

Celebrity Exes: Britney Spears & Kevin Federline 'Don't Have Much of a Relationship'



By [Ahjané Forbes](#)

In [celebrity news](#), these [celebrity exes](#) don't have much of a relationship with each other. Instead, [Britney Spears](#) and ex husband Kevin Federline have a cordial relationship with each other. The two plan to focus on their [celebrity kids](#) Preston, 14 and Jayden, 13. According to *UsMagazine.com*, a source said, "Britney does not have much of a relationship with Kevin other than everyday co-parenting stuff."

These celebrity exes are definitely not close, though they share two kids. What are some ways to keep things civil with your ex when children are involved?

Cupid's Advice:

A change in your family situation is not always easy to navigate. What you call "home" has now been broken. This can create tension between both individuals and creates stress in the family unit. Cupid has some advice on how to keep a solid co-parenting relationship with your ex:

1. Don't dwell on the past: When you break up with your partner, it often leads to digging up details about what happened throughout your relationship. For the sake of your kids, try to avoid negativity while speaking about your ex-partner. This will not happen overnight. However, it is important that you show respect toward the person you are co-parenting with, because this will show your children and that both of you are mature adults.

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2. Try not to invade their personal lives: If your ex-partner starts dating again, avoid intervening or saying something about it. It is not your place. You too have agreed to complete a job together regarding your children. You don't have to be happy that they are moving on, but you must respect them.

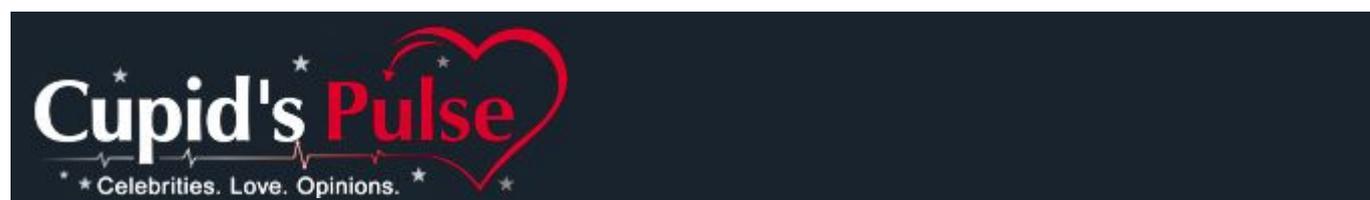
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3. Be friendly, but not too friendly: You both have agreed to end the relationship. Therefore, there is no longer a sense of

entitlement. Both parties are responsible for their respective activities with the kids. You don't need to get into deep conversations or details about your social life outside of the kids. One or both parties might still be hurt from the break-up. You will need to get into the right mindset to be able to be cordial with with your ex-partner.

How did you handle co-parenting with an ex partner? Share experiences in the comments below!

Celebrity Couple News: Britney Spears' BF Sam Asghari Reflects on Their Relationship





By Meghan Khameraj

In [celebrity news](#), fitness model Sam Asghari opened up about his [celebrity relationship](#) with pop icon [Britney Spears](#). According to *UsMagazine.com*, Asghari revealed to *Entertainment Tonight* that he was hand-selected by Spears to star in her “Slumber Party” music video in 2016. From then on, sparks began to fly between the [celebrity couple](#) as they exchanged numbers and started to date like a normal couple. On New Year’s Day of 2017, they announced their relationship to the world via Instagram. Since the couple made their celebrity relationship Instagram official, they made their red carpet debut at the *Once Upon a Time In Hollywood* premiere this July. A source for *UsMagazine.com* reports, “ He is such a positive light in her life. No one makes her smile this much – other than her boys.”

In celebrity couple news, Britney Spears’ boyfriend is opening up on

how the pair got together. What are some ways to initiate things with your crush?

Cupid's Advice:

Britney Spears and Sam Asghari are completely head over heels for each other. However, just like any other couple, they had to get through the nerve-wracking first move. Cupid has some advice that will help you talk to your crush without breaking a sweat:

1. Find common interests: If you want to get closer to your crush the easiest way is to find something that you both have in common, whether that's a similar hobby or a favorite band. Talk to your crush about your similarities to foster a deeper friendship that could grow into something more.

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2. Hang out in person: Texting and direct messaging is probably the most prevalent form of current communication, but messages can get lost in translation and honestly it's just not the same as hanging out in person. Try to grab coffee with your crush and talk about your common interests.

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3. Be open: Although it can be scary to let your crush know that you want more than just a friendship, it is a simple way to avoid future heartbreak. You don't want to cry to sad Taylor Swift songs because you spent so much time pining over unrequited love. If you are open with your crush you can get rid of any doubt in your mind and either enjoy your newfound relationship or start to move on.

What are some ways you have initiated things with a crush in the past? Let us know in the comments below!

Celebrity News: Britney Spears' Boyfriend Dedicates Sweet Mother's Day Tribute to Her



By [Mara Miller](#)

In the latest [celebrity news](#), [celebrity couple Britney Spears](#)

and Sam Asghari cuddled up for an Instagram photo on Mother's Day, according to *People.com*. Asghari wrote a sweet message for all mothers, including his celebrity girlfriend, saying, "Happy Mother's Day to all the beautiful mothers out there doing the toughest job in the world! #tbt". Aww!!!

In celebrity news, Britney Spears' had something to celebrate on Sunday. What are some ways to pay tribute to your partner's parenting skills on Mother's and Father's Days?

Cupid's Advice:

Mother's and Father's Days are meant to celebrate parents and the amazing, but sometimes tough, job of raising kids. Cupid has some advice on how to pay tribute to your partner:

1. Take your partner and kids out to dinner: Use this special day as a way to treat your partner to a meal the entire family can enjoy.

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2. Say something encouraging about your kids: Compliments such as, "If our son/daughter grows up to be exactly as you are, they'll be an amazing person," will go a long way in making them feel special.

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3. Thank them: Thanking your partner for being a good parent

do your kids is a great way to pay tribute to their parenting skills.

What are some other ways you can make a tribute to your partner on Mother's or Father's day? Share your thoughts below.

Celebrity News: Kevin Federline 'Tried to Settle' Custody Battle with Britney Spears Outside of Court





By Rhodesia Williams

In latest [celebrity news](#), Kevin Federline is trying to settle his custody battle with Britney Spears out of the courtroom. According to *UsMagazine.com*, the ex [celebrity couple](#) have been going through a long drawn out custody battle since their [celebrity divorce](#). Just a couple of months ago, Federline asked for more child support but is also willing to settle out of court. It looks like this

In celebrity news, the custody battle between Kevin and Britney is still going strong unfortunately. What are some ways to keep your kids out of disputes about money?

Cupid's Advice:

Custody battles are never fun and can often affect your

children. Cupid has some advice on how to keep your kids out of disputes about money:

1. Think about the kids: It's important to keep your kids in mind when you are going through a custody battle. While it's natural for kids to blame themselves for the split, hearing you and your ex fight about money will only make things worse. Keep their feelings in mind and try to make the break-up as comfortable as you can.

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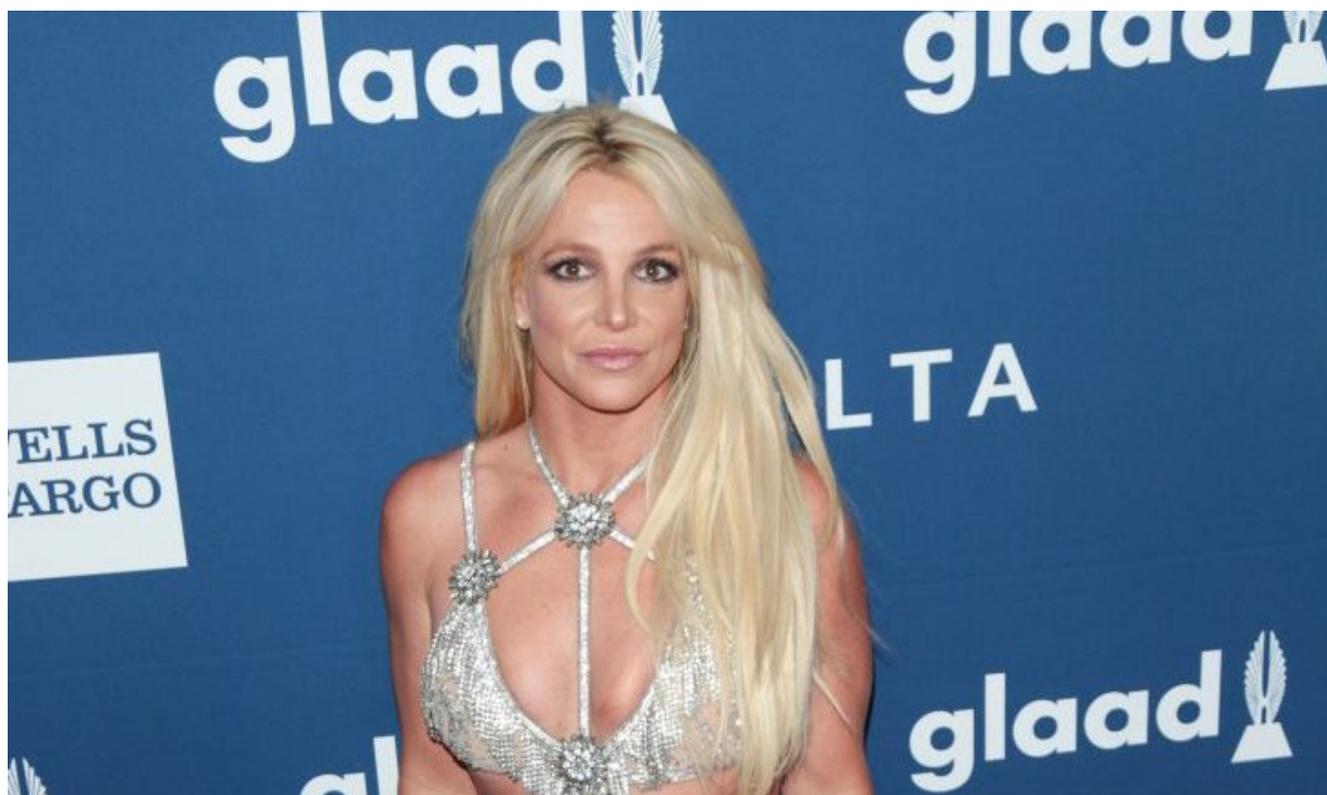
2. Compromise: When fighting about money, the children will unintentionally be pulled in. A compromise is the easiest way to avoid dragging the children through any fighting. While wanting to fight for what's right, it is important to remember that your kids are well aware of what's going on. Sometimes the best thing to do is to compromise.

Related Link: [Expert Relationship Advice: Three Questions Crucial to Co-Parenting Success](#)

3. Keep a straight face: Tensions are high and you don't want to back down. To not drag your kids into the fight, stay calm around them. Making comments or arguing around the kids will only make things worse. It is important to keep the kids out of it. Kids remember everything; don't make them think your break-up is about money to be spent on them.

What are some ideas on how to keep kids out of disputes about money? Share below.

Celebrity News: Britney Spears 'Won't Allow' Kevin Federline to Take Advantage of Her During Child Support Battle



By [Carly Horowitz](#)

What does Kevin Federline want to do with the \$40,000 child support money he is requesting from [Britney Spears](#)? Spears believes it is not because he needs more help supporting their [celebrity children](#), Sean Preston and Jayden James. She is positive that she already supplies enough money to do so. According to [UsMagazine.com](#), a source reveals, "They believe

this is nothing but a shameless money grab. Kevin hasn't had a full-time job in a long time. He just continues to sponge off Britney." This former [celebrity couple](#) were wed in October 2004, but went through their divorce three years later. In other [celebrity news](#), Spears' father is making moves on ending the court-approved conservatorship. This has been in effect since 2008 after Spears had her public mental breakdown. Best of luck to them in this process!

In celebrity news, this child support battle is definitely not resolved yet. What are some ways to keep your children happy during a custody or child support disagreement?

Cupid's Advice:

When going through legal disagreements with your ex-partner, it is important to still keep your children's best interests in mind. It is easy to become consumed in all of the stress that is being caused by things that are over their head. Hopefully these tips will serve well in keeping your children happy during these taxing times:

1. Get your feelings out somewhere else: It is perfectly normal to be upset and angry when disagreements are occurring. You don't have to completely shut down your feelings because you want to look put-together in front of your kids. Rather, get your feelings out to a therapist or close friend so that you don't feel the need to vent to your children.

Related Link: [Celebrity News: Britney Spears Is 'Angry' At Child Support Battle with Kevin Federline](#)

2. Apologize if you do slip up: We are not asking you to be perfect. You may have a slip up in front of your children which may cause them to be upset. Just apologize! This will also teach your children how to deal with conflict and demonstrate that if they mess up, they should apologize. After that, continue to give them the love that they need right now during this time.

Related Link: [Celebrity Couple News: Britney Spears Shares Sweet Video With Boyfriend Sam Asghari](#)

3. Give genuine care: A common mistake in situations like this is giving your children material items in hopes that this will make them happy. It may make them joyful for a short period of time, but what really counts is the actual love that you give them. Try not to fill that void by buying your children multiple items. Instead, take them for a walk on the beach and just enjoy this world with them by your side.

What are some other ways to keep your children happy during a custody or child support disagreement? Comment below!

Celebrity News: Britney Spears Is 'Angry' At Child Support Battle with Kevin Federline





By [Carly Horowitz](#)

In [latest celebrity news](#), [Britney Spears](#) isn't happy with [celebrity ex](#), Kevin Federline, who is requesting more child support money from her. According to [UsMagazine.com](#), Spears believes that she pays for everything already and she has an inkling that Federline may be requesting this additional money to support his other four children. Spears makes it clear that she does certainly care for her [celebrity kids](#) as well, as the ex-couple split time with their kids 50/50. A source reveals, "Those boys are her world. She is an amazing mother." She simply just does not believe that this additional money is needed to help her children live a good life.

In celebrity news, Britney Spears is angry at her ex for asking for additional child support. What are

some ways to keep legal battles from affecting your kids?

Cupid's Advice:

After a split, some issues may arise regarding legal matters. You and your ex may disagree on some aspects. Although, it is important to be mature and handle these disputes privately so that it doesn't affect your children. We all know that guaranteeing your children's happiness is the biggest priority. Here are some tips on how to keep these legal battles from negatively affecting your kids:

1. Talk to them: If your kids are older, they most certainly will not be blind to the situation at hand. They may overhear phone call conversations and such. Even though you are trying to keep them out of it, older kids should still be informed so they feel involved and loved. Be honest and explain to them what is going on but assure them that everything is going to be okay.

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2. Don't badmouth your ex partner: The last thing you want to do is talk negatively about your kid's other parent in front of them. You never want to make it seem like there is a good guy and a bad guy because that will just create an abundance of stress on your children. Even if you feel as if your ex is a horrible person, keep it to yourself and allow your children to form their own opinions by the way that they treat them.

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3. Stay collected: One of the worst things you can do is set a bad example of freaking out in front of your children. Even

though the legal situation you are going through may be frustrating, try your best to still be the amazing parent that you are to your children.

What are some other ways to keep legal battles from affecting your children? Comment below!

Beauty Trend: 5 Life Triggers that Inspire Bold Beauty Transformations



By Dr. Sanam Hafeez and Dr. Margarita Lolis

It is common for women to alter their appearance when faced with a significant life challenge. When we are tested we transform. When we shift our mindset and transform on the inside, it's only natural that we want the outside to change as well. [Britney Spears](#) is notorious for her transformations. It's as if we shed old skin like a butterfly ready to take flight, soaring to new heights. Below are some common life challenges and the typical beauty treatments sought for each.

Check out these [beauty trends](#) for each of life's hurrles!

A milestone birthday.

You don't have to be turning 50 to freak out about a birthday. Women as young as 25 are having quarter life crises. Women who turn 30 or 35 often feel blah about it. Even if women feel great about a milestone birthday, they still may desire a change. According to Dr. Sanam Hafeez, a NYC based licensed clinical psychologist who teaches faculty members at the prestigious Columbia University Teacher's College and is the founder and Clinical Director of Comprehensive Consultation Psychological Services, "when we have birthday's, we focus on aging. We look at our faces in the mirror and may think a refresher is in order. It's common for women to book appointments for Botox around their birthdays. However, when aging becomes an obsession, causing anxiety or depression, it's important to speak to a professional."

Surviving an illness.

"After recovering from illness, especially if the road to recovery was long and hard, it is normal to want a new look," explains Hafeez. When people feel healthier and happier, they may desire a new wardrobe, especially if there was weight loss. Dr. Margarita Lolis, a Board-Certified Dermatologist in

northern New Jersey who specializes in anti-aging and longevity, adds, "they may also want to explore fillers to the face to replace volume lost while ill. It's important to make a full recovery before doing any invasive procedures. You really must speak to your doctor to clear you for any elective surgeries." "There's a lot of empowerment that comes from battling back from illness. It makes sense that someone would want to celebrate their good health with a 'new me' approach to their appearance," says Hafeez.

Going back to work after a stretch of unemployment.

You got laid off and for months your job has been finding a new job. After months of sitting at the computer in sweats, only showering to go on interviews, you finally get hired! Elated, you decide to treat yourself to a spa day, get a pro to cut and color your hair, and splurge on new eyeglass frames. "Being unemployed crushes the spirit. The longer someone is unemployed the greater their chances are of sinking into depression. When a new job is secured there's a feeling that the weight of the world is off the shoulders. Of course you want to treat yourself" says Dr. Hafeez.

Divorce or a breakup.

One of the most profound triggers motivating a significant change to a woman's appearance is divorce. Breast augmentation, tummy tucks, liposuction, face lifts, weight loss, new hair, new clothes, and total transformation is common. Divorce is such a significant severing that most women feel that the person they were before must change. The fastest way is to change their appearance. The challenge here is that they are often hurting inside as they grieve the loss of their marriage. Even if they are happy for the divorce and it ended amicably the stress over dating again is a motivator. Dr. Lolis says many new clients come to her by referral because they recently divorced and want their "cry lines" removed and a fresh look to their faces.

Moving to a new city.

“Uprooting to a new city can be very scary. There are a lot of unknowns which makes people feel as if they are out of control,” says Dr. Hafeez. The one thing they can take control over is their appearance. It’s common for people who relocate to assume a whole new identity that blends in with the other people of that city. If you’re moving from New York City to a beach town in Miami, your attire is going to change.

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Dr. Sanam Hafeez PsyD is a NYC based licensed clinical neuropsychologist, teaching faculty member at the prestigious Columbia University Teacher’s College and the founder and Clinical Director of Comprehensive Consultation Psychological Services, P.C. a neuropsychological, developmental and educational center in Manhattan and Queens. Dr. Hafeez masterfully applies her years of experience connecting psychological implications to address some of today’s common issues such as body image, social media addiction, relationships, workplace stress, parenting and psychopathology (bipolar, schizophrenia, depression, anxiety, etc...). In addition, Dr. Hafeez works with individuals who suffer from post-traumatic stress disorder (PTSD), learning disabilities, attention and memory problems, and abuse. Dr. Hafeez often shares her credible expertise to various news outlets in New York City and frequently appears on CNN and Dr.Oz. Connect with her via twitter @comprehendMind or www.comprehendthemind.com.

Dr. Margarita Lolis, M.D. is a board-certified cosmetic, medical dermatologist and a fellowship-trained Mohs surgeon with over 20 years of experience. In her practice, she addresses common skin concerns such as acne prevention and treatment in both teens and adults, sun-damage, skin discoloration, wrinkles, changes to skin texture and loss of volume. On the medical side, she is a trusted expert in

melanoma and over-all skin health. Dr. Lolis prides herself in honoring facial symmetry to deliver a natural look to her clients. She always recommends a healthy skin care regimen plus lifestyle habits that are aligned with her holistic approach to beauty. Dr. Lolis is a member of the American Academy of Dermatology, American College of Mohs Surgery, and the American Society of Anti-aging. Her practice, Skin, Laser, and Surgery Specialists is in New York City and Bergen Country, New Jersey.

Celebrity News: 7 Best Celebrity Pop Music Moments





By [Katie Gray](#)

Pop music is one of the most popular music genres for a reason! For decades, amazing pop music has been created and crafted. People love jammin' out to pop, and watching pop stars perform in bold outfit choices. Since the 80's, Madonna has been the Queen of Pop. From then on, there have been many pop stars and pop princesses introduced to the world. Whether it's an award show performance or a music video, there have been some iconic pop moments among fellow pop stars in celebrity news, and pop stars in [celebrity relationships](#).

Cupid has compiled the seven best pop moments in celebrity news:

1. Madonna & [Britney Spears](#): The Queen of Pop is Madonna and the Princess of Pop is Britney Spears. The most iconic pop moment in history, is hands down the famous 2003 VMA performance where Madonna, Britney Spears and Christina Aguilera performed and shared a kiss. Madonna was dressed as a groom and Britney was dressed as a bride. To this day, it

continues to generate buzz! It will go down in history, as the most iconic moment in pop music. Just like Nicki Minaj sums up in her song with Madonna, she raps, “There’s only one queen, and that’s Madonna.”

2. [Taylor Swift’s ‘Look What You Made Me Do’](#): The official music video to ‘Look What You Made Me Do’ by pop superstar, Taylor Swift, premiered on August 27th at the 2017 MTV Video Music Awards. It broke the record for being the most watched music video within 24 hours of its release, by getting 43.2 million views on YouTube. It garnered over 3 million views per hour. The song and video, is influenced by a lot of Swift’s past celebrity relationships. This includes her [celebrity relationship](#) with Calvin Harris, Tom Hiddleston, and the feuds with Kanye West and Katy Perry. The music video even features an elaborate scene where Swift is seen in a bathtub full of jewels “that were all real. That’s right, the authentic diamonds, were loaned by celebrity jeweler Neil Lane and was worth over \$10 million. As of now, in September, the video has over 200 million views already!

Related Link: [Best Lana Del Rey Lyrics Inspired By Celebrity Relationships](#)

3. [Ariana Grande & Big Sean](#): Ariana Grande is running pop music right now! The pop star, was in a much publicized relationship with music artist, Big Sean. The celebrity couple was adorable on the red carpet at the Grammys, and it was well noted. Grande performed that night, and had several nominations herself. This duo even wore matching outfits when they performed together at KIIS FM’s Jingle Ball in 2014. They also were cute together at ‘A Very Grammy Christmas’ backstage. Although the couple split, they shared great performances together and have had subsequent music inspired by their [celebrity relationship](#).

4. [Jennifer Lopez & Iggy Azalea](#): Don’t be fooled by the rocks that she got, she’s still Jenny from the Block! Pop icon,

Jennifer Lopez AKA JLO, always brings the fire! Her duet with rapper Iggy Azalea, to their song 'Booty' was the highlight of the 2014 American Music Awards. Their music video to their hit song is also sizzling! It's one of the best collaborations in pop music. The catchy song, features a nice beat, and is great to dance around to! "Work!"

5. **Rihanna & Drake:** The friendship and [relationship](#), between artists Drake and Rihanna, has been a constant topic on/off throughout the years. Drake and Rihanna are both icons. Drake bought Rihanna a billboard in Los Angeles to congratulate her on receiving the Michael Jackson Video Vanguard Award at the MTV Video Music Awards. He presented her with the moonman award. During his speech, he was loving, and proclaimed he's, "been in love with her" since he was 22 years old. He proclaimed, "She's one of my best friends in the world." Whether they're friends or more, they make us swoon!

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6. **Beyoncé's *Lemonade*:** Queen Bee – Queen Bey! Beyoncé released her sixth studio album, titled *Lemonade*, and it took the world by storm. The witty lyrics quickly circulated, and the film that went along with it made a big impact. Beyoncé is married to rapper, Jay-Z, and the pretty pair are also proud parents! Much of the album is about the [celebrity couple](#), and it was widely interpreted that *Lemonade* was about infidelity. There were some empowering parts of the album, such as the songs "Hold Up" and "Sorry" and "Sandcastles." There were inspirational parts, such as the fact that winners "don't quit on themselves." When life gives you lemons, make lemonade!

7. **Lady Gaga & Album *Joanne*:** Lady Gaga is a top pop icon. She's won a Golden Globe, performed at the Academy Awards and was nominated for an Oscar herself, and continuously sells out stadium tours. She even gave an amazing super bowl half time show performance! She released her album, *Joanne*, which is named after her aunt who died at a young age from lupus. The

album also revolves around the triumphs and trials of love. Much of the inspiration for the album, is derived from her relationship, engagement and break-up with Taylor Kinney. After dating for five years, they broke off their [celebrity engagement](#). Lady Gaga said, “When you listen to the album, it’s clear the influence that all the men in my life have made on this record. She added, “I always wanted to be a good girl. And Joanne was such a good girl.”

What are your favorite celebrity pop music moments? Comment below!

Celebrity Couple News: Britney Spears Shares Sweet Video With Boyfriend Sam Asghari





By [Marissa Donovan](#)

[Britney Spears](#) is crazy over her model boyfriend Sam Asghari and wants to share it with the world. Recently, the pop singer posted a video of the two together on her Instagram. The [celebrity couple](#) met on the set of her music video for "Slumber Party." According to [UsMagazine.com](#), Spears and Asghari went public with their relationship in November 2016.

It looks like this celebrity couple is still going strong! What are some ways to publicly show your love for your partner?

Cupid's Advice:

Showing off your love for your partner can be very easy to do! Here are some ways to show your feelings for them:

1. Bring them to family events: Show off your special person

at family events! Your parents and relatives will enjoy your company and will be happy to see that you're with someone who makes you feel loved.

Related Link: [Celebrity Exes Justin Timberlake & Britney Spears Want to Collaborate](#)

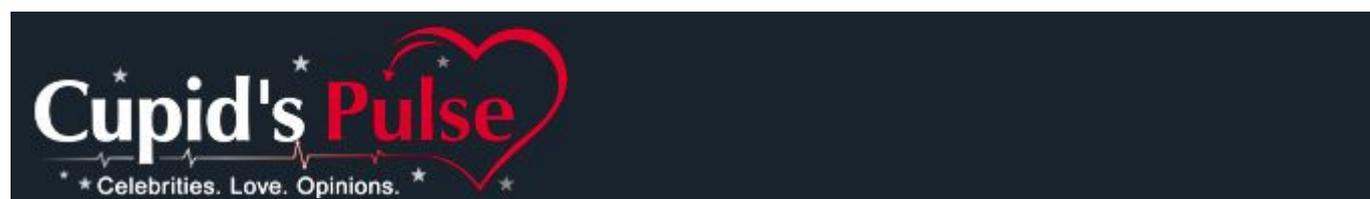
2. Buy them gifts: Shower your partner with flowers, food, and their favorite items to showcase how much you mean to them. Money may not buy love, but it can help to get gifts that physically show your love!

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3. Post couple pictures: Go on your Instagram or Facebook accounts, and post photos of you and your partner together. Add a sweet caption and make sure to tag them!

How can you show your love for your partner? Let us know in the comments!

Fitness Trend: Wearable Technology





By [Noelle Downey](#)

With warm weather here it's time to party on the beach and play in the surf and sand. But what if you're feeling like your beach body isn't quite bikini-ready? There's a new [fitness trend](#) that could help you get outdoors for a sensational summertime in the sun *and* motivate you to start sculpting some killer abs too. With stars like [Ryan Reynolds](#) and [Gwyneth Paltrow](#) jumping on the bandwagon, it's official, the newest celebrity trend when it comes to fitness is wearable technology. From Fit Bit to Garmin, this trend is everywhere, and we here at Cupid's Pulse have the the top five celebrity-approved ways to catch up on this trendy tech breakthrough for summer fitness fun.

Looking for a great way to stay fit and fab this summer? Check out these awesome pieces of tech to

stay on the fitness trend and on track to a red-carpet worthy body this summer!

1. Flaunt your abs with [Fitbit](#): While Fitbit is far from the only good option out there when it comes to wearable tech, it's definitely one of the most popular in the mainstream fitness world, probably partly because of the variety of models available. Tons of stars have been spotted with this handy piece of tech on their wrist as they work out. [Britney Spears](#) gets in some steps with an eye-catching pink Fitbit to match her workout ensemble, while Ryan Reynolds works on his killer abs with the Fitbit Flex, and [Kelly Ripa](#) struts her stuff with a Fitbit of her own tracking her every move toward a red-carpet worthy figure. Even former president Barack Obama has been spotted with a Fitbit Surge on his wrist during his daily runs. Whatever model you choose, this piece of tech wonder will do everything from track your steps and heart rate to monitor your sleep, with some models even syncing directly to your smart phone to store and compare the data.

2. Push to the limit with the [Pebble SmartWatch](#): If you're looking for something a little less mainstream and slightly more upscale, try the Pebble SmartWatch for a fitness tracker that looks like a fashion statement in the form of a swanky watch. TV talk show host and comedian Stephen Colbert has been spotted multiple times with this great piece of wearable tech on his wrist. If you're looking for something that doesn't necessarily proclaim, "I'm working out right now," but you're still interested in tracking your fitness data, try Pebble SmartWatch, which tracks your calories burned and distance covered and gives you personalized fitness encouragements when you need them. All of this is caught up in a sleek, celebrity style design that looks fashionable and stellar, and if you're not busy hitting the gym, you can discreetly set it to display

the time and still get compliments on your gorgeous accessory.

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3. Burn calories with the [Nike + Fuelband](#): If you're looking for something a little more simple that's still celebrity-approved, try the Nike + Fuelband, a simple band around your wrist that tracks calories burned and steps taken while allowing you to set daily goals for yourself on a single simple screen. This chunky and funky band certainly isn't as sleek as some of its competitors, but it also does exactly what it needs to do to help you set a better fitness schedule, without all the fuss of a more high-tech gadget. And it certainly has a great celebrity endorsement from Serena Williams, who's been spotted on the court during many of her victorious championship tennis games with this trendy fitness gadget on her wrist.

4. Take a step forward with [Jawbone UP](#): If you're not feeling Fitbit but want a combination of Fitbits variety of models and the sleekness of the Pebble SmartWatch, look no further than Jawbone UP, which offers four different models with a variety of abilities, from the basic model that provides a smart coach, activity tracking, calories burned, and sleep tracking to the more advanced models that provide all of this as well as automatic sleep detection and data on heart health. This sleek and shiny band offers choices to those who decide to purchase from this brand, as well as a variety of colors and styles. Famous actress and health guru Gwyneth Paltrow has been seen wearing the Jawbone UP on many occasions! See if the Jawbone UP could be for you too!

Related Link: [Product Review: Get Your Fitness Wear By Naja, a Socially Conscious Lingerie Brand](#)

5. Get in shape with [Garmin VivoSmart](#): For a fitness monitoring tool that's approved by fitness icon and Virgin-

founder Richard Branson, look no further than the Garmin VivoSmart. Garmin may not feature the fanciest models on the market when it comes to wearable tech, but it's also one of the most affordable, and you get a fairly good bang for your buck when it comes to using this handy fitness tool. Just like Richard Branson, you can strap this on and learn about your sleep and steps with one of their colorful and water-resistant models, or you can spring for one of the newer releases and get all day stress monitoring, rep counting, and more!

Have you ever used any wearable tech when it comes to fitness? What do you think of this trend? Will you be springing for one of these fitness tools soon? Let us know in the comments!

Pop Star Singers: Cutest Celebrity Babies





By [Katie Gray](#)

Pop stars know how to pop out cute [celebrity babies](#)! They're not only good at making music, but they also make beautiful children. Some of these lovely ladies are in [celebrity relationships](#) or have had [celebrity weddings](#), while others are going strong as single moms. No matter what their current situation is, one thing is for sure – they all have beautiful celebrity babies!

Cupid has compiled the cutest celebrity babies of pop stars:

1. Britney Spears: Oops, she did it again! Pop star Britney Spears is a music sensation and she's also a mother of two boys. Her sons are Sean Preston and Jayden James, and they are as cute as can be!

2. Madonna: The Queen of Pop is hands down Madonna! She's been killin' it since the 80's and is forever a legend. Madonna has won numerous awards, is inducted in the Hall of Fame, has a

net worth of \$800 million, is the best-selling female recording artist of all time (over 300 million records) and is the proud mom of four children: Lourdes Leon, Rocco Ritchie, David Banda Mwale Ciccone Ritchie and Mercy James.

Related Link: [5 Celebrity Couples Who Are Nailing Long Distance Relationships](#)

3. Jennifer Lopez: Don't be fooled by the rocks that she got, she's still Jenny From The Block. Jennifer Lopez has had a variety of hit pop songs, successful business ventures, and she is also mother to twins Emme and Maximilian, whom she had in 2008 with fellow icon Marc Anthony.

Related Link: [Celebrity Couples We Want To Reunite](#)

4. Gwen Stefani: Pop star Gwen Stefani has three handsome boys – no doubt! Their names are Kingston James McGregor, Zuma Nesta Rock, Apollo Bowie Flynn.

5. Christina Aguilera: She got her start on *Star Search* and *The Mickey Mouse Club*, and pop singer Christina Aguilera has been booming ever since. Her first hits were "Genie in a Bottle," "What A Girl Wants," and "Come On Over Baby." She has two kids: Max Liron and Summer Rain.

Who are your favorite pop stars with celebrity babies? Comment below.

Celebrity News: Taylor Lautner Says Britney Spears

Tried to Set Him Up with Her Sister Jamie Lynn



By Mallory McDonald

Our families can be known for meddling in our relationships. The same goes for famous families, and it seems like [Britney Spears](#) had her eye on her little sister Jamie Lynn Spears being in a [celebrity couple](#) at one point. It was John Stamos who revealed to [UsMagazine.com](#), "Britney tried to fix Taylor [Lautner] up with her sister one time." Lautner confirmed a few years ago that Britney did try to set the two up, but he cleared things up, admitting the two never went out. Currently, Lautner is enjoying the single life and if the right person comes along, he may be willing to try a new [celebrity relationship](#). In an interview with Oprah Winfrey,

Lautner revealed what he is looking for in a relationship, “Loyalty, honesty [are important qualities]. What’s really important to me is somebody who can totally let loose and pretty much be themselves and have fun.”

In this celebrity news, the matchmaking failed. How do you successfully find a match for your friend?

Cupid’s Advice:

Matchmaking for someone else is always a difficult task, because you are trying to determine what they are really looking for. Cupid is here with some advice on how to find a match for you friend:

1. Dig deep: To find someone who is right for your friend, you have to truly dig deep and find out what they are looking for in a partner. Don’t only focus on the surface level things, but what will make them happy in the long run.

Related Link: [Celebrity Exes Justin Timberlake & Britney Spears Want To Collaborate](#)

2. Step outside the box: Whatever your friend has been doing in the past has not yet worked for them. Try to find someone who matches their immediate descriptions and would match the compatibility, but who may be something different from the people they have dated in the past.

Related Link: [Celebrity Break-up: ‘Twilight’ Star Taylor Lautner Splits From Marie Avgeropoulos](#)

3. The little things are the big things: Pay attention to the little things in the person you are trying to set your friend up with. Sometimes it is not the big qualities of a person

that make a relationship compatible, but it can be the little quirky things about them.

What do you do to match your friend with someone? Comment below!

Celebrity Exes Justin Timberlake & Britney Spears Want to Collaborate



By Kayla Garritano

We can't stop this feeling! [Celebrity exes Justin Timberlake](#) and [Britney Spears](#) want to collaborate with each other on a new song! According to [EOnline.com](#), Spears said that she would like to collaborate with the "Sexyback" artist. And when he heard the news, he responded, "She did? Sure! Absolutely, absolutely!" But because he has a child at home, he told E! that he hadn't heard about the news. He added, "I apologize for not being in the know...I'm accessible, give us a call!"

These celebrity exes obviously harbor no animosity! What are some ways to fully get over your ex?

Cupid's Advice:

Getting over your ex can be tricky. But sometimes, it can work out for the best. And who knows, you may even be able to collaborate with them...or just hang out with them. Cupid is here with some [relationship advice](#) on how to fully get over your ex:

1. Date other people: This doesn't mean finding a rebound, but it means give yourself time to figure out who you want to date. Once you do, you may end up finding the right "one" for you. Justin Timberlake found his wife, so maybe you'll find the one you're going to marry, too!

Related Link: [Relationship Advice: Why Isn't It Easy To Say Goodbye?](#)

2. Make a list of reasons: You broke up for a reason. Make a list of reasons why you broke up, and you will begin feeling better about that person being your ex. By the time you look over the list, you'll probably be moving on to the next one.

Related Link: [Relationship Advice: True Love Or Rebound?](#)

3. See them: You're going to want to avoid your ex. It's never comfortable seeing them, and when you see them for the first time since the break-up, it will probably be a little awkward. However, you can't avoid them forever. Seeing them, and even hanging out with them if the situation arises, will help you overcome any leftover feelings you have for your ex.

How have you fully gotten over an ex? Comment below!

Bad Romance: 10 Toxic Celebrity Relationships



By [Katie Gray](#)

Sometimes love isn't all champagne and caviar, even for our favorite [celebrity couples](#). Sometimes [celebrity relationships](#) have moments that can be a little toxic. In some instances the couples work it out, but in other cases the relationship ends in a split. We can take away [relationship advice](#) from this, though; sometimes things fall apart so better things can fall together.

Cupid has compiled 10 toxic celebrity relationships:

1. **Chris Brown & [Rihanna](#)**: Chris Brown and Rihanna were a favorite celebrity couple for many. Then, in 2008, there were many reports that she was being abused and that the celebrity couple wasn't healthy. Bad gal Riri and Chris Brown ended up splitting, but one thing nobody – including them – denies is that they were passionate about one another.

2. **[Britney Spears](#) & Kevin Federline**: “I'm addicted to you, don't you know that you're toxic!” Britney Spears, pop princess, was married to her back up dancer, Kevin Federline. The celebrity couple even produced two [celebrity babies](#). The “Toxic” singer had a reality show when they were married called *Chaotic*. That sums up their relationship, which ended in [celebrity divorce](#). However, Spears moved onward and upward!

Related Link: [8 Celebrity Couples Who Were Friends First](#)

3. **Spencer Pratt & Heidi Montag**: *The Hills* was a popular reality show that intrigued many. It made [Lauren Conrad](#) and Audrina Partridge celebutantes. On the show, and in real life, celebrity couple Spencer Pratt and Heidi Montag had the country buzzing about their celebrity relationship. Many people felt that it was toxic, as Pratt and Montag were very dependent on one another. It even damaged her relationship with her then BFF, LC (Lauren Conrad). The couple even

released a book entitled *How To Be Famous*.

4. Eminem & Kim Mathers: Rapper, Eminem, is known for many things: witty lyrics, emerging from a humble background and his roller coaster relationship with Kim Mathers. The pair were married twice and have a daughter together, which led to a public custody battle that got ugly. The famous white rapper has many lines in his song about Kim, which are not pleasant.

Related Link: [Hollywood's Most Unexpected Couples](#)

5. Tommy Lee & Pamela Anderson: Rock artist Tommy Lee and actress and *Playboy* playmate, Pamela Anderson, will go down in history for being an iconic celebrity relationship. The Motley Crue rocker and the blonde bombshell were together in the late 90's and were married 1995-1998. They made a big stir in the media when a sex tape from their honeymoon was stolen from their home and shown for the whole world to see.

6. Jersey Shore's Sammi "Sweetheart" & Ronnie: Love at the shore! The *Jersey Shore* couple, Sammi and Ron, proved to be one of the most dramatic celebrity relationships in MTV history. The majority of the episodes featured the two fighting over their problems and trust issues. Sometimes things were good though between the two. Nonetheless; they made for great television!

7. Tiger Woods & Elin Nordegren: Famous golfer Tiger Woods was married to model Elin Nordegren. The celebrity couple's world was rocked when it came out that Woods had been having affairs with multiple women. There were several women who came forward. Ludacris even released a song about the event entitled, "Sexting." The professional golfer asked her to re-marry him again, although they split in 2010. She's living in a very nice mansion in Palm Beach. It's like the saying goes, "Don't get mad. Get everything."

8. Tina Turner & Ike: Tina Turner is a music legend and icon. However, her marriage to Ike was extremely tumultuous. There

is even a film about her life and this celebrity relationship that ultimately ended. It was an unhealthy relationship, as he was addicted to cocaine and would sadly beat her up often. However; everyone can learn from Tina Turner. What doesn't kill us only makes us stronger.

9. Whitney Houston & Bobby Brown: Whitney Houston is known for hit songs like "I Want To Dance With Somebody" and "I Will Always Love You." In addition to her iconic songs and thriving music career, her relationship with Bobby Brown was widely publicized. Her mother even wrote in a book about this relationship and how she feels that he influenced her to use drugs. Although the relationship wasn't healthy, we will always remember Whitney Houston for the beautiful and talented artist she was. RIP!

10. Dennis Rodman & Carmen Electra: Carmen Electra famously got her name from music legend, Prince. The actress and model has had a string of famous celebrity relationships. At one point, she married former Chicago Bulls player, Dennis Rodman, when they were intoxicated. Afterward, he filed an annulment. Sometimes your relationship ending doesn't work out, because there is an even better fairy tale ahead for you.

Which are your favorite celebrity couples? Comment below!

Hollywood's Most Unexpected Celebrity Couples





By [Katie Gray](#)

In Hollywood, anything is possible. There have been many times that [celebrity couples](#) became an item, shocking the public and causing a lot of conversation. Sometimes these [celebrity relationships](#) have even ended in [celebrity weddings](#) and [celebrity babies](#). We tend to take some [relationship advice](#) from these celeb couples during their happiest of times.

Cupid has compiled five of the most unexpected celebrity couples through the years:

1. Kylie Jenner & Tyga: This is one of the most shocking celebrity couples in recent years! Kylie Jenner, star of *Keeping Up With The Kardashians*, and rapper, Tyga, became an item in late 2014. It shocked people because there is a bit of an age difference, as Jenner is 18 and Tyga is 26. However; the cosmetic queen often shares cute photos and videos of their celebrity relationship on Snapchat.

2. Blac Chyna & Rob Kardashian: As the saying goes, they're "keeping it in the family." Rob Kardashian, 29, is now reportedly engaged and expecting a child with Blac Chyna, 29. The brother of Kylie Jenner and all of the Kardashian siblings is expected to have a celebrity wedding and celebrity baby with the ex of her current boyfriend, Tyga. Furthermore, Blac Chyna and Tyga even have a baby son together who is one year old.

Related Link: [On and Off-Screen Celebrity Couples](#)

3. Demi Moore & Ashton Kutcher: Everybody uses the term 'cougar' to describe a woman who dates younger men. This was a big phase in Hollywood in the early 2000's. The most popular celebrity couple with a big age gap was Demi Moore and Ashton Kutcher. They are 15 years apart, and this made them one of the most unexpected couples in Hollywood. Their celebrity marriage lasted from 2005-2013 and showed us age is just a number!

Related Link: [5 Celebrity Couples Who Live Modestly](#)

4. Britney Spears & Kevin Federline: "Hit me baby one more time!" One of the most shocking celebrity couples of all time was the princess of pop, Britney Spears, and her back up dancer, Kevin Federline. They married in 2004, divorced in 2007 and have two children together, Sean Preston and Jayden James. They even had their own show at one point, entitled *Britney & Kevin: Chaotic* that revolved around their home videos. Although this couple split, they showed us how to mix business with pleasure.

5. Charlize Theron & Sean Penn: Popular actors Charlize Theron and Sean Penn have each seen their share of time on the big screen. This celebrity relationship began in the winter of 2013. They were engaged a year later and then the following year they ended their celebrity relationship in the summer of 2015. It was fun while it lasted, especially because they used

to even watch shows together such as *The Bachelor!*

Who are your favorite shocking celebrity couples? Share below!

Top 5 Celebrity Couples With Tattoo Regret



[By Katie Gray](#)

Ah! There's nothing like famous [celebrity couples](#) who are romantics at heart. Many celebrity couples in Hollywood have shown their love and affection for their significant other by getting a tattoo in their honor. Nothing says "I love you"

like putting it in ink, right? That means it's forever! Well, it turns out that sometimes ink isn't forever, even in Hollywood. Rihanna has stars on her back and behind her ear, songstress Mariah Carey has a butterfly, and Britney Spears has one on her hip. Everyone from actors Charlie Sheen and Denise Richards, to supermodel Heidi Klum, to boy band icon Nick Carter and heiress Paris Hilton, to Kelly Cuoco from *The Big Bang Theory* has put their love in ink. But the saying goes, "All good things must come to an end." This is true for some of our favorite celebs who have regretted and then removed their tattoo. We can all learn from this celebrity [dating advice](#). Maybe it's best to wait a very long time before putting our love in ink ... or maybe it's best to avoid it altogether.

Cupid has the top 5 celebrity couples with tattoo regrets:

1. **[Justin Bieber](#)**: "What do you mean?" Pop icon Justin Bieber broke out with his romantic pop songs about love such as "Baby" and "U Smile I Smile" and took the world by storm. It was a match made in pop music heaven when he dated sexy songstress Selena Gomez, who has been blowing everyone away recently with hits like "Good For You," "Can't Keep My Hands To Myself" and "Come And Get It." Bieber had a tattoo of Gomez on his wrist; it was a perfect resemblance. He told *Vogue*, "This is my ex-girlfriend," he said. "I kind of tried to cover her face up with some shading, but people still know." On the bright side, this pair keeps it cordial and are clearly still happy for one another's success.

2. **Eva Longoria**: Eva Longoria is known to be in love with love! This talented actress had her breakout role on *Desperate Housewives* but she is far from desperate. They say the third time is a charm, which is probably why she had three tattoos dedicated to her ex-husband. After her marriage to NBA star

Tony Parker went sour, she started the process of having the tattoos removed.

Related Link: [13 Most Shocking Celebrity Couple Affairs](#)

3. Britney Spears: Hit her baby, one more time! The princess of pop, Britney Spears, was married to Kevin Federline. The couple had matching dice tattoos for one another. Britney's was pink and Kevin's was blue. But since their relationship ended up [celebrity divorce](#), they also had their tattoos removed. Love is a gamble!

4. Johnny Depp: Hey brother, pour the wine! Back in the day, hottie Johnny Depp was with Winona Ryder, and he had "Winona Forever" on his arm to pay homage to her. After the celebrity relationship fell through between these talented actors, he had it appropriately changed to "Wino Forever."

Related Link: [Relationship Advice: 5 Ways To Restore Trust In Your Relationship](#)

5. Angelina Jolie: This icon was with Billy Bob Thornton back in the day and they had their names tattooed on their bodies. Angelina had Thornton's name on her arm, whereas; he had her name on his bicep. After a few years of marriage, they got divorced. Subsequently, she had her tattoo removed and covered it up afterward with her children's birthplaces. He also covered up his tattoo with an angel and the word "peace."

What celebrity tattoos do you admire? Share your stories below.

Celebrity News: Martin Henderson Dishes on Kissing Britney Spears in Music Video



By Emily Hoff

Kissing someone for the first time can be extremely nerve-racking, even if it's for the sake of your art. Try kissing an extremely famous pop star on top of that! That was the case for *Grey's Anatomy* star Martin Henderson when he kissed Britney Spears for the first time in her "Toxic" music video. According to UsMagazine.com, the video is still making [celebrity news](#) as Henderson said, "It was a legendary kiss." Even though Britney Spears is a pop sensation, Henderson added, "She was so down to earth, and I remember really being charmed by the way she made fun of her own song." Is this

Chris hinting he could have been pictured in our [celebrity relationship](#) section back in the day? We'll probably never know!

This celebrity news has us curious. What are some things you can tell about a new relationship from a kiss?

Cupid's Advice:

This kiss obviously caused some sparks for Henderson, if he is still talking about it. It leads us to believe that a kiss can tell us a lot about a new relationship. Cupid has some thoughts:

1. You should enjoy kissing your partner: Kissing, especially in a new relationship, should make you happy. You should be in a great mood and smile after getting a kiss from your partner. If you are not talking about your kiss years after it happens like Henderson, then there might be a lack of chemistry.

Related Link: [Kris Jenner Gives Her Best Dating Advice](#)

2. If you don't enjoy it, don't fret: If your partner is not a great kisser, there is always room for improvement. It will get better as the relationship grows and you are more comfortable communicating with each other. Or even better yet, you can start communicating earlier about this in the relationship. However, if you are not feeling sparks, this is an indicator that there might be something lacking, so pay close attention to that.

Related Link: [Check out Rebel Wilson's Video Valentine's Day Message to Justin Bieber](#)

3. It should come natural: Especially in a new relationship, you and your partner should want to kiss each other all the time. Like in all relationship aspects, if it doesn't come natural and it seems forced, you might have to look over your relationship.

Do you think a kiss can tell a lot about a new relationship? Comment below.

Celebrity Couples and Their Most Extravagant Valentine's Day Gifts





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Kim Kardashian West and Kanye West

If diamonds were a meter of love, West's love for the reality TV star is off the charts. The rapper bought his wife a 73,000

dollar Panthere De Cartier cuff embellished with diamonds and emeralds. Photo: Flynet UK/FameFlynet Pictures

Celebrity Break-ups of 2015





Gwen Stefani and Gavin Rossdale

This musical duo surprised everyone when they announced their celebrity divorce on August 3rd. They've promised to keep things amicable and co-parent their three sons together. Photo: Albert L. Ortega / PR Photos

From “I Do” to Divorce: Shortest Celebrity Marriages





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Kim Kardashian and Kris Humphries

This celebrity marriage only lasted 72 days before the famous

couple announced their split. Photo: Fame Pictures

Britney Spears' Celebrity Ex Charlie Ebersol Copes with Video on Instagram



By Maria N. Capalbo

Sometimes a celebrity break-up is hard to come by! According to UsMagazine.com, Britney Spears' celebrity ex Charlie Ebersol took to Instagram to post his late night lonely feelings! Ebersol coped with his break-up sadness by posting

an Instagram video complete with *Toy Story*, a puppy, and a Bible verse. Even though Spears has yet to go public about the break-up, she has deleted all pictures of Ebersol on her Instagram, and we know what that means!

These celebrity exes are still mending their broken hearts. What are some ways to cope post break-up?

Cupid's Advice:

Getting your emotions and feelings together after a break-up can be difficult. Sometimes you feel like there is no way out, but that is not the way you want to think! Cupid has some ways you can cope with your break-up below:

1. Go out and have fun: Forget the tub of ice cream and chick flicks, get out of the house and have fun! Meet new people, explore your surroundings, and hang out with your friends! Dance the night away and get a few new numbers while you're at it.

Related Link: [Kevin Federline Reminisces About Celebrity Ex Britney Spears](#)

2. Focus on yourself: When you are tied down in a relationship, you often forget to take care of yourself because you are so worried about your partner. Well, this is the time to focus on yourself. Go on a shopping spree, get your hair done, indulge in yourself!

Related Link: [Charlie Ebersol Says Celebrity Love Britney Spears 'Drives Me to Be Better'](#)

3. Accept that time heals all problems: No matter what

happens, things always get better in time, and within that time you do learn a lot about yourself and others. You will still think about that person, but you will most likely learn in your time apart, that you were probably better off without them. You do not need anyone but yourself! Your happiness is the most important.

What are some ways you've dealt with a break-up? Share below!

Kevin Federline Reminisces About Celebrity Ex Britney Spears





By Maggie Manfredi

If Britney Spears can make it through 2007, you can make it through today. However, according to UsMagazine.com, Spears' celebrity ex-husband Kevin Federline says that mess is behind them. The celebrity exes are making it work and have got their co-parenting down to a science. Federline said, "I had to work this weekend and go to Orange County...so they went to Vegas, and when she has to do something and I need to keep the kids, it just works out well." Federline and Spears had a short but, dramatic relationship and love life, from a surprise wedding to two baby boys and even a reality television show. Early on, there were intense custody issues between the celebrity exes, which culminated in Britney's breakdown in 2007. But, the former famous couple are on track now and have a good system where their children always come first.

Celebrity ex or not, it can be tough to look back on your past

relationship and love life with fond memories. What three memories are hard to let go when you break up with someone?

Cupid's Advice:

Cupid knows it can be tricky to cope with a break-up, and sometimes that has to do with lingering memories. Cupid has memories that are particularly hard to let go of post-break-up:

1. Intimacy: Of course, the first thing that comes to mind is letting go of your memories surrounding the intimacy in your past relationship. If you were with someone for a long time, it probably means you were very much attracted to them. Those flashbacks can be tough to release.

Related Link: [Charlie Ebersol Says Celebrity Love Britney Spears 'Drives Me To Be Better'](#)

2. Special dates: Whether it was an anniversary extravaganza or a surprise birthday bash made for the tabloids, you'll be hard pressed to forget those good times. They will always remind you of your ex. That being said, don't let them become tainted. Just because you aren't with you ex now, doesn't mean you should regret the whole relationship.

Related Link: [Britney Spear's Ex Jason Trawick is Dating 'Hunger Games' Star](#)

3. Pets: If you and your former partner got a pet together, and you ended up getting to keep said pet, it's going to be difficult to move on from all memories pertaining to your former "family." As they say, "Time heals all wounds." This may or may not be true, but hang in there, because things are

bound to get better! Memories fade.

What are some other memories that are hard to forget? Share your insight below!

Hottest Celebrity Couples Celebrating Their First Valentine's Day Together





Cameron Diaz and Benji Madden

This Hollywood couple got real serious, real quick. From their first appearance together in May to their whirlwind wedding in December, Cameron Diaz and Benji Madden are head over heels for one another. Happy Valentine's Day to these newlyweds!
Photo: FAMEFLYNET PICTURES

**Charlie Ebersol Says
Celebrity Love Britney Spears
'Drives Me to Be Better'**

Cupid's Pulse
★ Celebrities. Love. Opinions. ★



By [Rebecca White](#)

Love is in the air ... celebrity love that is! Celebrity couple Britney Spears and Charlie Ebersol are happy in their relationship and love life after they began dating in the fall. According to [People](#), the pair have been spending more and more time together, from the holidays to birthdays, and they are even beginning to have a positive effect in each other's life. "Honestly, the way that she treats people does make you look in the mirror and question how much you're really giving to other people. Because she is a person who leads with her heart and treats people around her – who she knows and who she doesn't know – better than you or I," said Ebersol. "So it drives me every morning to want to get up and be better ... It motivates me."

It's rare to find positive celebrity love stories these days.

What are three ways you can improve your relationship and love life?

Cupid's Advice:

If you're looking to improve your relationship and love life, you may want to take some advice from this famous couple. Being in a relationship should make you a better person, so make sure your partner is motivating you on that level.

1. Lead by example: Take a note out of Spears' book, and just lead by example. If you strive to be the best you can be then that will rub off on your loved one and it will encourage them to do the same. Make sure you ask yourself, "Does my partner inspire me to be a better person?" If not, this may not be the relationship for you.

Related Link: [Britney Spears Confirms New Boyfriend](#)

2. Give honest and sincere appreciation: Make sure your partner knows that you appreciate all the hard work they put in to every facet of their life, whether it be in work, helping others, family life, or in the relationship itself. This will inspire them to continue improving which will in turn encourage you to do the same.

Related Link: [Britney Spears: I'm 'So Excited and Happy' for Jamie Lynn Spear's Engagement](#)

3. Treat everyone the way you would want to be treated: Go above and beyond with your friendships, acquaintances, and relationships. This will show the people in your life that you appreciate them and it could inspire them to be nicer to the loved ones in their lives too.

How do you encourage your partner to improve? Comment below!