

# Celebrity News: Cameron Diaz 'Has Become a New Person' with Husband Benji Madden



By [Carly Horowitz](#)

In [latest celebrity news](#), Cameron Diaz has been taking some time out of the spotlight as she spends time with her husband, Benji Madden, since their [celebrity marriage](#) in 2015. According to [People.com](#), a source stated, "Cameron has made a wonderful life for herself. Marriage agrees with her." It is also explained that Diaz feels "very fulfilled" in her quiet life with Madden. The last time Diaz was seen on screen was in 2014 during the *Annie* remake. Lately, she has been getting more involved in the health and wellness world. Rumor has it that the two would like to have a family together. Best of

luck to this happy [celebrity couple](#)!

## In celebrity news, Cameron Diaz is loving her life out of the spotlight with her husband. What are some ways to adapt to your partner's lifestyle?

### Cupid's Advice:

When you spend so much time with your partner, you begin to take on some aspects of their lifestyle. That isn't a bad thing! In some cases, it can really be an enlightening experience. Here are some ways to open your mind when it comes to adapting to your partner's lifestyle:

**1. Take it slow:** Whenever you are going through any life change, it is always a good idea to take it slow! You can adopt aspects of your partner's lifestyle slowly and see how they work with you.

**Related Link:** [Cameron Diaz Takes Break from Hollywood to Try for Celebrity Baby](#)

**2. Compromise:** You don't have to fully take on the exact lifestyle that your partner conducts. If it turns out that their lifestyle is perfect for you, then that is great. But, if not, try your best to understand their ways and take on whatever aspects that you feel comfortable with.

**Related Link:** [Benji Madden Sends Celebrity Love Cameron Diaz a Cute 'Miss You' Message](#)

**3. Have a positive outlook:** Isn't it so amazing that this soul came into your life and infused such great energy onto you?

Now you have an opportunity to expand the way you live and learn new things about yourself and your relationship. Change is good, embrace it.

**What are some other ways to adapt to your partner's lifestyle? Comment below!**

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# Fitness Secrets: 5 Simple Tips to Stay Healthy



By [Jessica Gomez](#)

Being healthy is important; we all know that. However, keeping yourself healthy seems to never be an easy task. We are

constantly surrounded by temptation and lack of motivation, and so some of us urgently need some fitness advice. The trick is to find easy ways to stay healthy without the struggle – isn't that the dream? There are simple healthy habits that even fit celebrities take on.

**When it comes to staying or becoming healthy, there are things you can do that are simpler than others, and here they are. Brace yourself because some of these fitness secrets are super enjoyable:**

**1. Get enough sleep:** Eight hours should be your aim. Getting enough sleep is not just about not being tired. Sleep offers so much more than that! It helps you think clearly and improves your productivity, while also reducing stress and improving your mood. You are less likely to get sick as well, and can lower your risk for heart disease and diabetes. So, make the time!

**Related Link:** [Active Wear Inspiration to Kick Start Your Workout](#)

**2. Drink lots of water:** It's extremely good for you! Up to 60% of the human body is water, so that goes without saying that it's important to stay hydrated. Hydration has major effects on brain function, energy levels, and physical activities. Water is also good for many other things including healthy skin. Many celebrities drink water religiously, among those are [Kylie Jenner](#), [Kim Kardashian](#), [Jennifer Aniston](#), and Cameron Diaz. And you can tell that it works!

**3. Get a message to boost immunity:** Who doesn't love massages? What a wonderful and pleasurable way to stay healthy! Studies have found that a 45-minute massage can cause an increase in white blood cells that fight bacteria and viruses. And of course massages reduce stress and muscle aches – and feel amazing! \*Books massage\*

**Related Link:** [6 Ways to Avoid Putting on Extra Holiday Pounds](#)

**4. Small workouts:** including stretching. Walk as much as you can, take the stairs, and take time to stretch throughout the day. If you want to kick it up a notch without a full blown workout, then try jumping jacks and/or jumping rope. Simple, right? Consistency is key. After a while of being consistent with small workouts, your body will get used to it and then you can up your standards and up your game!

**5. Meditate:** Probably everyone has heard of the relaxing and stress-reducing effects of meditating. It just chills you out! But wait, there's more: studies have shown that people who practice yoga or meditation long-term had much more "disease-fighting genes" present! Mind over matter, right? Take at least 10 minutes of your day to clear your mind and take deep breaths. You will see the changes pretty soon! Celebrities like Oprah Winfrey, [Angelina Jolie](#), and Eva Mendes are among many who meditate.

**Related Link:** [5 Couple Exercises That Are Worth the Sweat](#)

Not everything has to be super hard, like we assume celebrity fitness to be. Make these five fitness tips into habits, and watch how they affect your health. It's game time!

**What are some easy fitness tips you swear by? Share below!**

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# Parenting Tips: Should You Circumcise Your Baby?



By [Noelle Downey](#)

There's no doubt about it – parenting can be a minefield. There are so many decisions to make and questions that don't seem to have a clear right answer. While every good parent does everything they can to make sure that their child is safe, happy, and healthy, sometimes even the experts have conflicting [parenting tips](#) on the best ways to accomplish that goal. One of the most hot-button topics when it comes to [parenting advice](#) is circumcision. While some experts argue that circumcision has health benefits like decreased risk of urinary tract infections, penile cancer or STI's, others contend that the reduction of the risk is actually so small that it doesn't warrant a corrective procedure, especially for

infants who have no say in what some consider to be an invasive surgery. Differing cultural and religious views also tend to influence parents when it comes to whether or not they choose to have their children circumcised. Although circumcision is a medical procedure many take for granted, even some [celebrity parents](#) argue against it. Cupid is here with a list of the top five most vocal celebrity protestors of circumcision.

**Whether or not you believe circumcision is right for your children, there are plenty of famous parents who say their top parenting tip for their [celebrity babies](#) is to avoid the cut altogether!**

**1. Alicia Silverstone:** Alicia Silverstone is a [celebrity mom](#) to six-year-old son Bear Blu Jarecki, and she and her husband, Christopher Jarecki, made the personal decision not to circumcise Bear despite the fact that Silverstone had a Jewish upbringing. Silverstone confronted the complicated decision she and her husband made in her book, 'The Kind Mama' and later said that her fans reactions to it touched her deeply. "One [fan] said that 17 years ago she had her son, and she made this choice," Silverstone shared in a celebrity interview with *The Stir*, "and she was crying, because she was remembering her experience. It was moving to me."

**2. Ben Affleck:** [Ben Affleck](#), [celebrity ex](#) of [Jennifer Garner](#) and dad to children Violet, Seraphina, and Samuel, has said in the past that despite some reports from experts that state that being uncircumcised can lead to an increased risk of

frequent urinary tract infections, he himself doesn't approve of the practice. He once confessed to Jon Stewart in an interview, "I hate circumcisions! Get enough in me, and I'll tell you how much I hate them!"

**Related Link:** [Celebrity Divorce: Ben Affleck Still Living at Family Home with Jennifer Garner](#)

**3. Russell Crowe:** Famed actor and father to two sons, Charles and Tennyson, Russell Crowe took to Twitter to slam circumcision in a series of controversial tweets. The actor steamed, "Circumcision is barbaric and stupid. Who are you to correct nature? Babies are perfect." While many responded negatively to his tweets, citing a lack of sensitivity to the nuanced reasons that many choose to circumcise their children, others firmly supported his declarations, sparking a dramatic social media storm.

**4. Mario Lopez:** On a 2010 episode of this cute star's hit reality TV show, 'Saved By the Baby', Mario Lopez pushed his then-girlfriend (now wife) Courtney Mazza to consider not circumcising their future son, and the discussion quickly got heated for the [celebrity couple](#). "That's not up for discussion," Lopez insisted firmly, "News flash, this is the way all men are born." Lopez and Mazza are now celebrity parents to two children, Gia Francesca Lopez and Dominic Lopez.

**Related Link:** [Mario and Courtney Lopez Welcome a Baby Boy](#)

**5. Cameron Diaz:** It's not just celebrity parents who have their opinions on circumcision. Forty-four year old actress Cameron Diaz has made it clear in the past that if she and her husband Benji Madden ever have a son, that circumcision will not be for them. She spoke in an interview with *The Stir* about her film 'What to Expect When You're Expecting' and some changes that had to be made to the script to achieve a PG-13 rating, claiming, "they made us cut out a bunch about



circumcision. To get a PG-13 rating we had to cut out the actual *description* of circumcision. So apparently it is very uncomfortable for people to hear how it works.” Diaz added, “America is the same way about their beef – they just want it delivered in a styrofoam package with saran wrap over it. They don’t want to know how it got to you. Same thing with circumcision.”

**What do you think about the practice of circumcision? Do the alleged health benefits or personal concerns outweigh these celebrity opinions? Or do you think they have a point? Let us know in the comments!**

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**Find Your Balance On Date Night With Stand Up Paddle Boarding In New York**





By [Cortney Moore](#)

Remember how Orlando Bloom made [celebrity news](#) earlier this month while paddle boarding nude? We bet you do! Aside from Bloom's outrageous antics, you might have noticed an increasing number of celebrities on vacation standing on boards and having paddles at hand. What is this sport that has celebrities like [Jennifer Aniston](#), Cameron Diaz and Julia Roberts so ready to jump in the water? Well, [stand up paddle boarding](#), also known as SUP, is a leisurely way to get in a good workout while also seeing the sights, making it a great option for [date night](#)! Avoid getting love handles while you're falling in love. SUP works out your core, legs, back, shoulders, arms and neck by exercising your endurance, strength and balance. In fact, you can burn anywhere from 500 to 1,000 calories in one hour! Challenge your sweetheart to a race, or do yoga at sunset. The possibilities are surprisingly endless when you're on a paddle board.

# Stand up paddle boarding is a date night activity that can get you fit. Check out some of the best places in NYC to begin your paddle boarding experience!

**1. Manhattan Kayak + SUP:** Zero experience is needed at Manhattan Kayak. It's a complete paddle sports center located in the heart of NYC. With beginner, intermediate and advanced classes taught over 40 times a week, you'll definitely find time to paddle out to the city sights. This location also offers paddle tours to iconic NYC destinations, day or night, and instructional classes for speed demons and cross fit/yoga lovers.

**2. A-Team Paddleboarding:** Offering group and private lessons at Rockaway beach in Queens, students are taught by a Rivera Paddlesurf team rider and other certified paddle board instructors. This location provides classes for those just learning how to paddle board, and those who are more experienced and want to learn how to paddle surf or race. SUP yoga and Pilates are also fitness options that are available. There's even a limited number of TRUCK-A-FLOAT sustainable living pods open to those who wish to stay overnight, ideal for a memorable date night. Book these in advance because they go quick!

**Related Link:** [Enjoy the Outdoors With This Challenging Date Idea!](#)

**3. New York Kayak Co.:** With a beautiful view of the Statue of Liberty, New York Kayak Co. offers a number of kayak and paddle boarding related options for native New Yorkers. Beginner and intermediate classes are available, along with SUP yoga and tours throughout the day. Students have the

option to learn in groups or private lessons. Club memberships offer special perks such as storage, rentals, discounts and exclusive access to facilities.

**4. Rockaway Jet Ski:** Home to all of your water sport needs, Rockaway Jet Ski is nestled right in the Jamaica Bay. Here you can try your hand at paddle boarding and other paddle activities, such as yoga and sightseeing tours. After your lessons, you can enjoy food, cocktails and live music at the Thai Rock deck bar and restaurant. Just imagine a romantic date night at sunset with your significant other and the NYC skyline.

**Related Link:** [Ireland Baldwin Opens Up About Boyfriend Slater Trout](#)

**5. Skudin Surf Inc.:** The Skudin Surf school has multiple locations throughout New York. However, their SUP branch is located on Long Beach. Here you'll be able to enjoy group, private or semi-private paddle boarding lessons in flat water or the ocean. SUP yoga and other fitness classes are also available. There's even a full moon paddle tour that could be a romantic trip for couples. Package deals and registration for adult surf camp are also an option for avid fans of paddle boarding.

**6. Kostal Paddle:** All the way in Port Washington and Island Park Long Island, Kostal Paddle is an ideal spot to learn how to paddle board. Surround yourself by the beauty of nature, and take lessons in standard paddle boarding, SUP touring and yoga. Classes are taught in the summer on Fridays, Saturdays and Sundays, so if you want to learn how to paddle board, then you need to reserve spots soon! Their last lesson for the year will be on September 16.

**Have you heard of paddle boarding? Would you give this a try on date night? Share your thoughts in the comments below!**

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# Celebrity Couples Saving The Earth



By [Katie Gray](#)

Many thanks to our favorite [celebrity couples](#) who are saving the planet! It's amazing what lengths our favorite [celebrity relationships](#) go through to make sure their homes are eco-friendly. Plus, that's in addition to driving environment friendly cars and helping others to adapt to a green lifestyle. They even make very generous contributions to their favorite environmentalist charities and organizations. Talk about relationship goals! The [relationship advice](#) we can all take away from this is that we must always give back.

# Cupid has the top five celebrity couples who are saving the environment:

**1. Gisele Bundchen & [Tom Brady](#):** Supermodel Gisele Bundchen and NFL star Tom Brady live a very green lifestyle. The celebrity couple married in 2009 and they have two children together. In May 2009, she co-hosted the Rainforest Alliance annual gala to honor leaders in sustainability, supports clean water initiatives, environmental sustainability, and preservation of South American rainforests. The Brazilian beauty has planted over 1 million new trees in her name to start reforestation of the Brazilian rainforests. In 2011, she was awarded Greenest Celebrity at the International Green awards at the National History Museum of London. She's also the Goodwill Ambassador for the United Nations Environment Program. This year, she joined the climate change documentary *Years of Living Dangerously* as a celebrity correspondent. Gisele and Tom's Los Angeles home uses solar energy, a gray water system, lighting systems that reduce energy consumption, a rainwater recovery system, and waste reduction and recycling programs. They have their own vegetable garden, where 90% of the food they eat comes from. The house uses recovered stone, wood, insulation, household appliances with a green seal and other sustainable products. In fact, 80% of the construction waste was reused or recycled.

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

**2. [Angelina Jolie](#) & [Brad Pitt](#):** Angelina Jolie and Brad Pitt are iconic actors, and also are in one of the most notable celebrity relationships in the world. They married in 2014 after being together for close to a decade and having previously co-starred together in *Mr. & Mrs. Smith*. In 2006, the pretty pair established a charitable organization,

the Jolie-Pitt Foundation, to aid humanitarian causes around the world. Pitt is also the co-creator of a design competition to build 20 affordable, reduced energy, environmentally friendly homes in New Orleans. They are huge humanitarians, activists and environmentalists.

**3. Cate Blanchett & Andrew Upton:** Oscar winner and Hollywood legend Cate Blanchett makes saving the environment a priority, along with her playwright/screenwriter husband Andrew Upton. The Aussie natives had their Hunters Hill residence undergo extensive renovations in 2007 to be made more eco-friendly. She has even been working to equip the Sydney Theatre Company building with solar panels and rainwater collection systems to make it completely eco-friendly. Their Sydney home is fully powered by solar energy, and they donate to Forest Guardians.

**4. Pierce Brosnan & Keely Shaye Smith:** Actor Pierce Brosnan is a famous environmentalist. He's married to Keely Shaye Smith, the journalist, glamour model and author. He focuses on marine, mammal, and wetland protection. He also headlined the Natural Resources Defense Council campaign against effects of Navy sonar on whales. He was also awarded the Green Cross International Environmental Leadership Award in the late 90's.

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

**5. Cameron Diaz & Benji Madden:** Cameron Diaz has been a Hollywood star for decades now. She's best known for her roles in *My Best Friend's Wedding*, *Charlie's Angels*, *Gangs of New York*, *In Her Shoes*, *The Holiday* and *My Sister's Keeper*. In 2015, she married rocker Benji Madden of the band *Good Charlotte*. She was also on the MTV Series *Trippin* that revolved around Diaz and a group of her close friends acting globally as they traveled to getaways around the world such as Chile to Yellowstone, on a mission to safeguard the environment. She was even one of the first people to drive the eco-friendly Prius electric car. Diaz also endorses Al Gore,

former Vice President and environmentalist, for his 'Live Earth' campaign that brings awareness to climate change.

**Who are your favorite celebrity environmentalists? Comment below!**

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## Secret Celebrity Weddings







Justin Theroux and Jennifer Aniston

After a three-year engagement, this celebrity couple finally tied the knot in a secret celebrity wedding at their Bel Air home. They surprised their famous friends -- like Lisa Kudrow and Ellen DeGeneres -- by claiming it was a birthday party for Theroux. Photo: Emiley Schweich / PR Photos

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## **Cameron Diaz Takes Break from Hollywood to Try for Celebrity Baby**

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



By Jenna Bagcal

From the Kardashians to the British Royal Family, famous couples having children always makes headlines. In the latest celebrity news, a new [celebrity baby](#) may be on the way in the near future! According to news from [UsMagazine.com](#), Cameron Diaz is taking a year off from all acting projects to try for a baby with her husband Benji Madden. The celebrity couple have been married since January of this year.

**There may be a new celebrity baby announcement coming soon! What are some ways to prioritize having children in your life?**

**Cupid's Advice:**

Having a baby can be one of the most exciting and rewarding parts of life for both famous couples and everyday couples. But some individuals may find it difficult to prioritize

having a child, especially with careers and other responsibilities. Here are some of Cupid's tips for how you and your partner can prioritize having children:

**1. Have a talk with your partner:** Before deciding that you're ready to have a baby, sit down with your partner and make sure that he or she is on the same page. Don't blindside your significant other before you know what they want. Discuss important issues such as finances, where you want to live, vaccinations, etc.

**Related Link:** [Cameron Diaz: Is Sex the Answer to Relationships and Love?](#)

**2. Save money:** Instead of splurging on items you may not need, stick to buying (mostly) the essentials and put some money away for your child's future. Saving money, even way before you and your significant other have children, will pay off in the long run. It will also significantly lessen stress levels if you don't have to worry about money for your child's needs.

**Related Link:** [Famous Couple Cameron Diaz and Benji Madden Valentine's Double Date with Nicole Richie & Joel Madden](#)

**3. Mind your health:** Before having a child, make sure that your health is in top shape. Visit the doctor before having a child to ensure that your body is ready for children. Also, have a discussion with your doctor about what steps you can take to improve your health to make your pregnancy as smooth as possible.

**What are some ways to make having a baby a top priority? Share your comments down below!**

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# Our 5 Favorite Celeb BFFs



By [Courtney Omernick](#)

Hollywood is full of amazing celebrity couples, but, what about the celeb “friend” couples, or, “BFF”s?

**Below is a list of our five favorite celebrity BFFs. See if you agree!**

**1. Tina Fey and Amy Poehler:** Tina and Amy shared the screen on “Saturday Night Live” for years, but their friendship began in the 90’s when they were both studying improv comedy in Chicago.

**Related Link:** [Love Advice: Can Jennifer Lawrence and Bradley Cooper's Work Marriage Work](#)

**2. Drew Barrymore and Cameron Diaz:** These *Charlie's Angels* stars became best friends during the first film in 2000, and they attended each other's weddings.

**Related Link:** [Famous Couple Brad Pitt & Angelina Jolie: When is it Time to Seek Help?](#)

**3. Demi Lovato and Selena Gomez:** This pair's friendship began ten years ago when they both auditioned for *Barney*, and they've remained close ever since.

**4. Taylor Swift and Emma Stone:** These two actresses met at the Young Hollywood Awards five years ago, and their celebrity friendship blossomed from there. Taylor said in 2011 that Emma is like a sister to her.

**5. Zach Galifianakis and Bradley Cooper:** These two were friends long before they starred together in *The Hangover*. Bradley made an appearance on Zach's VH1 talk show, *Late World*, in 2002 and was one of the first stars to appear on his Funny or Die *Between Two Ferns* series.

**What are some of your favorite celebrity BFFs? Comment below!**

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**Famous Couple Brad Pitt & Angelina Jolie: When is it Time to Seek Help?**



By [Dr. Jane Greer](#)

Famous couple [Brad Pitt](#) and [Angelina Jolie](#)'s [celebrity marriage](#) has been reinvigorated by couples' counseling. Although things are on the mend now, there was trouble in paradise less than a year after they tied the knot. Not only did Brad see ex Jennifer Aniston alone, but he also didn't accompany Angelina to the Critics' Choice Awards in January. After months of fighting, they decided to seek the help of a therapist.

**Now they plan to always keep counseling in their lives, because they say it has transformed their**

# marriage and helped them fall in love with each other again. And they are not alone.

Cameron Diaz and Benji Madden have enlisted some outside support after just five months of marriage, as they work to put a strong foundation beneath them. This proves that it is never too early to get help.

**Related Link:** [Brad Pitt and Jennifer Aniston Are Scheduled at the Same Film Festival](#)

The secret to having a lasting relationship and love life is to not let the anger and resentment build up to the point where it drives you apart. A lot of people don't realize that a lasting union is full of angry and questioning feelings which go hand in hand with the adoring ones, not unlike a seesaw. I call them "love you, mean it" and "hate you, mean it" moments, which I talk about in my book *What About Me? Stop Selfishness From Ruining Your Relationship*.

**Related Link:** [Brad Pitt Confirms Celebrity Wedding with Angelina Jolie Will Happen 'Soon'](#)

It is natural to shift in and out of these emotions. The challenge is to make sure the positive ones always balance the negative ones so that they don't consume you. The goal is always to continue to or to get back to loving and feeling connected to your partner. What happens, though, when that becomes more and more difficult to do, and you aren't able to get past the anger anymore? How do you know when it is time to bring in a trained professional to help you sort out the issues?

Even in today's sophisticated age, people are often reluctant to air their marital problems with an outsider, especially

when it comes to sexual troubles. There are many reasons for this which include feeling embarrassed, the fear that you think something is really wrong with you or your partner, the concern that you will be told there is something wrong with your relationship that is unfixable, or maybe you do want to go but your partner doesn't. There are also those people who think that because the idea of divorce hasn't come up things can't be that bad, so you don't really need help.

It is terrific that Brad and Angelina realize and appreciate that they have a big relationship, sometimes even bigger than the two of them, and they were able to seek assistance from a counselor who can help them deal with their issues. The same is true for Cameron and Benji. You certainly don't have to be a celebrity to have issues that can weigh down your relationship and start to interfere with the love you share, but they are good examples to follow. If you are resisting therapy, try to shift your way of thinking. Know that there isn't anything wrong with you or your partner, but there is something in your connection that warrants finding help and relief. Allow your fears to propel you forward instead of holding you back. Your seeking help is not a sign of weakness in any way, but rather a measure of strength, courage, and commitment to your relationship. It proves that you care enough to not give up and find what it takes to make things better.

Keep in mind that making a relationship successful is work. If you don't do that work now, you will have to do it later either by taking your marriage apart or learning to live with unhappiness. Why not spend that energy working to find a way to stay together and live happily? A therapist can help a couple learn to communicate and identify the problem areas in their relationship, so that they can learn how to compromise and put the pieces back together. Brad and Angelina seem to be doing just that. They appear strong and are a positive testimony to the value of knowing when to get help and getting



it. Hopefully the same will be true for Cameron and Benji.

*Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer), and be sure to follow @DrJaneGreer on Twitter for her latest insights on love, relationships, sex, and intimacy.*

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## **Celebrity Photos: Famous Couples and Their Exotic Honeymoons**





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Mike Fisher and Carrie Underwood

The Nashville Predators hockey player and country singer got married in Georgia in July 2010, and then they hopped on a

plane to celebrate their honeymoon in Tahiti. The celebrity couple spent their time soaking up the sun on this beautiful island in French Polynesia. Photo: Flynet Pictures

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# Cameron Diaz: Is Sex the Answer to Relationships and Love?



By Dr. Jane Greer

In latest celebrity news, actress Cameron Diaz recently revealed her secrets to a healthy life: diet, exercise, and

getting busy between the sheets! She credits sex as being her “fountain of youth,” what keeps her young despite the hectic and fast-paced lifestyle that comes with being a celebrity and constantly in the public eye. Cameron believes people need lots of sex in their relationship and love lives and that it’s a healthy, natural bodily function. She’s right.

**My love advice is that sex not only promotes intimacy between partners and strengthens their relationships and love on a physical level, but it also boosts self-confidence and increases happiness.**

While having lots of sex promotes health and well-being, making the time and being able to do it as often as you like can be challenging. A variety of responsibilities can get in the way, including work, children, making dinner, etc. So, what can you do to safeguard against this? Here are a few pieces of dating advice that can help you spend more time in the bedroom and less time worrying about getting there.

**Consider scheduling spontaneity.**

While it seems paradoxical to plan it, more often than not that spontaneity we all crave happens at the beginning of a relationship when you are falling in love and all you want to do is fall into bed, letting everything else fall by the wayside. But that moment in time can’t last forever when there are so many things you need to deal with. That is the tricky part of sex; while it can alleviate stress, making it happen and not letting the stress of everything else on your plate get in the way can be difficult. Still, everyone wants that feeling of being swept away and leaving everything else

behind. Considering what stands in the way of that, the reality is that it may not happen unless you plan it. We plan vacations, parties, dinners out – so many activities that we enjoy. Why not plan to be sexually spontaneous with your partner? If you decide that you will spend an hour together on Saturday afternoon, or on Tuesday morning right after you drop the kids off at school, then you can make sure all the things you absolutely have to do are done, and you can allow yourself to not think about them for that hour or so you've set aside. It also gives you an opportunity to look forward to being with your lover in the same way you looked forward to it when you were first establishing your relationship and love. Think of it as mental foreplay. And once you reach your planned date, don't worry about anything else – those dishes can wait!

**Related Link:** [Cameron Diaz and Benji Madden Visit Her Parents in Florida](#)

**Say “Yes” and take a rain check.**

But what happens when you really can't find the time? In that case, instead of saying “no,” say “yes” and take a rain check. It is so rare that two people want the exact same thing at the exact same time. Maybe you are hoping for a big pizza dinner, but your wife had a huge business lunch and just wants a salad tonight. When that happens, you probably compromise – maybe you'll have a salad tonight and plan for the pizza over the weekend. It's the same thing with sex – presumably you both want it at some point, but maybe not at the exact same time, or maybe one of you wants to do it more often than the other. Many times people just say “no” and leave it at that. But instead of saying you're not in the mood, and leaving your partner to feel undesirable, or to wonder if it is something they've done, say “yes,” but not tonight. How about tomorrow? Or, maybe you can compromise, do a little something tonight and more over the weekend when you are both relaxed. Sex doesn't have to be the whole thing all the time.

**Related Link:** [Benji Madden Sends Celebrity Love Cameron Diaz a Cute 'Miss You' Message](#)

### **Embrace the moment.**

Finally, do your best to embrace the moment! How often has your partner come up behind you and given you a hug that makes you think: sex now, really? You know you haven't showered yet, or closed all the windows for the night, or responded to all those emails just waiting there for you. So you push off the advances, thinking you can get back to that later, after everything else is done. The problem is, not only is that moment of excitement long gone by the time you return to it, but your partner might feel unwanted and rejected in the meantime. Whatever you are doing to take care of things so you can relax better can be a put off to the other person. If you are at a party and your favorite song comes on, you wouldn't finish eating, carefully fold your napkin, take another drink, and risk getting out onto the dance floor with only the last notes of that song left. No, you'd jump up, grab your partner's hand, enjoy dancing to the song, and get back to everything else after. Sometimes life gets in the way of the moment, and in letting that happen you let the passion evaporate. The next time your partner gives you that romantic snuggle, go with the flow. Try to see if your sex doesn't sizzle a little more because you stepped into the passion while it was burning hot.

No matter what might work for you, it's helpful to keep in mind that the quality of the sex you have with your partner is as, if not more, important than the quantity, especially since everyone has different notions as to what seems like a lot or enough sex. As long as you and your partner can find a middle ground on how often you both want sex, you'll both be content.

We can thank Cameron Diaz for being so open and sharing her secret to healthy living with all of us!

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# Benji Madden Sends Celebrity Love Cameron Diaz a Cute 'Miss You' Message



By Maggie Manfredi

It's more than puppy love! According to [UsMagazine.com](https://www.usmagazine.com), Benji Madden sent his celebrity love Cameron Diaz a snap of himself and a puppy dog via Instagram on Wednesday. The celebrity couple tied the knot back in January and have been going strong ever since. From sweet love notes to full on tattoos (Madden got "Cameron" tattooed on his chest), these two are not afraid to show each other they care. We have this

celebrity couple on our list of lovebirds to watch!

## **Celebrity love birds Benji Madden and Cameron Diaz are still in the honeymoon phase of their marriage. What are some ways to keep the sparks alive in a relationship?**

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

First comes love, then comes marriage ... and then after this you have to watch out for the plateau! Cupid has some tips on how to keep the spark alive:

**1. Surprise each other:** Take a note from Benji Madden's book and give your partner something to excite them. It is very easy to get busy with work and other obligations and let your relationship and love slip lower on the list of priorities. Don't let this happen to you. Instead, do the little things to show your love you care.

**Related Link:** [Famous Couple Cameron Diaz & Benji Madden Valentine's Double Date With Nichole Richie & Joel Madden](#)

**2. Make a schedule:** Being organized is sexy. If you both have crazy schedules, be sure to make time for love. Have date nights planned so that romance will always be something to look forward to even if it isn't on today's agenda. You know what they say: absence makes the heart grow fonder.

**Related Link:** [Cameron Diaz & Benji Madden Display PDA Following Celebrity Wedding and Honeymoon](#)

**3. Corny is okay:** Put cheesy "I love you" notes in their packed lunch, send a text with lovey dovey emojis, or them inside jokes just to make them smile. All these little things



you can easily do to keep the spark alive in your relationship.

How do you keep the spark alive in your relationship? Share with us below!

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## Famous Couple Cameron Diaz & Benji Madden Valentine's Double Date with Nicole Richie & Joel Madden



By [Rebecca White](#)

Now that Valentine's Day weekend is over, we're all wondering what our favorite married celebrity couples have been up to. According to [UsMagazine.com](http://UsMagazine.com), famous couples Cameron Diaz and Benji Madden double dated with Nicole Richie and Joel Madden on cupid's day. The foursome went out to dinner around 9 p.m. and stayed at the restaurant for three hours, just laughing and bonding.

## What are some benefits to double dating like famous couples Cameron & Benji and Nicole & Joel?

### Cupid's Advice:

These famous couples have found that double dating is exciting and fun, even with a sibling and their loved one. If you want some dating and relationship advice, try double dating as a way to enhance your romance:

**1. You see your partner from a different perspective:** When you and your loved one are out in social situations, different aspects of your personalities emerge, allowing you to see your partner from a new perspective.

**Related Link:** [Cameron Diaz & Benji Madden Display PDA Following Celebrity Wedding and Honeymoon](#)

**2. You dress up more than you usually would:** Dressing up more than usual can really help your relationship and love life. By putting in that extra effort when it comes to your appearance, you and your partner will have a newfound attraction for each other, keeping your romance interesting.

**Related Link:** [Matchmaker Nicole Richie: "I Set Up Cameron Diaz and Benji Madden"](#)

**3. It reminds you of the reason you chose each other:** By going

out with another couple, whether you enjoy the experience or not, you and your honey will probably feel the same way about how the evening went. These reflections can reinforce why you chose each other, whether it's because you both realized you hate double dating, or you both like the same food and have the same sense of humor.

**What do you think are some benefits to double dating? Comment below!**

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## **Hottest Celebrity Couples Celebrating Their First Valentine's Day Together**





Page 1 of 10



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

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# Cameron Diaz & Benji Madden Display PDA Following Celebrity Wedding and Honeymoon



By [Rebecca White](#)

Cameron Diaz and Benji Madden have been happier than ever

after their celebrity wedding. According to [UsMagazine.com](http://UsMagazine.com), the famous couple shared a smooch for the Kiss Cam during the L.A. Lakers game. This was the pair's first post-wedding public appearance and their faces lit up as they noticed they'd been singled out at the game. They giggled and shared a tender kiss, showing off their celebrity love.

**Cameron Diaz is in a permanent state of happiness after her extravagant celebrity wedding and honeymoon with husband Benji Madden. What are three ways you can keep your relationship exciting when the wedding festivities are over?**

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

Some of the excitement in a relationship and love can die down after an exhilarating couple of months of being engaged and then having a beautiful ceremony, celebrity wedding or not. Keep in mind that your relationship needs nurturing, so make things exciting after the festivities are over:

**1. Little rituals:** Small, little rituals like making coffee for each other in the morning or going out to a game together every now and then like Diaz and Madden do, can keep your partner on their toes and excited. Consider leaving random gifts around the house for your spouse to find or having small gifts to delivered to him or her at work.

**Related Link:** [Cameron Diaz and Benji Madden Tie the Knot at Her Beverly Hills Home](#)

**2. Declare your love creatively:** Keep a board up in the house that says 'I love you because...' and take turns writing the reasons each day. It's a fun random surprise that is a nice way to remember and acknowledge one another regularly.

**Related Link:** [Cameron Diaz and Benji Madden Spend Celebrity Honeymoon in Jackson Hole](#)

**3. Try something new together:** Here's some solid dating advice: try something new every now and then! Whether it be a new restaurant or a new activity, experiencing these things for the first time with one another will make the date special and memorable.

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

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## **Cameron Diaz and Benji Madden Spend Celebrity Honeymoon in Jackson Hole**





By Maggie Manfredi

Spotted: celebrity newlyweds in paradise! According to [UsMagazine.com](http://UsMagazine.com), actress Cameron Diaz and singer Benji Madden are spending their celebrity honeymoon in Jackson Hole, Wyoming. This celebrity getaway includes love, romance, and southern comfort food. The pair had a short celebrity engagement after only seven months of dating, but they seem happier than ever. An insider says, “Benji swept her off her feet. She found someone who knew how lucky he was to have her. Benji would do anything for her. She’s madly in love.”

**Celebrity honeymoons and vacations always seem so extravagant. What are three ways to have a romantic vacation if you’re traveling on a budget?**

**Cupid’s Advice:**



It can be tough on us to see these Hollywood jet-setters heading out to five-star vacations and celebrity honeymoons. But it is still very possible to have a lovely getaway on a budget. Cupid has some tips on how to make it happen:

**1. Prioritize what you love:** When you pick a place on the map, there will be many things you want to see and do. But when you are on a budget, you simply cannot do everything. Make a list and put the things you must see at the very top. Remember to work together to pick them!

**Related Link:** [Cameron Diaz and Benji Madden Tie The Knot At Her Beverly Hills Home](#)

**2. Plan, plan, plan:** In order to stay in budget, you have to be organized and carefully plan out your trip. Knowing where the cheaper places to dine are and the best form of transportation will cut your costs a great deal.

**Related Link:** [Celebrity Couple Predictions: Helena Bonham Carter, Cameron Diaz, and Chris Brown](#)

**3. Enjoy time together:** No matter where you go or what you can afford, remember what a honeymoon is all about: just being together. Enjoy each other's company and the beginning of this new chapter in your relationship – an adventure in and of itself.

**What are your tips for a special honeymoon on a budget? Share your thoughts below!**

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# Celebrity Couples Who Met

# Through Other Celebrities



By [Courtney Omernick](#)

It's not always easy to find a partner, especially one who is a good match for you. Sometimes fate and circumstance helps you find your significant other. Other times, your friends step in to play matchmaker.

**The celebrity couples below found each other with the help of a fellow celeb friend.**

**1. Louis Tomlinson and Eleanor Calder:** This couple has One Direction member, Harry Styles, to thank for their Hollywood relationship. Styles brought Tomlinson along to meet a friend

that he used to work with at a bakery. His friend brought along Eleanor.

**Related Link:** [Elton John and Partner David Furnish Marry in England](#)

**2. Benji Madden and Cameron Diaz:** This couple met through Benji's sister-in-law and Cameron's good friend, Nicole Richie. After a whirlwind romance that lasted under a year, the celebrity couple tied the knot in an outdoor ceremony at Diaz's home recently.

**3. Ed Sheeran and Claire Donald:** Ed Sheeran and Taylor Swift have been fending off romance rumors for years. So, what does Swift do? She sets Sheeran up with one of her good friends, Claire Donald. Donald is an aspiring model/actress who worked with Swift on her *We Are Never Getting Back Together* campaign.

**Related Link:** [Stevie Wonder Welcomes 9th Child with Girlfriend Tomeeka](#)

**4. Nick Jonas and Olivia Culpo:** This adorable celebrity couple met through a mutual friend, namely Nick's brother Joe. Joe Jonas was a judge at the 2012 Miss USA pageant where Culpo was crowned, and when the Jonas Brothers performed at the same event the following year, Joe is said to have introduced Nick to Olivia.

**5. Kim Kardashian and Kanye West:** Though these superstars didn't technically meet with a celebrity, they did get to know each other because of one. While on Jimmy Kimmel's show, Kardashian said: "I should thank you right now, right? I did meet [Kanye] years before, but we really got to get to know each other on a shower that you guys produced together."

**What other celebrity couples met through other celebrities? Share what you know in the comments below!**

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# Cameron Diaz and Benji Madden Tie the Knot at Her Beverly Hills Home



By [Whitney Johnson](#)

Turns out she *is* the marrying kind! After years of sharing her distaste for marriage, Cameron Diaz settled down with Good Charlotte rocker Benji Madden. The couple, who began dating this past summer, tied the knot at her Beverly Hills home on Monday, Jan. 5, according to [UsMagazine.com](#). It's no surprise that their big day was a star-studded affair: Guests included bridesmaids Nicole Richie and Drew Barrymore, Joel Madden,

Reese Witherspoon, and Gwyneth Paltrow. We wish the newlyweds nothing but the best!

## **What are some perks of having your wedding at home?**

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

If a big wedding at a fancy venue isn't your style, why not consider getting hitched in your own backyard? Here are some perks of having your wedding at home:

**1. It's easy to plan:** Getting married at your house eliminates the need to search for the perfect spot to say your vows. Sure, you'll still need to find a caterer and other vendors, but securing the location is always step one! Plus, you don't have to worry about your favorite locale being booked on the date you want.

**Related Link:** [Matchmaker Nicole Richie: "I Set Up Cameron Diaz and Benji Madden"](#)

**2. You can get hitched quickly:** Diaz and Madden's engagement was confirmed on Dec. 19, and less than three weeks later, they're husband and wife! If you want to make things official sooner rather than later, follow the actress's lead and plan a wedding at home.

**Related Link:** [Celebrity Couple Predictions: Helena Bonham Carter, Cameron Diaz, and Chris Brown](#)

**3. There are no restrictions:** A lot of venues will put a cap on the number of guests you can invite or force the party to end by midnight. Getting hitched at your house means the sky is the limit!

**Would you get married at home? Share with us in the comments below!**

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# Celebrity Couple Predictions: Helena Bonham Carter, Cameron Diaz and Chris Brown



By [Shoshi](#)

With the new year finally here, there's bound to be a lot of exciting celebrity couple news for us to digest! Here are my predictions for three pairs who are currently popular in the media:

**Helena Bonham Carter and Tim Burton:** After thirteen years together, Helena Bonham Carter and Tim Burton have separated.

The couple actually split earlier this year, and this news is just now coming out. In what appears to be one of the more amicable splits in Hollywood, they are staying friends because they have two children together.

This separation shouldn't come as such a surprise. About a year ago, Burton was seen with a mystery blonde and accused of cheating. While he may not have been cheating, where there is smoke, there tends to be fire.

So what's next? Burton will attempt to make some movies without Bonham Carter, but that won't last for long. He will bring her back to his films. Even though they are no longer together, she is still his muse. Look for Bonham Carter to have a new boyfriend soon – a younger actor, someone who will be quite shocking. Let's not forget that, while she is quirky, she is an attractive woman. Her brilliance, beauty, and different appeal will keep the stud very interested.

**Related Link:** [Cameron Diaz and Benji Madden Are Engaged](#)

**Cameron Diaz and Benji Madden:** The latest celebrity couple that is rumored to be getting married is Cameron Diaz and Benji Madden. Depending on what news source you believe, the two of them will be skipping down the aisle and having a baby as soon as possible.

This is a very interesting pair. When I take a look at their love energy, it isn't so cut and dry. It is not clear what will happen between them. This could be due to the fact that they are still trying to figure it all out. I do see problems for them down the road unless Diaz is more open to change in their relationship. She is a very independent woman. Let's just say that she is just fine without a man by her side. Some of that reasoning is because she has had no problem getting one; the issue is finding a guy that she wants to *keep*.

I wish this couple the best. Baby energy is circling Diaz, and

she will make a great mom. Let's cross our fingers that Madden keeps Diaz interested, or this relationship may not last long.

**Related Link:** [Chris Brown Says Karrueche Tran Dated Drake and Didn't Visit Him in Jail](#)

**Chris Brown and Karrueche Tran:** Recently, the rapper proclaimed that he was single and went off about his ex-girlfriend dating Drake behind his back when he was in jail. It appears that it was all in his mind though. According to Drake, Tran's small bottom is not big enough for him to look at her twice. In case you didn't know, Drake loves a big booty on his woman.

Just when you thought they were finally over, it looks like Brown and Tran may be back on again. They were spotted all cuddled up at a club. One has to wonder if Brown will be able to have a healthy relationship. He has been diagnosed with bipolar disorder, which seems to be affecting some of his choices. Tran may want to stand by her man, but she's enabling him to treat her any way that he wants – which is never good!

This relationship will continue to be filled with drama. The on-and-off love will continue until Tran says "enough is enough" and moves on to get herself a new man to settle down with.

*For more information on Shoshi, click [here](#).*

**What celebrity couple do you want to see predictions for next? Tell us in the comments below!**

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# Cameron Diaz and Benji Madden Are Engaged



By Maggie Manfredi

According to [People](#), Cameron Diaz is engaged to Benji Madden. The couple have only been together a handful of months, but they couldn't seem more in sync. A source stated, "Since she started dating Benji, Cameron has changed in a very positive way. She can't stop smiling and seems much happier."

**What are some ways to ask for your partner's parents' marriage blessing?**

**Cupid's Advice:**

Are you trying to cross your t's and dot your i's before you

get down on one knee? Cupid has some advice on how to handle the family:

**1. Be considerate:** Make sure that you don't take up too much of their time or inconvenience their schedule. Be polite and gracious. Keep things direct, but make it very obvious that you care about their daughter or son.

**Related Link:** [Cameron Diaz and Benji Madden Visit Her Parents in Florida](#)

**2. Include them:** Give the parents the opportunity to be involved in the proposal, whether that means actually having them present when you pop the question or throwing a small get together afterward to celebrate.

**Related Link:** [Matchmaker Nicole Richie: 'I Set Up Cameron Diaz and Benji Madden'](#)

**3. Be creative:** Feel free to have a little fun with asking for permission, as long as it feels comfortable. You could sing a song you wrote, sharing how much you love their daughter/son. Or, you could include other family members for a little help!

**What do you think is the best part of an engagement? Share your thoughts below!**

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# **Matchmaker Nicole Richie: "I Set Up Cameron Diaz and Benji Madden"**



By Laura Seaman

Nicole Richie recently admitted to setting up brother-in-law Benji Madden with Cameron Diaz. “I approve of anything that’s going to make Benji happy,” Richie said after being asked if she approved of Diaz during her interview on *Watch What Happens Live*. “I’m happy for anyone who is happy, and I want everyone to be surrounded by love.” According to [UsMagazine.com](http://UsMagazine.com), a viewer later asked if the star played matchmaker and had been the one to introduce the new couple, to which she answered, “Yes. I’m going to take full responsibility for everything!”

**What are some ways to help your friend find a mate?**

**Cupid’s Advice:**

There are plenty of reasons to set up your single friend. You

could go out on double dates! It also might make them happier, get them out of the house more, or maybe just stop them from moping about being single. No matter the reason, Cupid is here to help you help your friend by finding them a mate:

**1. Help them set up an online profile.** It might take some convincing, but if you can get them to agree to it, setting up a profile on a dating website is a great way to get your friend to meet potential partners. After all, that's what the sites are for. And who better to help them list all their little quirks and charms than their friend?

**Related:** [Penn Badgley is Dating Domino Kirke](#)

**2. Set them up with another friend.** If you trust someone enough to be their friend, you can probably trust them enough to treat your other friend well. You already know how amazing these two people are, so setting them up together might seem like a no-brainer. Just be careful, because there's always the chance that it won't end well and the two friends ask you to pick sides.

**Related:** [Benji Madden Says He's 'Lucky' to be Dating Cameron Diaz](#)

**3. Be an amazing wingman (or wingwoman).** If your friend is shy, they might need an extra push to go socialize on a night out. You can scope out the place for someone who is attractive and seems like their type, then cook up a plan to get them talking. Make sure your friend is okay with this! Otherwise you might have a pretty awkward encounter on your hands.

**Have you ever set up a friend? How did it work out? Let us know in the comments!**

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# Cameron Diaz and Benji Madden Visit Her Parents in Florida



By Laura Seaman

Benji Madden and Cameron Diaz are enjoying the sun and surf in Orlando, Florida, while also taking another step in their relationship. Over the Fourth of July weekend, not only did Madden enjoy the beach with Diaz, but met her family as well. "She goes there every summer and spends time hanging out on the beach with her aunt and her mom," a source tells [UsMagazine.com](http://UsMagazine.com). "She is super laid back and didn't hesitate for a second to introduce him to her family."

**What are some unique ways to introduce your partner to your parents?**

## **Cupid's Advice:**

It can be awkward and nerve-racking to take the step of introducing your partner to your parents. These are the people who raised you, and to some parents, nobody will ever be good enough for their baby. Instead of going with the classic approach of having your partner over for a family dinner, try some of these unique introductions:

**1. Go on a family trip.** A trip to the beach seemed to go well for Diaz and Madden, so maybe it could work for you, too. A nice relaxing trip to the lake or beach is a great way for everyone to unwind and make the welcoming process go much smoother. A day off makes everyone happy, and happy parents are a great start.

**Related:** [Taking Your Partner on a Family Vacation](#)

**2. Go to a party together.** If there's a birthday party or other family event coming up, it might be a good idea to bring your partner along. Parties are fun and help people unwind, so it's the perfect way to relieve the tension of a first meeting. It's also a great way for the entire family to meet your partner instead of just hearing about them from your parents.

**Related:** [So You're Dating a Momma's Boy!](#)

**3. Go to a show together.** It could be a concert, a movie, or a theater performance. If both your parents and your partner like the show, they can bond over their similar likes and have a conversation about the performance. It will be a good bonding experience and you'll have fun with it.

**How did you introduce your partner to your parents? Let us know in the comments!**

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# Benji Madden Says He's 'Lucky' to be Dating Cameron Diaz



By Laura Seaman

In an interview with the Nova FM radio station, Benji Madden said that him and his brother were “lucky guys.” The rock star was recently spotted holding hands while getting coffee in New York City on June 3. A source tells [UsMagazine.com](http://UsMagazine.com) that the couple met through Nicole Richie, Madden’s sister in-law, who “thought they’d click.”

## What are some unique ways to make your partner feel special?

### Cupid's Advice:

There are the obvious ways to let your partner you care, like kisses and hand-holding, but sometimes you want your efforts to stand out. Your relationship is special, and your partner deserves a unique way of being told they're special. Here are some tips from Cupid on how to be extra creative when letting your partner know you care:

**1. Get crafty!** Get out your paintbrushes and scissors, because nothing says "I Love You" like a hand-made gift. If you're artistically challenged, this could be something as simple as painting a picture frame or making a small scrapbook of your relationship. There's a reason your parents kept those crappy stick drawings you gave them; they're cute, and you made them yourself. It's the effort that counts, and your partner will appreciate it.

**Related:** [Kanye West Shows Off His Wedding Ring](#)

**2. Make a public gesture.** If your partner isn't afraid of the spotlight, a grand public gesture is an unforgettable way to show them you care. You might choose the classic skywriting option, or try serenading them in the park. Engrave your initials in a special place, or plan a romantic flash-mob surprise. Be creative, but make sure it won't make your partner uncomfortable.

**Related:** [Will Smith and Jada Pinkett-Smith Show Their Love in Hawaii](#)

**3. Show them your family traditions.** This is for more serious relationships, but if you think your partner might become part of the family someday, a great romantic gesture would be to include them in your traditions. Bring them to the secret fishing spot your grandfather used, or take them to a special



family dinner. This will show your partner that they're special enough to be included in your personal family life, and it won't go unnoticed.

**What are some ways you've shown your partner how special they are?**

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## **New Couple: Cameron Diaz Is Dating Benji Madden**



By Shannon Seibert

After weeks of keeping their relationship under wraps, Cameron

Diaz and Benji Madden are finally out in the open. Diaz, 41, and Madden, 35 are considered “new” and “just hanging out” but the Good Charlotte singer is considered the first high-profile relationship for Diaz since her split from Alex Rodriguez in 2011. The pair have Madden’s sister in-law, Nicole Richie to thank for their introduction, according to [UsMagazine.com](http://UsMagazine.com).

## **How do you keep your new relationship on the down-low?**

### **Cupid’s Advice:**

When your relationship is just blossoming, it can be difficult to figure out your own feelings about that person if your relationship is highly publicized. With everyone giving you their input, and pestering you about the latest details of your love life, you may get caught up in the attention and neglect the fact that it may not even be working. By initially keeping your new relationship on the down-low, you’ll be able to discover your feelings for your new beau, and find out whether or not you could really gal for this person:

**1. Hold off on updating your social media status:** Until you get out of the murky waters of “What direction is this going in?” you don’t need to make your relationship Facebook Official. These days defining your relationship is harder than it looks, so at first you don’t want to jump to conclusions about your relationship status with your man. Just keep cool, calm and collective, and once you both have your feet on the ground you can upload those adorable selfies you have on your camera roll.

**Related:** [Ed Sheeran Reveals a Greek Girlfriend](#)

**2. Do a trial run:** Get out of town for the day. Go to a place where there’s no pressure because you won’t run into anyone you know. This way you don’t have to worry about awkward introductions such as wondering whether to refer to your guy as your friend, boyfriend, or anything else. Now the two of you can test the waters of what it’s like to be out in public

together, while still getting to know each other on a deeper level.

**Related:** [New Couple: Lucy Hale Is Dating Country Singer Joel Crouse](#)

**3. Don't make it a big deal until it's a big deal:** When your friends and family inquire about your love-life, keep your answer vague. You don't want to let them in the know until there is actual information to give. It may send the wrong signals to your guy by including loved ones in your dating life. He may think you're trying to get serious too quick, and you don't want your family to get confused if things don't work out.

**How have you kept your new relationship a secret? Tell us in the comments below!**