

Celebrity News: Brooks Laich Says He's Proud of Wife Julianne Hough For Saying She's 'Not Straight'



By [Bonnie Griffin](#)

In the latest [celebrity news](#), former *Dancing With the Stars* judge, Julianne Hough came out as “not straight” in an interview with *Women's Health*. Her husband, former NHL player Brooks Laich fully supports her. According to *UsMagazine.com*, Laich supported Hough on his Instagram saying he is, “So proud of my wife ... for the woman she is, and her courage to share her journey.” It is important for married couples to support each other and it's clear that this

[celebrity couple](#) is proud to watch out for one another.

In celebrity news, Julianne came out with her truth, and her husband is standing by her side. What are some ways to support your partner through tough times?

Cupid's Advice:

Everyone faces hard times or inner battles that they struggle to face. Sometimes it can be hard to share parts of yourself with the world. Having a partner who supports you when you're struggling can mean everything. Cupid has some advice on ways to support your partner through tough times:

1. Let them know they're appreciated: We can't always solve problems for our partners, even if we would love nothing more than to wash away their worries. It's important to take steps to make them feel safe home with you; they know they are loved and you are their safe haven. Tell them how you appreciate them, and that you value them and their place in your family.

Related Link: [Celebrity News: Jordyn Woods Parties with Khloe Kardashian's Ex James Harden](#)

2. Don't be critical: If your partner is having a hard time they likely feel like they are being criticized by the world around them. Be the opposite for them. Listen and be supportive but be sure not to take over the conversation. Ask them open-ended questions and really listen to what they have to say without being critical or judging them. They need to be able to lean on you just as you would if the roles were reversed.

Related Link: [Celebrity Parents: Former 'Bachelor' Arie Luyendyk Jr. Calls Wife Lauren the 'Hottest Momma'](#)

3. Remind them to have fun: Life can be stressful and we all face challenges from time to time. When life has your partner feeling down remind them that it can also be fun. Take them out for a night on the town, enjoy a night together under the stars, whatever the two of you enjoy doing together.

What are some things you would do to support your partner? Let us know your thoughts in the comments below.

New Celebrity Couple: Nina Dobrev and Glen Powell Attend Julianne Hough's Wedding Together





By [Marissa Donovan](#)

It looks like more celebrity news has come out of Julianne Hough's big [celebrity wedding](#)! Nina Dobrev and Glen Powell attended Hough's special day as a new [celebrity couple](#). According to [Eonline.com](#), the couple started as friends until they realized they had feelings for each other. Along with weddings, the couple has spent holidays together including Dobrev's birthday! Earlier this year the *Vampire Diaries* star posted a *La La Land* inspired photo with Powell on [Instagram](#). This photogenic couple can't get enough of each other!

This new celebrity couple is super adorable! Like Dobrev and Powell, how can you and your new partner have fun at a friend's wedding?

Cupid's Advice:

A friend or family member's wedding is a great time to debut your new relationship. Here are some tips on how to have fun as a new couple during a friend's wedding:

1. Take photos: If a photo booth at the wedding, take goofy and cute photos together as a new couple! If the wedding does not have a photo booth or a photographer to take the photos, take out your phone when the bride and groom are not asking for your attention! Saving moments in the earliest stage of your relationship can be special and fun to look back on.

Related Link: [Celebrity Wedding: Julianne Hough Marries Hockey Star Brooks Laich](#)

2. Play eye spy as a couple: Whether your whispering before the bride walks down the aisle or giggling at the reception, a car ride game can also be played at a wedding. Spot the color of the cake or happy crying grandmother to make the game wedding themed. You will have a blast playing this game during this special event!

Related Link: [Nina Dobrev and Ian Somerhalder Joke About Awkward Breakup](#)

3. Dance together: Slow dance or show off your funniest dance move to your partner. No matter what song is playing, you and your partner can find a way to connect on the dance floor.

How can you have fun at a wedding with a new partner? Let us know your ideas in the comments!

Celebrity Wedding: Julianne

Hough Marries Hockey Star Brooks Laich



By [Marissa Donovan](#)

Julianne Hough is now married! According to [UsMagazine.com](#), The *Safe Haven* star and Brooks Laich tied the knot on July 8th. Last summer, Hough shared on her [personal website](#) a photo of her engagement ring and her first reaction when Laich proposed! The [celebrity couple](#) has been together for three years and have two dogs together named Lexi and Harley.

This [celebrity wedding](#) came after three years of dating and

engagement. What are some ways to know if your relationship is ready for marriage?

Cupid's Advice:

Can you see yourself writing wedding vows soon? If so, then you should consider getting married! Here are some signs you are ready to walk down the aisle with your partner:

1. You both close with each other's family: Your partner's family already considers an in law. The same can be said for your partner about you. If you mutually feel like getting married would be a natural transition in your relationship because of family ties, then you are ready!

Related Link: [Julianne Hough and Hockey Player Boyfriend Brooks Laich Announce Celebrity Engagement](#)

2. You already have a living situation planned: Whether you are already living together or are house hunting together, there's a good chance you and your partner have already thought about the next step in your relationship. Finding a place to call home is a fantastic sign for the next step in your relationship!

Related Link: [Nicholas Sparks' 'Safe Haven' Soon to Be In Theaters!](#)

3. You're determined to get married no matter what: No matter what the circumstance, you and your partner are eager to be a married couple. If don't care about having the wedding of your dreams then marriage sounds ideal for your future!

Do you think this celebrity couple will have children soon? Let us know what you think in the comments!

Top 5 Luxury Travel Destinations for Your Next Girls-Only Getaway



By [Noelle Downey](#)

Whether you're traveling with just a couple close besties or a gaggle of your favorite girlfriends, everybody knows there's nothing like spending some quality time with your best friends on the road. Take the plunge and call your BFF's, because Cupid has complied for you a list of the top five best luxury travel destinations that your favorite stars are escaping to for a girls-only getaway – and you can too!

Whether you're looking to make a splash at the beach or take in some European countryside, these celebrity-approved luxury travel destinations are perfect for your next big girls-only getaway with your best female friends.

1. The Caribbean: Former *Dancing with the Stars* dancer Julianne Hough recently celebrated her upcoming nuptials to athlete Brooks Laich by taking a massive girls-only trip to the Caribbean with pal Nina Dobrev in tow! Walk in their famous footsteps by organizing your own getaway to visit the beautiful surf and sand of this highly popular corner of the world. Snorkel and scuba dive with your favorite girlfriends, snack on the Caribbean cuisine featured at most of the fine dining restaurants, and get a tan in the sun as you enjoy the crisp blue water and white beaches of this gorgeous island getaway.

2. Cabo: If you're an acapella fan this fun-in-the-sun getaway in Mexico might just be for you. Big name stars like Anna Kendrick, Brittany Snow, and Rebel Wilson were recently spotted at this tropical location sipping drinks with big smiles as they enjoyed a sneaky mid-shooting girls getaway from the set of their movie, *Pitch Perfect 3*. While you may not be able to replicate the experience of filming a soon-to-be blockbuster, you can and should treat yourself to a visit to Cabo with your best "pitches" because, as Wilson captioned one of her Instagram posts from the trip, "We love each other so much, we had to go on holiday!"

Related Link: [Vacation Destinations: Spring Travel Tips for](#)

[Home and Abroad](#)

3. California: While the glitz and glamour of LA may seem to be calling you when it comes to a California girls trip, why not try to take a walk on the wild side? Celeb besties Karlie Kloss and [Taylor Swift](#) took a nature-focused girls only trip up the coast of California early in their friendship, and now they've become the epitome of a pair of Hollywood BFF's. Visit the gorgeous natural parks filled with redwood trees, stop by the pier in Santa Cruz to visit with the seals and strut the boardwalk, or visit the California coastal beaches for some fresh air and fun with your favorite girl group.

4. Ireland: Former *Pretty Little Liars* star Shay Mitchell is no stranger to the perfectly planned girls trip or celebrity vacation. Her luxury travel destination of choice? Ireland. Hit the streets of Dublin with your girls to sip some good Irish Guinness at the local pubs or keep things more natural by admiring the beautiful seascapes, rolling countryside, and gorgeous vista views that Ireland has to offer. Being surrounded by all the lush greenery of this beautiful place will remind you just how lucky you are to have the friends you do, whether you find a four-leaf clover or not!

Related Link: [Popular Vacation Spots: Punta Gorda & Englewood Beach](#)

5. Cancun: If you're ready to live that #cruiselife, follow in the footsteps of plus-sized model Ashley Graham and take to the seas with your girlfriends in Cancun. Strut your stuff on the deck or stop shoreside for some time in the sun or a delicious meal with some Mexican flavor at this premier luxury travel destination. Whatever you do, make sure you pack your favorite bikini, tons of sunscreen, and your camera, because you're going to want to snap some great shots of you and your besties chilling in the sun or taking a dip on the shores of this heavenly paradise!

Have you ever taken a girls trip? Where did you head for your adventure? Let us know in the comments!

Product Review: The Perfect Products To Start Your New Year Off Right



This post was sponsored by Over EZ, Giorgio Beverly Hills, Hair La Vie and Survivor Eyes.

By [Mallory McDonald](#)

New Year's Eve is the perfect time to say goodbye to your old habits and make peace with the year that has passed. Once midnight hits, it is time to begin a brand new adventure. To make this new year your best yet by feeling your best and looking your best, we have some products that will do just that. Whether you need something to help recover from a fun night out or are looking for a new you to sparkle this new year, we have the perfect products to reinvent yourself for 2017.

With the New Year already started, these four products are the perfect way to make sure 2017 is your best year yet!

[Over EZ](#)

New Year's Eve is one of the most fun and over the top nights of the year. Most of the time this includes drinking. If you are starting to have trouble bouncing back from a long night of too many sugary drinks, Over EZ is the answer you have been looking for. It is an all-natural supplement that reduces hangover symptoms, such as headaches, nausea and vomiting. Just one Over EZ has to be taken during alcohol consumption, and the ingredients, including a mixture of vitamins and herbs, work together to flush out the toxins from the body, resulting in a better morning after, without affecting the effects of alcohol. 12 capsules cost \$60, and for that amount you can go out for 3 months and never have to worry about feeling it the next morning!



[Giorgio Beverly Hills Glam](#)

Something that can be a real change in your everyday routine is the fragrance you choose to wear. Whether it is your everyday fragrance or you want something new and different for a date night out, Giorgio Beverly Hill's fragrance line came out with their newest perfume targeted to make you feel confident, sophisticated and stylish. [Celebrity](#) Julianne Hough is this brand's spokesperson and could not love this new scent more! The fragrance has an undeniably bold combination of white florals infused with sensuous amber and sandalwood. With bright, sparkling notes, the scent embodies the instantly recognizable glitz and glamour of California's most famous fashion street. Spice up your scent for \$72, and feel like a new person!



[Hair La Vie](#)

Something that can be one of the most difficult things to change is your hair. New hair styles can make or break your appearance, and choosing the right thing to do may seem impossible. But instead of trying a bold new cut or a vibrant new color, fall back in love with your natural hair using Hair

La Vie. Hair La Vie's Moroccan repair serum is \$35 per bottle and is an all-natural hydration system that protects against damage and frizz, while creating instant shine. The serum's unique combination of hair loss fighting ingredients is perfect for those weak, damaged, brittle strands and split ends. Let this be the year your hair doesn't need a trip to the salon to look amazing!



[SurvivorEyes](#)

One of the latest [beauty trends](#) everyone is still talking about has to do with eyebrows! Having nicely defined and stenciled eyebrows is very important in achieving a perfect overall beauty look! If you have never been good at styling your own eyebrows and need a tool that can help make you feel like a professional, the SurvivorEyes Brow Style Stencil Kit is exactly the product you have been looking for. This particular product was the recent creation of a breast cancer survivor who was inspired to help women struggling with hair loss to look and feel fabulous. The kit is only \$14.95 and comes with 10 eyebrow stencils in unique brow shapes, dual-sided cosmetic applicator brush, instructions for application and stencils and a drawstring pouch for convenient storage. Don't let your eyebrows get the best of you this year!



Reinvent all the best parts of you this year with these products so you can look and feel your absolute best!

Celebrity Couples and Their Most Extravagant Valentine's Day Gifts





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

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

Julianne Hough and Hockey Player Boyfriend Brooks Laich Announce Celebrity Engagement



By Mackenzie Scibetta

Just when it seemed all hope was lost for [celebrity couples](#), Julianne Hough and her boyfriend Brooks Laich prove love is still real in Hollywood. As [UsMagazine.com](#) reported, Hough

announced her [celebrity engagement](#) on Instagram with a black and white photo of the adorable duo embracing in a kiss. She captioned the photo expressing her excitement for the “wedding planning adventures” to come. On her blog, she continued to show signs of complete bliss as she promised to share some “exclusive details and pics” with fans in the next few days.

We’re excited for some happy celebrity engagement news! What are some ways to creatively utilize social media to announce your engagement?

Cupid’s Advice:

After becoming engaged, one of your first instincts will be to frantically post on social media. However, by resisting that initial urge to ramble on social media with a blurry and unfocused picture, you can wait to post and produce a well-planned engagement announcement. Cupid has some suggestions to keep your engagement announcement on social media from being too cliché:

1. “How we met” caption: Everyone already knows you’re in love, but most people probably don’t know the story of how you and your fiancé fell in love. Caption your engagement photo with the heart-warming story of where, when and how you met each other, as it will be sure to capture the hearts of your audience members.

Related Link: [Find Out Why Newlyweds Jennifer Aniston and Justin Theroux Decided to Celebrate Celebrity Marriage](#)

2. Silly poses: Take a look at Pinterest, and you can find a million engagement photo ideas that range from ones for coffee

lovers to technology geeks. Pick one that perfectly describes your relationship, whether it be posing with your dogs or modeling at the beach, and you can create an engagement photo that is unforgettable.

Related Link: [Anna Kendrick Speaks Out About Celebrity Marriage](#)

3. Create a wedding hashtag: Use a wedding hashtag at the end of your post so you can keep all of your special day photos connected forever. Encourage family, friends and bridesmaids to use it so you can capture (and hopefully laugh at) all of those crazy moments leading up to your wedding.

How did you and your fiance announce your engagement? Let us know below.

Antonio Sabato Jr. on His 'DWTS' Journey So Far: "I Have a Passion with Everything I Do"





By [Sarah Batcheller](#)

Impressed doesn't even begin to sum up the fan's opinion of Antonio Sabato Jr.'s Bollywood performance during partner switch-up week on ABC's *Dancing with the Stars*. While viewers missed his dynamic dancing with partner Cheryl Burke, he and Allison Holker really turned up the heat with kicks, jumps, and stunts. Much to Sabato's pleasure, judge Julianne Hough noted his passion and said he was "most improved." Find out more from the *Fix It and Finish It* host in our [exclusive celebrity interview](#) below!

Exclusive Celebrity Interview with Antonio Sabato Jr. About 'DWTS

What was running through your mind when you found out you were dancing Bollywood?

ASJ: Excitement! I was very excited because I love Bollywood. I knew it would be fun and was very happy to get to do it.

Allison mentioned how high energy this dance is. Was it harder

to learn than past dances because of the quick pace?

ASJ: In some ways, it was, and in some ways, it wasn't. The good thing is that I felt really comfortable in it from the beginning. Actually, I'm feeling more comfortable with dancing as a whole. Some weeks, it's hard, and some weeks are easier, but I love all the challenges. I think I had more fun learning Bollywood because it's a happy kind of dance, and that made it a fun challenge.

Related Link: ['DWTS' Star Antontio Sabato Jr. on Switch-Up Partner Allison Holker: "I Couldn't Ask For Anyone Better!"](#)

How did your chemistry with Allison compare to it with Cheryl? Did you agree with the judges when they noted the disconnect between the two of you?

ASJ: It's about the dance and what we tried to do. There's a chemistry when you dance with a great partner, and it worked with Allison as well as Cheryl. They're both amazing dancers, and I'm fortunate to dance with Cheryl and to work with Allison. I've never danced before, so I'm learning as a student and come in with no expertise.

No, I didn't agree with the judges. That was their opinion as judges. I know that I had a great time in the dance. They are supposed to judge, and it didn't take away from what we did on the floor.

We love that Julianne commented on how passionate you are each week – that had to feel good! Where does that passion come from?

ASJ: I have a passion with everything I do. When I do something, I want to do it the best I can. I take pride in the life I have and the choices I make. I'm blessed to be on a show like *DWTS*. I guess the passion is in my blood – the passion to work hard on something. I'm Italian, and we are a very passionate people.

Julianne also called you “most improved” on *Good Morning America* last week. We’d love to know your thoughts on this sweet comment!

ASJ: HUGE compliment coming from her. I totally respect her as a dancer, a performer, and now a judge. As soon as I see her, I will thank her and let her know how grateful I am for what she said.

What was it like watching Cheryl dance with Alfonso Ribeiro? Any jealousy?

ASJ: Nah, I was happy for both of them. They were so good. Alfonso has been dancing his entire life, and I’ve been looking forward to watching people that know how to dance get to dance. It’s so fun to watch. I was very supportive of both of them, especially Cheryl.

Is there anything you learned from Allison that you’ll be using during training this week?

ASJ: I’m learning so much from every dance I do, and I enjoy every different move and song. I learned with Bollywood to relax even more and to have more fun. I’ve learned to pay attention to every step and to loosen up. That’s what I’m going to take with me this week as I do the Salsa with Cheryl.

Related Link: [‘DWTS’ Pro Tony Dovolani on Betsey Johnson: “She’s Never Felt Pretty in Her Life”](#)

When we first spoke with you, you mentioned your family would be in the audience each week. What sort of feedback have they been giving you?

ASJ: My family is being very supportive of me. They love the show; they love to dance; and they love to get to see me dance. We’re always there together, and it’s a blessing. They love it. All my friends come and see me and support me, and it makes it so special.

Lastly, you're still shooting *Fix It and Finish It* while you're competing. How is Louisville?

ASJ: We had our last shoot there on Friday, and now, our crew moves to Cleveland. I really love the city a lot, and hopefully, I can run into LeBron!

Follow Antonio Sabato Jr. on Twitter @antoniosabatojr. Watch him on Dancing with the Stars on Mondays on ABC at 8/7c!

Dating Again: How to Move On After a Breakup



By Marni Battista

Moving on after a breakup can be tough. At Dating with Dignity, we don't think the best way to get over your ex is to get *under* someone else! Julianne Hough and Ryan Seacrest are one Hollywood "It Couple" that recently ended their relationship, and it looks like at least one of them has moved on. Rumors have it that Seacrest has already bagged himself a new lady friend, while Hough still wants him back. If we could advise the bubbly blonde on how to pick herself up again, here are the tips we'd give her:

Related Link: [Lessons from Justin and Selena: Should You Get Back with Your Ex?](#)

1. Put YOU first. When you go through a breakup, it's extremely important to make sure you take care of yourself first. Even if you saw it coming or it was a decision you know is for the best, it's important to allow yourself time to grieve the loss. Take this opportunity to get back to your fitness regimen, reconnect with old friends, start an activity that perhaps you've put aside for a while or even take a solo weekend vacation. Take some time to feel sad (after all, it's normal to be sad) and remember what you enjoy about yourself.

2. Don't be afraid to say yes to dates. If you get asked out at your local coffee shop or at a friend's birthday bash, **say yes**. Even if you feel it might be too soon to launch into a super-serious relationship, saying yes to an evening of flirting or a nice dinner won't hurt. It's important to let yourself be seen by someone who doesn't know your "story," and it allows you the opportunity to get back to being *you*. Plus, it feels good to be pursued!

3. Have fun with girlfriends. When you're in a long-term relationship, you often forget about girl time. Take this opportunity to reconnect with your friends: go out for a night on the town, have fun and take pictures of how much fun you're having to anchor to the new life you're creating. Posting

photos on Instagram or checking in on Foursquare to that hot new restaurant opening is totally fine by us too. While the urge to stay in your cave may be strong, trust us that it's important to get your "girl" on and put yourself back in social situations.

4. Remember that it's okay to be single! Even though it sucks when you don't have a date to the next summer wedding or a go-to Saturday night plan, creating the life you want has to start with you and you alone.

Related Link: [Lessons We Can Learn from Taylor Swift, Queen of Heartbreak](#)

Coming from a place of fear that "I'll never meet anyone" or "I'm getting too old" will only lead you down a path you don't want to be on. Relish in the "what's good" about being single and make a list of the things you get to do now that you have more time. Read more books, develop deeper friendships, focus on completing projects that kept getting put on the back burner, go to sleep when *you* want and cherish that the remote control is all yours.

If Hough took our advice, we think she'd be well on her way to getting over her breakup with Mr. American Idol. Remember: there are plenty of (taller) fish in the sea!

Marni Battista, founder of Dating with Dignity, is an expert dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at marni@datingwithdignity.com.

Celebrity Couple Predictions: Jennifer Aniston, Julianne Hough and Kim Kardashian



By Shoshi

For today's expert post, I want to look at the energy of three celebrity couples who have been plagued by rumors this summer: Jennifer Aniston and Justin Theroux, recently-split Julianne Hough and Ryan Seacrest and new parents Kim Kardashian and Kanye West.

Related Link: [Celebrity Couple Predictions: Halle Berry, Jada Pinkett-Smith and Heidi Klum](#)

Jennifer Aniston and Justin Theroux: It's no surprise that

these two lovebirds postponed their wedding – I think even Stevie Wonder could've seen this one coming. There's definitely some conflicting energy around this relationship. Let's dissect it, shall we? The top reason for the wedding being postponed is that Brad Pitt and Angelina Jolie are getting hitched this summer too, and Jennifer Aniston doesn't want her wedding close to the same time. Can you blame her?

The other rumor is that she and Justin Theroux are just too busy to get married. Now, I can't help but question this excuse. When people are ready to spend the rest of their lives together, the last thing they'll let stand in the way is their hectic schedules. After all, it's not like the two of them can't afford to take some time off.

When I look at Theroux's energy, it reveals that he isn't the marrying type. He can feel committed to someone *without* a ceremony. There's nothing wrong with that perspective as long as Aniston is fine with it.

He also feels like he doesn't have any control in the relationship. For instance, after planning to live in New York, Aniston said it felt like a fishbowl and moved the couple back to Los Angeles. Even so, Theroux has been spotted checking out places to live in downtown New York. Aniston has taken Theroux out of the playground where he feels most like himself, which tends to be a big damper on a relationship, especially for men. If Aniston doesn't allow Theroux to feel comfortable, he'll seek that feeling from someone else. Their love can go either way at this point!

Julianne Hough and Ryan Seacrest: Since this adorable couple broke up in March, everybody is on Ryan Seacrest-dating watch. Who will he date next? And will he get back together with Julianne Hough? The spirits say no; he's ready to move on.

Hough, on the other hand, is trying to win the television host back – she has her eye on being Mrs. Seacrest. Unfortunately,

it's so not going to happen. Seacrest definitely cares about her, but she's just not the kind of partner he wants/needs as he builds his empire. It also doesn't look good that Hough has been partying like a college girl in recent months. She's screaming for attention from her ex, but instead, she just needs to look for love elsewhere.

Related Link: [Kim Kardashian and Kanye West Welcome a Daughter](#)

Kim Kardashian and Kanye West: Little North West arrived five weeks early, much to the delight of her parents, Kim Kardashian and Kanye West. After the baby's name was announced, people immediately started saying that this famous pair were already bad parents.

Looking at their energy, I think West is going to be a pretty good dad. As for Kardashian, she'll have a bumpy time at first because the baby girl will feel more comfortable with her dad. The reality star will try a little too hard to be a "good mother," which will ultimately hurt her parenting skills. Plus, North will be the number one priority for West, leaving Kardashian a bit jealous. While West and Kardashian love the spotlight, the rapper will have a better grasp on why it's important for their bundle of joy to *not* be a part of the entertainment business until she's a bit older. When the time is right, though, North West will be a mini-mogul following in the footsteps of her parents. Mark my words!

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

Celebrity News: Julianne

Hough Relaxes in Miami One Month After Split From Ryan Seacrest



By Andrea Surujnauth

Julianne Hough is maxing and relaxing post breakup with Ryan Seacrest. The actress was spotted tanning and hanging out on the beach in Miami with pal Nina Dobrev. Hough and Seacrest dated for nearly two years, but broke it off in March. The rumored reason they pulled the plug on their relationship was due to Seacrest's busy schedule. "Dude works all the time," a source told [UsMagazine](#). "[Seacrest] never sleeps. It's a lifestyle she couldn't handle anymore. Work always, always came first [for him]. She wants a more low-key life."

What are some ways to keep your mind off of a breakup?

Cupid's Advice:

Breaking up is never easy. How do you keep your mind off the pain you are feeling? Cupid has some suggestions:

1. Stay away: After a breakup it is best to stay away from your ex and block them on social media. By keeping them close during your time of healing will make it near impossible to heal. You need your time away to get over the feelings you have but having them around will make you wish the breakup didn't happen and it will be impossible to forget about.

2. Friends: Going out with friends and having a good time is a great way to forget about a breakup. Your friends are bound to keep you distracted and happy so you won't be thinking about the heartbreak you are feeling.

3. Stay active: Keeping yourself active will take time away from thinking about your ex-beau. You will be on the go so time will fly and you won't have any free time to linger on the breakup.

How do you keep your mind off of a breakup? Comment below and let us know!

Celebrity Breakup: Ryan Seacrest and Julianne Hough

Call It Quits After 2 Years



By Jessica Conigliaro

American Idol judge Ryan Seacrest and longtime girlfriend Julianne Hough recently ended things. Hough could not handle dating a workaholic, thus ending their two-year relationship. "It's a lifestyle she couldn't handle anymore. Work always, always came first [for Ryan]. She wants a more lowkey life," a source tells UsMagazine.com.

How do you know when to call it quits in a long-term relationship?

Cupid's Advice:

You have been dating your partner for a while now and feel comfortable being around him. However, something just doesn't

feel the same anymore. He treats you with less respect and you are left questioning the relationship. Cupid's here to help you make the tough decision:

1. Opposing goals: After dating your boyfriend for over a year, you decide it's a good time to discuss the idea of marriage. To your surprise, he completely dismisses the conversation, saying he's 'not the married type'. What do you do now? If you and your partner clearly want different things in the future, end the relationship as soon as you can. Never stay with someone that will hold you back from what you truly want—you will eventually resent them for it. Find someone that wants similar things in their future as you do. Searching for that person may take a bit of time, but the end result will be ever so rewarding.

2. Negative behavior changes: Unfortunately, people often change for the worse. Your partner got a promotion at work last year and has been stressed out for months. Instead of talking about his problems, he just takes out all his anger on you and starts unnecessary arguments. When the person you are with stops respecting you the way he used to, write it down in a journal. If you find yourself constantly jotting down your troubles, this is your cue to leave the relationship. Keeping tallies also reassures that you are not making any rash decisions; the problem is a recurring one, and is unlikely to go away. End things before they get even worse.

3. Pile of lies: Throughout your 2-year relationship, you were always suspicious of your man lying to you on occasion. He would never confess to leaving a mess in the kitchen, or forgetting to turn the T.V off before bed. In the past, the lies were so small that you disregarded them completely. If there's a small problem in your relationship, address it before it becomes worse. If you ignore the little nuances, your partner's tiny fibs will get increasingly worse, leaving you hurt mad at yourself for ignoring the signs. If an issue in your relationship is drastically escalating beyond your

control, it might be time to consider walking away entirely. Some problems simply can't be fixed.

How do you know when to end serious relationships? Share in the comments below:

How Celebrity Couples Overcome Their Stressful Lives



By Whitney Baker

While it's tempting to think that celebrity couples never

experience the ups-and-downs of real life, that's not always the case. Like everyone else, they must survive personal heartbreak, career letdowns and various forms of rejection – and they must do it all in the public eye. Of course, being a Tinseltown twosome means that they have money and means to overcome their stressful lives, perhaps by doing one of the activities below.

1. Learning something new: Although stars are often on set for long hours or traveling for various commitments, there is always downtime during their hectic schedules, giving them time to pick up a new hobby. For instance, Curtis Stone, who has a son with fiancée Lindsay Price, hopes that he and Price can learn how to speak Spanish and then teach their son the language.

Related Link: [Celebrity Couples Who Have Turned Over a New Leaf](#)

2. Taking an extravagant vacation: Thanks to their hefty paychecks and flexible jobs, stars can jet off to Mexico or the Caribbean on a whim. Some of them even own their own private planes, making it extra easy to take a last-minute vacation. After co-hosting ABC's *New Year's Rockin' Eve* with Jenny McCarthy, Ryan Seacrest headed down to St. Barts for some fun in the sun with his long-time girlfriend Julianne Hough. This trip provided some much-needed R&R for the busy couple: Seacrest is gearing up for the twelfth season of *American Idol*, while Hough is promoting her upcoming movie *Safe Haven*. Likewise, Reese Witherspoon, Jim Toth and their three children spent the holidays in Hawaii.

3. Enjoying normal, domestic activities: Sometimes, just doing basic, everyday chores helps alleviate the pressure that comes with being rich and famous. When their schedules align and Carrie Underwood and husband Mike Fisher are both at their Nashville home, they like to keep things simple: they often

spend time cooking and watching television together. Underwood likes to keep a similar routine when she's on tour, often doing her own laundry on her days off.

4. Donating to charities: While stardom certainly comes with stress, it also includes many wonderful perks. One way for stars to fully appreciate how blessed they are is by giving back – and no couple does this better than the Duke and Duchess of Cambridge. Kate Middleton is making sure her charitable donations reflect on her pregnancy; in January, she gave both a hamper of new baby products and a package of baby clothes to one of her favorite causes, East Anglia Children's Hospices.

Related Link: [Recovering Neuroscientist Don Vaughn Talks About Finding Love and Changing the World With Music](#)

5. Adopting a puppy: Similarly, many celebrities show their goodwill by rescuing dogs from local shelters. These furry creatures provide them with constant companions despite their busy schedules. At the start of the New Year, Miley Cyrus and Liam Hemsworth adopted a Chihuahua-mix puppy, Bean, who joins their family of four other rescued dogs. Likewise, Katherine Heigl – who even started her own animal companion charity – and husband Josh Kelley have a full house: they're raising their two daughters alongside seven rescued dogs.

How do you and your partner handle stress? Tell us in the comments below!

Nicholas Sparks' 'Safe Haven'

Soon to Be In Theaters!



By Meghan Fitzgerald

Once you hear the name Nicholas Sparks, you're automatically in, right? *Dear John*, *The Last Song*, *Nights in Rodanthe*, *The Notebook*; who wouldn't be thrilled for yet again another phenomenal love story on screen? In Sparks' new movie *Safe Haven*, the hunky Josh Duhamel stars alongside the beautiful Julianne Hough in a love story. Katie (Hough), moves into a small town in North Carolina, Southport, looking to run away from her past and start over. Katie's mysterious and sudden arrival is noticed by many, especially widowed store owner, Alex (Duhamel). As much as Hough tries to distance herself from people, she begins to set roots down in the town, particularly with Alex and his two children. As Katie begins to fall in love with Alex, her past begins spiraling into her life, leaving her terrified and struggling to feel safe. She

knows she must make a decision: a life full of safety and minimum troubles, or a life slightly more dangerous, but full of love? Fellas, include this in your perfect Valentines Day plans, as the movie comes out on February 14th.

Should you see it: Guys, it's Nicholas Sparks! Of course you should see it, there should be no hesitation on whether or not you will be seeing this movie. Josh Duhamel! Just his name makes womens' insides melt, let alone his face and body in its entirety on screen! *Safe Haven* even has a guest appearance from the one and only, Cobie Smulders! With this cast, the movie will be incredible!

Who to take: This movie comes out on Valentines Day, it will definitely be a tear-jerker. Since *Safe Haven* comes out on Valentines Day, your options on who to take are vast. No Valentine this year? Don't worry about it, gather together a group of other single ladies and go out with each other. Have a Valentine this year? Buy two tickets, one popcorn, snuggle up together in the comfy movie chairs, shed a few tears, and laugh together.

In the trailer, we see how incredible both Duhamel and Hough are as actors, and also how compatible they are together. It is pretty clear of the chemistry amongst the two costars. You can star into their eyes and know that they are destined to play alongside each other. Nicholas Sparks has a way of connecting his characters through his text and director, Lasse Hallstrom has carried this through. The trailer shows the intensity of their love in the movie, the way Katie looks at Alex when he's around his kids. You can see their love, the chaos of Katie's life, how frightened she is, all in the rapid scenes of fire, running, kissing, and passion. This movie is a must see for all ages and all genders!

When should you risk your life for love?

Cupid's Advice:

Love is an aspect of life most people strive for. Determining what you should sacrifice or drop for love is a hard line to discover. Of course with every relationship, you have to put yourself out there. You need to open up, accept the fact that your partner wants to fully love you, you simply need to open up. Having a haunted past can affect how you react with risking your life with love. Similar to Katie (Hough) in *Safe Haven*, risking your life for love is sometimes necessary. Cupid has some advice:

1. You need to move on: Having a rough breakup, or a past relationship where you were frightened and not comfortable, can make going into a new relationship challenging. Fortunately for these people, there are better men out there! If you are scared to start dating another person because of your ex, you need to move on darling. There are other people out there who are going to treat you better than the last did, you just have to let them break down your walls.

2. You have found 'the one': So many people discuss about 'the one,' and when you've found 'the one,' nothing else in life matters. This may be true, if you do nothing but think about the love of your life, if all you want to do is be around them, and know they're 'the one'; risk it. Why would you want to lose your other life because you may be scared to open up, or let go of your past. If he is 'the one,' don't think about it twice, go for it.

3. You want danger: Some women tend to stick themselves in a safety net, putting their life tucked safely away. This is only good for a person for so long, it is not healthy to always know what is going to happen because you won't allow anything else. If you're in a rut, spending all your time with your Netflix account, be dangerous. Risk yourself for love, we promise it's worth it.

Have you ever risked your life for love? Explain below!

Julianne Hough and Ryan Seacrest Spend Thanksgiving Weekend in Los Cabos



By Nic Baird

Media personality Ryan Seacrest and dancer Julianne Hough enjoyed their vacation in Mexico this weekend, according to [People](#). The couple took a romantic stroll, hand-in-hand, along a beach in Cabo San Lucas, Saturday. Despite a lavish

Thanksgiving meal a few days earlier, Hough maintained her toned physique while sporting a bikini. On the other hand, Seacrest showed no skin in a hat, shirt, and shorts. The pair met in 2007, when the *Dancing with the Stars* and *American Idol* sets were across the hall from each other.

Where are three romantic Mexican vacation spots to book with your partner?

Cupid's Advice:

Romantic vacations send sparks flying in any relationship, and lavish getaways in exotic locales are closer than you think. If you're thinking of dipping your toe in those warm tropical waters, take a look at these three exciting spots:

1. Playa del Carmen: A small town about an hour south of Cancun, Playa del Carmen was originally a fishing village, but now exists as a centre of tourism to Mexico. You get the beautiful warm Caribbean waters without all the hustle and bustle of Cancun. And for scuba divers, the world's second largest coral reef is right off the coast.

2. Puerto Vallarta: A well balanced tourist city; perhaps the full package. History, ecology, and tourist attractions litter the sites of Puerto Vallarta. No matter what kind of relationship you're in, you'll find something here. The Splash water park, and Vallarta Adventure Center offer great programs for couples or families who are looking to play on the slides, or swim with the dolphins.

3. Tulum: Once a secluded getaway, the Cobá port houses some of the best preserved Mayan ruins, and breathtaking underground water caverns. Definitely the quietest option for a romantic getaway, the New York Times describes it as a "yoga aesthetic" for the well-traveled boomer era professional. Eco-adventures and plenty of accommodation make it the perfect spot for a magical getaway with your spouse.

Know of any other great spots in Mexico? Share your experiences below!

Julianne Hough Reveals How Ryan Seacrest Spoils Her



By Nic Baird

Dancing With The Stars' Julianne Hough gushed about boyfriend Ryan Seacrest at the Sunday Emmys, according to UsMagazine.com. Hough called Seacrest "extremely romantic." At the award show, Hough revealed a recent birthday gift the media personality had given her. "I had picked out an outfit

randomly [in a magazine],” Hough told Seacrest’s E! colleague Giuliana Rancic. “[F]ive months later, he had the whole outfit [purchased].” Seacrest even tried to dress his girlfriend of two years for the Emmys, but admits “[hers] was the right choice!”

What are some ways to make your partner feel special on their birthday?

Cupid’s Advice

Birthdays are the perfect time to make your partner feel special. There’s never a better time to show you appreciate their existence, than the anniversary of the day they were born. Follow these tips to communicate how much that makes you happy:

1. Be excited: It should be clear to your partner how excited you’ve been for their birthday if you planned a party or spent time on a thoughtful gift or activity. Regardless, be happy and excited to celebrate your partner’s birthday. Some people are sensitive on their birthdays, so you need to show enthusiasm and give them tons of positive attention.

2. Celebrate with others: Encourage your partner to socialize on their birthday, or arrange a dinner with friends yourself. It’s important they get attention from their friends and family to feel valued. Make sure this is happening, even if they seem hesitant.

3. Don’t be empty handed: This doesn’t mean you have to buy any sort of expensive gift. Just show you put enough thought into their birthday to get them a present or arrange some celebration. As their significant other, it’s partially your responsibility they feel appreciated. If you come up with nothing, what are they supposed to think about your relationship?

What have you done to celebrate your partner's birthday? Share your experiences below.

Julianne Hough Proclaims Love for Ryan Seacrest On Air



Julianne Hough has nothing to hide when it comes to the love she has for her man. The *Rock of Ages* star declared her love for boyfriend Ryan Seacrest on Friday while promoting her new musical movie on his radio show. According to [People](#), 22-year old Hough closed the flirty interview with a simple, "Alright. Love you. Bye" after Seacrest complimented the movie and shared how proud he was of his gorgeous gal. The radio host

was later teased by members of his staff for not returning the 'I love you.' But between Seacrest's praise over his girlfriend and Hough's declaration, love seems to be the least of their worries.

What are some ways to tell your partner you love them for the first time?

Cupid's Advice:

Telling your significant other you love them for the first time is a huge step in any relationship. Here are some tips to help you communicate your feelings in the best way:

- 1. Go on a special date:** Plan an amazing, romantic date that sets the mood for what you want to say. Show your honey how the night is different from the rest.
- 2. Present a nice gift:** Great gifts can easily serve as an 'I love you.' Imprinting those three magic words on a piece of jewelry can be a unique way to always remember the moment.
- 3. Invite them to meet your family:** Show your sweetie how important they are by allowing them to meet your family. A family dinner is a great step to take right before you say 'I love you.'

How did you tell your other half you love them for the first time? Share your story with us.

Julianne Hough Reveals the

Secret to Her Relationship with Ryan Seacrest



Julianne Hough does not take her relationship for granted. [People](#) reports that the dancer has a difficult time coordinating schedules with radio personality Ryan Seacrest, her beau of nearly two years. “[Balancing your career and a relationship] is a hard thing to do, especially when you’re so caught up in your work and bettering yourself,” said Hough.

“I’m so lucky that I have a great relationship. I’m very blessed and I don’t take anything for granted. I think if you alienate people and just focus on your work then it just becomes lonely and it’s not fun anymore.”

How do you balance your career and relationship?

Cupid's Advice:

Balancing your career and your personal life is tough, but it's even more difficult when you have to coordinate with your partner. Here are a few ways to balance your career and relationship:

1. Plan a date night: For the extraordinarily busy worker, a date night is a must. Set aside time at least once a week where your only focus is on your partner. Put away all cell phones and laptops and enjoy the evening together.

2. Include your partner: On nights when you have too much work to go out, invite your partner to help you. Ask for your significant other's insights on your latest project or ask for their help sorting through old emails.

3. Be open with your partner: Don't feel guilty about your career. If you know work will soon be overwhelming, let your partner know that you'll be a little occupied in the coming weeks. Your mate will appreciate your honesty and will help you work around your schedule.

Do you have a difficult time managing your career and a relationship? Feel free to leave a comment below.

Footloose featuring Julianne Hough, Kenny Wormald and Dennis Quaid



Get prepared for a guilty pleasure flick! In the 2011 remake of the 1984 film, [Footloose](#) brings back city kid Ren McCormack (Kenny Wormald) who moves from Boston to a small town where dancing has been banned after a tragic accident. McCormack isn't as readily willing to give up dancing as the rest of the town, and he sets out on a mission to bring it back. When he unexpectedly becomes attracted to the preacher's daughter, Ariel (Julianne Hough), it causes drama as the preacher is the main culprit in the ban against dancing and rock 'n roll. Although remakes are rarely better than originals, there's no doubt that the quality dance moves in this flick will leave you with a great feeling.

What do you do if your partner's parents don't like you?

Cupid's Advice:

It can be difficult to make a relationship work if your

significant other's parents don't like you. Cupid has some tips:

1. Make amends: Although you may not be able to fully solve the problem, it's important to encourage your partner's parents to come around to you. Send them flowers or have a heart-to-heart conversation if need be.

2. Analyze the situation: Find out the facts about why your mate's parents aren't a big fan of you. If there are legit concerns, address them directly. If the concerns seem unwarranted, talk to your boyfriend or girlfriend about it.

3. Change: If your partner's parents are right in their view of you, then it might mean you need to change the way you go about doing things. Sometimes change can be a good thing.

How did you deal with your partner's parents didn't like you? Share your experience below.

Ryan Seacrest Dances with Julianne Hough at 'Footloose' Party





The *Footloose* premiere after-party was all about cutting loose for Julianne Hough and boyfriend Ryan Seacrest, according to UsMagazine.com. Although Seacrest is usually not one to dance, he made an exception for *Dancing With the Stars* alum Hough to show his support for her accomplishments. “Julianne was so happy because apparently Ryan never dances and this was the exception he made for her, because he was so happy for her,” said a party guest. The *Footloose* star admits that she didn’t expect her beau to hit the dance floor. “It’s like really awkward, but really cute,” she said of Seacrest’s skills. “My brother Derek does a better impression.”

How do you know when your partner really cares about you?

Cupid’s Advice:

It can be difficult to read the signs when it comes to deciphering whether your partner truly cares about you. Here are some ways to tell:

1. Outside of comfort zone: If your significant other steps outside their comfort zone and does something for you that he or she would not normally do, it’s a safe bet that they care

about you. Ryan Seacrest did just that by dancing with girlfriend Julianne Hough.

2. It's the little things: When your partner buys you flowers "just because" and picks up small things here and there that remind them of you, that's a great sign. It means you're constantly playing a part in his or her life.

3. Show off: When your mate shows you off to his or her friends, it means they're not ashamed of you and, in fact, are proud to be with you.

How did you first know your partner cared for you? Share your experiences below.

Ryan Seacrest and Julianne Hough Make Emergency Trip to the Vet





Julianne Hough and boyfriend Ryan Seacrest bonded this weekend over an unfortunate event, according to [People](#). The couple made an emergency trip to the veterinarian's office with Hough's Cavalier King Charles spaniel, Lexi. While the actress/singer didn't specify what was wrong with her beloved pooch, she tweeted, "First time I legitimately [bawled] my eyes out in years... Being a helpless parent is the worst thing in the world!" Luckily, Hough later reassured her fans that Lexi was doing okay. Good thing Seacrest was there to support her!

How can owning a pet together enhance your relationship?

Cupid's Advice:

Sharing the unconditional love you receive from a pet with your significant other can make it even more special. Cupid has some ideas on why it's so great to own a furry friend with your mate:

- 1. Take care:** Pets can often be like our children, and caring for a furry (or scaly or feathery) friend can help bring you closer together.

2. Share the burden: When you experience a difficult situation with your pet, like Julianne Hough and Ryan Seacrest's emergency visit to the vet, it's easier when you and your partner can go through it together.

3. Love better: More than anything, animals teach us how to love unconditionally. You and your significant other can use lessons learned from your pet to strengthen your own relationship.

How has owning a pet made your life better? Share your comments below.

Julianne Hough Talks Babies ... With Ryan Seacrest?





Dancing with the Stars pro and country music singer Julianne Hough is only 22, but she's already thinking about children, according to UsMagazine.com. Hough, who has been dating Ryan Seacrest for a year, said she wants to be ready physically when she gets pregnant. "I don't want to have kids anytime soon, but when I do, I want my body to be healthy." The blonde bombshell said she keeps fit by avoiding processed foods and going to high-intensity cardio dance classes.

What are some changes you need to make to be healthy for pregnancy?

Cupid's Advice:

When you have a baby, you want to make sure he or she is healthy by being healthy yourself. Cupid has some tips on how to make sure your body's ready for a baby:

1. Exercise: Even when you're pregnant or plan on becoming pregnant, you should still try to do some sort of physical activity every day. While you don't have to do cardio dance like Julianne Hough, yoga or walking are other less strenuous options.

2. Eat right: Make sure you are getting all the vitamins and minerals you need by eating plenty of fruits, vegetables, whole grains and lean protein. Once you're pregnant, be sure to keep up with the prenatal vitamins.

3. Stop smoking and drinking: If you're planning on having a baby soon, stop smoking and drinking heavily. It's important to make these changes as early as three months before you get pregnant.

How do you plan to prepare physically for pregnancy? Share your comments below.

Ryan Seacrest and Julianne Hough's Romantic Paris Holiday





What is the most romantic city in the world? Paris, of course! Ryan Seacrest had the right idea by taking his sweetheart, Julianne Hough there with his family over Thanksgiving. The group took advantage of the the City of Light by visiting a selection art galleries, shops and the best restuarants Paris has to offer. According to [People](#), Hough and Seacrest also found some alone time on their balconied terrace and couldnt keep their hands off each other! Nothing says “je t’aime” like a nice romantic vacation.**What are the best cities for a romantic getaway?**

Cupid’s Advice:

Ryan Seacrest and Julianne Hough aren’t the only ones who want to spend some quality vacation time together. Cupid came up with a few great cities for a romantic getaway:

1. Venice: Complete with it’s unique canals, bridges, and historical buildings, Venice, Italy, is guaranteed to melt your heart. A gondola ride with your special someone will make you fall in love all over again!

2. London: Get a view of one of the most extravagant cities from above by taking a flight on the London Eye. Take a romantic stroll with your partner along one of the many beautiful rivers. No matter where you go, you're guaranteed to have a wonderful time.

3. New York City: Even the Big Apple has many romantic options. From the bright neon lights of Times Square to the spotlights on Broadway, there's always a feeling of excitement in the air. Go on a carriage ride through Central Park or ice skating at Rockefeller Center. The city that never sleeps offers amazing opportunities for lovers 24/7!

Former DWTS Pro Julianne Hough Speaks Out About Boyfriend Ryan Seacrest





Former *Dancing With The Stars* pro Julianne Hough is finally speaking out about her relationship with Ryan Seacrest, reports [Us Weekly](#). On *The Ellen DeGeneres Show*, Hough gushed, “Oh my gosh, he’s phenomenal. He’s really romantic. He’s not even in town, and I got in my car and there are flowers everywhere.” And it looks like things are getting serious because Ryan Seacrest has met her parents! “Everyone’s like, ‘Oh, you met the folks!’” she says. “It’s like, ‘I don’t know. Both of our folks are like our best friends so when we hang out, it’s more like hanging out with friends.’”

What can “meeting the parents” mean in a relationship?

Cupid’s Advice:

Meeting the parents is a huge step in a relationship. Here are some reasons why your partner may decide to introduce you to their family:

1. To see if you get along: If your partner introduces you to their folks, it usually means they see a future with you and want to see whether you fit in with their family.

2. To test you: While meeting the parents usually means your mate is serious about you, it can also be a test. If they're unsure if you're the one, they may ask their folks to weigh in.

3. To share a part of them: Family is an extremely important part of who we are. By showing you where they came from, your partner is signaling that they want to get to know you on a deeper level.