationship without any emotional bruises.

Related Link: <u>Celebrity Wedding: 'Bachelor' Alum Nick Viall</u> <u>Explains Why He and Vanessa Aren't Planning a Televised</u> <u>Wedding</u>

3. People will respect how you both handled it: It's a sign of maturity that you can both stay strong and help each other work toward a new beginning by ending things together. People may ask if there's a chance you may get back together. That's another discussion you can have if you both change your mind about breaking up.

What do you think the future holds for these two celebrities?

Celebrity Interview: 'Love Blows' Creators SallyAnn Salsano & Patti Stanger Discuss Reality TV & Modern Dating





Inter

view by <u>Lori Bizzoco</u>. Written by <u>Marissa Donovan</u>.

Television producer SallyAnn Salsano and famous matchmaker

Patti Stanger have teamed up to create a new reality TV show on WE tv called *Love Blows*, which follows the drama of a Chicago family's matchmaking business. In our exclusive <u>celebrity interview</u>, Salsano and Stanger chat about their show, previous television projects, and today's dating world.

Read and listen to this celebrity interview from the masterminds behind the matchmaking reality TV show Love Blows!

http://cupidspulse.com/wp-content/uploads/2017/08/Sally-Ann-Sa lsano-and-Patti-Stanger-Interview-for-Love-Blows.mp3

SallyAnn, we last spoke about *Martha and Snoop's Potluck Dinner*, so I have to start off with saying congratulations because that's a tremendous success and your first Emmy nomination! How does that make you feel?

Salsano: I'm super proud of that. They are such power houses, superstars, and household names worldwide. Working with them – there's almost nothing they won't do. They are super dedicated 24/7 and on set with you morning, noon, and night. And creatively, it's really fun. We really had a great time.

Related Link: <u>'Martha & Snoop's Potluck Dinner Party' Producer</u> SallyAnn Salsano Talks About Her Hit Reality TV Shows & <u>Possible 'Jersey Shore' Revival</u>

You've said that there are a lot of commonalties between them, even though people may view them as so different. Do you think that played a role in the show's success?

Salsano: There's all this hullabaloo now in our world about different people and people being against each other. If the country was more like this show, we'd be in a better place. If

you like someone, nothing brings you together more than a good meal and good conversation. Just get together and have a good time! It doesn't matter where you're from, where you're raised, or what you're like. At the end of the day, we all like to eat, laugh, and have fun. That's basically what this show's about.

Absolutely – great point. Patti, last month, you were on *Hollywood Medium* with Tyler Henry, and you shared that your adoptive mother was really good at giving you advice. What was that experience like?

Stanger: It's not so much what he says and how he says it. It's more like, when you're in the room, there's a strong energy. You *feel* the presence of your loved one. He's a guy that brings in the energy of your loved ones, and you feel loved. My mom died a really horrible death of lung cancer, and at the end, she was in a lot of pain. So knowing that she was okay was important to me. And then my biological mother showed up — that was all really nice. I never met her, but I felt a presence. You can't tell that though the television though.

Related Link: <u>Celebrity Interview: 'Hollywood Medium' Star</u> <u>Tyler Henry on His New Memoir & Career: "This is Fundamentally</u> <u>What I'm Meant To Do"</u>

Now, let's talk about *Love Blows*. This is just an amazing collaboration. Who came up with the idea?

Salsano: Patti!

Stanger: I came up with the idea. I wanted SallyAnn involved because she did *Jersey Shore*, and I envisioned this show to be in the same style. I just thought she was the perfect powerhouse to go into Chicago and turn it upside down. Chicago didn't have it's own reality TV show, which was really important.

These are people I work with - I'm like the head affiliate for

matchmakers around the world. I'm the one generating leads, giving them advice, and training them. So Lisa used to fix me up — we were like sisters. One day, she told me the story about her husband who cheated on her with her best friend and she stills works with both of them! Their kids are now training to take over the business. I was like, "Oh my god, this is a reality TV show."

I originally sold the show in a different format to Bravo, but when I left Bravo, I took it back. SallyAnn reformatted it and came up with a better concept than what I had. It was just going to be a pilot at first, but of course, given the powerhouse that she is, she made it go straight to series. We're super excited. It's going to connect to viewers like *The Real Housewives of Beverly Hills* and *Vanderpump Rules*. It's a show you can keep watching for two hours straight.

So you knew Lisa before you started developing the show?

Stanger: She's someone I work with on a regular basis. All matchmakers work with me; we all work with each other. What's great about this show is that you're going to see this unveiling of the industry. You're going to see behind the scenes of matchmaking, which is a real business that you cannot major in at college. The only place you can get certification is through my old assistant who owns the Matchmakers Institute in New York. You train with matchmakers. You shadow them, like other matchmakers have shadowed me. It's cool because it's always handed down generation after generation – the way Lisa plans on handing it down to her daughter Annie.

A lot of crazy things happen in these episodes, a lot of cliff-hanger drama. And I'm appearing in a lot of episodes, which is fun.

SallyAnn, you've produced a lot of shows about love and relationships. What do you think makes this one different?

Salsano: It's actually real. There's something about a family dynamic that you can't change. If you combine the young and beautiful people on *Vanderpump Rules* with the drama of *Flipping Out* and the family dynamic of *Cake Boss*, then you get *Love Blows* – this show has it all. And it's all coming from a place of helping other people find love.

Mixing Patti's star power and expertise with their family dynamic is a recipe for success. Still, there's a lot of disastrous moments behind the scenes too. It's the stuff that reality shows are made of – and it's completely authentic.

Related Link: <u>Celebrity Video Interview: 'Millionaire</u> <u>Matchmaker' Star Patti Stanger on How a Relationship and Love</u> <u>Changed Her: "I'm Much More Relaxed"</u>

Shifting gears, let's talk about digital matchmaking versus traditional matchmaking. Do you think singles are ready to get back to true matchmaking – where a matchmaker (instead of a website or app) sets them up on a date?

Stanger: Personal attention will never be defeated by an app. Ever! With a matchmaker, you have someone selecting potential partners for you and talking to you on a daily basis…versus an app that has no information! You don't even know how tall they are, how many kids they have, if they're divorced. That's why matchmaking is older than prostitution – it's as old as time.

Do you think the show could help bring back the matchmaking industry?

Stanger: I wanted to make it a major in college – where you could actually major in it and open your own business. The industry is really going to change in the next 10 years. We've already passed the two billion dollar mark – internationally, not just in the United States.

We've never been able to use FaceTime matchmaking because people want to hide their looks, their voices, their age, their height, and their weight. So that's the next frontier: Will you FaceTime with somebody? Will you show them who you are in broad daylight without makeup on and your hair up?

That's brilliant! Getting back to the show, Patti, we'd love to know a bit more about your role on-camera.

Stanger: You see a little bit of a softer side of me. I come in to help Annie, and I have to shut Lisa down because Lisa's more of a screamer than I am in this particular season. On top of it, I go on three dates.

I'm still going to lose my cool because I'm Patti, but I'm not in charge, so it's a different side of me. It's hard because I'm used to calling the shots. I'm more like the therapist that comes in to fix the problems in the family.

Related Link: <u>Celebrity Interview: 'Ex Isle' Executive</u> <u>Producer SallyAnn Salsano Talks Reality TV</u>

I have a couple additional questions for you, SallyAnn. The last time we spoke, I asked you if there would be a reunion for the *Jersey Shore* cast...and then *Reunion Road Trip* happened!

Salsano: That had nothing to do with me. Oh my god, I would kill to do one – with the entire cast and have them talk about the past.

As you probably know, Ronnie Ortiz-Magro and Pauly D have both been on the show *Famously Single*. Have you watched it?

Salsano: Of course. I watch this show and everything those cast members do. We have a group text going, and we always support each other. They're like my children. They call me "Mom." It makes me feel 900 years old, but it is what it is! There's something different when you know somebody before anyone else did. I think you just kind of have a different bond with them and different insight into who they are.

Any final words about Love Blows?

Salsano: Just watch it!

Stanger: You need to watch it live. We have this expression on WE tv: "Live or Die." You're going to get tips about what to do if you want to open your own business, if you're dating someone and it's not working out, if you want to get back in the game after a divorce. People date on Saturdays or Sundays, so they need to tune in on Friday night! They need to have these tips in their arsenal. We can basically be your dating coaches.

Check out the buzz for yourself by watching the premiere of Love Blows on WE tv TONIGHT at 10/9c!

Celebrity Baby: 'Bachelor in Paradise' Stars Jade Roper & Tanner Tolbert Reveal Baby Girl's Name





By <u>Ma</u>

<u>rissa Donovan</u>

This <u>Bachelor in Paradise</u> couple have released their daughter's name! According to <u>UsMagazine.com</u>, the <u>Reality</u> <u>TV</u> stars named their daughter Emerson Avery Tolbert and have given her the nickname Emmy. Roper posted a photo of her newborn daughter on her <u>Instagram</u>, while also promoting her baby blanket from Highway 3. This <u>celebrity mom</u> is already showering her baby with love!

This <u>celebrity baby</u> name is super cute! What are some ways to compromise about baby names with your partner?

Cupid's Advice:

Coming up with your child's name is a team effort as parents. There may be some baby names that you and your partner may not agree on, but here are some ways you can compromise: **1. Create nicknames:** If your partner chooses a name, create nicknames by shortening the name. This way you will have a special name for your bundle of joy.

Related Link: <u>Celebrity Baby News: 'Bachelor in Paradise'</u> <u>Stars Jade Roper & Tanner Tolbert Welcome Baby Daughter</u>

2. Call dibs on your next child's name: As silly as this suggestion may sound, make an agreement with your partner that you will name or let your partner name the next child that you have. If you only plan on having one child, make a deal to name the next family pet!

Related Link: <u>Celebrity Wedding: 'Bachelor in Paradise' Couple</u> Jade Roper & Tanner Tolbert Tie the Knot

3. Realize it's one of the many battles: Picking a name for your child might be one of the many disagreements you have while parenting together. Since this might be one of the many battles, wait for one that you may feel more passionate about.

What are some cute baby names? Leave your favorites in the comments!

Celebrity News: 'Bachelorette' Alum Shawn Booth Opens Up About Having Kids with Kaitlyn Bristowe





<u>rissa Donovan</u>

Shawn Booth and Kaitlyn Bristowe already have goals for their future children. According to <u>UsMagazine.com</u>, Booth wants his children to be as active as possible and to not be hooked to technology. <u>The Bachelorette</u> alum also added that he wouldn't be opposed if their children wanted to be on <u>Reality TV</u>. The couple has not released <u>celebrity baby</u> news, but we can already predict how awesome they will be as parents!

This <u>celebrity news</u> has us hoping that Shawn Booth and Kaitlyn Bristowe will get married and have kids soon! What are some ways to

deal with the pressure from family and friends to get married and have children?

Cupid's Advice:

Couples who are happy and have been together for years are often pressured to take the next step in their relationship. Whether that means getting married or having kids, here are some ways to deal with the burden of people stressing over the next step in your relationship:

1. Openly express what you and your partner think: When a question pops up about marriage or children, just let you and your partner be honest with the person. Make sure you and your partner first discuss the idea before spitting out the first thing that comes to your mind!

Related Link: <u>'The Bachelorette' Stars Kaitlyn Bristowe &</u> Shawn Booth Celebrate "Longest Celebrity Engagement Ever"

2. Highlight new accomplishments: Instead of letting people focus on the next big moment in your relationship, give attention to new accomplishments. Highlight work promotions and new skills that you and your partner have recently achieved. This allow the person to understand that you both have other life events to focus on.

Related Link: <u>Celebrity Couple Kaitlyn Bristowe & Shawn Booth</u> <u>Talk Wedding Plans & Mile High Club</u>

3. Ask about their experiences: Divert the attention off of your relationship by asking the person about their experience with marriage or having children. The person will most likely share their experiences, even if they were bad. This will make the person feel like they are giving you insight and post pone the focus on your relationship. If the person is not married or have children, just simply ask about their current lifestyles and see what they can share.

What do you think is next for Kaitlyn Bristowe and Shawn Booth? Let us know in the comments!

Celebrity Baby News: 'Bachelor in Paradise' Stars Jade Roper & Tanner Tolbert Welcome Baby Daughter





By <u>Ma</u>

<u>rissa Donovan</u>

More baby news from another <u>Bachelor in Paradise</u> couple has been released! Jade Roper and Tanner Tolbert are now are celebrity parents to their newborn baby girl. According to <u>EOnline.com</u>, their daughter weighed in at 6 lbs., 8.8 oz. and 20 inches long. The <u>Reality TV</u> stars were not expecting their child until September, but their bundle of joy was born August 17, 2017 at 10:03 a.m. Congratulations to the happy parents!

In this celebrity baby news, <u>Bachelor</u> Nation has grown by one! What are some ways to prepare your relationship for a first child?

Cupid's Advice:

Getting ready for a first child can be exciting for you and your partner. Here are some ways you can prepare for your newest family member:

1. Plan a baby budget: For the first few months of having your first child, plan a budget that you and your partner believe is reasonable for your baby. Decide how much you want to spend on baby food and diapers and other accessories the baby may need. Planning a budget will keep you burden free of spending habits.

Related Link: <u>Celebrity Wedding: 'Bachelor in Paradise' Couple</u> Jade Roper & Tanner Tolbert Tie the Knot

2. Install a car seat: Find a car seat that would be safe for your baby and affordable for your price range. Keep in mind that you will most likely upgrade once your child becomes older! **Related Link:** <u>'Bachelor in Paradise' Celebrity Couple Jade</u> <u>Roper & Tanner Tolbert Reveal Romantic Wedding Date</u>

3. Ask family for help: It never hurts to have extra hands helping you prepare for your first child. Ask your parents and your partner's parents for suggestions on how you can get ready for your new baby!

How can you get ready for a first child? Let us know in the comments!

Celebrity News: 'Bachelor in Paradise' Stars Carly Waddell & Evan Bass Discuss Surprise Pregnancy





<u>rissa Donovan</u>

Carly Waddell and Evan Bass recently revealed that their newly announced pregnancy was a surprise for the <u>Reality TV</u> couple. According to <u>UsMagazine.com</u>, Waddell took a pregnancy test in Mexico right after they wed, and the couple was first confused by the result because neither of them knew Spanish. The <u>Bachelor in Paradise</u> stars did not have cameras filming their happy discovery. The couple will find out the sex of their <u>celebrity baby</u> soon!

In this <u>celebrity news</u>, this pregnancy definitely wasn't planned! What are some ways to help your partner cope with a surprise pregnancy?

Cupid's Advice:

Pregnancy news can change the dynamic of your relationship,

especially if it the news comes as a surprise for the both of you. Here are some ways you can help your partner during a surprise pregnancy:

1. Consider possible outcomes: No matter how you and your partner handle the news, you should think about the options you have as a couple and the outcomes each option has. Picking one option that you and your partner agree on can keep the situation less stressful.

Related Link: <u>Celebrity Baby News: Carly Waddell and Evan Bass</u> <u>Are Expecting</u>

2. Be supportive: Stick by your partner's side. The news may be a shock to the both of you, but it's important to let them know everything will work out as long as you have each other!

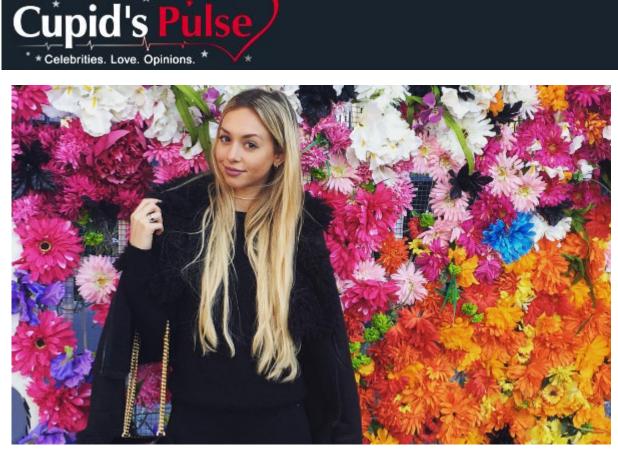
Related Link: <u>Celebrity Wedding: 'Bachelor in Paradise' Stars</u> <u>Evan Bass & Carly Waddell Are Married</u>

3. Ask if they want extra help: As much as we want to be our partner's go-to person, it's sometimes nice to have extra help from family or friends when handling a life changing situation. Ask them if they would like their parents to help get ready for the baby, or a friend to see if they can help out in any way.

Will Carly and Evan have a boy or a girl? Let us know what you think in the comments!

Celebrity Break-Up: 'Flip or

Flop' Star Christina El Moussa Officially Files for Divorce from Tarek



By <u>Ma</u>

<u>rissa Donovan</u>

Famous HGTV series couple has officially split. Christina El Moussa filed for divorce from former husband and co-star Tarek El Moussa. The *Flip or Flop* real estate agents broke the news to fans last December that they were calling it quits after seven years of their <u>celebrity marriage</u>. According to <u>UsMagazine.com</u>, the two are staying civil and will still work together on the <u>Reality TV</u> show.

It looks like this estranged couple is officially having a <u>celebrity</u> <u>break-up</u>. What are some ways to salvage your relationship?

Cupid's Advice:

This couple decided to end their relationship after many years together, but some couple may feel that they can still reclaim their love for each other. Here are some ways you can salvage your relationship:

1. Notice the little details: Noticing the little details while being together is important. Mention how you like their new wardrobe or express how much you appreciate when they take out the trash. It may seem silly, but you and your partner will connect over compliments.

Related Link: <u>HGTV Realtor Steven Aaron Talks 'Selling LA' and</u> Love: "You Can't Be Everything To One Person All The Time"

2. Take a vacation: Sometimes getaways a needed to save a crumbling marriage. Plan a vacation that you and your partner can escape the stress of your daily lives.

Related Link: <u>Celebrity Video Interview: Love Advice From HGTV</u> <u>Host Kelly Edwards</u>

3. Seek a couples therapist: Reach out to an expert when it comes in helping other try to save marriages. A couple therapist can give you and your partner tools to help you problem-solve and help you decide if you want to save your marriage.

What do you think of this celebrity break-up? Let us know in the comments!

Celebrity News: 'Bachelor in Paradise' Premiere Addresses DeMario Jackson & Corinne Olympios Scandal





Melissa Lee

You must have been living under a rock to not have heard about the serious drama surrounding this season of *Bachelor In Paradise.* After Corinne Olympios accused co-star DeMario Jackson of sexual assault, the premiere of season four was a must-watch to see how the show would handle the incident. In <u>celebrity news</u>, according to <u>People.com</u>, host Chris Harrison

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immediately addressed the show's decision to suspend production, claiming that it was a stressful and emotional time for the cast and crew. The rest of the two-hour opener showed Jackson and Olympios quickly bonding, drinking, and getting physical together. By the end of the episode, filming was suddenly halted as producers pulled the two aside. Be sure to watch the next episode of *Bachelor In Paradise* to find out what happens!

This celebrity news is totally full of drama. What are some ways to keep drama out of your relationship?

Cupid's Advice:

This story has been filled with ups and downs, keeping us on the edge of our seat. With the constant drama going on, Corinne and DeMarco must feel their heads spinning. If you're looking to keep drama out of your relationship, check out some tips from Cupid:

1. Forget social media: At the end of the day, it's important to remember that your relationship solely consists of you and your sweetheart. When we're always posting on social media, an opportunity for people to criticize or create drama can most definitely arise. If you want to avoid drama, try to lessen your social media appearance by skipping out on constantly posting.

Related Link: <u>Celebrity News: 'Bachelorette' Rachel Lindsay</u> <u>Picks Her Man in Finale</u>

2. Keep it casual: Don't rush into anything serious, especially when the relationship is relatively new. Go at your own pace and keep things casual until they naturally become

steady. If you or your lover are putting pressure on the relationship to make things serious (for example, moving in together or meeting the family too soon), this can create problems and that unwanted drama.

Related Link: <u>Celebrity Baby News: 'Bachelor' Alum Vienna</u> <u>Girardi Miscarries Twin Girls</u>

3. Keep the exes out of it: This should be a given for any healthy relationship, but be sure to keep your exes far away. Regardless of the circumstances, having your ex-lover as a consistent person in your life can only be trouble. It can spark trust issues, infidelities, and overall uncomfortable vibes that should just be avoid altogether.

What are some of the ways you keep drama out of your relationship? Leave your thoughts below.

Celebrity Break-Up: 'Vanderpump Rules' Star Stassi Shroeder Gets Dumped By Boyfriend on 4-Year Anniversary





<u>rissa Donovan</u>

Stassi Shroeder had her heart broken big time! The <u>Reality</u> <u>TV</u> star shared on her <u>Twitter</u> that, after her four year relationship with boyfriend Patrick Meagher, he dumped her on their anniversary. According to <u>UsMagazine.com</u>, the two had a rocky long-distance relationship. The <u>Vanderpump Rules</u> star booked a trip to Mexico to celebrate their anniversary, but once Meagher called their relationship off, Shroeder brought her best friend instead. Hopefully she can find a future partner to treat her better!

This <u>celebrity break-up</u> isn't necessarily surprising, but it's still sad. What are some ways to know your relationship is on its way out?

Cupid's Advice:

Sometime break-ups can be predictable depending on what has happened in your relationship. Here are some signs you and your partner could be ending your time together soon:

1. Long distance effects you both: Distance doesn't always make the heart grow founder in relationships. For some couples, being apart for long periods of time can strain you relationship and allow for you and your partner to grow apart. If this seems to be a problem, you can expect to be breaking up soon.

Related Link: <u>Celebrity Divorce: 'Vanderpump Rules' Star</u> <u>Sheana Shay Finalizes Divorce from Mike Shay</u>

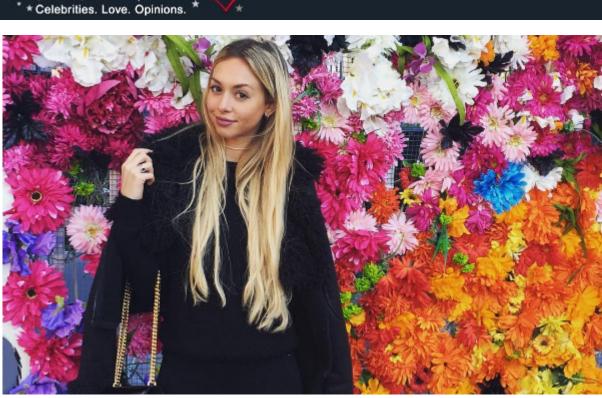
2. It's always on and off: Couples who keep making up and breaking up will eventually get tired of their old routine. Instead of getting back together or trying to stay together while being unhappy, it might be best to break it off permanently.

Related Link: <u>Celebrity Wedding: 'Vanderpump Rules' Stars</u> <u>Katie Maloney & Tom Schwartz Are Married</u>

3. Wanting to see other people: Knowing that one of you is interested in seeing other people should be enough to cut ties in your relationship. If you sense that you or your partner plans on ending the relationship for a new relationship, then your intuition is most likely right.

What positive advice would you give Stassi Schroeder after her brutal break up? Let us know in the comments!

Celebrity Baby News: 'Bachelor' Alum Vienna Girardi Miscarries Twin Girls



<u>rissa Donovan</u>

Cupid's Pi

By <u>Ma</u>

Sad news has recently been released from Vienna Girardi. <u>The</u> <u>Bachelor</u> alum shared that her twins passed away on August 5th due to her amniotic sacs rupturing. Girardi had previously shown symptoms of twin-to-twin transfusion syndrome a week prior to the emergency visit to the hospital. According to <u>UsMagazine.com</u>, The <u>Reality TV</u> star donated her twins to science to research more about twin-to-twin transfusion syndrome in hopes no other mothers have to share her experience.

This <u>celebrity baby</u> news is heartbreaking. What are some ways to support your partner through a miscarriage?

Cupid's Advice:

Miscarriages are an extremely painful experience for couples who are looking to start a family. Here are some tips on how you can support yourself and your partner through a miscarriage:

1. Go through the process: Take the appropriate steps after the loss of your children. Some parents hold a service for their children to help cope with the tragedy. Discuss options with a family doctor or therapist on what you and your partner can do.

Related Link: <u>Kasey Kahl Discusses His Future with Vienna</u> <u>Girardi Post-Breakup</u>

2. Reach out for more support: Ask a family member or friends to help support and encourage your partner to stay strong during this sad period in your lives. The more support others give to your lives and relationship, the easier it will be to push forward and to make happy memories as a couple.

Related Link: <u>Courtney Stodden Suffers Miscarriage of</u> <u>Celebrity Baby</u>

3. Allow grieving time: It's important to allow you and your partner time to cry and be upset about this moment in your lives. Trying to skip over your grief will only create problems down the line.

What advice can you give to those experiencing a miscarriage?

Celebrity Couple News: 'Bachelor in Paradise' Star Amanda Stanton Opens Up About Dating Robby Hayes



By <u>Ma</u>

<u>rissa Donovan</u>

Are <u>Bachelor in Paradise</u> stars Amanda Stanton and Robby Hayes more than a <u>Reality TV</u> show fling? It seems like there's something happening between the <u>celebrity couple</u>! According to <u>UsMagazine.com</u>, Stanton was asked if she left the show engaged, and she shared that she couldn't say. She did share that her co-star is very sweet and that he has not met her two daughters yet. We can't wait to see what happens between these two!

This celebrity couple news is definitely forecasting for the new season of *Bachelor in Paradise*. What are some ways to know when it's time to introduce your kids to your partner?

Cupid's Advice:

Introducing your kids to your partner may be the next step in your relationship. Here are some signs to prove that you're ready:

1. Your friends already know him: If your friends already know them and approve, then it's probably time for your kids to meet your special someone. You can even invite your friends to help you introduce your partner to your kids for extra support.

Related Link: <u>Celebrity Break-Up? 'Bachelor in Paradise' Stars</u> Amanda Stanton & Robby Hayes Are Still Dating Despite Rumors

2. He's naturally liked around everyone: Acceptance of your partner by others is a factor to consider when letting them meet your kids. Although not everyone has to be their biggest fan, it can set the stage for whether your kids will like them as well.

Related Link: New Celebrity Couple? 'Bachelor in Paradise'

Stars Amanda Stanton & Robby Hayes Spark Romance Rumors

3. He's excited to meet your family: If your partner seems excited to meet those close to you, then obviously meeting your children is the right way to go. Make plans for your kids and your partner to meet soon.

Do you think Amanda Stanton is engaged? Let us know in the comments!

Celebrity News: 'Bachelorette' Alum Dean Unglert Discusses Why Rachel Lindsay Doesn't Want Peter Kraus to Be 'The Bachelor'





<u>rissa Donovan</u>

Dean Unglert believe he knows Rachel Lindsay's intentions when it comes to not wanting him to be the next to find love on *The Bachelor*. According to <u>UsMagazine.com</u>, <u>The Bachelorette</u> star believes that Lindsay still has some feelings for Peter Kraus and does not want to see him with other girls on TV. Time will tell if the <u>Reality TV</u> star runner-up will have his own shot at love.

This <u>celebrity news</u> certainly sheds some light on a dramatic situation. What are some ways to get over your ex enough that you want them to move on with someone else?

Cupid Advice:

Getting over someone in general is challenging. You may feel like you should stay close in case there is a chance you could get back together, but that may end up making your love life complicated:

1. Cut ties temporarily: Keep your distance from your ex, whether that means not looking at their social media updates or not going out of your way to speak to them. You can still be civil with your ex, but for your own state of mind, give yourself space.

Related Link: <u>Celebrity News: 'Bachelorette' Castoff Dean</u> <u>Unglert Still Isn't Speaking to Father After Emotional Reunion</u>

2. Talk to other people you're interested in: Start talking to other people to distract yourself from focusing on your ex. Be careful not to treat anyone as a rebound from your ex, but socialize with those who make you happy!

Related Link: <u>Celebrity News: 'Bachelorette' Rachel Lindsay</u> <u>Picks Her Man in Finale</u>

3. Give it time: Allow yourself time before jumping into dating again. Your ex could be dating again, but that doesn't mean you have to! People often make the mistake of dating while they still have strong feelings for their ex. As much as some of us would like to quickly get over someone and move on to the next person, let yourself heal first.

Do you think Rachel should have picked Peter? Let us know in the comments!