

Celebrity Parents: Former 'Bachelor' Arie Luyendyk Jr. Calls Wife Lauren the 'Hottest Momma'



By [Katie Sotack](#)

Arie Luyendyk still has the hots for his final rose recipient and now wife, Lauren. The caption on a recent Instagram post of his wife in a swimsuit holding their eight week old baby read, "I love those cheeks. Proud of you @laurenluyendyk, hottest momma around #8weeks". According to *EOnline.com* the [celebrity couple](#) are having a grand old time as parents. They can be seen hiking and eating out on social media where they document their trials and tribulations of new parenthood. As for the post, Lauren responded with a squeamish "Omg baby", to which Arie let us know he couldn't help himself with a simple "Sorrrrryyyyy".

These [celebrity parents](#) are always supporting and uplifting each other. What are some ways to support your partner after she gives birth?

Cupid's Advice:

Arie and Lauren are enjoying their time together as new parents, but Arie has been sure to let new dads know it's a vital job as well. "It will be hard, it will challenge your relationship. It will also be the best thing you'll have ever done together," the former [Bachelor](#) said. Take a [parenting tip](#) from Arie, and use these ways to be there for your partner after the birth of your child:

1. Take care of Mama: With the focus on the new life you've brought into the world, remembering the needs of the woman who's produced this baby can fall to the bottom of the list. But don't let it. Pregnancy and birth takes a huge toll on the body. Hormonal-wise, the baby package is likely a roller coaster that does not dissipate after postpartum. Take the time to check in with your partner emotionally and physically during the ordeal.

Related Link: [Parenting Tips: Taking Care of Yourself Helps You Take Care of Your Kids](#)

2. Get her a gift: I'm not talking flowers here, though even that gesture is nice. Instead think of the traumatic toll birth has taken on her body and get her something she *needs*. Try something like *MOMBOX*, a subscription service that delivers a box full of goodies for postpartum moms. They have boxes for vaginal birth and c-sections which come with things like transition panties, herbal bath salts, and nipple cream.

If you're not into prepackaged gifts, try to put a basket together yourself. Use your knowledge of what relaxes your partner and what's currently paining her to create the perfect gift.

Related Link: [Celebrity Parenting: Find Out What Carrie Underwood Is Doing Differently as a Second-Time Mom](#)

3. Give her alone time: Her entire life is revolved around your baby right now, but her mental health is important too. Once a week offer to watch the baby by yourself for a few hours so mom can do something for herself. Suggest taking a bubble bath or going out with friends/family. Anything to remind her that she is a person outside of your precious child and her needs deserve to be met too.

How did your partner/you give support to the new mom? Share in the comments below!

Celebrity News: 'Bachelor' Alum Arie Luyendyk Jr. Defends Wife Lauren After She Leaves Infant at Home





By Katie Sotack

In [celebrity news](#), *Bachelor* alum, Arie Luyendyk Jr, and wife Lauren Burnham are putting up a united front when it comes to their child. Celebrity parent Lauren left her one week old home for a luncheon with her sister. Social media users attacked, claiming Lauren left baby Alessi too fast, but Arie has come to his wife's defense. According to *UsMagazine.com*, the star responded that it was his idea and "[t]o all the negative comments regarding leaving her with grandma for a 45min lunch, cut her some slack!"

In celebrity news, Arie is coming to the defense of his wife's parenting decision. Why is providing a unified front as parents so important?

Cupid's Advice:

Parenting is hard enough as it is. If partners aren't on the same page publicly, it leaves room for all the nosy nobodies who claim to know better for your baby. A unified front is essential to a clear message for both your child and others.

Here are some ways to hone that message:

1. Back your baby mama/daddy: It's important to demonstrate agreement in front of others and have each other's backs. Even if you're not 100% sold on their decision leave that discussion for a more private time.

Related Link: [Celebrity Parents: Mindy Kaling Opens Up About Single Parenting and Hard Work](#)

2. Confess to disagreeing (behind closed doors): No couple sees child care the same way all the time. Have an honest discussion with your partner about compromising on the way to raise your kid and what you want for them in life.

Related Link: [Celebrity Baby News: Roger Mathews Defends Estranged Wife Jenni 'JWoww' Farley Amid Parenting Criticism](#)

3. Share your observations: Talk about the time spent caring for your children and what you've observed about them. As different people you'll likely pick up on different aspects of what the kids' need. By sharing this with your partner you'll merge perspectives and have an easier time finding common ground.

Unified fronts in parenting are greatly important. How do you and your co-parent stay on the same page? Share your comment below.

**Celebrity
'Bachelor'**

**Baby
Stars**

**News:
Arie**

Luyendyk Jr. & Lauren Burnham Welcome a Baby Girl



By [Bonnie](#)

[Griffin](#)

In the latest [celebrity baby news](#), *Bachelor* stars Arie Luyendyk Jr. and Lauren Burnham are parents. According to *People.com*, Luyendyk confirmed on Wednesday that the pair welcomed their first child together, a beautiful baby girl. After meeting and falling in love on *The Bachelor*, the [celebrity couple](#) has maintained their relationship in the public eye throughout the pregnancy, although they have not yet released the baby's name.

The latest celebrity baby news is that this *Bachelor* couple welcomed

a baby daughter. What are some ways to work on your relationship while at the same time having a young child?

Cupid's Advice:

Having children is a beautiful gift, but that does not mean being a parent with young children is easy. Add the stress of now having a young child who solely relies on their parents to your relationship and you might find yourself asking how your relationship will survive. Cupid has some advice to keep your relationship working after having kids:

1. Have adult conversations: Just because you have a child doesn't mean all of your conversations have to revert to baby talk. You still need to communicate with each other, and as much as your young child is a very important part of your lives, they cannot be the only thing you discuss. Don't cut out your conversations just because you have a child, even if time alone is limited just have your conversations in front of your child because they will likely interrupt even if you try to take a moment and step out of the room.

Related Link: [Celebrity Baby News: Jenna Bush Hagar Is Expecting Third Child](#)

2. Work as a team: It is important for both parties in a relationship to remember that you both had a child, and that means sharing more than those adorable baby grins. It means that you need to share the work with each other. You both have to help with the fun parts and the bad parts like when they have a meltdown. Be a united front when your child is having a tantrum because it will only add to your stress if you are not on the same team.

Related Link: [Celebrity Baby News: Backstreet Boys' Nick Carter and Wife Are Expecting Baby No. 2](#)

3. You both deserve time out: Every parent needs an occasional break. A break from your partner and even the occasional break from your child. We all need a little me time now and again. Give each other that time out and away to just be alone and revel in their own thoughts. Even though this time alone may seem like a strange way to help work on your relationship, your partner will love you for offering them a break.

What are some ways you might work to avoid a custody battle with an ex? Let us know your thoughts in the comments below.

**Celebrity Baby News:
'Bachelor' Alums Arie
Luyendyk Jr. & Lauren Burnham
Soak Up Sun on Bermuda
Babymoon**





By [Mara Miller](#)

In the latest [celebrity baby](#) news, [celebrity couple](#) Arie Luyendyk Jr. and Lauren Burnham traveled for a [romantic getaway](#) to Bermuda in the weeks leading up to the birth of their first child, according to *UsMagazine.com*. They shared pictures of their trip via their Instagram accounts. Luyendyk and Burnham met during season 22 of *The Bachelor*. Burnham is currently 30 weeks pregnant. They both seem so excited to become celebrity parents!

In celebrity baby news, Arie and Lauren are enjoying the weeks they have left before becoming parents. What are some unique babymoon ideas?

Cupid's Advice:

For a lot of couples like Arie and Lauren, a babymoon is the last chance to have a romantic getaway before the baby comes. Cupid is an expert on this and came up with some ideas:

1. A nature-filled babymoon: There's just something about

pregnancy that makes a mom-to-be feel connected to nature. Search for a local area where you can rent a cabin in the woods or take a road trip along the countryside. This is sure to give you both a chance to relax and enjoy the last few months you'll have together as a couple before the baby comes.

Related Link: [Celebrity Parents: Inside Kate Hudson's Co-Parenting with Exes Matt Bellamy & Chris Robison](#)

2. A cruise: Be sure to check with your doctor, and some cruise lines have restrictions for passengers who are over 24 weeks pregnant. But the idea is to be pampered and enjoy your time with your partner before the baby comes, right? A cruise might be the perfect thing to do.

Related Link: [Celebrity Baby News: Shawn Johnson is Expecting a Year and a Half After Miscarriage](#)

3. Travel abroad: Again, you may want to check with your doctor before you fly while pregnant. Take that trip you've always wanted to France, or Bermuda, or Greece. It may be your last chance to travel abroad with your partner until the baby is older.

What are some unique ideas you have for a babymoon? Let us know in the comments below!

Celebrity Wedding: Bachelor Alum Arie Luyendyk & Lauren Burnham Talk Wedding & Baby!



By Mara Miller

In the latest [celebrity couple](#) and [celebrity wedding](#) news, [Arie Luyendyk](#) and [Lauren Burnham](#) have tied the knot in a *Twilight: Breaking Dawn*-themed wedding. According to [US Weekly](#), Burnham's wedding dress was a stunning sleeveless gown with floral embellishments. "I love that she's now expecting because that, honestly did not impact the design at all," said Haley Paige, Burnham's dress designer. Burnham drew inspiration from photos of *Breaking Dawn* and frequently sent them to her wedding designer. The newlyweds took photos outside with the forest behind them in a romantic setting. One photo even featured a hint of the baby bump! They expect their [celebrity baby](#) in June. How exciting for them both! They have been waiting for their special day and it sounds like it turned out perfect.

The 'Bachelor' alum celebrity wedding was stunning! What are some

ways you can have an equally glamorous wedding without the cost?

Cupid's Advice:

You can have your own themed wedding too! Even if you haven't chosen a wedding planner, Cupid thinks these ideas are super fun and cost-effective:

1. Don't be afraid to geek out: Are you a *Star Wars* and Legos fan? If you're going for a galactic-themed wedding, use Legos to make your wedding cake topper. If you or your future spouse have Legos from the *Star Wars Line*, you can have tons of fun sorting through bricks and mini light-sabers together to make a cake topper that represents you both. You can also have your hair done like Princess Leia on your special day!

Related Link: [Celebrity Wedding: More Details Emerge from Miley Cyrus & Liam Hemsworth's Secret Nuptials](#)

2. Go for something simpler: Okay, so maybe you don't want to take your wedding theme off of Earth. Instead, you want your own *Twilight* inspired wedding. You don't need to spend an arm and a leg on candles and lace for the bride and groom table. Go to a craft store and buy some lace to put across the table and, if you live in a rural area, let nature be the backdrop for your wedding photos.

Related Link: [Celebrity Baby News: 'Bachelor' Arie Luyendyk Jr. and Lauren Burnham Are Expecting First Child](#)

3. Be a bargain shopper bride: You don't have to have the most in-style wedding dress *right now* for your special day. Absolutely make sure you love it before you buy it, but make certain you're aware of your budget and don't shy away from a deal. Also, keep the bridesmaids in mind if you're going to buy their dresses. Dress shops are bound to have dresses on

clearance as long as your girls are willing to be flexible. The shoes don't even have to be *from* the dress shop either. Discount shoe stores sometimes have buy-one, get-one-free: take advantage.

What are some ways you can make your themed wedding day perfect without the cost?

Celebrity Baby News: 'Bachelor' Arie Luyendyk Jr. and Lauren Burnham Are Expecting First Child



By [Courtney](#)

[Shapiro](#)

In [celebrity baby](#) news, former *Bachelor* Arie Luyendyk Jr. and fiancée, Lauren Burnham are going to be parents. The [celebrity couple](#) is tying the knot in January of 2019, and they have been living together in Phoenix since April. “I kind of had a feeling that I might be pregnant. So my friend insisted on bringing a pregnancy test over,” Burnham said to *UsMagazine.com*, adding that she made her fiancé read the results. “Arie came out with the test in his hand and tears in his eyes. He was like, ‘You’re pregnant!’” The pair is preparing for their upcoming wedding, and practicing their parenting skills on their two dogs.

In celebrity baby news, there’s a *Bachelor* baby on the way! What are some ways to announce a surprise pregnancy to family and friends?

Cupid’s Advice:

How can you announce a surprise pregnancy to your loved ones? Cupid has some thoughts:

1. Have a big dinner together: Bring everyone in for a nice family get together, and share the news then. It’ll be nice to have the whole family in one place, and that way you can deliver the news to everyone at the same time.

Related Link: [Celebrity Baby News: Amy Schumer Is Pregnant, Expecting First Child with Husband Chris Fischer](#)

2. Bring up the topic of babies: If babies are already being talked about, it will be easy to mention you’re having one of your own. Slip it in casually, and you’ll definitely get a reaction from friends and family.

Related Link: [Royal Celebrity Baby: Prince Harry Hopes First Child With Duchess Meghan Is a Girl](#)

3. Make something special for your loved ones: Gather your family together and share something that will lead up to the reveal of the pregnancy. This could be a photo album, a scrapbook, or another keepsake that can help share the news.

Have you announced an unexpected pregnancy? Let us know in the comments below!

Celebrity Couple News: 'Bachelor' Arie Luyendyk Jr. & Lauren Burnham Have First Date Night Post-Engagement





By [Carly](#)

[Horowitz](#)

In [latest celebrity news](#), Arie Luyendyk Jr. and Lauren Burnham are spotted on their first public [date night](#) since their [celebrity engagement](#)! According to [UsMagazine.com](#), the pair was seen at New York City's Japanese hotspot Megu on Wednesday. Arie and Lauren seemed to have a great time as they spent three hours in the private dining room. Although the duo seems very happy together, [The Bachelor](#) fans are still upset with Arie for proposing to Becca Kuftrin, and then breaking off the engagement to propose to Lauren soon after. It makes it a little better now that Becca gets to be the star of season 14 of [The Bachelorette](#) and hopefully find true love herself.

This [celebrity couple news](#) is garnering mixed reactions from *Bachelor* Nation. What are some reasons to ignore scrutiny of your relationship?

Cupid's Advice:

People will always have opinions about aspects of your life.

That's okay if you learn how to deal with it and just let it go. Here are some reasons why you should ignore this criticism and not let it get to you:

1. They don't know your feelings: No one in this world is able to grasp your true feelings deep down. So how do they have the right to judge you? If you love someone and you want to be with them, that's all that matters.

Related Link: [Celebrity News: Arie Tells Two Women He Loves Them Ahead of 'The Bachelor' Finale](#)

2. It may not be about you: Don't let scrutiny get under your skin because these people may be critiquing your life, yet they are doing this because they are not happy with aspects in their own life.

Related Link: [Celebrity News: 'The Bachelor' Arie Luyendyk Jr. Proposes In a Dramatic Finale Episode](#)

3. Jealousy: People may have such strong opinions about your life simply because they are jealous of you! Why else would they be taking so much time out of their day to analyze every aspect of your life and pick out the parts they don't agree with?

Why else should you ignore criticism? Comment below!

Celebrity Wedding: 'Bachelor' Arie Luyendyk Jr. Proposes to

Lauren Burnham After Breaking Off Engagement to Becca



By [Carly](#)

[Horowitz](#)

In [celebrity news](#), after [The Bachelor](#) Arie Luyendyk Jr. had a dramatic [celebrity break-up](#) with Becca Kuftrin, he didn't take very much time before embarking on what he supposedly truly wants, which is to be with Lauren Burnham. According to [UsMagazine.com](#), Luyendyk rushed to Virginia Beach after breaking off his engagement to Becca in order to ask Lauren to take him back. Then, on the live *After the Final Rose* episode, he proposed. "I made some bad decisions, but the best decision was running back to you," Arie said to Lauren. "I truly believe are my soulmate. I'm ready to face this life with you and all that comes with it. I love you so much. I wanted to do this in front of everyone because I want to show you that I should have done this a long time ago." Lauren also reveals that she does trust Arie despite the past occurrences.

There's a [celebrity wedding](#) in the works, but not the one we thought! What are some ways to make up your mind if you're torn between dating two people?

Cupid's Advice:

The universe works in mysterious ways and sometimes two important people will come into your life all at once. It can be difficult to decide who you truly want to be with! Fortunately, Cupid has some tips on how to decide who to date:

1. Make a list: Yes, the old-fashioned pros and cons list. Sit down and deeply ponder what each of these people have to offer. How do they make you feel? Who do you get more excited to see? Do you have similar plans for the future? Take time to really think about it and you can even try to spend two consecutive days with each of them to explore the best qualities in each.

Related Link: [Celebrity News: Justin Bieber Takes Selena Gomez As His Date to His Dad's Wedding](#)

2. Stick to your instincts: Who do you feel more natural with? The best choice is the person who you can sit in silence with and still feel comfortable because your relationship just comes naturally. Be aware of these innate aspects. Also, try not to turn to multiple people for their opinions. Only you can determine what you truly desire. Listen to your heart.

Related Link: [Celebrity News: 'The Bachelor' Arie Luyendyk Jr. Proposes In a Dramatic Finale Episode](#)

3. Don't rush: Hopefully there is not anything binding you to

make a decision right away. Things take time and as long as you are not tampering with anyone's trust, it is okay to keep going as you are until you realize who is truly the best fit for you.

What are some other tips on how to make up your mind if you're torn between two people? Comment below!

Celebrity News: 'The Bachelor' Arie Luyendyk Jr. Proposes In a Dramatic Finale Episode



By [Carly](#)

[Horowitz](#)

In [latest celebrity news](#), [The Bachelor](#) finale aired on Monday! Spoiler alert: Arie Luyendyk Jr. proposed to Becca and left Lauren heartbroken. This season of *The Bachelor* showcased Arie's indecisiveness and abundance of love for many girls! Becca was clearly ecstatic with this result, but Lauren said she felt "betrayed" and "extremely confused" because Arie led her to believe that she was the one. That being said, she didn't have to be confused for long, because Arie had a change of heart, broke off his engagement to Becca, and then begged for Lauren's forgiveness! Now, the new official [celebrity couple](#) Lauren and Arie are looking for a new start!

In celebrity news, Arie is probably going down in history as the worst *Bachelor* ever. What are some ways to know you're sure you're ready before proposing to your significant other?

Cupid's Advice:

It's hard to imagine how your feelings would conflict if you were in the same position as Arie. Nevertheless, marriage is a big commitment and you need to make sure you truly love this person before you embark on this incredible journey of marriage. Here are some things that can help you focus your mind and determine whether you're ready to propose or say "yes" to a proposal:

1. You've allowed yourself to be vulnerable: Before you devote yourself to a lifetime commitment, you need to make sure that your partner has seen every beautiful aspect of you and your personality. You're not worried that one day your partner

might realize some insecure that you have and then not want to be with you anymore. You know you're ready for marriage if you have been comfortably vulnerable with your partner and they truly know what makes you, you.

Related Link: [Expert Dating Advice: How to Handle Heartbreak](#)

2. Your happiness is their happiness: Whenever anything good happens in your life, the first thing you think to do is call your partner because you know they will be just as happy as you are. Form yourself a relationship where you can share good times and bad and you can be confident that your partner will equally experience all of these emotions with you.

Related Link: [Celebrity News: Arie Tells Two Women He Loves Them Ahead of 'The Bachelor' Finale](#)

3. If you couldn't have an amazing ceremony, you'd still marry: You need to make sure that it is truly your partner whom you want to marry, not the idea of your wedding ceremony. Sometimes when you get to a certain age, you may feel like it is time to settle and have this amazing wedding ceremony that all of your friends have already had, but please make sure that your partner is who you want for the rest of your life. Your soulmate is in this world and it's just a matter of when you find them!

What are some other ways that can dictate when you're ready to propose to your significant other? Comment below!

Celebrity News : 'The

Bachelor' Star Bekah Martinez Says She's More Ready for Marriage Than Arie



By [Karley Kemble](#)

Bekah Martinez is one of the most talked about contestants on this season of [The Bachelor](#), not because she caused drama, but because of her age! Though she just turned 23, this season's Bachelor, Arie Luyendyk, Jr., is 36, and he (along with many women on the show) felt Martinez was not ready to settle down. However, in the [latest celebrity news](#), Martinez claims Luyendyk Jr. is the one who's not ready for marriage. In a recent interview with *Entertainment Tonight*, the reality TV star stated, "I think I'm more ready for marriage than Arie is, quite honestly. I don't think Arie knows what he wants, and I don't think he's serious about being with one person for the rest of his life," reports [UsMagazine.com](#). Though she was mum about why she felt that way, Martinez assured all our questions will be answered during next week's finale. Sounds

juicy!

In celebrity news, Bekah M. was accused of not being ready for marriage on *The Bachelor*. How do you know if you're ready for marriage?

Cupid's Advice:

Age and marriage don't always coincide. When you're ready for marriage and to settle down, you'll know. Check out these tips from Cupid:

1. You're ready to commit: Marriage should be a natural progression in your relationship. In fact, it's better to begin any relationship with marriage on the back burner. Instead of pursuing a relationship with marriage on your mind, focus on being present in the now. As time passes and your love grows, the progression and desire to take the next step will be a fluid change

Related Link: [Celebrity News: Arie Tells Two Women He Loves Them Ahead of 'The Bachelor' Finale](#)

2. You aren't trying to fix or save them: All too often, people enter relationships and try to be the heroic figure. In these situations, the underlying thought is that the flaws or challenges the partner is facing will be fixed over time with careful guidance from the other partner. This is never a good idea, as it ultimately is romanticizing challenges and causes you to think things will work out eventually. It's better to find a partner that you see eye-to-eye with, and to keep your mind and heart in-sync with each other.

Related Link: [Celebrity News: Jenny McCarthy Says 'Bachelor' Arie Luyendyk Jr. Is a 'Snooze Fest'](#)

3. You know it won't be easy: The honeymoon phase of your relationship will come to an end, and finding romance will not always be a walk in the park. You and your partner will certainly have your fair share of struggles to keep the romance alive. If you are accepting of this, and feel ready to face the challenges that will arise, that is a good sign. Always be sure to grow together, because the only other option is growing apart.

How did you know you were ready for marriage? Share in the comments below!

Celebrity News: Arie Tells Two Women He Loves Them Ahead of 'The Bachelor' Finale





By [Carly](#)

[Horowitz](#)

In [latest celebrity news](#), last night's episode of [The Bachelor](#) was insane! According to [UsMagazine.com](#), Becca's ex boyfriend showed up and proposed to the [reality TV star](#), but he was shot down. Arie Luyendyk Jr. told both Becca and Lauren that he loved them. Even though Arie expressed that he was falling in love with Kendall, she was sent home because their relationship just wasn't at the same level as with Becca and Lauren. Therefore, those two lucky ladies received roses. We are curious to see how the finale is going to play out!

In celebrity news, the finale of *The Bachelor* is no doubt going to be a heartbreaker. What are some special ways to tell your partner you love them for the first time?

Cupid's Advice:

It is so special the first time that you tell your partner that you love them. You don't have to make an extravagant gesture, but it is nice to put some thought into how you want

to say it if you have been feeling this way for a while and just haven't been sure of the right time. Here are some sweet ways to reveal your exciting emotions to your partner:

1. Pick a special place: Plan to go to a place that is special to both you and your partner to tell them that you love them for the first time. Maybe go to where you first met, or where you had your first date!

Related Link: [Celebrity News: Hometown Heartbreak on 'The Bachelor'](#)

2. Through art: Do you play the guitar and sing? Are you a painter? If you have a hobby that allows you to express emotions through an art form, it would be so special if you used that medium to say 'I love you'.

Related Link: [Celebrity Wedding: Surprise! 'Bachelor Winter Games' Couple Clare Crawley & Benoit Beauséjour-Savard Are Engaged](#)

3. Say it with a gift: Whether it be a nice jewelry item that they've always wanted, or a small piece of candy, it's a fun idea to present your partner with a present as you say those three special words to them.

What are some more sweet ways to say 'I love you' for the first time? Comment below!

Celebrity News: Hometown Heartbreak on 'The Bachelor'



By [Carly](#)

[Horowitz](#)

According to [EOnline.com](#), [The Bachelor](#) hometown dates resulted in similar fashions. Each of the girls' families made it clear that they weren't too ecstatic over Arie, but they trust their daughters' decisions if they want to marry him. When it came down to the moment of truth, the rose ceremony, Arie pulled Kendall aside and revealed he was looking for an engagement and wanted to know if Kendall could get to that place emotionally. Kendall couldn't answer the question, but she told Arie that he really is everything she wants in a partner. In the end, Kendall accepted the rose that was offered to her. The [reality TV star](#) Tia was very upset with her departure. She thought she did something wrong, but in fact, there was just something missing between her and Arie.

In this [celebrity news](#), one woman vying for Arie's heart went home.

What are some ways to deal with the initial sting of a break-up?

Cupid's Advice:

The feelings you experience from a fresh break-up are not too fun. Fortunately, Cupid is here with some advice on how to deal with your split:

1. Allow healing time: The best thing to do is focus on yourself. Rest, eat healthy, and remember to get some exercise! Even if you don't feel like eating, remember that your body needs the nutrients and you are now in the mindset of giving your full attention to your own needs.

Related Link: [Celebrity News: 'Bachelor' Arie Luyendyk Jr. Justifies First Impression Rose Pick](#)

2. Cry: Yes, cry. You are allowed to let it all out during this fresh break-up period. Allow yourself to cry, it is natural. After you let it all out though in whatever allotted time works for you, remember to pick yourself back up because you are strong and independent!

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3. Write it out: You are most likely going to have a lot on your mind after a recent break-up. Instead of resorting to social media or worse, your ex, let your feelings out on paper. This is a great exercise to release the feelings inside of you and help you to feel renewed.

What are some other ways to deal with a break-up? Comment below!

Celebrity News: Jenny McCarthy Says 'Bachelor' Arie Luyendyk Jr. Is a 'Snooze Fest'



By [Carly](#)

[Horowitz](#)

According to [UsMagazine.com](#), Jenny McCarthy and Donnie Wahlberg are pretty big fans of [The Bachelor](#). Although, this season they seem to be bored with Arie Luyendyk Jr. In fact, this [celebrity couple](#) calls him a “snooze fest”. In [latest celebrity news](#), McCarthy is craving some drama as she states on the Grammys red carpet in NYC on January 28, “I’m missing some emotionally disturbed ones.” Though we all thrive on reality TV drama, it seems as if this *Bachelor* star is truly here to find his future bride, and who can criticize that?

In this celebrity news, even Jenny McCarthy thinks this season's *Bachelor* is a little on the boring side. What are some unique ways to go about finding someone to date?

Cupid's Advice:

There are multiple platforms that can be used to find your soulmate nowadays. It is so easy to connect with others on the internet, but Cupid is here with some unique ways to go about finding someone to date in person:

1. Get involved in a hobby that gets you interacting with others: If someone had the same idea as you to sign up for the cooking class at your local YMCA, then clearly you guys have something in common that you can bond over. Look into fun activities and events to attend in your community, and get yourself out there to meet new people!

Related Link: [Date Idea: Be Daring on Your Date](#)

2. Host a "White Elephant" party for single friends: Everyone who is invited must bring along at least one other single friend. You can even send out cute invitations. You can make this party however you want, whether it's an elegant brunch, a crazy night party, or a casual hangout. The more the merrier!

Related Link: [Date Idea: Plan a Party](#)

3. Stop looking at your phone: This is probably the most unique piece of advice, since it is the most unheard nowadays! It's okay, we're all guilty of it. When you're walking down the street, be present. Look around, enjoy your surroundings,

and notice the people that you walk by. If you're looking down at your phone, you may miss meeting a wonderful person.

Have more unique ways to find a date? Comment below!

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



By [Ashleigh](#)

[Underwood](#)

The new [Bachelor](#) for season 22 has been decided. While many fans believed Peter Kraus was the front runner and clear choice, the [latest celebrity news](#) 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 [E! Online](#). He is grateful for the opportunities [The Bachelorette](#) 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: [Celebrity News: Allison Janney Reveals How Anna Faris is Handling Split from Chris Pratt](#)

2. Don't give up: When you are faced with rejection, it is all too 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: [Celebrity Break-Up: Kylie Jenner Says She's 'Genuinely Happy' and Having 'More Fun' After Split from Tyga](#)

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!