

# Celeb Workout Tips to Get the Perfect Beach Body



By [Ashleigh Underwood](#)

Everybody wants to look their best and be as healthy as possible. When summer rolls around, this means trying to achieve the perfect summer beach body. Our favorite celebs seem to look beach ready year round, but how do they do it? What do their workout routines and diet plans look like? Celebrities are always showing off their fitness methods and are eager to share new ideas!

## Dying to learn how to get the

# perfect beach body this summer? Check out these awesome celebrity workout tips!

**1. Mix it up:** When you first start working out, you tend to stick to the things you know. You go running every day, or you spend all your time lifting weights. Singer Ellie Goulding says the key to her workout is mixing up her routine! Spend one day at the gym doing cardio, another day go try boxing, and a different day lifting weights. As long as you have variety, you will never get bored.

**2. Update your diet:** One of the simplest and most effective ways of improving your health and fitness is to enhance your diet. Cut out unhealthy things like sugar and sweets and add more protein to your meals. Performer [Calvin Harris](#) achieved this when he showed off his daily breakfast. Each day, he makes a mouth watering, egg white omelette with smoked salmon and spinach. His routine is a perfect example of how you can eat well and still have it be delicious!

**Related Link:** [Fitness Tips: 5 Fit Celebrities That Lost Weight and How They Did It](#)

**3. Get a partner:** When you're having a bad day or feeling as unmotivated as ever, you need someone to help pick you up. This is when having a workout partner comes in handy. Celebrity power couple [Beyoncé](#) and [Jay-Z](#) are known to workout together whenever they can. While she is running, he might be on the bikes, but either way they are there supporting each other and working towards their goals!

**4. Do something fun:** Getting fit doesn't always have to mean spending countless hours in the gym. Instead, follow the advice of [Nick Jonas](#), and do things you actually enjoy. For him, this means playing sports and getting in his cardio

instead of spending an hour on the treadmill. This is extremely useful for people who don't enjoy the atmosphere inside a gym. You get to do things you enjoy, get outdoors, and even incorporate your friends.

**Related Link:** [Top 5 Celebrity Diets That Actually Work](#)

**5. Incorporate daily life:** If you lead a busy life and can't find spare time to go to the gym every day, simply add little workouts to your daily life. Iggy Azalea's advice is to make squats and sit ups as important as brushing your teeth. Taking five minutes out of your night right before you go to bed can make a huge difference in the long run!

**What workouts work best for you? Comment below!**

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## **Celebrity Break-Up: 'Vanderpump Rules' Star Sheana Marie & Robert Valletta 'Kind of Broke Up'**





By [Ashleigh Underwood](#)

[Celebrity couple](#) Sheana Marie and Robert Valletta are in the midst of a [celebrity break-up](#)...or are they? According to [UsMagazine.com](#) the couple announced their split via an Instagram comment section. A fan asked Valletta where his “beautiful girlfriend” was, and Valletta responded with “sadly we broke up, we are still amazing friends and we adore each other. We will see what happens.” However, it seems as though the the pair are still on, since they have been on several dates since then. While this [celebrity relationship](#) is in a tricky spot, they continue to have hopes of working things out and are still planning a future together.

**There may have been a celebrity break-up in Hollywood, but we’re not quite sure. What are some reasons to avoid being wishy washy**

# about your relationship?

## Cupid's Advice:

Not knowing what you want or where you want to be in your relationship can cause a lot of issues within yourself and your relationship. Here are a few more reasons to avoid being wishy washy in your relationship:

**1. It can be confusing:** If you are on the fence about your relationship, your partner could easily get confused. If there are at a certain level in the relationship that you're not at yet, they may not understand what is going on. They may begin to wonder if you are as committed as they are or if you really want to be with them. It is best to make up your mind about them and communicate it clearly.

**Related Link:** [Marriage Advice from Celebrity Couples Who Stay Together](#)

**2. Feelings are at risk:** If your partner feels that you both are on the same page when it comes to your romance but you are really several steps behind them, their entire world will apart when they figure it out. When you are wishy washy about your relationship, you are easily leading on your partner unless you make it clear that you are unsure. This way, they will not be blind sided by your feelings and they can adjust their expectations in the relationship.

**Related Link:** [Dating Advice for Dealing with the Break-Up Blues](#)

**3. You might settle:** Sometimes, when we are unsure about something, we settle with what we have instead of making a hard choice. If this happens in a relationship, you will regret always. Instead of being comfortable with your indifference, make the decision. If you think that this relationship is the one you want, go for it. If you can't see

yourself with your partner in the future, end it now.

How do you make up your mind about a relationship? Comment below!

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# Celebrity News: Is Anna Faris Dating Again After Split from Chris Pratt?



By [Ashleigh Underwood](#)

It appears Anna Faris has moved on from her [celebrity](#)

[divorce](#) from Chris Pratt, and is now dating Michael Barrett, 47. Back in August, Faris and Pratt announced they were ending their eight year [celebrity relationship](#), putting out a joint statement. While recognizing their hard work and attempts at making a perfect family for son Jack, the pair decided it was best to part ways. Now Faris is back in the [celebrity news](#) spotlight as she has often been spotted with Barrett since the beginning of September, according to [UsMagazine.com](#).

## **This celebrity news points to Anna Faris moving on. What are some ways to move on after a tough split?**

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

Break-ups are one of the toughest things to overcome, especially when you have been together for years like Faris and Pratt. However, moving on is a necessary part of life and we are here to help you through it. Here are a few tips on moving on from a tough split:

**1. Grieve:** A break-up is a loss. You shared your life with somebody else and now you have to figure out life without them at your side. The first and most important step, is to let yourself grieve. Your relationship meant something to you and was a big part of your life. It is only fair to give it the respect it deserves, and allow yourself to be sad for as long as you need.

**Related Link:** [Celebrity Break-Up: Anna Faris Is 'Fantastic' Amid Chris Pratt Divorce, Says Allison Janney](#)

**2. Focus on yourself:** While you go through an intense grieving process, it can be very easy to forget about yourself. Instead of spending day and night focusing on your ex, take some time to pamper yourself. Nothing will make you feel better than

spending the day at the spa and leaving all your troubles at the door. Not only will it lift your spirits, but it will remind yourself of the person you are and who you deserve to be with.

**Related Link:** [Celebrity Divorce: Fergie and Josh Duhamel Call It Quits](#)

**3. Get out there:** Once you are starting to feel yourself again and have come to terms with the fact that it is over, get out there! While you may not feel like dating again right away, simply going out dancing with your friends, or seeing a show with you family, you will feel on top of the world. The key is getting comfortable with being by yourself again and seeking relief in your family and friends.

**How did you move on from your last relationship? Comment below!**

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## **Celebrity News: Minka Kelly Shuts Down Jesse Williams Cheating Rumors**







By [Ashleigh Underwood](#)

Minka Kelly is not here for anyone's rumors or gossip, as she shut down a fan's comment right away. On Thursday, someone commented on Kelly's Instagram asking if the cheating rumors surrounding her and Jesse Williams' [celebrity relationship](#) were true. Kelly responded, saying, "They're not. Hate for you to be disappointed. Glad I could clear that up for you. Now f-k off," according to [UsMagazine.com](#). The rumors come from a [celebrity news](#) break of Kelly and Williams' recent relationship. Their relationship began shortly after Williams and his estranged wife began their [celebrity divorce](#) process in April.

**This celebrity news has us cheering for Minka Kelly. What are some ways to keep lies from affecting your relationship?**

## **Cupid's Advice:**

Everybody loves drama and gossip when it's not about them. People love following other people's lives and spreading rumors because it is entertaining to them. When that gossip is directed at you, here are a few ways to keep those lies from affecting your relationship:

**1. Ignore it:** More often than not, the rumors people spread is minor and will go away as fast as it began. When this happens, the easiest thing you can do is just ignore it. If you don't give people the satisfaction of letting it get to you, then eventually they will give up. Instead focus on your relationship and keeping it strong.

**Related Link:** [Celebrity Divorce: 'Grey's Anatomy' Star Jesse Williams & Wife Aryn Drake Lee Are Divorcing After 5 Years of Marriage](#)

**2. Confront it:** When the rumors get too bad and are starting to affect your life, then it is time to step in. Confront the source of the gossip and set the record straight. Let them know exactly what is going on and make it clear to them what the facts are. Then, they will no longer have a reason to speculate on your life and then can go back to focusing on their own.

**Related Link:** [New Dad Jesse Williams Says Fatherhood Is 'Amazing'](#)

**3. Communicate:** In a relationship there are only two people who have the final say in how things play out—you and your partner. If gossip and lies are starting to creep in to your love life, then you need to have a talk together. Sit down with them and discuss the stuff being spread and be sure there are no miscommunications. As long as you and your partner know what is true, then it doesn't matter what other people say.

**How do you handle rumors in your relationship? Comment below!**

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# Celebrity Baby News: Duchess Kate Gets Bump Shamed



By [Ashleigh Underwood](#)

If you needed a reason to love the royal family even more, then here it is. While suffering from a severe form of morning sickness, hyperemesis gravidarum, Duchess Kate attended World Mental Health Day at Buckingham Palace on Tuesday. About a month ago, the [celebrity couple Prince William](#) and the Duchess announced they were expecting another [celebrity baby](#). As this was her first outing since the announcement, fans were eager to see Middleton's growing bump. However, they were shocked to see that her belly was extremely thin, and they were quick

to comment on it saying, "I can't believe she's prego, she looks too thin." According to [UsMagazine.com](http://UsMagazine.com), another fan jumped to her rescue and claimed that her late showing is likely due to her medical condition.

## **This celebrity baby news has us sad about the gossip, because everyone is different! What are some ways to keep gossip from affecting your pregnancy?**

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

People love to gossip, especially when it is about something they're not used to. When it is about you and your baby though, it can be tough to brush it off. Here a few tip to avoid letting gossip affect your pregnancy:

**1. Be honest:** Sometimes, when the rumors and gossip go to far, you have to set the record straight. People will talk and talk until they hear what is really going on. If you are comfortable sharing the truth around their gossip, then by all means you should. This will put an end to their talk quickly because now the real facts are out.

**Related Link:** [Celebrity News: Nick & Vanessa Lachey Open Up About Premature Birth of Son Phoenix](#)

**2. Stay positive:** While you are pregnant, people will tell you that your mood affects your baby. When you are angry they can feel it and when you are stressed then so are they. So, even while they are rumors and gossip surrounding you, you must stay positive. Not only will it help you stay calm and enjoy your pregnancy more, but it will benefit your baby in the long run as well.

**Related Link:** [The 7 Most Hyped Celebrity Weddings of the Last Decade](#)

**3. Focus on your baby:** People will talk and talk all they want about you, but you can't let it stop you from enjoying your life. You're pregnant! You are bringing life into this world and it should be celebrated and enjoyed always. So, push the nay sayers aside and live it up during this time.

**How do you handle gossip? Comment below.**

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## **Celebrity Couple News: Derek Hough Celebrates Girlfriend Hayley Erbert's Birthday with Loving Tribute**





By [Ashleigh Underwood](#)

Love is in the air! The [latest celebrity](#) news has us swooning as Derek Hough pays tribute to girlfriend Hayley Erbert on her birthday. According to [People.com](#), Hough posted a loving photo of the [celebrity couple](#) kissing at his sister's July wedding. He captioned it with a simple "Happy birthday to my beautiful". Hough has a history of sharing pictures with Erbert and captioning them with heartfelt messages, including one that said "nothing better in the world than sharing your experiences with the woman you love."

**This celebrity couple is super sweet. What are some ways to make your partner's birthday special?**

**Cupid's Advice:**

Birthdays are a special event where you get to celebrate your loved one for a full 24 hours. It may be hard to convey your

love for your partner easily, so here are a few ideas on making ytheir birthday special:

**1. Gifts:** It can be incredibly hard shopping for someone else and trying to figure out what they will love or hate. To make it easier on yourself, give something personal. A framed picture of the two of you, a pre-planned trip together or something you saw that reminded you of them. It will be much more special to your partner if you make their gift personal rather than mindlessly picking up something at the jewelry store.

**Related Link:** [Celebrity Couple Many Moore and Taylor Goldsmith Are Engaged](#)

**2. Party:** Whether you throw an intimate date for the two of you, or huge blow out, it will be special for your partner. Not only will they recognize the time and effort you put into it, but either way, they get to spend their day with the people they love. Plan an event that is centered around your partner and their interests and they are sure to feel like the most special person on the planet.

**Related Link:** [Celebrity Couple News: Channing Tatum Recalls 'Cruel' Proposal Tactic](#)

**3. Surprise:** Nothing will make your partner feel more special than a unique surprise. Tell them you have to work late and will have to have a small celebration afterwards. Then, surprise them with a gorgeous dinner and dessert right when they get home! They won't see it coming and will be so overjoyed that you took the time to prepare something.

**How did you celebrate your partners birthday? Comment below!**

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# Celebrity News: Source Says Kanye West & Kim Kardashian's Marriage Is 'Stronger Than Ever'



By [Ashleigh Underwood](#)

[Celebrity news](#) following [Kanye West](#) has been sparse recently as the rapper has taken a step back from the lime light. Since cancelling the last bit of his *Saint Pablo* tour last year, West has been focusing on his health and maintaining his sanity. According to [UsMagazine.com](#), he is “the best he’s ever been...you’re going to see a calm Kanye who is taking it day by day. He and [Kim Kardashian](#) are stronger than ever.” West has been focusing on his [celebrity relationship](#) with Kardashian



and their growing family.

## **If we're to believe this celebrity news, Kimye's marriage is strong. What are some ways to work on the strength of your relationship?**

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

Being in a relationship is amazing and can be one of the best aspects of your life. However, not every one will last. To give yours a better chance at survival, here are a few ways to work on your relationships strength:

**1. Communicate:** The best way to build a connection with someone, is to talk with them. Get to know who they are and what they like, but also what they can't stand. Communicating with your partner allows you explore a part of them that others may not be able to see. Your relationship grows stronger because you know each other on a more personal level!

**Related Link:** [Celebrity Baby News: Kim Kardashian Confirms She's Expecting Her Third Child](#)

**2. Argue:** While this advice may go against everything you have been taught, it's true. Arguing is essential in a relationship. You and your partner are not going to agree on aspect of your lives and you're going to butt heads. This is normal and even needed! This forces you to learn about conflict resolution within your relationship, and compromise—very important lessons.

**Related Link:** [Top 5 Most Famous Celebrity Kids](#)

**3. Give space:** When you are in a new relationship it is easy to spend all day every day with them. Though it is nice at the

time, it can prove to be detrimental to yourself and your relationship. Even though you are joining lives with someone else, you need to keep a private life for yourself. Continue to see your friends, go to work events alone, or pick up a hobby. This will allow you to build up yourself and inevitably help your relationship.

**How do you keep your relationship strong? Comment below!**

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## **Celebrity News: Audrina Patridge Granted Full Custody of Daughter After Split From Corey Bohan**





By [Ashleigh Underwood](#)

Sour news turns hopeful as Audrina Patridge is granted full custody of 15-month-old daughter, Kirra Max. When the [celebrity news](#) broke of Patridge's split from husband Corey Bohan, several allegations were thrown around and are continued to be discussed in court. While court proceedings are still ongoing, the ex [celebrity couple](#) have been told that Bohan can have scheduled visitations, only after picking up their daughter from the police station. A source recently told [People.com](#), that Patridge is taking extra precautions to ensure the safety of herself, and her daughter.

**This celebrity news is definitely in Audrina Patridge's favor. What are some ways to deal with custody issues during a split?**

**Cupid's Advice:**

Splitting with your partner can get messy, especially when there are children involved. It can be easy to get lost in the craziness of court and other important decisions. Here are a few ways to deal with custody issues during your split:

**1. Put your children first:** In a custody battle, you may be tempted to take out all your anger on your ex and be spiteful. However, you have to remember your kids and what is best for them. No matter how you feel towards your ex-partner, if they are a good parent to your child, then try and be flexible with your conditions. None of it is easy on your child, but you can do your best to keep things as normal as possible.

**Related Link:** [Celebrity Divorce: Audrina Patridge Files for Divorce from Corey Bohan](#)

**2. Get a good lawyer:** Court can be confusing especially if you have never dealt with a legal situation before. In order to make things easier on yourself, and get the outcomes you desire, hire the best lawyer you can. Let them take the brunt of the force in the legal stuff so you can focus on your family and your own well being. This will make dealing with your custody battle much easier for everyone.

**Related Link:** [Bad Romance: 10 Toxic Celebrity Relationships](#)

**3. Focus on what you can control:** When things get messy, you can feel like your world is falling apart. If you start to lose your grip on life and feel like everything is coming crashing down, take a step back and breathe. Spend your time focusing on the things you can control in your life, like your children. If your ex is doing things with the kids that you always scolded him for but you have no voice in now, focus on your own parenting. You can't control how others act, but you always have a say in your own life.

**How did you deal with your custody battle? Comment below!**

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# Celebrity Wedding News: Prince Harry & Meghan Markle to Announce Engagement Soon



By [Ashleigh Underwood](#)

A [celebrity wedding](#) is on the horizon as Prince Harry and Meghan Markle prepare to announce their engagement. The [celebrity couple](#) have tried to keep their relationship private. However, Markle has realized that it's not as easy to keep a royal relationship under wraps as she thought, and will have to embrace the public eye quickly. According to [UsMagazine.com](#), multiple sources close to the celebrity couple

believe the pair will come forward with an official announcement concerning their status “soon”. Although, they are waiting until Markle finished filming her final season of *Suits*, so she can move in to the palace.

## **There may be some royal celebrity wedding news coming out soon! What are some creative ways to announce your engagement?**

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

An engagement is a huge step in a relationship and of course you want to share it with everyone! However, you want to do it in a unique way, that is special to your relationship. Here are a few ideas:

**1. Photo shoot:** A classic photo shoot is always a great option for your engagement announcement. Pictures are extremely personal and can be customized for every couple. No picture session is the same, and every photographer has their own style. You can also put your own twist on the shoot and incorporate things that are central to you and your fiancée.

**Related Link:** [Royal Celebrity Couple: Meghan Markle Says She & Prince Harry Are 'Really Happy and in Love'](#)

**2. Be a celebrity:** Have you ever dreamed of being like the stars you see on every celebrity magazine? Now is your chance! Take a paparazzi-esque picture with your partner and plaster it on the cover of your favorite magazine. Write up a mini article about you and your partner's relationship, detailing the events of your engagement and send it out to friends and family. They will never see it coming and be so surprised.

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## [Spirit at His Wedding](#)

**3. Include your family:** Do you and your partner have kids? Or a beloved family dog? Put them at the center of your announcement! Snap a picture of your loved one and attach a witty line or cute sign sharing your news. This announcement is fun and creative, while allowing you to include the things you love most.

**How did you announce your engagement? Comment below!**

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# Travel Destinations: Top 5 Vacation Spots to Spend New Years





By [Ashleigh Underwood](#)

Ring in the New Year has is one of the greatest celebrations of the year. Countries around the world participate in events like parades, dancing, fireworks, and street parties. While each travel destination have similar celebratory roots, they all have cultural twists that make them unique. While New Yorkers stand in the street and count down until the ball drops, those in St. Petersburg watch fireworks and send paper lanterns into the sky. Whether you like to party until dawn or enjoy a relaxing night in, there is a vacation destination for you!

**Dying to be somewhere different for the New Year this year? Here a few travel destinations perfect for celebrating this special occasion.**

**1. Valparaiso, Chile:** If your year hasn't been the best, or



you are feeling down and need a little extra luck in your life, Valparaiso is where you need to be. While partaking in traditional activities like large feasts, parties and fireworks, Chileans also celebrate in an unusual way. Each year, the people of Valparaiso, Chile attempt to bring in good luck for the New Year with a few different traditions that are extremely important in their celebrating. Firstly, they eat lentils, and 12 grapes. The lentils are eaten at midnight to ensure success and well being in the coming year. The 12 grapes are symbolic of each strike of the bell at midnight and are meant to fulfill all wishes and projects for the New Year. Their other classic tradition is donning yellow underwear throughout the festivities. The color represents energy and wearing it allows you to attract a happy and hopeful spirit. So, if you are needed some extra luck and good fortune in your life, while also enjoying a classic New Year's Eve, head on over to Chile.

**2. Reykjavik, Iceland:** This small Icelandic town is sure to blow away your expectations of how a New Year's party should be. The people who live in Reykjavik take their celebrations to a whole new level expanding the event across many cities and goes all night long. Not only can you take part in their insane nightlife, but you can also experience their unique cultural traditions. Each year, the citizens of Iceland participate in community bonfires to burn away the troubles of the past year. Then, they get to enjoy the firework spectacle that spans across their entire coast. After drinking away the night, they continue on the next morning with hangover curing meals. If you're a diehard partier, Iceland is the place for you.

**Related Link:** [5 Places Your Favorite Stars Go On Their Celebrity Vacations](#)

**3. Bratislava, Slovakia:** In Bratislava, they are all about noise. This city offers a very casual, yet uplifting environment that is meant to keep you in the holiday spirit all

night long. The town hosts thousands of people from all over the world in their streets each New Year, bringing them in with their many concerts. Bratislava is divided into sections, allowing one part for concerts and another for partying. The concert sections has several types of music going all throughout the day, including gypsy, folk, and disco. The other section, meant for partying, allows other to be more social. There is ice skating, restaurants, bars, and a large screen prompter to watch the celebration so you will be sure to see everything. At the start of the New Year, a fantastic fireworks show is displayed over the Danube River and people cheering and spinning their rehtacka. Participate in this tradition, and you are sure to rid yourself of any negative energy and start your New Year fresh.

**4. Bahamas:** While the Bahamas may make you think of a quiet, beach getaway, on New Year's Eve they are anything but. Choose any resort to stay at and they will be sure to offer some type of activity that will make you feel at home. However, if you dare to venture off with the locals, your time will be much more exciting. The people in the Bahamas celebrate the coming year with music, masks, street performers, costumes, and parades. These festivities are part of the Junkanoo Celebration that locals hold very dear to their hearts, as it is a long standing tradition. It begins with a cultural celebration, welcoming people of all ages and genders to participate. This special procession is lead to a final party destination where everyone is welcomed to stay up all night and bask in the glory that is the Bahamian culture.

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**5. Sydney, Australia:** If you are looking to party in a huge way, Sydney is where you need to go. Here, they try and step up their game knowing that so many people will be watching. With more than 1 million people gathered around the waterfront, and a billion watching on T.V, the celebration

lasts all day and goes out with a bang (literally). Throughout the day, there is an air show, a water performance, multiple fireworks shows, and a parade. This destination is perfect for the family, or a party with your friends. So, be one of the first to live it up in the New Year and check out Sydney!

**Where is your favorite place to spend New Year's? Comment below!**

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## **Product Review: Keep Your Kids Happy and Comfortable With These Products**





*This post was sponsored by Revell, Purl Lamb, and BayB Brand*

By [Ashleigh Underwood](#)

We want what is best for our kids, and that means getting them the best products. When it comes to [fashion](#) and [travel](#) however, it can be tough to choose which items you and your child will love. You want them to be happy with and comfortable in whatever you choose, and you want to make sure the products are top notch.

**Items from Revell, Purl Lamb, and BayB Brand are sure to have you, and your kids, feeling thrilled.**

[Revell](#)

A struggle among many parents is finding a way to keep your child occupied during a trip. Without something to distract them, children can get fussy or even wander off. Well, with the model car kits from Revell, that fear is no longer an

issue. With many kits to choose from, your child, aged 5+, can enjoy putting together a car from their favorite movie, *Cars!* These unique cars are built with a kid friendly nut and screw connector system, and create working headlights, action sounds, changeable mouth and eye expressions. Starting at just \$24.99, you can pick up this awesome toy from Target, Meijer, Fred Meyer, Hobby Lobby or Amazon.



Photo: Courtesy of Revell.com

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### [Purl Lamb](#)

If you're looking to dress your child in the comfiest, yet most stylish outfit you have ever seen, then look no further. Purl Lamb's newest collaboration with artist Matthew Langille is sure to have your child feeling as cozy as can be. With choices ranging from jumpers, to hoodies, and sweats, this collection offers many different unique designs including a crazy lamb print! The collection offers sizes 0-24, so you can keep your kids looking stylish and feeling fresh as they grow for a very long time.



Photo: Courtesy of purllamb.com

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### BayB Brand

The key to a hassle free travel is ensuring you child is safe and warm as you move around. An incredible item from BayB Brand is their Car Seat Canopy. Simply place this product over your car seat, and shelter your child from any outside influences. Let your baby sleep in peace and enjoy a nice dark atmosphere as you carry them from place to place. Not only does this brand offer the canopy, but also a matching blanket. Now, your baby can stay warm and cozy in their car seat, while snuggling up with their adorable Minky Dot Blanket. For \$19.99 each, you can ensure your childs warmth and protection during all your traveling ordeals.



Photo: Courtesy of baybbrand.com

What do you think of these adorable products? Comment below!

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





By [Ashleigh Underwood](#)

While she may not have gotten the fairy tale ending during her run on [The Bachelor](#), Raven Gates has surely found love this time around. According to [E! Online](#), Gates and boyfriend Adam Gottschalk met on this season of [Bachelor in Paradise](#) and have not let their spark fade away since. Ever since the season ended, the [celebrity couple](#) have posted several photos 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:** [Celebrity News: 'Bachelor in Paradise' Star 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!**

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# New Celebrity Couple? Justin Bieber Is Dating 'Ballers' Actress Paola Paulin



By [Ashleigh Underwood](#)

Love is in the air, as a new [celebrity couple](#) has been unveiled. According to [UsMagazine.com](#), [Justin Bieber](#) and Paola Paulin are officially dating. First spotted together at a church service in late September, the pair have been out on a few intimate dinners since. While their romantic endeavors have been short-lived so far, a source says they are “totally smitten with each other.”

# There may be a new celebrity couple in Hollywood, proving Bieber has a thing for brunettes! What are three different ways to be attracted to someone?

## Cupid's Advice:

Everyone is different, and they have different things that they are attracted to. While one person may be all about one thing, another could feel the exact opposite. Here are a few ways you can be attracted to someone:

**1. Looks:** Although some people may deny it, the first thing we notice about someone is the way they look. You can be drawn in immediately by their eyes, hair or even their style. If you are intrigued by someones style, what they wear or the way they carry themselves, it is easy to be attracted to the person as a whole. So, if looks are your thing, then flaunt what you got!

**Related Link:** [Celebrity Couple New: Hailee Steinfeld Addresses Justin Bieber Dating Rumors](#)

**2. Intellect:** To many people, looks are not everything. They need to feel intellectually stimulated by someone in order to feel attracted to them. If they aren't drawn in right away by the way you look, dazzle them with your incredible mind. Brains over brawn are very true for them and you should not shy away from showing off your nerdy side.

**Related Link:** [Celebrity News: Justin Bieber Was Sad and Single on Valentine's Day](#)

**3. Personality:** In the end, personality reigns supreme over all other forms of attraction. Having a good personality, can

make anyone's feelings about you turn a full 180 and make them like you even more. On the flip side, if they were at first attracted to your looks or your brain, having a poor personality can make them want nothing to do with you.

**What are you attracted to? Comment below!**

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# Celebrity Wedding: Kellan Lutz Confirms Engagement to Girlfriend Brittany Gonzales



By [Ashleigh Underwood](#)

[Celebrity wedding](#) bells are ringing in the distance as Kellan Lutz has confirmed his engagement to Brittany Gonzales! In a recent [celebrity interview](#) with Steve Harvey, Lutz let slip that Gonzales was indeed his fiancée. When questioned about their celebrity relationship, Harvey referred to Gonzales as Lutz's fiancée, and the actor made no attempt to correct him according to [UsMagazine.com](#). During the interview Lutz had nothing but nice things to say about his beloved, stating, "she's the light of my life."

**This celebrity wedding to be has officially been confirmed! What are some ways to keep your engagement on the down-low prior to announcing to family and friends?**

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

Getting engaged is a big deal and a huge step in a relationship. The first people you want to tell are your family and friends, but before you do the news may get out. Here a few ways to keep your engagement on the down-low until you can tell those close to you:

**1. Stay off social media:** As tempting as it may be to share those adorable engagement photos, resist. The fastest and easiest way for news to spread is to put it online and your family is sure to find out. If you do have pictures or special moments you want to share on your profiles, wait until after you tell your family and friends.

**Related Link:** [Kellan Lutz Says Past Girlfriends Have Made the First Moves](#)

**2. Hide your ring:** The most obvious tell tale sign of an

engagement is your ring. Everybody knows that a diamond ring on your left finger has major significance to your relationship and they are bound to spill the news. Before you are ready to tell your family and friends the news, keep your ring out of the lime light. Afterward, however, show off your bling every chance you get. It's gorgeous!

**Related Link:** [Celebrity News: Kristen Stewart Moves In with Girlfriend Stella Maxwell](#)

**3. Carry on:** When you get engaged, it can be easy to dedicate your whole life to wedding planning. You're excited and you want to begin right away! However, those closest to you will notice right away if something has your full attention when it didn't before. So, after he pops the question, carry on with your life as if nothing has changed. If you don't give people a reason to question your life, they won't.

**How did you keep your engagement quiet? Comment below!**

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# **Celebrity News: Lionel Richie Is 'Scared to Death' Daughter Sofia Is Dating Scott Disick**





By [Ashleigh Underwood](#)

Dating can be complicated and nerve racking, especially for celebrities. Not only do they have to worry about typical relationship aspects, but they also have to deal with being in the public eye. Currently, this has become an issue for [celebrity couple Scott Disick](#), 34, and Sofia Richie, 19. With everything about Disick's romantic life out in the open, Richie's father, Lionel, is sure to have concerns. In a recent [celebrity interview](#) with [UsMagazine.com](#), Richie spoke of the [latest celebrity news](#) surrounding his daughter's relationship saying, "I'm scarred to death."

**In celebrity news, this dad is not thrilled at his daughter's rumored love life. What are some ways to deal if your parents aren't fond of**

# your partner?

## Cupid's Advice:

When starting a new relationship, it is important to have support from those you love, especially your family. However, your parents may not always like the person you bring home. Here are a few ways to handle a situation like that:

**1. Talk with them:** Many times, the reason your parents don't like your partner is because they don't know anything about them. If your parents have heard rumors about them, only know about their past, or are making predetermined judgments of any kind, then they simply need to get to know your partner. Sit down with your parents and let them know how much you care about your partner and explain why. Often times, when they realize how much you like the relationship they come around.

**Related Link:** [Celebrity News: Scott Disick & Kourtney Kardashian Are Not on Speaking Terms](#)

**2. Compromise:** Sometimes the best thing to do when your parents dislike your partner is to compromise. If they have an issue with your partner coming to major family events, then don't bring them along. However, make your parents understand that it is important to you that your partner comes over to family night once in a while. This way, your partner still gets to be apart of your family dynamic, without impeding on your parents wishes

**Related Link:** [Relationship Advice: 5 Communication keys Every Relationship Needs](#)

**3. Accept it:** You can't force people to like each other and sometimes there is just nothing you can do. If your parents are dead set on not liking your partner, you will have to accept the situation as it is, and move on. As long as your parents understand that you and your partner are happy, and



your relationship is important, then it shouldn't matter what they think.

How do you handle your parents dislike of your relationship?  
Comment below!

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## Celebrity Baby News: Kim Kardashian Confirms She's Expecting Her Third Child



By [Ashleigh Underwood](#)

The young Kardashian clan continues to grow as Kim Kardashian finally confirms the rumored [celebrity baby news](#) according to [E! Online](#). The mother of two has been hoping to expand her family with husband Kanye West for a while, but was unable because of previous pregnancy complications. This time however, the [celebrity couple](#) have conceived through surrogacy.

**This celebrity baby news was rumored, but now it's confirmed. What are some ways to keep your baby news under wraps at first?**

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

Having a baby is exciting and something you want to enjoy forever. While some people are ready and willing to share their news right away, others may want to put it off for a while. Here are a few ways to keep your baby news quiet:

**1. Only tell people you trust:** If you need or want to tell a few people about your baby, by all means do so! However, in order to keep the secret from getting to too many ears, only tell people you really trust. This way, it is less likely that the news will get spread around to other people. Make sure the ones you tell are people who will support you and have your back through the pregnancy.

**Related Link:** [Celebrity Baby News: Khloe Kardashian is Expecting First Child with Tristan Thompson](#)

**2. Hide your bump:** If you are the one carrying the baby and want to keep the secret for a while, you may want to hide your bump from the public eye. An easy way to do this is to wear baggy clothing or lots of layers. This way, no one will think about what is underneath all the clothing because it will fall

off your body so easily.

**Related Link:** [Celebrity Baby News: Kylie Jenner is Pregnant and Expecting First Child with Travis Scott](#)

**3. Carry on:** When you are trying to hide a huge lifestyle change, you should continue to live your life as normal. If you all of a sudden stop going out with your friends, or seeing people in your family, they will suspect that something is up. Instead, continue your life as if nothing has changed and no one will think twice about it.

**How did you keep your baby news under wraps? Comment below!**

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





By [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 [celebrity couple](#) 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 [celebrity interview](#), Viall finally opened up about being single. According to [UsMagazine.com](#), 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:** [Celebrity Break-Up: Nick Viall Says He Still 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:** [Single Celebrity: Bachelor's Ashley Iaconetti Isn't Interested in "Random Dates"](#)

**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!**

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**Celebrity News : Wendy**

# Williams Addresses Affair Rumors Regarding Husband Kevin Hunter



By [Ashleigh Underwood](#)

For a celebrity talk show host, it can be weird being the center of attention. However, Wendy Williams is not one to shy away from hot issues, even when they are about her own life. Recently, [celebrity news](#) has been surrounding her love life with husband Kevin Hunter and his rumored affair. Yet, this week, Williams took to her show to share her opinion on the matter, according to [E! Online](#). Speaking to her live audience she said “I stand by my man” effectively shooting down the rumors and proving their [celebrity relationship](#) is going strong.

# **This celebrity news has us wondering if we really know our partners. What are some ways to know if you can trust your partner?**

## **Cupid's Advice:**

Trust is a huge part of a relationship and without it, you and your partner are doomed to fail. Still, putting your trust in someone can be scary and hard. Here are a few ways to know if you can trust the one you're with:

**1. You know where their heart is:** When you are dating someone, you should feel like you are their number one. You should never feel like you are in competition with someone else and have to struggle to gain your partner's affection. If you know that their heart lies with you and only you, then you have a foundation of trust being built.

**Related Link:** [David Arquette Says Courteney Cox's New Beau Johnny McDaid is "a Great Man"](#)

**2. They give reassurance:** When you are having trust issues with somebody, it can be very helpful to have reassurance from them. Just hearing your partner say "you can trust me" can instill confidence in your relationship. When they acknowledge your fears and take steps to reassure them, you know you can truly trust them.

**Related Link:** [Wendy Williams Lashes Out at Hedi Klum for Relationship with Bodyguard Boyfriend](#)

**3. There are no red flags:** Sometimes it is very obvious when you shouldn't trust somebody. If they are not hiding the fact that they're doing shady things and sneaking around behind your back, you should back away. However, if your partner does

nothing but show you that they are worthy of your trust, believe them. It is true that actions speak louder than words.

**How did you know you could truly trust your partner? Comment below!**

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## **Celebrity News: Hugh Hefner Dies at 91; Why His Marriage to Crystal Harris Worked**



By [Ashleigh Underwood](#)



People everywhere are mourning the death of playboy founder, Hugh Hefner. In the wake of this [celebrity news](#) however, we try to celebrate the life lived rather than the one lost. In 2012 Hefner married his third wife, Crystal Harris, at the Playboy Mansion on New Years Eve. In a [celebrity interview](#) with [UsMagazine.com](#), before his death, Hefner discussed why his recent marriage worked so well. He said, "I think the center of her life is us and you can't ask for more than that."

**This celebrity news is very unfortunate, but it brings to light why Hefner's marriage to Crystal Harris worked. What are some ways to know your marriage will work?**

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

Marriage can be tough and it takes hard work every single day. When you put a lot of effort into something, you want to know that it is worth it and it will all pay off. Here are a few ways to know that your marriage will work:

**1. You're on the same team:** Marriage is a partnership that you both need to take part in. If you can look at your partner and know that no matter what, they will have your back and support you when you need it, then your marriage will work. As long as you have each other and can lean on them, you will last a very long time.

**Related Link:** [5 Stars in Celebrity Open Relationships](#)

**2. You can communicate:** There is nothing more vital in a relationship than communication. If you and your partner cannot tell each other how you feel, or work through an issue

with words, than you will not make it. Learning how to communicate in an effective way will greatly increase your chances of making your marriage work.

**Related Link:** [Hugh Hefner and Crystal Harris Debut Cute 2014 Christmas Card](#)

**3. You've had hardship:** When you get married, you are promising your life to someone. Through thick and thin, you will be there and so will they. If you and your partner have already experienced a tough time together and they showed their support and stood by your side, then your marriage will last. As long as you know that they will not flee the moment life gets hard, your marriage will be okay.

**How did you know your marriage would last? Comment below!**

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## **Celebrity Baby News: Khloe Kardashian Is Expecting First Child with Tristan Thompson**





By [Ashleigh Underwood](#)

More congratulations are in order, as a third Kardashian sister is expecting a baby! [Celebrity couple](#) of a year, [Khloe Kardashian](#) and Tristan Thompson, are expecting their first child according to [UsMagazine.com](#). Kardashian has always expressed her desire to start a family although her attempts have not been successful. Now, her [celebrity baby](#) news is an exciting new adventure that she and Thompson can experience together.

**Another Kardashian has celebrity baby news! What are some ways to decide when to reveal your baby news to friends and family?**

**Cupid's Advice:**

Having a baby is an exciting time that you want to share with all your family and friends and you may want to make it a

special announcement. Here are a few ways to reveal your baby news:

**1. Gender reveal:** Wait until you know the sex of your baby, then have a creative gender reveal to let people know your news. Have your doctor put the gender in an envelope and hand it off to a family member. Let them plan out the reveal so you and your partner can be just as surprised as your family and friends. Whether you have a party with boy vs girl games, or do an intimate reveal that you share later, this is a fun way to share your joy.

**Related Link:** [Top 5 Kid-Friendly Fashions That Celebrity Parents Love for Their Own Children](#)

**2. Have a photoshoot:** Taking pregnancy photos are fun and memorable way to announce that you are expecting. Pick out some cute outfits, invite your partner along and show off your growing belly in an amazing way. Then, share your pictures online or send out baby announcements with your favorite shots.

**Related Link:** [5 News Fitness Trends to Help You Get a Celebrity Body](#)

**3. Throw a party:** What better way to announce your news than to throw a big celebration? Invite all your friends and family and surprise them with the news while they're there. This way, you are able to tell all your guests at once and not worry about missing out on telling somebody.

**How did you announce your pregnancy to family and friends? Share your experience below.**

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# Celebrity Baby News: Source Says Kylie Jenner's Pregnancy with Travis Scott 'Definitely Wasn't Planned'



By [Ashleigh Underwood](#)

After [Kylie Jenner's](#) [celebrity baby](#) news was revealed, several sources have come forward and revealed exciting new information. Recently, a source told [UsMagazine.com](#) that [celebrity couple](#) Jenner and and Travis Scott were not expecting the pregnancy and had to decide whether or not they were ready to be parents. However, after discussing with mother [Kris Jenner](#) and sister [Kim Kardashian West](#), Jenner is more than ready and eager to start her family.

# This celebrity baby news was not something that was planned. What are some ways to help your partner deal with a surprise pregnancy?

## Cupid's Advice:

Being pregnant and starting a family is a very exciting time for new mothers! However, when the baby is unplanned, it can be stressful and overwhelming. Here are a few ways to support your partner during a surprise pregnancy:

**1. Be positive:** When your partner is in a new and unexpected spot, they will be flooded with nerves and anxiety. Help ease that discomfort with positivity. Let them know that they will be okay and make it through this challenge. Do not let them becoming bogged down with negative thoughts and feel like they are alone.

**Related Link:** [Celebrity Pregnancy: Former 'Bachelorette' Emily Maynard is Expecting](#)

**2. Offer help:** A new baby means that your partner will be immediately thrown into a new lifestyle. They will need physical help adjusting to taking care of another person and emotional support as well. You should let your partner know that you will help them in any way that they need, whenever they need it.

**Related Link:** [Celebrity Baby: Adam Levine and Behati Prinsloo Announce Second Pregnancy](#)

**3. Don't tell her what to do:** New moms are always getting advice from other people and being told how they should handle their pregnancy. If your partner is on the fence about this surprise pregnancy and how they should handle it, don't tell

them what they should do. Give them advice and let them decide what is best for them on their own.

How did you show your partner support in their surprise pregnancy? Share your comments below.

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## Popular Restaurants: The Best Bakeries in NYC



By [Ashleigh Underwood](#)

New York City is the place to be when it comes to the best and most exciting restaurants. The city is always up to date with

the latest trends and hottest foods that everyone is dying to try. And what do people love more than a bakery that serves up the tastiest bread and pastries? Well, your search for the most popular restaurants is over because here they are!

**There is nothing better than finding a restaurant you love and having them serve up your favorite treats. So, take a look at this list of the best bakeries in NYC and find out which one is your new favorite spot!**

**1. Arcade Bakery:** If their creative name doesn't make you want to visit, the taste of their delicious pastries will. This simple little restaurant is home to NYC's best croissants. Talented baker Roger Gural is serving up an amazing variety of cafe food including breads, pizzas, sandwiches and babka. However, their hours are limited to 8am-4pm on the weekdays, so you have to get their early and snag your treats!

**Related Link:** [Popular Restaurant: The Best NYC Vegetarian Spots](#)

**2. Maman:** Filled with the most beautiful french aesthetic, this restaurant is sure to win your heart (and stomach). With six locations to choose from, there is no excuse not to check out this cute cafe. With their inspiration coming from Southern France and North America, the restaurant offers many types of food such as; sandwiches, salads, quiches, soups, pastries and desserts, breads, and coffee. Their ingredients are all local and fresh, so we are sure that you will find something to satisfy your french craving.



**Related Link:** [5 Famous Restaurants from Movies You Have to Visit in Real Life](#)

**3. Butter & Scotch:** This bar/dessert parlor is unlike any place you have been to before. Pairing together alcohol and your favorite sweet treats, this restaurant puts a new twist on your childhood ice cream parlor memories. While this fun combinations seems to be their specialty, the restaurant also offers a regular menu during the daytime which is guaranteed to tickle your taste buds. Butter & Scotch is also a proud supporter of the “girl gang” and shows it with a specialty menu. Any drink bought off this menu will send a portion of the proceeds to Planned Parenthood and help women everywhere.

**Related Link:** [5 Surprising Foods Your Favorite Celebrity Chefs Love to Hate](#)

**4. High Street On Hudson:** Originating in Philadelphia, this unique menu creating sandwiches with the best bread around comes together in this exciting restaurant. High Street On Hudson offers a variety of bread and pastries, that are truly unlike any other. The bread used for their meals, are their main focus. Each sandwich has its own unique bread creation that shifts from morning to night. Their appeal grows even more as they offer the opportunity for customers to purchase loaves of bread separately to form their own creations at home.

**Related Link:** [Famous Restaurants: Hottest Happy Hours in NYC](#)

**5. Great Northern Food Hall:** Located in Grand Central Terminal, this Nordic restaurant is perfect for business lunches, quick snacks, or even dinner with friends. Since they have a Nordic inspired menu, this restaurant is dedicated to their breads. They even have their own unique bread making process adopted straight from Denmark. They hand shape their loaves with very wet dough allowing for a perfect texture and crumb which their customers love. Along with their delicious

bread, they also offer fabulous danishes and tarts that are as sweet to look at as they are to eat.

What are the best bakeries you have been to in NYC? Comment below?

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## Celebrity Marriage: Brian Austin Green Opens Up About Taking Marriage with Megan Fox Day By Day



By [Ashleigh Underwood](#)

Relationships are hard for everyone, and [celebrity relationships](#) are no exception. Recently, Brian Austin Green opened up about his celebrity marriage with Megan Fox on his podcast show. He spoke about how every marriage is hard and how they take work, but that he and Fox take things “day by day.” After coming close to a divorce in 2015, the [celebrity couple](#) reconciled, according to [UsMagazine.com](#). The two have been working hard at their relationship and making it work ever since.

## **This celebrity marriage has seen its trials and tribulations. What are some ways to get through a rough patch in your marriage?**

### **Cupid’s Advice:**

In a marriage, there are always going to be highs and lows. The key to a good relationship however, is making it through the hard times and celebrating the good ones. Here are a few ways to get through those rough patches:

**1. Communicate:** Communication is a huge element in every relationship. As a couple, you need to be able to go to each other and sort out your emotions in a healthy way. If something is bothering you, go to your partner and explain your feelings so you can work it out.

**Related Link:** [Celebrity Divorce: Audrina Patridge Files for Divorce from Corey Bohan](#)

**2. Stay positive:** It is very easy to become negative and hopeless when going through a rough patch. However, that negativity will only drag the relationship down further and

instead you should focus on the positives. Every small win within your relationship matters, and they should be celebrated.

**Related Link:** [Celebrity Couple Mandy Moore and Taylor Goldsmith Are Engaged](#)

**3. Look within:** When you are fighting with your partner or feeling distanced from them, it is easy to place blame on one another. This can be detrimental because nothing will ever be solved. Instead, take a step back and look within yourself. There may be something you can change or simply acknowledge that can have a major effect on your relationship.

**What is your best advice for making it through a rough patch? Comment below!**

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**Celebrity News: Justin Timberlake Says He's 'So Proud' of Wife Jessica Biel**





By [Ashleigh Underwood](#)

There is nothing we love more than seeing our favorite [celebrity couples](#) show love and support for one another. The [latest celebrity news](#) has us gushing over [Justin Timberlake](#) showing his pride for wife [Jessica Biel](#). Early this week, Timberlake took to Instagram to talk up his wife's amazing performance on her show *The Sinner*. In his caption, he wrote: "It's the finale of *The Sinner* & I'm so proud of my wife. You could say she killed it," according to [UsMagazine.com](#).

**This celebrity news has us "awww"ing. What are some ways to support your partner in his or her career?**

**Cupid's Advice:**

Giving your partner support is such an important thing to do. Not only does it show them you care, and have their back, but

it also gives them added confidence to pursue their work dreams. Here are a few ways to show your partner that you support them in their career:

**1. Be a cheerleader:** Be your partner's number one fan! Hype them up for a big presentation, send them a "i believe in you" text when they're having a tough day, or talking them through a difficult time. Anything you can do to help them in their work or show them that you are proud of them no matter what, will let them know they have your full support.

**Related Link:** [Celebrity Couple News: Justin Timberlake Calls Wife Jessica Biel a 'MILF'](#)

**2. Listen:** Work can be tough and your partner is going to have hard times. When they come home, they may need to complain and get everything about their day off their chest. The best thing you can do is listen and let them know you care. Often times, this little gesture can mean the most.

**Related Link:** [Celebrity News: Justin Timberlake Thanks His 'Rock' Jessica Biel at Hall of Fame Induction](#)

**3. Push them:** Sometimes there can be set backs in a career that may make your partner want to give up. Or, they may not feel confident enough in their abilities to go after a big opportunity. When this happens, you need to push your partner into working even harder. Let them know that with you in their corner, they can achieve anything.

**How do you show your partner you support them? Comment below!**