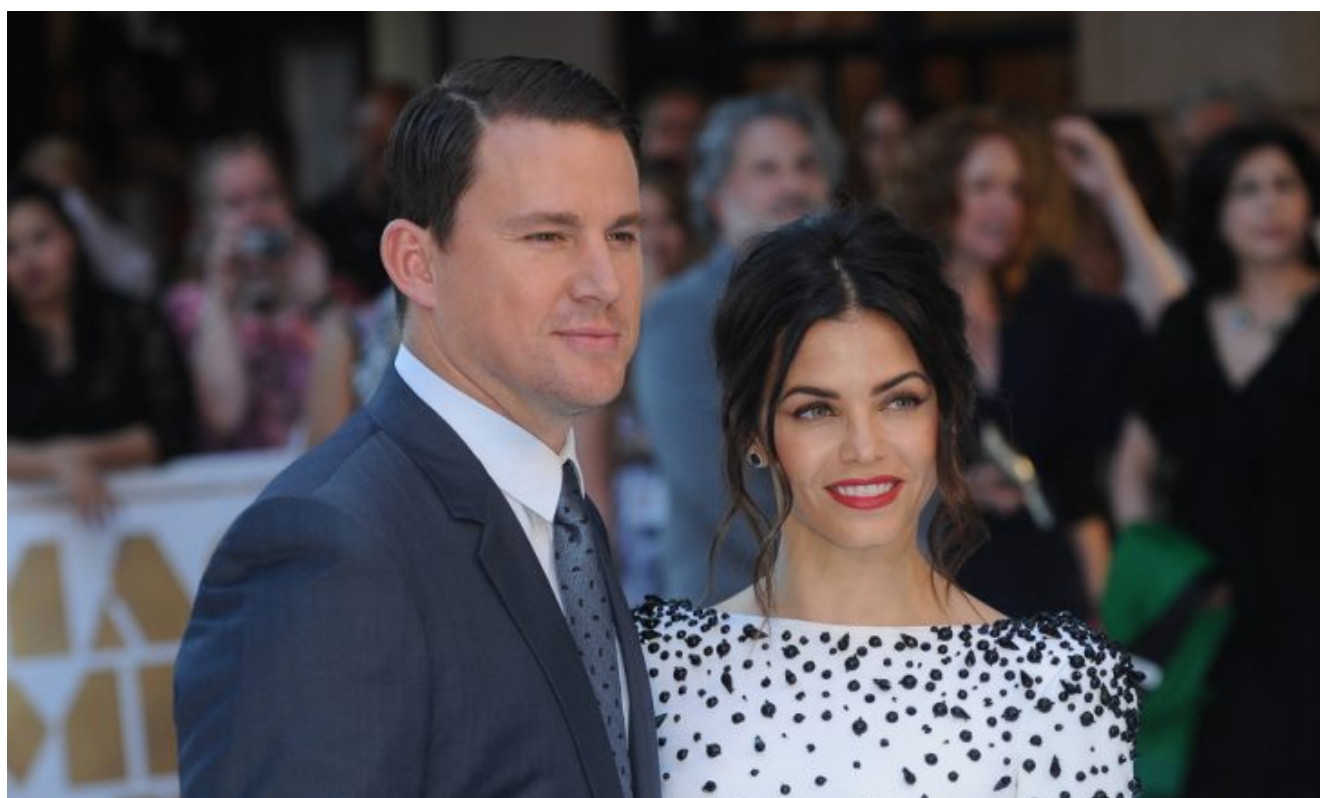


Celebrity News: Jenna Dewan Opens Up About Love, Divorce and Healing in New Book



By [Meghan Khameraj](#)

In [celebrity news](#), Jenna Dewan opens up about her life and journey in her new book titled *Gracefully You*. The actress released her a joint statement with her ex-husband, [Channing Tatum](#) in April 2018 in which they announced their [celebrity divorce](#). According to *UsMagazine.com*, the [celebrity couple](#) ended their nearly ten-year relationship on positive terms and work together to raise their six-year-old daughter, Everly. Since then, Tatum has been in a relationship with singer Jessie J, and Dewan is expecting a child with new boyfriend, Steve Kazee. In her book, Dewan shared what got her through

her divorce with Tatum, stating “acknowledge your emotions and do the work. Meet with a therapist, look into breathwork, meditate, take walks in nature, and have wine with your friends.”

In celebrity news, Jenna Dewan turned to writing to help heal her broken heart. What are some other healthy avenues for coping with lost love?

Cupid's Advice:

Jenna Dewan shared her [relationship advice](#) on how to deal with and heal from a devastating break-up. She was able to move on and find peace and love again. Cupid has some advice to help you find yourself again after a difficult break-up:

1. Therapy: If you're feeling an overwhelming amount of emotion, a therapist can help you cope with them in a healthy way. Speaking to a therapist will allow you to discover how to handle intense emotions while also guiding you through this rough time so you don't have to go through it alone.

Related Link: [Celebrity Baby News: Blake Lively & Ryan Reynolds Reveal Sex of Third Baby](#)

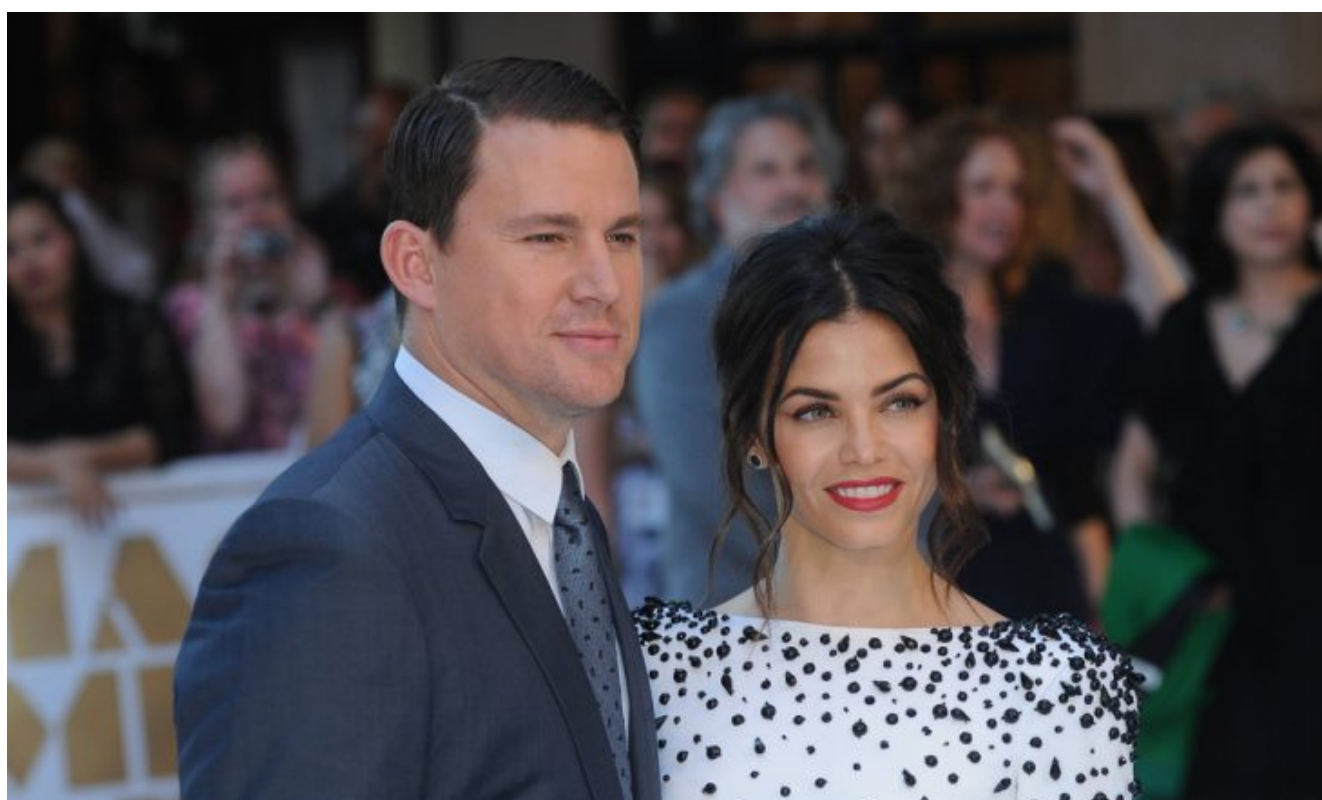
2. Dive into a new hobby: After a break-up, you're going to have more free time. Avoid spending that time reminiscing of your past love and use it to foster a new hobby. Choose a fun activity that you've always wanted to try and before you know it you'll forget about your ex and have a new talent.

Related Link: [Celebrity Couple News: Jenni 'JWoww' Farley & Zack Carpinello Are Back Together After Split](#)

3. Spend time with your friends: Spending time with your friends is probably the best way to get over a lost love. Surround yourself with people who will support you when you're crying and help you find yourself again after a break-up.

How do you get over a lost love? Let us know in the comments below!

Celebrity Baby News: Jenna Dewan & Boyfriend Steve Kazee Are Expecting



By Ahjané Forbes

In [celebrity news](#), *Step Up* star Jenna Dewan is waiting for a bundle of joy to arrive, as she is expecting a [celebrity baby](#) with her boyfriend, actor Steve Kazee. This will be Jenna Dewan's second child. The [celebrity parent](#) had her first child with her heart throb co-star and ex-husband Channing Tatum. According to *UsMagazine.com*, Dewan's [celebrity ex](#) was crying while she was giving birth to their daughter. The *Magic Mike* star told the magazine, "I probably went to the bathroom four times [at the hospital] and had a crying fit. Like, I'm just like, 'I don't know what to do!'" Tatum later added that "seeing the one you love in pain makes you feel bad, Men are useless, but we are really useless during [the delivery process]."

In celebrity baby news, Jenna Dewan is preparing to welcome her second child – her first with Steve Kazee. What are some ways to prepare for the birth of your second child?

Cupid's Advice:

Welcoming a little one into the world can be very time consuming and stressful if you aren't prepared. Having your second child should be easier, right? Not exactly! Sometimes it can be easier if you have the same gender as you did previously, especially if you have a lot of baby clothes and bottles left over. Babies have a mind of their own just like humans. They can't directly tell you how they're feeling, but you'll catch their drift once they start crying. The second can be tricky and different for everyone. Cupid has some tips and tricks to help you through this journey:

1. Don't assume this will be easy: Every child and pregnancy is different. Try to keep an open mind, especially with the second child. Even though this is the second child, there's still a lot to learn about being a parent. Also, if you aren't the one having the child, be there for your partner.

Related Link: [Parenting Advice: Plan To Fail and Be Okay With It](#)

2. Don't compare the two children: When the baby is born, it's okay to assume who they look like and whose personality they might have. It is important that you try to not compare your children in the beginning stages of life. Yes, they might do some of the same things that older brother or sister do/did, but it's not a good habit to keep comparing the two. You want your baby to be their own person and not a younger version of your first child.

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

3. Relax: Everything will work out fine if you are less stressed. The baby will come and you'll be fine. Don't overthink anything or expect the worse. Just hope for a healthy and happy baby, because that's truly all that matters.

How did you prepare for your second baby? Share your tips and thoughts in the comments below!

Beauty Trend: The Best of Spring Hairstyles



By Megan McIntosh

Spring is all about rebirth and renewal. After a harsh winter of keeping your hair and body covered, it's time to let your hair down. There's no better way to step into Spring and Summer than by sporting a new hairstyle. Every new season, old hair trends come back into play. You'll see them on everyone from the locals to celebrities on TV and in movies. This Spring, some hair [beauty trends](#) have made a comeback on celebrities like Zendaya and [Chrissy Teigen](#), but it's clear it's all about making the cut.

With a new season, comes the time to cut into a new hairstyle. Cupid

has many new Spring hairstyles for you to debut with a bang.

It's not always easy to make the cut when it comes to your hair. Sometimes it can be hard to even give yourself a trim. But it's clear that snapping off some inches is the trend this season, so what better way to build that confidence than to emulate the most confident of stars?

1. Sweeping bangs: Sweeping bangs are so named because they're not as harsh or as much of a commitment as full-on bangs. They're all the fun of a fringe with none of the regret. Because these bangs are able to sweep to the side, you can have bangs on the days you want and go without on the days you don't. It's clear though, bangs are here to stay this Spring.

2. Get blunt with a bob: Blunt bobs have made a comeback this Spring season. There's something sophisticated yet wild about this look. You can rock this hair cut in the office or a night on the town. Jenna Dewan and Sarah Paulson make it look easy, but just make sure that the blunt bob you go for fits your face shape and jawline.

Related Link: [Beauty tips: Essential Primers](#)

3. Curly with a bang: Some people think it's impossible to rock bangs with curly hair. Stars like Zendaya and Natasha Lyonne have been all about the curly bangs this season, and they've been doing it well. The key is finding the right stylist who can work with your curl pattern to find the bangs that fit perfectly.

Related link: [Beauty Trend: Metallic Lip](#)

4. Groovy baby: Looks like the 70s are making a comeback this Spring with a shaggy look. Celebrities like Chrissy Teigen make this hairstyle look carefree and easy with textured

layers. No doubt it took careful planning and moose distribution to create this messy look, though. This layered cut can also make your hair look fuller if you have thinner hair.

Would you rather go with or without the bangs this season? Share hairstyle ideas below!

Celebrity Divorce: Channing Tatum & Jenna Dewan's Split Is Becoming 'Challenging and Emotional'





By [Lauren Burczyk](#)

In [celebrity news](#), [celebrity exes Channing Tatum](#) and Jenna Dewan are having trouble keeping an amicable relationship. According to *UsMagazine.com*, a source told them that the couple's split is becoming challenging and emotional. The couple separated in April 2018 following nearly nine years of marriage. Tatum, 38, filed for joint custody of their daughter, Everly, 5, and the process is becoming very lengthy. The doting father detailed, in his hearing, how much he loves to spend time with his daughter and included the fact that he decorated her room in his rental home in a fairy-tale theme just so she'd feel comfortable there.

This celebrity divorce started out amicable, but it's becoming challenging. What are some ways to stay rational in the midst of a

split?

Cupid's Advice:

Breaking up with someone you truly cared about and shared your life with is extremely difficult. It can put a lot of stress on you, both physically and emotionally. Here are some ways to stay rational in the midst of your split:

1. Unfriend them on social media: Keeping a close watch on what your ex is posting on social media can make what you're going through so much more difficult. To avoid any irrational behavior that may be triggered by their social media posts, unfriend them immediately!

Related Link: [Celebrity Break-Up: Channing Tatum & Jenna Dewan Tatum Are Still Living Together Post-Split](#)

2. Stay active: Keeping up with your exercise routine is scientifically proven to help you feel better. Staying active will build up your endorphins to help fight off stress. Go for a run or take a fitness class to meet new people, it will boost your mood and having you feeling like your normal self in no time!

Related Link: [Celebrity Exes Channing Tatum & Jenna Dewan Reunite for Halloween Selfie Amid Divorce](#)

3. Connect with friends and family: Depending on how serious your relationship was, you may have lost touch with some important people in your life. Try reconnecting with them, it will help you take your mind off of your ex and is a great start to helping you move on.

What are some other ways to stay rational in the midst of a split? Comment below.

Celebrity Exes Channing Tatum & Jenna Dewan Reunite for Halloween Selfie Amid Divorce



By [Ivana Jarmon](#)

In [celebrity news](#), [celebrity exes Channing Tatum](#) and Jenna Dewan reunited on Halloween to trick-or-treat with their daughter Everly. Tatum documented the short reconciliation on his Instagram, snapping selfies of himself dressed as Genie from Aladdin, Dewan dressed as Cleopatra. Tatum and Dewan announced in April of this year they were separating after eight years of marriage. On October 22, Dewan filed for

divorce. Tatum has been dating Jessie J for a couple of months. Dewan has also moved and is now dating Steve Kazee, *UsMagazine.com* reports.

These celebrity exes are still friends and co-parents. What are some ways to keep things civil during a divorce?

Cupid's Advice:

Divorce is a literal death of a marriage and is an emotional and stressful ride. Cupid has some ways to keep things civil during a divorce:

1. Communication through a neutral party: A divorce unleashes a flood of emotions including grief, anxiety, fear, anger, and pain. A response like this is normal, over time the intensity of your feelings will subside. To avoid a yelling and screaming match try seeking a trusted friend, family member or therapist who can help you communicate.

Related Link: [Celebrity Engagement? Jennifer Lopez Flashes Diamond Ring at Game 2 of World Series With A-Rod](#)

2. Focus on the future: Talking about why you broke up or who's to blame will not solve anything. Try avoiding these conversations with your soon to be ex. Keep your discussions focused on there here and now. Such as what needs to be done, and if there are children, focus on their needs and schedules.

Related Link: [Celebrity Couple News: Find Out Why Kyle Jenner & Travis Scott Might Be Ready for Marriage](#)

3. Remember the good times: Remember that you loved each other very much at one point—and just because your divorcing it

doesn't mean that love goes away. This will make it easier to be co-parent if there are children involved. Maintaining that love and respect for each other will guide you on a better path.

What are some ways to keep things civil during a divorce? Share your thoughts below.

New Celebrity Couple: Channing Tatum Is Dating Jessie J Post-Divorce From Jenna Dewan





By [Ivana Jarmon](#)

There's a new [celebrity couple](#) in town! In celebrity news, [Channing Tatum](#) and Jessie J are dating, according to *UsMagazine.com*. The new couple have been seeing each other for months, sources can confirm. Channing was spotted at a recent concert of the singer; the couple was also seen playing mini golf at a local course in Seattle. A source said, "It's new, casual and they're having fun." Tatum recently ended his nine year marriage to Jenna Dewan, and the [celebrity exes](#) have a 5-year-old daughter together.

New celebrity couple alert: Channing Tatum is moving on. What are some ways to move on in a way that doesn't hurt your ex?

Cupid's Advice:

Hurting your ex is one of the last things you want to do if

you still care for them. Cupid has some tips on some ways you can move on that doesn't hurt your ex:

1. Talk to your ex: If you still love your ex and don't want to hurt them with your actions. Just talk to them. Let them know that you're moving on, and that you hope they will be ok. If they love you as much as you love them, then they will want you to be happy.

Related Link: [Celebrity News: Katy Perry Supports Orlando Bloom Through His Grandma's Illness](#)

2. Reevaluate yourself: Check in with yourself to see how much time and effort you're willing to spend on someone you're no longer dating.

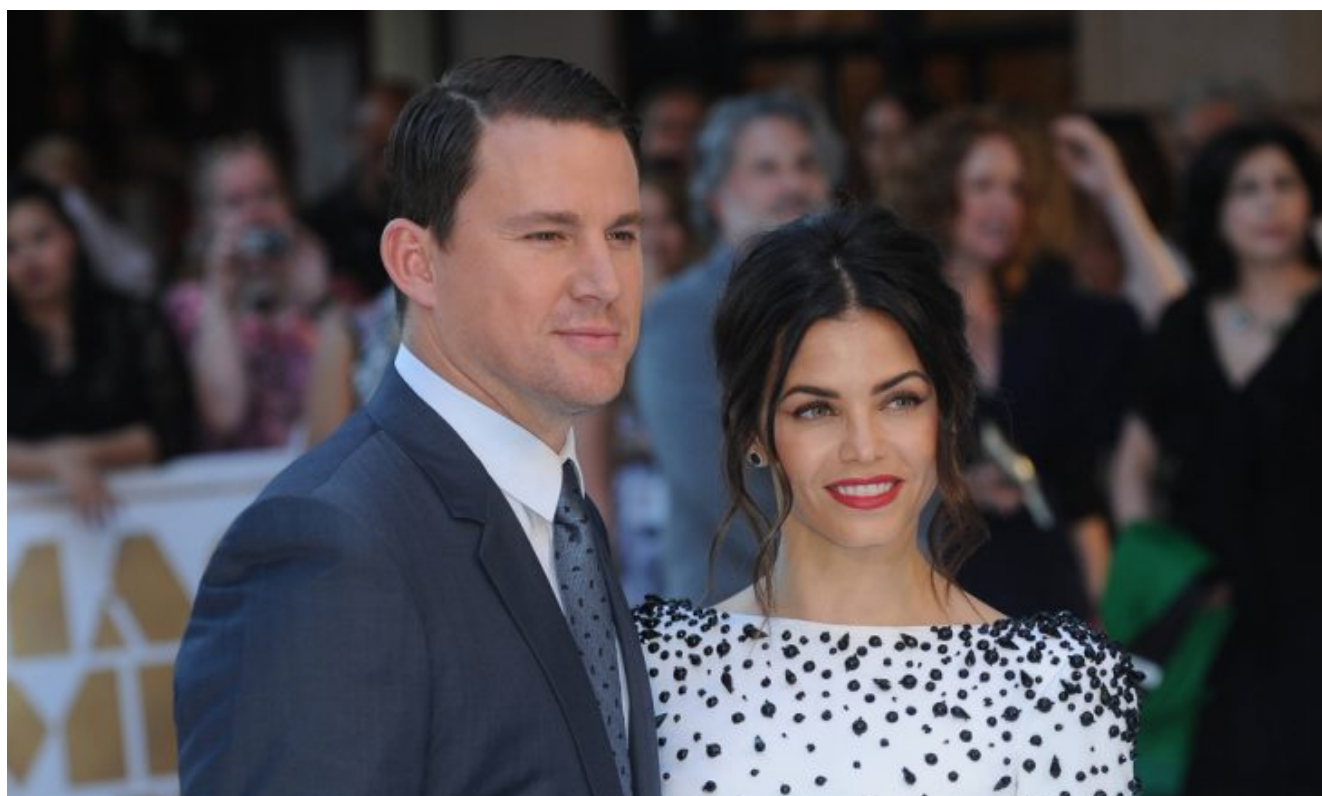
Related Link: [Celebrity Divorce: Jennifer Garner is Seen Dating Someone New After Divorce from Ben Affleck](#)

3. Be realistic: There is no such thing as, not hurting your ex. You aren't together anymore, so both of you are bound to move on. You can't constantly look out for their feelings, because they will still be hurt. Ask yourself will you look out for your exes' feelings with each and every relationship you move onto? Will you tell that ex that you're having a new baby with your new partner to? Let them feel their pain and move on.

What are tips on ways you can move on that doesn't hurt your ex? Share your thoughts below.

Celebrity Break-Up: Channing

Tatum & Jenna Dewan Silence Rumors About Their Split



By [Carly Horowitz](#)

In [latest celebrity news](#), [Channing Tatum](#) and Jenna Dewan Tatum have announced their separation. They released this news on Instagram stating, "Absolutely nothing has changed about how much we love one another, but love is a beautiful adventure that is taking us on different paths for now." They added, "There are no secrets nor salacious events at the root of our decision—just two best-friends realizing it's time to take some space and help each other live the most joyous, fulfilled lives as possible. We are still a family and will always be loving dedicated parents to Everly." Yet, rumors are still arising as to why the pair is splitting. Some say this

[celebrity break-up](#) was caused by flirting and drinking. A source tells [EOnline.com](#) that these rumors are not true. “We understand that everyone is super interested in speculating on their private life and that there are people who think they have an idea of the inner life of this relationship, but it’s simply not the case,” the source says. “The media is fabricating stories and none of these accusations are remotely true. Channing and Jenna released an honest and loving statement which is the only truth.” The former [celebrity couple](#) plans to continue their lives as best friends caring for their 4-year-old daughter, Everly.

There simply isn’t truth to many of the rumors about Channing and Jenna’s recent celebrity break-up. What are some ways to communicate your break-up to family and friends?

Cupid’s Advice:

Sometimes the hardest thing about breaking-up is breaking the news to your friends and family that have rooted you on all this time. Fortunately, it is your closest friends and family, so they will understand that this is the right decision for you and respect that. Here are some ways to break the break-up news:

- 1. Social media:** If the majority of your friends and family use social media on a daily basis, this may be the quickest, most efficient way to get the word out. You can do something similarly to what Channing and Jenna did and thoroughly explain that there are no hard feelings in order to decrease

the potential spreading of rumors.

Related Link: [Celebrity Break-Up: Channing Tatum & Jenna Dewan Tatum Are Still Living Together Post-Split](#)

2. Talk in person and reassure that this is for the best:

Maybe hold a small gathering with your friends and family and casually slip in the news over dinner. Be ready for some questions and criticism. Explain everything to them honestly and let them know that this is for the best and everything is going to be just fine.

Related Link: [Celebrity Break-Up: Channing Tatum & Jenna Dewan Tatum Split After 9 Years of Marriage](#)

3. Take time to tell everyone personally: If you are feeling up to it, it may be beneficial for you to take the time to call each individual person that you need to break the news to. By doing this, you will get genuine feedback and support from each person. Call your gal pals first because they will most likely be the most ready to accept the information. Then call grandma, she will be sure to give you some words of wisdom and tell you that she loves you. Try not to stress so much about breaking the news, everyone will be happy as long as they know you are on the right path to being happy as well.

What are some other ways to communicate your break-up to family and friends? Comment below!

Celebrity Break-Up: Channing Tatum & Jenna Dewan Tatum

Split After 9 Years of Marriage



By [Carly Horowitz](#)

In [latest celebrity news](#), [Channing Tatum](#) and Jenna Dewan Tatum announced their separation on Instagram this past Monday. A part of the statement read, “We have lovingly chosen to separate as a couple. We fell deeply in love so many years ago and have had a magical journey together. Absolutely nothing has changed about how much we love one another, but love is a beautiful adventure that is taking us on different paths for now. There are no secrets nor salacious events at the root of our decision – just two best-friends realizing it’s time to take some space and help each other live the most joyous, fulfilled lives as possible. We are still a family and will

always be loving dedicated parents to Everly. We won't be commenting beyond this, and we thank you all in advance for respecting our family's privacy." According to [UsMagazine.com](https://www.usmagazine.com), the pair had their [celebrity wedding](#) in 2009. They also share 4-year-old daughter, Everly, but they have made it clear that they are going to make efforts so that this separation will not affect her in a negative way.

This [celebrity break-up](#) is so disappointing to us! What are some ways to work on your marriage prior to calling it quits?

Cupid's Advice:

Marriage is a lifelong commitment that must be worked on day in and day out. Sometimes it may get rocky along the way, but try not to give up! Here are some ways to work on your marriage before breaking it off:

1. Remember why you got married: You are going to need some motivation if you want to avidly work on your marriage during a rough time. Try your best to remember why you got married in the first place. Ponder the amazing assets of your partner and visualize the amazing wedding that you shared together. Maybe even try to do things that you used to do when you first started dating or when you first got married in order to ignite that spark again and become motivated for this improvement process.

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

2. Take a walk together each day: It sounds so simple yet it is so beneficial. Taking time out of each of your days to take a nice stroll around your neighborhood will give you and your

partner an opportunity to discuss your feelings and further hone the bond that you have. You can talk about how your day went and then get into some serious points as to why you are needing to work on your marriage. Being in the outdoors will also help you and your partner to be more open and happy while conversing.

Related Link: [Celebrity Couple News: Jenna Dewan Tatum Explains How She and Channing Began Dating](#)

3. Practice forgiveness: Try to open your mind and see things the way that your partner is seeing things. Now is not time for the blame game. That will only prove to be detrimental. Take responsibility for your own actions and move on from there. Keep in your mind that you are trying to improve your relationship instead of looking for reasons to end it.

What are some other ways work on your marriage before separating? Comment below!