

Celebrity News: Khloe Kardashian Says She Is 'Brutally Broken' After Acting 'Gentle to Others'



By [Courtney Shapiro](#)

In [celebrity news](#), Khloe Kardashian recently mentioned how important it is to be kind to others even though things may not be great in life. The reality star shared the note after social media trolls attacked her for her personal choices. Kardashian's messages were cryptic, and it is unknown whether they are about her [celebrity relationship](#) with Tristan Thompson or another aspect of her life. According to *UsMagazine.com*, the 34-year-old posted an inspirational

quote on her Instagram story that said, “If you’ve been brutally broken but still have the courage to be gentle to other living beings, then you’re a bad-ass with a heart of an angel.” Kardashian is trying to spread kindness to others, even though she currently feels broken.

In celebrity news, Khloe may or may not be talking about her relationship, but we’ve all found ourselves broken. What are some ways to heal your heart after it’s broken?

Cupid’s Advice:

How can you heal after you’ve been heartbroken? Cupid shares some advice:

1. Let all of your feelings out: After being heartbroken, it is expected that your emotions will be all over the place. It isn’t going to help you heal if you keep everything inside, and let it build up. Allow yourself to feel whatever you’re feeling in the moment instead.

Related Link: [Celebrity News: Gisele Bundchen Opens Up About When She Learned Tom Brady Was Expecting With His Ex](#)

2. Find happiness in the little things: There might be a quote you find in a book, a part in a movie, or something you see in your daily life that makes you happy. Enjoy those small moments of happiness instead of dwelling on the heartbreak.

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3. Don't be hard on yourself: Your emotions are valid no matter what they are. Heartbreak is tough, and it can be hard to get back your "normal" self, but you'll get there eventually.

How have you healed after being heartbroken? Let us know in the comments!

Fashion Trend: Funky Patterns



By [Courtney Shapiro](#)

Looking to experiment a little more with your wardrobe? We've got a perfect [fashion trend](#) for you to try. Funky patterns are all the rage right now and can brighten up your wardrobe. Here

are some tips to help you decide which patterns you should add to your collection.

Check out our fashion tips on which funky patterns you should try!

1. Cow Print: The splotchy black and white pattern is making a big come-back. This bold print can easily be paired with solid pieces, making it look classy instead of tacky.



Cow Print Skirt
Photo: Instagram/
@milk.itclothing

Related Link: [Fashion Trend: 5 Ways to Wear a Bandeau Top](#)

2. Hounds-tooth: Honestly, this pattern is classic and timeless. Start adding small pieces to your closet that you can incorporate into an everyday look.



Houndstooth jacket.

Photo: Instagram/
@tasiamarieb

3. Cherries: This print would be best for something more casual, like going to a movie or low-key happy hour. It is super fun and playful. You'll definitely make a statement in this fruity pattern.



Cherry Dress. Photo:
Instagram/ @giacorosa

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4. Plants: Everyone knows floral is always in, but try switching it up a bit by wearing pieces featuring leaves or roots instead of flowers. This is a bold move, but you can start with accessories and work your way up to larger pieces from there.



Plant Dress. Photo:
Instagram/
@plantandsimple_

5. Tribal: This pattern screams fall. It's usually seen on cardigans, or over-sized sweaters, and it's a print that can be dressed up or down depending on the occasion.



Tribal Sweater.
Photo: Instagram/
@hometowngypsyboutique

Have any other favorite funky patterns? Let us know below!

Celebrity Couple News: Find Out Why Kanye West Surprised Wife Kim Kardashian With a \$1 Million Check



By [Courtney Shapiro](#)

In [latest celebrity news](#), Kanye West pulled out all the stops when he surprised Kim Kardashian with a \$1 million check for mother's day. The [celebrity couple](#) is constantly supporting each other, and Kim proved that when she turned down a million dollar offer that tends to knock off Yeezy, West's infamous

fashion line. Kardashian discussed the rest of the gift details with *E! Online* saying “I opened the envelope and it was a million dollar check...and then, in the rest of the envelope, it was a contract to be an owner of Yeezy—to have my percentage.” Overall, Kardashian and West continue to have each other’s backs.

In celebrity couple news, Kanye West showed his thanks for Kim Kardashian on Mother’s Day, and there was meaning behind it. What are some ways to show your appreciation for your significant other?

Cupid’s Advice:

How can you show appreciation for your partner? Cupid has some ideas:

1. Plan a date with their favorite things: This will really show that you pay attention to the things your partner likes. It doesn’t have to be extravagant, but it shows you care about their interests.

Related Link: [Celebrity News: ‘Big Brother’ Stars Tyler Crispen & Angela Rummans Are Moving In Together](#)

2. Write them a love letter: This is a little old fashioned, but writing down what you love about your partner and your relationship, will really show your appreciation.

Related Link: [Celebrity Wedding: ‘Teen Mom 2’ Star Jo Rivera Marries Vee Torres with Ex Kailyn Lowry in Attendance](#)

3. Do little things around the house: If your partner has had a long day, it'll make it easier on them if the dishes or laundry is done. These are small things, but it can help lift the stress from the rest of the day.

What have you done to show appreciation for your partner? Tell us below!

Celebrity News: Gisele Bundchen Opens Up About When She Learned Tom Brady Was Expecting With His Ex





By [Courtney Shapiro](#)

In [celebrity news](#), former Victoria's Secret angel, Gisele Bündchen admits her shock to the news that Tom Brady was expecting a child with his ex, shortly after the two began dating. The [celebrity relationship](#) began in 2006, and Bündchen found out about the pregnancy between Brady and Bridget Moynahan two months later. According to *UsMagazine.com*, Bündchen shared in her memoir that Moynahan's pregnancy "wasn't an easy time" for her, but it ended up being an unexpected blessing that "brought about so much growth." Bündchen and Brady have been married since 2009 and have two kids of their own.

In celebrity news, Gisele Bündchen is recalling a difficult time she went through with now husband Tom Brady. What are some ways to

persevere through hard times with your partner?

Cupid's Advice:

What are some ways to approach hard times with your partner? Cupid shares some advice:

1. Forgive each other: Fighting and struggle are bound to happen in relationships, but don't hold a grudge. Talk through the issues with your partner, and forgive one another if you yell or say things in the heat of the moment.

Related Link: [Celebrity News: Kim Kardashian Isn't Worried That Kanye West Wants to Move to Chicago](#)

2. Be patient with each other: Both of you may be feeling stress from other aspects in your life, so it is best to remember not to take it out on each other. Don't blame one another, and keep those aspects out of your relationship.

Related Link: [Celebrity Wedding News: Pregnant 'RH0A' Star Porsha Williams Is Engaged to Dennis McKinley](#)

3. Hit the refresh button: Give yourselves the opportunity to start things over if you need to. You might not need to go back to the very beginning, but find a point in your relationship where things were great, and get yourselves in that head space.

How have you worked through hard times in your relationship? Tell us below!

Celebrity Wedding News: Pregnant 'RH0A' Star Porsha Williams Is Engaged to Dennis McKinley



By [Courtney Shapiro](#)

In [celebrity wedding](#) news, *Real Housewives of Atlanta* star Porsha Williams is pregnant and recently engaged to Dennis McKinley. The [celebrity couple](#) announced their relationship in June and are expecting their first child together. *UsMagazine.com* confirmed the news when Williams

posted on her Instagram, revealing the massive diamond engagement ring. Williams was previously married in 2013, but sees herself as a “hopeless romantic.”

In celebrity wedding news, *Real Housewives of Atlanta* star Porsha Williams is both pregnant and engaged. What are some ways to adjust to big life changes involving marriage and kids?

Cupid’s Advice:

How can you adjust to life changes involving marriage and kids? Cupid has some advice:

1. Take time to get used to the new lifestyle: No one expects you to be a perfect wife or mother right away. Learn what you can and take it one day at a time.

Related Link: [Celebrity Parents: Busy Philipps Says Husband ‘Didn’t Try’ to Be a Dad Initially](#)

2. Give yourself space: It’s okay to step back from everything and take some “me” time. Allowing yourself to breathe and relax on your own will help give you a positive mindset for facing family challenges.

Related Link: [Celebrity Baby News: Jason Aldean & Wife Brittany Reveal Sex of Baby No. 2](#)

3. It’s okay to ask for help: No one expects you to completely adjust right away. Ask your parents, other family members, or friends for help and support as you get acclimated to the changes happening in your life.

How have you handled big life changes? Let us know below!

Fitness Trend: Acai Bowls



By [Courtney Shapiro](#)

Acai bowls are a super yummy indulgence [fitness trend](#) right now. The bowl is made from the acai berry, a super fruit originally hailing from Brazil. The berry gets pureed and takes on a sorbet-like texture as the base of the bowl. The puree can then be blended with other fruits, or left as is. As a finishing touch, it then gets topped with anything ranging from oatmeal to fresh fruit, or different types of obscure food items including chia seeds or bee pollen. The

combinations are endless, but the health benefits from eating these are also worth checking out.

Check out why Acai Bowls are beneficial for your health and are the latest fitness trend.

1. Full of nutrients: Acai berries are pretty unique because they have a high fat content, but are super low in sugar. They also have vitamin A, calcium and a bunch of important minerals.

Related Link: [Fitness Trend: Cold Therapy](#)

2. Loaded with antioxidants: Without antioxidants, free radicals in our body can damage cells as well as lead to further diseases such as diabetes or heart disease. The acai berries have three times the antioxidants as blueberries, and are definitely good for you.

3. Good for the skin: The oils in the acai berry have been used by the Brazilians for years to achieve younger and healthier looking skin. By eating the berries, your body is able to get rid of old or unwanted skin cells faster.

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4. Improved digestion: These berries can help you clear out unwanted toxins, and are also a great source of fiber. They can help keep your digestion regular and will improve your morning energy as well.

5. Brain function is boosted: Acai berries are full of various plant compounds that can prevent brain damage as you grow older. This super food can also improve memory and learning.

What is your favorite way to eat an acai bowl? Let us know

below!

Celebrity Exes: JWoww's Ex Roger Mathews Vows to Win Her Back After Divorce Filing



By Courtney Shapiro

In [celebrity news](#), JWoww's ex Roger Mathews pledges to keep fighting for their marriage after the divorce was filed a couple of weeks ago. The reality star confirmed the split by speaking out on his instagram stories. This [celebrity](#)

[relationship](#) was going strong until JWoww grew tired of the repetitive pattern they had fallen into. [EOnline.com](#) shared Mathew's posts, where he says, "I'm going to win her affection back, I am going to win her love back. I have no intentions on being a single dad. We're in counseling so there is hope. It ain't over 'till the fat lady sings." Mathews is determined to keep his relationship alive.

These celebrity exes' relationship may not be over after all. What are some ways to save your relationship?

Cupid's Advice:

Are there ways to save a relationship? Cupid shares some tips:

1. Go over all of the positive aspects: Why is this relationship still important to you? Talk through all of the good things you have experienced together and decide if these aspects are worth staying in it for the long term.

Related Link: [Celebrity Break-Up: Josh Duhamel & Eiza Gonzalez Split After 5 Months of Dating](#)

2. Go to counseling: Getting advice from a non-biased third party can greatly help the relationship. It will be helpful to the couple if they have someone who can mediate the conversation. It is okay to go to counseling, and it can be hard to fix the relationship by yourself.

Related Link: [Celebrity Exes: Dennis Quaid Says Relationship With Meg Ryan Was His 'Most Successful'](#)

3. Accept the things you can't change: There will always be things about your partner that frustrate you, but is it worth

it to keep bringing up the same arguments? You have to learn that the way your partner feels about something is just different, not wrong. Move past these differences and find what you truly enjoy about the relationship.

Were you able to save a dying relationship? Let us know below!

Celebrity Divorce: Jenni 'JWoww' Farley Files for Divorce From Roger Mathews



By Courtney Shapiro

In [celebrity news](#), *Jersey Shore* star Jenni 'JWoww' Farley is a single woman. The reality star filed for divorce from her husband Roger Mathews. The [celebrity couple](#) had met on the *Jersey Shore*, and were married in October of 2015. The pair also have two children together. According to [UsMagazine.com](#), Farley stated there were "irreconcilable differences" on the papers she filed two weeks ago. There is no drama surrounding the divorce, and Mathews is going to try to save his marriage.

In celebrity divorce news, there's a Jersey Shore split to announce. What are some ways to know your relationship has run its course?

Cupid's Advice:

How do you know your relationship has run its course? Cupid has some thoughts:

1. Nothing is exciting anymore: You've tried doing new things together, but you're just going through the motions. If you aren't excited to be in each other's company, it can be time to end the relationship.

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2. It's hard to make time for each other: Your lives have become so busy, you hardly see each other. It's understandable to have other aspects or things to do, but spending time with each other is important too. If that's not one of your top priorities, then you should re-evaluate the relationship.

Related Link: [Celebrity Break-Up: Nikki Bella & John Cena Split Again Two Months After Reconciling](#)

3. You can't see a future with the person anymore: Sometimes people grow apart, and that is okay. The two of you have probably just reached different points in your life. Be up front with each other, you don't want to lead the other person on if you can't see the relationship going any further.

Have you been in a relationship that has run its course? Let us know below!

Fashion Advice: 5 Work Outfits that are Perfect for Summer





By Courtney Shapiro

Summer fashion is always so much fun. Everything is lighter, including the colors, the patterns, and the fabrics used. Even though summer wardrobes are exciting, it can be hard to find the perfect summer outfit that is also work appropriate. Read some [fashion advice](#) below on how to beat the heat, with the best outfits for the workplace.

Heat up the office with style. What are some work outfit ideas for summer?

Summer is the perfect time to up the fashion game. Stores have released their lighter clothes, and it is the time of year to experiment with new styles, and patterns. However, keeping the outfits workplace appropriate in the ridiculous heat can be a challenge. Here are some [fashion trends](#) to keep you cool and stylish:

1. Jumpsuits: These are such a fun option. Jumpsuits come in

all different styles and can work for any season. In the summer, they are more flowy, and usually have light or no sleeves. The look is effortless, and can easily be dressed up with the right accessories. Depending on the dress code of the work space, a sleeveless jumpsuit is ideal for the sticky weather.

Related Link: [Fashion Advice: 5 Outfit Ideas for Labor Day Weekend](#)

2. Maxi dresses: Like jumpsuits maxi dresses are easy to dress up for the workplace. Find the right pair of sandals, a couple of statement jewelry pieces, and your outfit is good to go. Since there are so many options, it can be hard to determine what is best for work. Try steering clear of cotton and strapless styles, as it looks too casual for the office vibe. Save those choices for the beach instead.

3. Flow pants: These could be an option if the workplace has a more casual dress code. You could do flow pants Friday and end the work week on a breezy and cool note. Most of the time flow pants are patterned, so choose a solid top, and some cute shoes, then you are all set.

Related Link: [Fashion Trend: Ugly \(But Cute\) Sandals](#)

4. Shirt dresses: Don't confuse these with T-Shirt dresses. Those are more casual and would be better for going out with friends. A shirt dress is usually made of light non-clingy material, and will be a statement piece for sure. You will look professional, yet still look cute. Workplace clothes don't have to be boring pantsuits, so have fun with the summer styles.

5. White button down/white pants: White is a staple color in the summer. It is important to have these options in your closet, as you can easily pair them with other patterns or colors. Don't brush these styles aside, since the light material will definitely help you conquer the heat.

Have any other work appropriate outfit ideas for summer? Let us know below!

Celebrity Exes: Justin Theroux Breaks Silence on Split from Jennifer Aniston



By Courtney Shapiro

In [celebrity news](#), Justin Theroux discussed his split and previous [celebrity relationship](#) with Jennifer Aniston. The [celebrity couple](#) wed in August of 2015 and separated in

February after less than three years of marriage. In an interview with *EOnline.com*, Theroux said, "The good news is that was probably the most...it was kind of the most gentle separation, in that there was no animosity." Theroux and Aniston remain friends even after their split.

Justin Theroux characterized his split from celebrity ex Jennifer Aniston as "gentle." What are some ways to keep the animosity out of your break-up?

Cupid's Advice:

Can a relationship end without animosity? Cupid has some tips to keep the break up amicable:

1. Talk through any issues: To end the relationship with no "hard feelings," it is important to discuss any problems you might have with one another. Work through all your issues and make sure both of you are on the same page. You will be able to be friendly if both parties were able to calmly discuss any concerns.

Related Link: [Celebrity Exes: Tate Donovan Says He was 'Dying Inside' Working with Ex Jennifer Aniston on 'Friends'](#)

2. Keep the details of the break-up between the two of you: Of course it is difficult to keep the details to yourself, because all of your family and friends will want to know what happen, but keep those private as it was something that happened just between you and your partner. You can share the gist with your support system, but you don't want that person getting attacked for being part of the break-up, when they won't fully understand the reasons behind the decision.

Related Link: [Celebrity Break-Ups: Ashlee Simpson Wasn't Totally Surprised By Jessica Simpson & Nick Lachey's Split](#)

3. Don't try to "win" the break-up: After the break-up, your sole focus is going to be yourself for sure. You can incorporate positive changes into your life, but don't make it seem like you're thriving without the person right away.

Are there ways you have broken up with someone in a friendly way? Let Cupid know below!

Celebrity Wedding: 'Teen Mom 2' Star Jo Rivera Marries Vee Torres with Ex Kailyn Lowry in Attendance





By Courtney Shapiro

The knot was recently tied for [celebrity couple](#) Jo Rivera and Vee Torres. The *Teen Mom 2* [celebrity wedding](#) was filled with love and family as Torres' son Isaac and daughter with Rivera, Vivi, participated as the ring bearers. According to *UsMagazine.com*, Torres' ex Kailyn Lowry was also at the wedding. Lowry attended with her best friend and sent a tweet thanking her for "wiping my tears as I bawled." Rivera and Torres declared their engagement in April and were both looking forward to their big day.

In this celebrity wedding, Rivera's ex attended. What are some ways to decide whether to include your ex on the guest list for your nuptials?

Cupid's Advice:

Is it okay to have you ex at your wedding? Cupid has some thoughts on when this is okay:

1. The relationship with the ex isn't fresh: If you have been in your current relationship longer than you were broken up and were able to be in a friendship with your ex, then having them at your wedding shouldn't be an issue. The past is in the past and both of you are currently happy with the life you live, so it should be easy to include them on the guest list.

Related Link: [Celebrity Wedding: Justin Bieber and Hailey Baldwin Quietly Wed on Thursday](#)

2. The ex is a part of the couple's life: The ex shouldn't be invited to the wedding if they are just a random person brought up from the past. If the couple spends time with this person and thinks of them as a friend rather than an ex, then they can choose if they want that person there or not.

Related Link: [Celebrity Wedding News: Paris Hilton & Chris Zylka Push Back Wedding Date](#)

3. The ex is the other parent to your child: This is more of a courtesy to the child rather than to either of the parents. It shows that even though the parents are not together, there is no hostility between them, which gives the child an easier time of understanding the new relationship.

Have you invited an ex to your wedding? Let us know below!

Celebrity News: Find Out

What's Next for Julie Chen Post-Scandal



By Courtney Shapiro

In [celebrity news](#), well known co-host of *The Talk* and host of *Big Brother*, Julie Chen is in the spotlight after allegations of sexual assault and harassment came out against her husband, the CEO of CBS, Les Moonves. *E! News* reported that Chen has decided to step away from her position on the talk show, saying, "Right now I need to spend more time at home with my husband and our young son, so I've decided to leave *The Talk*. On the other hand, she has decided to stay on with the popular summer game show, *Big Brother*, as it is more manageable and she will be free of obligations from CBS for the next few months, since the finale airs on September 26th. At this time, Chen's future with CBS is up in the air.

In celebrity news, Julie Chen is tasked with rebuilding her life after her husband was fired from CBS for sexual assault allegations. What are some ways to rebuild your life after a break-up?.

Cupid's Advice:

Need some ways to rebuild your life after a break-up? Cupid has some ideas to rebuild:

1. Invest in your support network: You can't get past the break-up alone. This is the time where you will need those closest to you to support you, and be by your side. These are the people who have your best interests at heart, and only want you to heal.

Related Link: [Celebrity Break-Up: 'Bachelor in Paradise' Star Jordan Kimball Confirms Split from Jenna Cooper Amid Cheating Reports](#)

2. Start a new routine: A fresh break-up can make it difficult to continue your normal routine, so don't. Take the time for yourself, and start crafting a schedule that is best for you. Keeping yourself busy in a new schedule will give you purpose, and will keep your mind off of the break-up itself.

Related Link: [Celebrity News: Kelly Ripa Addresses Ryan Seacrest Sexual Misconduct Allegations](#)

3. Try incorporating healthy habits: This time is all about you. Now that you're taking care of just yourself, you can take this time to include more positive things into your life. These habits don't have to be related to exercise, and you can

focus on the goals you have in your career, or life in general.

How would you start to rebuild your life after a break up? Tell us in the comments below.

Celebrity News: 'Parenthood' Star Joy Bryant Gives Marriage Advice



By Courtney Shapiro

In [celebrity news](#), Joy Bryant dished on her career, her love

of sports, and her marriage to stuntman Dave Pope. The actress, well known for her role in NBC's *Parenthood*, shared that she was not always the outdoorsy type, but has become more accustomed to the lifestyle through her husband. As she's been in a [celebrity marriage](#) for 10 years, Bryant shares her advice on how to keep her [celebrity relationship](#) fresh. In an interview with *Men's Journal*, she says, "You've got to do your own thing... there are plenty of people who spend every single day together and hate each other or get divorced."

In celebrity news, Joy Bryant talks about how to keep marriage fresh. What are three ways to keep your marriage fresh and the spark alive?

Cupid's Advice:

Everyone has ways of keeping their marriage spark alive, but will they always work? Cupid has some tips on how to keep your marriage fresh and the spark alive:

1. Try new things together: It gets tiring and boring when you and your spouse are always doing the same thing. Breaking out of the typical routine and trying a new activity, or even a new food, can bring excitement to both of you. It'll be special for just the two of you, and you'll be able to hold on to that memorable experience as a couple.

Related Link: [Celebrity News: Have Ed Sheeran and Cherry Seaborn Secretly Tied the Knot?](#)

2. Continue to talk to each other: Talk frequently to one another. Don't just go through the motions, and talk about work or other daily routine items, but really sit down and talk to each other. If you are feeling a certain way or something really got in your head, share it with your partner.

Having these deeper conversations will help further the relationship, as well as keeping things interesting.

Related Link: [Celebrity Couple News: Priyanka Chopra's Mom Praises 'Mature' Nick Jonas After Engagement](#)

3. Create shared goals: Being married automatically gives you a partner for life, so why not create goals as a couple. The goals can be anything the two of you want to accomplish, and they are more likely to be achieved if you are constantly supporting one another throughout the process. Find something you both can enjoy, and work towards that accomplishment together.

What are some tips that kept the spark alive for your marriage? Tell us in the comments below!

Courtney Shapiro





September 2018 – Present
Editorial Intern

Courtney is currently a junior at Hofstra University with a major in Journalism and a minor in Spanish. Cupid's Pulse is the perfect place to combine her love of [celebrity news](#) with her love of writing. She also loves fashion, beauty, and reading during her free time. When not in class, Courtney is on the executive board of Hofstra Hillel, an active brother in the co-ed community service fraternity, Alpha Phi Omega, and a writer for her chapter of Her Campus. She loves sit-coms, dramas, and the *Bachelor* franchise. One of her favorite [celebrity couples](#) is [Kristen Bell](#) and Dax Shepard. Courtney hopes to write for a fashion magazine one day.

Courtney's Expertise: [Celebrity News](#), [Fashion Features](#)