

Celebrity Diet: Top Fad Diets That Might Be Bad For You



By Mara Miller

You're taking a risk any time you try any kind of [celebrity diet](#). Not all of them are healthy for you, even though they may brag about all of the fantastic benefits of going on the diet. While it is healthy to lose weight in most cases, it's not good for you to rush into a new diet. Not only is it hard on your body, but some health trends can cause actual harm. It's important to err on the side of caution.

Check out some surprising facts on

these top celebrity diet fads that might be bad for you!

You don't have to completely avoid these fads all together. The Ketogenic diet, for example, can actually help women who have polycystic ovarian syndrome if it's done right. You may just have to prepare your body before you dive into [health advice](#) you have learned from your favorite celebs:

Ketogenic diet: Made popular when celebrities like Gwyneth Paltrow, [Kim Kardashian](#), and Rhianna tried it, the Keto diet is a top food trend that focuses on sending your body into "ketosis" by cutting out extra carbohydrates and sugar. It focuses on high fat content and adequate protein. The only problem that makes this potentially bad for you is that it will increase your desire to binge if you cut out a food group entirely. Try gradually cutting down sweets and carbs from your diet to prepare for the Keto diet instead of cutting out carbs and sweets cold-turkey.

5-2 Diet: This diet involves intermittent fasting and an intake of just 600 calories for the next two days. While this seems like a good idea at first, your metabolism will eventually break down as the body starts to go into starvation mode if you stay on this diet for too long. Always make sure you are getting enough food to keep your energy up.

Juice Cleanse: Juice cleanses seem great on paper. [Jessica Alba](#) and Miranda Kerr have tried this diet. It's been around a lot longer than the Ketogenic diet and the 5-2 Diet. The problem with this one is that you will lack fiber and other important nutrients if you stay on the juice cleanse for too long, and it can also slow down your metabolic rate.

Were any facts about these celebrity diets surprising? Let us know in the comments below!

Parenting Tips: 5 Ways to Boost Your Child's Self-Esteem



By [Mara Miller](#)

You love your children, then you want nothing more than for them to be happy and healthy. You want to praise them like crazy whenever they succeed, like learning to play an instrument or winning the game for their sports team. We've gathered together five ways to boost your child's self-esteem in these [parenting tips](#).

Check out our five ways to boost your child's self-esteem with our parenting tips!

Boosting your child's self-esteem is important but be sure not to overdo it. You can actually cause more harm than good if you praise your children too much, causing them to think they need to be perfect at everything they do and setting impossible standards—but we'll touch upon that in a few moments. A child with high self-esteem and confidence in themselves will grow to be well-adjusted adults who own their own house by the time they are twenty-five because they have an amazing job, so here are five tips on boosting your child's self-esteem with our [parenting advice](#):

1. Let them make choices: Kids won't learn if you constantly nag them. Let them make a choice not to do homework. They'll mess up and get a C on an assignment or feel completely lost because they haven't practiced playing piano for a music recital audition. Not only will your kids learn responsibility from messing up, but they will also start to surprise you with their choices.

Related Link: [Parenting Tips: Lifestyle Changes for Better Behavior](#)

2. Let them help around the house: Let your kids help you cook and clean. Even if they are little, you will help build their self-confidence when they show you they know how to wash a dish or help cook breakfast (and you'll teach them important life skills, too!).

Related Link: [Parenting Tips: Taking Care of Yourself Helps You Take Care of Your Kids](#)

3. Show them unconditional love: Letting your children know

you love them is one of the most important things you can do as a parent. If they feel loved, they'll feel more confident in whatever they're trying to do!

4. Keep goals within reach: Encourage your children to set goals within their reach. Don't let them set unreasonable goals like learning how to play the piano perfectly in a week, for example.

5. Don't lose sleep over it: If you see your child fail, don't blame yourself. They have to learn and adjust as children if they are going to be well-balanced adults. You can't micromanage everything. Give constructive criticism, encourage them to try again, and watch your child's success rate flow off the charts!

What are some ways you boost your child's self-esteem? Let us know in the comments below!

Movie Review: Judy





By Mara Miller

If you've seen *Wizard of Oz*, you know the song *Over the Rainbow*. Judy Garland not only took over the role as Dorothy Gale in the original *Oz* but had a successful movie career until MGM released her in 1950. *Judy* follows Judy Garland's trip to England in the winter of 1968 to perform in a series of sold-out concerts. She faces not only leaving behind her children in America, but also finds love as she struggles during her time spent in London.

In *Judy*, Garland's struggles between her music career and her family are a struggle and center point for this [movie review](#).

Should you see it: Yes! Renee Zellweger is an amazing actress, and from what little we've heard of her cover of *Over the Rainbow*, she brought Judy Garland back to life beautifully.

Who to see it with: Grab your partner for a date night to see this movie!

Cupid's Advice:

Garland had trouble balancing her career and family, and you might be, too, but don't beat yourself up over it. It can be a delicate scale when it comes to figuring out how to juggle work, kids, and a partner, especially when the work you do is demanding. Here's Cupid's Advice on how to stay organized so you can balance your work and personal life:

1. Self-care: Self-care is an important part of balancing your work and personal life. If you aren't taking care of yourself, your family and work performance will suffer. Take the time you need to sleep in for 15 more minutes, go on a date, or take your kids to a playground and put the technology down for a while.

Related Link: [Movie Review: The Informer](#)

2. Let go of the guilt: It's easy to feel incredibly guilty when we can't be there for our families as working women. Maybe you work more hours than your partner who has a physically taxing job, so the dishes and the rest of the house have started to fall apart. Don't beat yourself up feeling horrible when a plate doesn't get washed or your new puppy tears up a DVD case. This will be good for you mentally and emotionally in the long run.

Related Link: [Movie Review: The Lion King](#)

3. Find a new appreciation for date night: Pick one night a week that you and your partner can get away from the kids with a baby sitter. Forget about work for a while and just enjoy being with them for a while. Couples who continue to date even after they get married have more of a chance of making things work than those who don't.

Do you have any other ways to keep your work and personal life balanced? Let us know in the comments below!

New Celebrity Couple: Tarek El Moussa Confirms Heather Rae Young Is His Girlfriend



By [Mara Miller](#)

In the latest [celebrity news](#), we have a new [celebrity couple](#) to announce! According to *EOnline.com*, Tarek El Moussa confirmed that Heather Rae Young from *Selling Sunset* is his

girlfriend. Moussa and Young sparked romance rumors back in July after they were spotted kissing on a yacht in a marina in Redondo Beach, California. Moussa said this about Young: "She's amazing. She does such a great job, she did *Selling Sunset*, and that show was incredible. So, I really admire her work ethic and her heart. It's been a long time since I've started falling in love...I've been on my own for close to three and a half years now and to finally find someone again, it's a really big deal for me, because a few months ago if you would have asked me, I would say 'I'm gonna be on my own forever and I'm happy being alone,' and you know what, I realize what I was missing now." Young recently met Moussa's two children, but has yet to meet his [celebrity ex](#), Christina Anstead.

This celebrity couple is coming into the public eye after much speculation. What are some ways to know when it's time to bring your relationship public?

Cupid's Advice:

It can be hard to decide when you make your relationship public, especially if you and your new partner are private and want to enjoy your new love together. But, eventually, it will need to happen! Cupid has some ideas on how to know when to make your relationship public:

1. You don't mind them meeting your family: You know it's time to bring your relationship public when you're okay with your new partner meeting your parents, siblings, or even your kids (if you have them), and you've met their family.

Related Link: [Celebrity Break-Up: 'Flip or Flop' Star Christina El Moussa Officially Files for Divorce from Tarek](#)

2. You don't want to date anyone else: You know you're ready to make your relationship public when you delete the dating apps and delete the numbers of other potential partners because it feels like you're cheating otherwise.

Related Link: [How to Move On After Heartbreak](#)

3. You're leaving your stuff at each other's house/apartment: You know you're serious about each other when you start leaving clothing or other important items at each other's respective homes. In fact, it may seem like one of you are moving in on the other, but you just need to ask to make it official!

What are some other ways to know when to make your relationship official? Let us know in the comments below!

Travel Tips: Top 5 Things to Do in Maui





By [Mara Miller](#)

Hawaii—probably one of the most luxurious vacation destinations we can take away from the mainland without the worry of a passport or travel visa. Whether you're going for your honeymoon or because you want your own Instagram-worthy vacay, we've gathered up some of the best things to do in Maui in these [travel tips](#).

Check out our travel tips on the top five things to do in Maui!

Hawaii has eight major islands as it's an archipelago, so for now, we're focusing on Maui only. From hiking to a snorkel adventure, you're sure to find something to do in Maui using our [travel advice](#). You can even find a few budget-friendly options, since a plane ticket to Hawaii can cost upwards of \$2,000 if you're traveling there with your partner:

1. Road to Hana: If you're a bit strapped for cash after the hefty plane ticket, think about driving on highway 360. It's

free! The Road to Hana twists through lush rain forests and gorgeous waterfalls. But, beware: the road can surprise drivers with hairpin curves. Make sure you're following the speed limit!

2. Ziplining: Fast and exciting, you'll get to fly through the trees and get an aerial view of the island. There is more than one zipline in Maui, so all you need to do is pick the one you think you and your partner will enjoy the most, meaning if you are both beginners, there's sure to be something to accommodate you both.

Related Link: [Vacation Destinations: Top 5 Beach Vacations](#)

3. Underwater with a submarine: What's cooler than getting on a submarine for a tour of the Pacific Ocean? You may see a wrecked ship or a turtle floating through the water.

4. Molokai Crater: Snorkel in the world-famous Molokai crater. The crater is crescent-shaped and was formed by a volcano. You can learn about the delicate ecology of the area and then go sea turtle snorkeling!

Related Link: [Vacation Destinations: Forget Land & Say 'Hello' to Water](#)

5. Surf lessons: If you have always wanted to learn to surf, now's the time to do it! Not only is surfing a great workout, but you'll get to enjoy the waves and your partner will get to laugh at you if you fall in the water. West Maui has water conditions that are great for beginning surfers. And better, you'll get some real advice, because Hawaii was the birthplace of surfing!

Do you have any top things someone should do while they're in Maui? Let us know in the comments below!

Fashion Trends: Moody Florals Kick Aside Bright Sunshine and Flowers



By [Mara Miller](#)

Move aside, bright sunshine and flower prints (especially yellow as a backdrop for the florals!). It's time to go over to the dark side of moody floral prints in this fall [fashion trend](#). Think dark black background print with darker light pink and powder blue flowers. Or, try navy blue with big black petals. Our [fashion tips](#) for this moody floral trend might make you consider trying it if you're usually a black tee and

jeans kind of gal.

Check out the moody floral print fashion trend and put away those bright florals!

Even if you aren't a floral print lover, it's still fun to have a print piece in your wardrobe that you might not try under normal circumstances. And if you aren't a floral print fan, what in the world would you even wear with it? Don't worry, we've got you. Here's our [fashion advice](#) on how to wear moody floral prints:

1. Jeans, jeans, jeans: Moody floral prints look great with jeans. Pick out a dark print with pastel blue roses and pair it with a jean jacket and your favorite pair of jeans (bootcut is life). Dipping your toes into the world of moody florals with jeans is a great way to try the trend without going too extreme if you have never worn floral print in your life.

Related Link: [Fashion Trend: Bring the Groove Back With Tie-Dye](#)

2. A midi skirt with moody flowers: Try pairing a moody floral print midi skirt with a pastel sweater as the weather cools down. You can choose pretty much anything to go on top, including a grey sweater if pastel blue isn't your thing and you'd rather keep your outfit neutral.

Related Link: [Fashion Tip: Out With the Outdated & In With the New](#)

3. All-out moody floral: If you're really brave and feel like you can pull it off, try a jumpsuit full of moody florals. Pair it with neutral accessories like a silver bracelet because the pattern is so bold other items may clash.

4. Leggings: If you aren't ready to let go of your leggings, moody florals can work well with a long sleeve black shirt. Leggings are great in place of the jumpsuit if that's not quite your style.

5. Moody floral dresses: What's better than a flowy dress swishing around your legs? A flowy dress with a moody floral pattern. You're sure to look elegant in a dress with a darker pattern and some high heels. Jazz it up with a simple necklace and earrings and you've got a great date night look, too!

Do you think you'll try out a moody floral print? What would you pair it with? Let us know in the comments below!

Celebrity Engagement: 'Vanderpump Rules' Stars Stassi Schroeder & Beau Clark Are Engaged





By [Mara Miller](#)

In the latest [celebrity engagement](#) news, [celebrity couple](#) and *Vanderpump Rules* stars Stassi Schroeder and Beau Clark announced their engagement on Wednesday, July 31, according to *UsMagazine.com*. Schroeder announced her engagement to Beau Clark on Instagram with the caption, “OMG I feel like Meghan Markle” and an engagement ring emoji. Aww! Congrats to them both!

In celebrity engagement news, it seems another *Pump Rules* couple will be heading down the aisle! What are some important things to remember when everyone around you is getting married and having

babies?

Cupid's Advice:

It's a fact of life. Friends get married and then, eventually, have babies. Even if you aren't attached to someone yet, you don't need to rush to get married and have babies of your own. Cupid has a few ideas on what to remember when everyone around you is getting married and having babies:

1. Don't rush: You'll have marriage and babies when you are ready for it. Even if you're single, you don't need to put pressure on yourself to meet "the one". Rushing can lead to a lot of mistakes you'll regret later, like marrying the wrong person, and will make your life more difficult once children are involved.

Related Link: [Celebrity Wedding: 'Vanderpump Rules' Stars Tom Schwartz & Katie Maloney Get Official Marriage License in Vegas 2 Years After Wedding](#)

2. You're not selfish: So what if your career is more important than marriage and kids right now? It's okay to focus on the things you want to do while you're still young. Write that novel, take that trip to Scotland for an *Outlander* tour, or soak up the sun in the Bahamas on a mini-vacay.

Related Link: [Celebrity Engagement: Sarah Hyland and Wells Adams Are Engaged!](#)

3. Your time will come: Nothing is more agitating than having your baby fever kick because of your first meeting your friend's cute new baby and you haven't met someone you're happy with yet. Take the time to enjoy being single. Date and find the right person.

What are some things you try to remember with your friends getting married and having babies? Let us know in the comments

below!

Celebrity News: Tyler Cameron Addresses Future with 'Bachelorette' Hannah Brown



By [Mara Miller](#)

Tyler Cameron addressed his future with *Bachelorette* Hannah Brown after she asked him out during the show's two-part season finale, according to *UsMagazine.com* in [celebrity news](#). Does this mean there's a possible celebrity couple on the

horizon? On Tuesday, July 30, Brown opted to make a “bold gesture” when she suggested the pair “go for a drink” on Nick Viall’s “Viall Files” podcast. Cameron responded that he would love to and he wants to take things slow.

In celebrity news, Tyler is looking to take things with Hannah “one day at a time.” What are some ways to take things slowly in your relationship?

Cupid’s Advice:

Amidst speculation that Tyler Cameron may be the next lead man for *The Bachelor*, things may change if he keeps things going with Hannah Brown. We hope the best for these two! Cupid has some advice on how to take things slowly like Hannah and Tyler:

1. Have self-discipline: Taking things slow means you’re allowed to step back and think about your dating situation before you commit to anything. Don’t rush into bed, living together, or constantly text each other because you’re worried your potential partner will lose interest. Be sure to keep your head on straight before listening to your heart.

Related Link: [New Celebrity Couple? ‘Bachelorette’ Hannah Brown Gushes Over Tyler Cameron After Finale](#)

2. Be honest with each other: Honesty truly is the best policy, so be honest with your partner about why you want to take things slow. Maybe you want to get to know them better or you’ve been burned by an ex in the past, so you want to be ready you can go all-in before you take your relationship further.

Related Link: [Celebrity News: 'Bachelorette' Hannah Brown Releases Intimate Details in Front of Peter's Mom!](#)

3. Longer lasting relationship: Taking things slowly with each other will mean your relationship has the potential to last much longer than those moving their relationship much faster. You'll have time to build a solid foundation and partnership so you can work together as a team in your relationship and that means it could last for the rest of your lives together.

Can you think of any more reasons to take it slow with your partner? Let us know in the comments below!

Beauty Trend: Korean Beauty





By [Mara Miller](#)

It's official: Korean [beauty trends](#) have been taking over the beauty world for the past few years, and they're here to stay. The Korean market is among the top 10 in the world, with an estimated 13.1 billion sales, according to Mintel. Skin products are estimated to hit 7.2 billion alone by 2020. K-Beauty has given us a surge of skincare and wildly popular makeup items the general public can't seem to get enough of, but if we're being honest here, their skincare knowledge and other beauty products go above and beyond our own since they possess ancient knowledge of natural skincare we can't begin to comprehend on our own because our culture and country is too young.

Step out of your comfort zone and try these Korean beauty trends!

People keep raving about K-beauty, but why? What is so special about them other than that they're natural? We have some

[beauty tips](#) and [beauty advice](#) for you to consider before you try any of these products:

1. Pamper yourself: K-beauty is considered luxurious. Your skin will thank you for the pampering by staying tight with fewer wrinkles over time as you age. Products such as sun milk can provide protection from the sun and also get rid of blemishes and blackheads. So get some K-beauty and have a girls night in with your bestie for some top-notch pampering!

Related Link: [Beauty Trend: Neon Eyeshadow](#)

2. Natural products: K-beauty focuses on organic ingredients and natural oils for their oil serums. They use old formulas and none of the scary stuff no one is able to pronounce. And beyond that, there is a lot of science packed into these products—their number one focus is beauty and the technology they pack into them in order to get the products many people love.

Related Link: [Beauty Trend: 80's Beauty is Back](#)

3. Volcanic ash: You can find volcanic ash in some K-beauty products. It's great for reducing acne so you have a clear, beautiful face. Volcanic ash has been used for hundreds of years to cleanse the face. You can find it in the form of a peel-off mask that you leave on your face for 10-15 minutes.

4. They're affordable: K-beauty products are super affordable compared to other products out there currently on the market. You'll be able to stock up on sheet masks, lip masks, toners, and face creams without spending hundreds of dollars.

Have you used Korean beauty products in the past? Let us know in the comments below!

Celebrity Baby News: Anne Hathaway Is Expecting Baby No. 2 with Adam Shulman



By [Mara Miller](#)

These two are expecting baby number two! In the latest [celebrity baby](#) news, [Anne Hathaway](#) took to Instagram on July 24th to announce the imminent arrival of her second child with celebrity husband Adam Shulman, according to *UsMagazine.com*. The [celebrity couple](#)'s eldest child, Jonathan, is three years old. Hathaway posted a black and white photo of herself, captioned, "It's not for a movie...☐☐#2 All kidding aside, for everyone going through infertility and conception hell, please know it was not a straight line to either of my pregnancies. Sending you extra love".

This celebrity baby news has us over the moon! What are some ways to celebrate when you find out you're pregnant?

Cupid's Advice:

A new baby in the family is always an exciting time for everyone! Cupid has some advice on ways to celebrate when you find out you're pregnant:

1. A fun social media post with the pets: Are you also a pet parent? Dress up your pooch or kitty for your pregnancy announcement on Facebook and Instagram. The adorableness factor with your fur baby is sure to add to excitement over the new addition to your family.

Related Link: [Royal Celebrity Parents: Meghan Markle & Prince Harry Are 'Enjoying Each Day' with Baby Archie](#)

2. Take lots of pictures: Document your pregnancy by taking loads of photos. You can do it week by week or month by month, whatever you want, and watch your baby bump grow! You can also share this on social media so your friends and family can celebrate with you.

Related Link: [Celebrity Baby News: 'Bachelor' Alums Arie Luyendyk Jr. & Lauren Burnham Soak Up Sun on Bermuda Babymoon](#)

3. Take a babymoon: A babymoon is your one last hurrah (or vacation) before you have a new little one who depends on you if this is your first child. Similar to a honeymoon, you and your partner can take a babymoon before you have the baby.

What are some other ways to celebrate when you find out you're pregnant? Let us know in the comments below!

Product Review: Rock Long Hair on Date Night with Barely Xtensions



By [Mara Miller](#)

Have you ever lopped off all your hair and then immediately regretted it? Maybe you planned a [date night](#) with a new guy from your favorite dating app, and now you regret losing those locks. Or, perhaps it's not because you want to impress a guy at all—you can't decide if you want to grow your hair out for a change. Hair extensions are great for those moments in life where we feel indecisive, and Barely Xtensions at Sally Beauty

has you covered with 18" and 20" options.

Check out these great hair extensions from Barely Xtensions in our product review.

These extensions are made with real hair.

Barely Xtensions uses Remy hair—real human hair—in their hair extensions. Human hair versus plastic or other synthetic material works best if you plan to style your extensions. You have your stylist cut the extensions to blend in with your hair so it isn't obvious you have them in. The biggest perk to wearing extensions is the ability to take them out after a hot day so you don't have a heavy curtain of hair around your shoulders. Since it's real human hair, you can style them however you want—with a curling wand, flat iron, or whatever style you're in the mood for that day.

Related Link: [Product Review: Cuddle Comfortably with Signature Sleep Mattresses](#)

Barely Xtensions look natural.

Each extension provides a revolutionary, micro-thin weft that blends in with your hair. It won't stick up like some other extensions and appears more natural since the wefts are made from real human hair. Every extension is hand-picked for silky, tangle-free hair that is thick from top to bottom, instantly helping you get that added length to your own locks. The clips are no-damage, meaning they will not get stuck in your hair after you're finished wearing them for the day.

Related Link: [Product Review: Take Romance & Relaxation to the Next Level With Soothe](#)

Purchase Options: Barely Xtensions includes five wefts: (1) 9-

inch weft, one (1) 6-inch weft, one (1) 4-inch weft, and two (2) 3-inch wefts. All you need to do is pick your color, although packaging may vary. You can find the 18" Barely Xtensions on [SallyBeauty.com](https://www.sallybeauty.com), ranging from \$167.99 to 184.99, depending on the color you need. With 11 shades, you're sure to find one to match your hair color!

Check out our other [product reviews](#).

Celebrity News: Justin Bieber Is 'Not in a Rush' to Have Kids with Hailey Baldwin





By [Mara Miller](#)

In the latest [celebrity news](#), [celebrity couple Justin Bieber](#) and Hailey Baldwin are in no rush to have a [celebrity baby](#), according to *UsMagazine.com*. Bieber admitted they aren't ready to have children yet in an Instagram post on Wednesday, July 10 captioned, "Love dates with you baby. One day I'll be doing daddy-daughter dates. Not hinting at anything I'm not in a rush. I just wanna enjoy you by yourself for a while!" Awww!

In celebrity news, Justin and Hailey won't be having children anytime soon. What are some benefits to delaying having children?

Cupid's Advice:

There are many benefits to hold off on having children with

your partner. You'll want to make sure you're emotionally and financially ready for a new baby. Nothing is wrong with wanting some extra time to be with your partner before kids, either. Cupid has some advice on benefits to delaying having children:

1. You'll have more time to build a career: Babies equal time and money you might not have yet. If you get married while you're young, you may still have things you need to do in order to chase after your dream career, and a baby may put these things on hold. There is no shame in waiting to start a family with your partner.

Related Link: [Celebrity Couple News: Hailey Baldwin Marks 1-Year Anniversary of Justin Bieber Proposal2019](#)

2. Pre-child expenses are lower: You won't have to worry about things like diapers, toys, or baby furniture. You'll be able to put the money you aren't saving towards things like a downpayment on a house or a car which will be safe for your children when you're ready for them.

Related Link: [Celebrity Couple News: Justin Bieber & Hailey Baldwin Debut Wedding Bands](#)

3. You can travel more: If you and your partner want to take time off to travel before you fully settle down, you'll be able to do things like take off for a mini vacation or explore Europe—things you can't do when you have young children. More time to yourselves means more times to enjoy being in love.

Can you think of any other benefits to wait to have children with your partner? Let us know in the comments below!

Celebrity News: Rachel Lindsay Says She's Surprised 'Bachelorette' Hannah Brown was 'So Bold' About Sex



By [Mara Miller](#)

In the latest [celebrity news](#), Rachel Lindsay said she's surprised *Bachelorette* Hannah Brown was "so bold" about sex after she admitted she slept with a contestant in a windmill on a [celebrity date](#), according to *UsMagazine.com*. "I'm gonna assume that they're alluding to what happened in the fantasy suite. I mean, I was surprised she was so bold and forthcoming with it," Lindsay told Micheal Strahan and guest co-host KeKe Palmer on ABC'S *Strahan and Sarah* on Tuesday, July 9. "But I

mean, she owns it, so more power to her.”

In celebrity news, Rachel Lindsay is surprised that Hannah Brown was so bold and open about having sex on *The Bachelorette*. What are some positives to being open about intimacy?

Cupid's Advice:

There are some benefits to being open about intimacy with someone who has the potential to become your partner. Here are Cupid's tips on positives to being open about intimacy:

1. Earn respect: Whether you're being open about honesty to earn respect or because you want to gauge how much your potential partner will respect your views on intimacy, being open about your sex life can tell you a lot about someone by the way they react to the conversation. This can be the difference between finding your life partner or just another online date who will ghost you in after a few dates because you wouldn't sleep with them.

Related Link: [Celebrity News: Jed's Mom Tells Hannah He's Not Ready to Get Engaged On 'The Bachelorette'](#)

2. Get what you want: Being open about intimacy will ensure your partner or potential partner know what you expect. You need to have a conversation before you're intimate with them. What do you do if birth control fails? What if they want to do something weird you *don't* want to try in bed? Are you worried about sexually transmitted infections? Would it make you feel better if you're both tested before you take the next step to

play it on the safe side? The only way you will be able to communicate any of this is to be open about intimacy.

Related Link: [Celebrity News: 'Bachelorette' Hannah Brown Admits to Intimate Relations in a Windmill](#)

3 Self-confidence: Confidence is sexy. Just don't confuse it with being cocky, which can bring an opposite reaction than what you might expect when you're confident. Being open about sex will give you a sense of confidence you haven't experienced before. You know you're sexy and you know what you want from your partner. Don't dance around the subject: own it.

Are there any other positives to being open about intimacy we missed? Let us know in the comments below!

Health Trend: Tampon Alternatives





By [Mara Miller](#)

A recent [health trend](#) has been on the rise in 2019 in the form of tampon alternatives. You don't need to limit yourself to only tampons. Tampons can hurt, depending on the brand, and they are packed with chemicals like rayon and bleached wood fibers that shouldn't be anywhere near our bodies. You can find 100% cotton tampons but they won't help you with the sustainability aspect of searching for tampon alternatives if that's why you want something different for your monthly flow. Let's forget about sleeping with a tampon in—that's a big no-no because the average person gets 7 to 9 hours of sleep, and therefore going way past the recommended time it's safe to leave a tampon in. You should use a pad instead. Pads aren't any better either—it can feel like you're walking around with a stinky diaper all day. Exploring tampon alternatives can not only help you toward sustainability but can also help ease the cost and discomfort of having your period. You're also reducing the risk of potential illness with our [health tips](#).

Okay, Ladies—let's talk periods. Check out this new health trend for tampon alternatives!

Forget stained jeans on your next [date night](#) for this [health advice](#)—tampons are potentially dangerous. Toxic Shock Syndrome and other infections are every woman's nightmare. Tampons, especially the super-absorbent kind for heavier flows, can trap bacteria inside called *Staphylococcus aureus* if left in too long, causing TSS. Although the syndrome is rare, this still can have fatal effects for women. Beyond this, tampons cause an unimaginable amount of waste during your monthly flow, and they're *expensive*. When you add up how much a woman spends in her lifetime on tampons, it can be up to \$5,600 dollars. We've gathered a list of alternative tampon products for you to try. Some of them may still generate waste, but nowhere does it equal the number of waste tampons produce:

1. Menstrual Cups: Menstrual cups are great because not only are they reusable with a one-time cost (therefore saving you upwards of \$120 each year and much more during your child-bearing years), but they also allow you to monitor your flow, have a less embarrassing odor, and lower landfill waste. Brands like Tampax, Diva Cup, and Luna Cup make their menstrual cups out of medical grade silicone. The cost might be pricey at about \$40 dollars to buy the cup but it will save you much more in the long run. Just be aware of the mess menstrual cups can make since they catch body fluids. Using a menstrual cup can have a learning curve as well because they can be difficult to remove—do not do it by the stem. In fact, you might want to cut the stem down if it hurts. Do not panic if you can't get the cup out immediately. Pinch the base and pull slowly. It's best to practice using the cup before you start your period. Also—be comfortable with yourself. You have to get very familiar with everything down below so you don't

hurt yourself inserting the cup.

It should be noted there have been some reports of menstrual cup-related TSS incidents, but only when the women have left them in far longer than the recommended time (7 days as opposed to 10-12 hours). Be sure to keep track of time when using any kind of insertable period product for your own safety. Timers on your phone do wonders.

Related Link: [Food Trend: Yummiest Low-Calorie Desserts, And They're Vegan!](#)

2. Disposable discs: Comparable to menstrual cups, disposable discs are inserted like a diaphragm and can be left in for up to twelve hours. You can even get frisky in bed with your partner while you are using one. The Flex Company, a disposable menstruation disc company, claims the Softdisc has not been linked to TSS, but be sure to do your own research before you decide to search out period alternatives. Soft disposable discs might be a better alternative to the stiffer silicone cups because they aren't as hard but still catch any fluid that leaves the cervix. You'll still spend money on your period products but they will still go farther than regular tampons.

Related Link: [Beauty Tip: Different Uses for Coconut Oil](#)

3. Period Panties: Specifically designed to catch your flow during the month, period panties are a tampon alternative that allows you to forgo inserting something in your body. If you have a heavier flow, some of these products may require something else to help catch excess fluids, but there are some brands that have introduced superabsorbent underwear that will help you avoid using other products. Period panties—or thongs, boyshorts, hipsters, bikinis, or hi-cut—work in place of clunky pads that make it awkward through the day. Depending on the panty and the brand you buy, they are equivalent to the absorbency of 2 to 3 tampons. Be prepared to wash the laundry

every day, too! Period panties may also be a good product to start your teen on when she starts her first period since she won't have to deal with embarrassing leaks or odors at school if you get her a few pairs that can handle a heavier flow to get her through the day.

Are there other types of period alternatives you've tried? Let us know in the comments below!

Product Review: Wink Brow Bar for Independence Day!



By [Mara Miller](#)

Do you want to look extra special this upcoming July 4th holiday? If you live in New York City, you might be searching for something that makes you sparkle and stands out from the crowd during the Independence Day fireworks. This could mean American Flag-inspired nails, or maybe a hairstyle with red, white and blue. For us here at Cupid's Pulse, we opted for a new set of lashes and matching eyebrow extensions from The Wink Brow Bar in NYC. Yes, you heard right. Eyebrow extensions!

The Wink Brow Bar can help you look fabulous this 4th of July. Check out our [product review](#)!

The Wink Brow Bar has three locations in Manhattan and one in Brooklyn. This little gem started out as a luxury threading studio in New York City's West Villiage, by UK Native and licensed cosmetologist Umbreen Sheikh. Wink Brow Bar really put the art of threading on the map as an alternative option to waxing, which as many of us know, can peel off layers of skin and hurt.

However, Wink's services are not limited to threading (which by the way is organic), they also offer the following services: brow tinting, brow extensions, lash extensions, keratin lash lift, waxing microblading, custom facials, manicure/pedicure, and in some locations they offer hair color and cuts. For the purpose of this review, we will discuss the lash and brow extensions, and threading as an option for children ages 12 and up.

Related Link: [Product Review: MBTBUDS Wireless Bluetooth Earbuds for the Beach!](#)



Our Executive Editor, Lori Bizzoco, before and after Wink Brow Bar's Fablash Extensions. Photo: Courtesy Lori Bizzoco

Insta Good Brow Extensions:

Above you will find an incredible before and after of one of your staff members who opted for Winks' "Insta Good Brow Extensions," a service that uses single strands of hair (similar to lash extensions) and places them right on the brows using strong, gentle, colorless adhesive. This is an amazing option for those who do not wish to microblade or color in their eyebrows everyday. This treatment lasts up to two weeks and ranges from \$95.00 to \$195.00 depending on how thick you want your eyebrows.

Fablash Extensions:

In addition to the eyebrows, you can also see that our staff member has a nice full set of lashes as well called "Fab Lash Extensions," which is a service that applies single strand lashes to each eyelash one by one. The service is done while

the client is laying down so that they can relax during the service. The lashes last for a few weeks and refills are done every 7-14 days. Prices vary depending on whether you want your lashes to be natural or full of volume.

Related Link: [Product Review: Treat Yourself to Beauty and Comfort This Summer](#)

First Time Treatment for Tweens

One more thing that our team loved about Wink Brow Bar was that the products they use are organic and natural. Does that mean that they are safe on young children ages 12 and up? The answer is yes!



Our Executive Editor Lori Bizzoco's tween daughter received The Perfect Organic Threading at Wink Brow Bar. Photo: Courtesy Lori Bizzoco

We set up an appointment for one of our youngest team members to try Wink for her very first eyebrow experience. We used The Perfect Organic Threading as a safer and milder alternative to waxing. In fact, Wink is a perfect choice for the young lady in your life who has never had her eyebrows done but desperately wants to give it a try without all the pain. As

you can see from the photo above, her eyebrows are natural looking and the threading left no redness or irritation.



Nourishing Lash Fortifier + Keratin by Wink Brow Bar

Before we forget, do not go home without trying their Nourishing Lash Fortifier + Keratin. It's like a conditioner for your hair, except it is for your lashes. Easy to apply and makes those gorgeous eyes pop!

Wink is the perfect choice for both mom and daughter to look great before those upcoming barbecues. Why not give it a try? It only takes a few minutes to make an appointment online and walk-ins are welcome too. For more information feel free to check out their [website](#) or you can find them on [Twitter](#), and [Instagram](#).

Celebrity Parenting: Find Out What Carrie Underwood Is Doing Differently as a Second-Time Mom



By [Mara Miller](#)

In [celebrity news](#), [celebrity parenting](#) isn't [Carrie Underwood's](#) first rodeo. She was already a celebrity mom to four-year-old Isaiah Michael before she welcomed [celebrity baby](#) Jacob Bryan in January, according to *People.com*. Little Jacob has joined his celebrity parents and big brother on Underwood's Cry Pretty 360 arena tour. While it might be a popular notion that second-time moms naturally have it together by the second child, Underwood admitted it isn't the

case for her. Her two boys look different, with her newborn's unique strawberry blonde hair while her eldest son's hair is darker. She also finds herself worrying more over Jacob. Underwood even revealed that she schedules a time to cry when she feels overwhelmed. "Sometimes I feel like I just need to cry, for no reason, and there's not anything that happened," she says. "I've learned to be okay with that, whereas five or 10 years ago I would have been like 'Oh my God, something's wrong with me!'"

Celebrity parenting comes with the same challenges the rest of us face. What are some tips you can learn from your first-time parenting mistakes?

Cupid's Advice:

You're on your second kid, or maybe even your third. You've had time to learn what not to do, or maybe you need a nudge in the right direction because you feel like scheduling a cry. Cupid has advice on parenting tips you can learn from your first-time parenting mistakes:

1. Don't take advice from everyone: You need to do your own thing when it comes to parenting. Many people—family and friends included—will have opinions on things like how much you should feed your kids, when they should go to bed, or when you should stop breastfeeding. You need to do what you feel is right for the well-being of your children.

Related Link: [Celebrity Pregnancy: Tristan Thompson's Ex Claims Khloe Kardashian Relationship Caused Pregnancy Complications](#)

2. You overestimate free-time: Um, free time? What's that? Unless you have a baby sitter or your spouse is willing to stay with the kids while you pursue your passions, there is *no such thing* as free time now that you're a parent until the kids are in school...and that's a *maybe* unless it's scheduled. Time management is now key so you don't drive yourself crazy because it helps you see how much time you actually have in a day.

Related Link: [Celebrity Parents: Exes Drew Barrymore & Will Kopelman Reunite for Daughter's Graduation](#)

3. Don't put yourself last: Even though you might feel overwhelmed and feel like you never have free time anymore, you have to realize putting yourself last is a big no-no. As mentioned, time management will help you see how much time you actually have so you can soak in the bathtub or go out to dinner with your friends. Even moms need breaks.

Celebrity News: Kourtney Kardashian & Scott Disick Vacation in Costa Rica Without Sofia Richie





By [Mara Miller](#)

In the [latest celebrity news](#), everyone keeps asking, “Where’s Sofia?” [Celebrity exes Kourtney Kardashian](#) and Scott Disick were spotted on June 19 on a [celebrity vacation](#) without Disick’s celebrity girlfriend, Sofia Richie, according to *UsMagazine.com*. The [celebrity exes](#) hit the beach with their three kids, 9-year old Mason, 6-year old Penelope, and 4-year old Reign, as well as [Kim Kardashian](#) and her daughter, North West, in Costa Rica. But don’t think the [celebrity couple](#) has called it quits just because Richie didn’t go on the vacation. *Popsugar.com* reported that while Disick and Kardashian are no longer romantically involved, they are committed to remaining a family and parenting their children. Richie remained in the States, attending events in New York and Los Angeles, including a gathering for Miranda Kerr’s Kora Organics.

In celebrity news, the words on

everyone's lips are, "Where's Sofia?" What are some ways to keep your jealousy in check when your partner interacts with his or her ex?

Cupid's Advice:

Despite the rumors that may be flaring up because Kourtney and Scott took their kids on a vacation, Sofia seemed comfortable enough to remain home so she could attend work events. Sometimes we can't help it if our partner has to interact with their ex if they have children together. Cupid has advice on how to keep your jealousy in check:

1. Remember, your partner is with YOU: Your partner and their ex split up for a reason. Even if they are on friendly terms, you have to realize they didn't work for a reason. Your partner would not be in a relationship with you if what you have between you both isn't working.

Related Link: [Celebrity News: 'RHOC' Alum Alexis Bellino Takes Next Step with Boyfriend Andy Bohns](#)

2. They might not have a choice: This is especially true if your partner has children with their ex. Would you want to keep a parent away from their children? It's healthier for kids to have parents who don't fight, so try not to let jealousy get in the way of your partner's relationship with their kids. Your relationship may be in jeopardy if you try.

Related Link: [Celebrity Vacation: Porsha Williams Spotted on Vacation Amid Dennis McKinley Cheating Rumors](#)

3. Talk to your partner: If your jealousy and insecurities are getting the better of you, it's a good time to sit down and

talk to your partner. Talk to them about how you feel. Chances are, they'll understand, and they'll help you put any worries at ease.

What are some other ways to keep your jealousy in line if your partner interacts with their ex? Let us know in the comments below!

Product Review: MBTBUDS Wireless Bluetooth Earbuds for the Beach!





By [Mara Miller](#)

Summertime is here, and that means...THE BEACH! We all have essentials we need when packing for a summer getaway like towels, bathing suits, snacks, and shoes. Tiny [travel tip](#): if you're even *slightly* attached to your phone, you'll want it next to you while you soak up the sun and the fresh sea air. While some phones have waterproofing, who would want to risk getting their expensive piece of tech caught in a tide? And, let's not even mention the havoc seawater could wreak on your laptop's delicate internals if you want to enjoy the latest [Taylor Swift](#) or [Katy Perry](#) singles.

Wireless earbuds are a great option when you need a getaway to the beach. In this product review, check out the McAlley Wireless

Earbuds so you can safely keep your tech tucked away from the water.

These Bluetooth earbuds are unique because they are magnetized. They sit together around your neck like a necklace so you can take a jog on the beach or play volleyball without worrying about losing them. They are turned off when they're magnetized. When un-magnetized, the earbuds turn on.

Related Link: [Product Review: My Ever Map](#)

You might need to give the earbuds a few seconds to pair with your device before you can use them. This is normal for any Bluetooth device, so be patient. They're lightweight and won't weigh you down like heavier wireless over-the-ear headphones, which might not fare as well at the beach.

Even better: these wireless earbuds are water resistant. You might not be able to go into the ocean with them, but you can at least enjoy digging your toes into the wet sand while waves splash over your feet. In everyday use, during either your commute to work or jogging, they will also resist water if it rains.

Related Link: [Product Review: Treat Yourself to Beauty and Comfort This Summer](#)

The earbuds have eight hours of talk time, six hours of playtime, and 150 hours of standby time. The package comes with three earbud sizes so they are comfortable while you wear them. They charge in one to two hours through MicroUSB.

These MBTBUDS Wireless Bluetooth Earbuds are \$60 and can be purchased on [Amazon](#).

Check out our other [product reviews!](#)

Celebrity News: Tori Spelling Says It's 'Hard to Be Monogamous' Years After Dean McDermott's Affair



By [Mara Miller](#)

In [celebrity news](#), Tori Spelling dished about her [celebrity marriage](#) with Dean McDermott, according to *UsMagazine.com*. Spelling spoke candidly about staying faithful for the five years after her husband had an affair. "The reality is that you're two people. I feel like humans,

instinctively, it's really hard to be monogamous because you're always changing," Spelling said on McDermott's "Daddy Issues" podcast released on Monday, June 17. "And if you're not on the same page, you have to try to change again, and evolve and be on the same page."

In celebrity news, Tori Spelling admits that being monogamous isn't easy. What are some ways to resist the temptation to cheat?

Cupid's Advice:

Spelling is right—humans find it difficult to stay monogamous because it is in our nature even though we may not want to admit it. It's normal to wonder *what-if...*but isn't worth the heartache that can follow a break-up or divorce because you cheated. Cupid has advice on ways to resist temptation and stay faithful to your partner:

1. Think about the consequences: You have to ask yourself if cheating is *worth* the heartache and drama that will follow if your spouse finds out. Do you want to risk ruining a solid relationship because you can't resist that cute coworker? To hurt your kids if your spouse can't forgive you when they find out?

Related Link: [Celebrity Couple News: Katherine Schwarzenegger Calls New Husband Chris Pratt a 'Wonderful Husband' on Father's Day](#)

2. Refocus on your relationship: Try putting lusty energy back into your relationship where it belongs rather than focusing on your crush. If you feel like the romance is dying down, talk to your partner about it. Even though it might hurt...think about being honest about your temptation to cheat. An open-

honesty policy with your partner will help you work through tough times. Try dating again by experimenting with [date ideas](#) or picking up a new hobby together. You might be surprised by how much your love with your partner grows after you start putting aside more time to spend with them.

Related Link: [Celebrity News: How Prince William and Duchess Kate Bounced Back After Rumors He Had an Affair](#)

3. Take any developing crushes seriously: We've all done it. A funny ha-ha, "I think that guy from high school is hotter than when we were teens." Today it's much easier to find someone you could have a connection with outside of work or your usual circle of friends. Social media affects 50% of relationships in a negative way. It's easy to hop into someone's DM's for a conversation that can lead to something else. When you start to realize this might be happening, it might be better to end communication so the temptation does not become something more if they ask you out for coffee.

What are some other ways to resist the temptation of cheating? Let us know in the comments below!

**Celebrity News:
'Bachelorette' Hannah Brown
Considers Quitting the Show
After Luke P. Fight**



By [Mara Miller](#)

In the latest [celebrity news](#), Hannah Brown considered quitting *The Bachelorette* in the most recent episode after an argument broke out between Luke P. and the other men. Spoiler alert! According to *UsMagazine.com*, Hannah broke up with Luke P. during their one-on-one date because giving him the rose didn't make sense to her, but she later reconsidered when Luke P. came back to her to argue his case. Later in the episode, Garrett decided to confront Luke about lying to Hannah about various guys in the house, and shouting ensued. Hannah had to step in twice to intervene, and she became frustrated. In the end, Hannah broke down in tears and ended the cocktail party early. This season of *The Bachelorette* is already wrought with drama, isn't it? Devin, Grant, and Keven were all sent home.

In celebrity news, *Bachelorette* Hannah had a stressful night on last night's episode. What are some ways to remain positive in the face of drama?

Cupid's Advice:

Poor Hannah dealt with a lot of drama after the men broke into an argument. Cupid has advice on how to remain positive in the face of drama:

1. Don't react: The person who started the drama is seeking attention. The best thing you can do is to not give them a reaction. This can be difficult when you really want to give them a what-for over their behavior but it will keep the situation from becoming worse.

Related Link: [Celebrity News: 'Bachelorette' Hannah Brown Confronts Luke P. About Red Flags](#)

2. Accept that drama happens: It never fails—someone misunderstands, so a huge argument breaks out. One way you can remain positive is to realize this happens occasionally and it's not your fault if you have tried everything you can to avoid it.

Related Link: [Celebrity News: 'Bachelorette' Hannah Brown Gets Hot & Heavy With Her Guys](#)

3. Remove the drama from your life: This can be a difficult thing to do. If someone in your life is a drama seeker, you might care about them deeply, but drama runs in cycles. The best thing you can do is evaluate the situation. If you think

the person causing the drama isn't going to stop then the best thing to do is to remove it from your life. Your well-being is far more important.

What are some other ways you can stay positive in the face of drama? Let us know in the comments below!

Date Idea: Relive Your Teenage Years



By [Mara Miller](#)

What if you could go back in time and be "17 Again?" Although

you may not be Zac Efron in the movie, it's very easy to relive your childhood memories by going back in time and dressing the part, watching a film or reading a book from that era. You can even relive your teenage years while you're on a date, which can be extremely nostalgic.

Relive your teenage years with this date idea!

Stir up memories of mullets and 90s fashion by renting a movie from the past like *Rambo* or *Legally Blond* with this dating advice. It could make a fun conversation starter, especially if you come dressed for the part.

After the movie, don't forget to jam out to music that was totally 'in' during your teenage years. Even if you and your partner weren't teens at the same time, you can still share what kind of music you liked when you were growing up. Knowing that your partner was a heavy metal rocker while you were all about hip hop can make for a very interesting experience.

Related Link: [Date Idea: Finders Keepers](#)

For adventurous types, dress the way you did during high school and stroll the streets with your partner while eating Twizzlers and sipping soda out of a crazy straw. You might get a lot of stares, but who cares? You'll never see these people again, and you and your partner will have memories for a lifetime.

If you're looking for a laugh, flip through each other's high school yearbooks. There are sure to be a few fashions do's and don'ts that'll make each of you cringe and say, "What in the world was I thinking?"

Related Link: [Date Idea: Mid-Year Resolutions](#)

Of course, curiosity will probably get the best of you by the end of the day, and you'll be left wondering what your old high school friends are doing. If you're feeling a bit nosy, surf through Facebook or Classmates and let your date know you have nothing to hide.

Have you and your partner relived your teenage years on a date? Let us know how it went by commenting below.

Date Idea: Get Your Relationship Off the Ground



By [Mara Miller](#)

Are you getting bored with your typical date nights? There's only so many times you can do dinner and a movie before it becomes tedious. If you're looking for a way to spice up your relationship, then you should consider trying something unique and different to get your relationship off the ground with this dating advice and dating tips.

Check out this date idea for unique date night plans!

Since it's still summer (just barely!), amusement parks are "just the ticket" for some a high thrill good time. From rides to live entertainment to great fried food, they have everything to make your date a memorable and adventurous one.

Scream your lungs out on a wild roller coaster ride, feed each other some cotton candy, stand hand-in-hand and exchange kisses in line or have fun laughing at each other trying to win that elusive prize!

Related Link: [Date Idea: Finders Keepers](#)

Check out the 10 Best Amusement Parks in America if you aren't sure which park to visit. If you live in Pennsylvania, Dorney Park is a great choice. It has fairly short lines, which means you'll have a better chance of getting on most of the rides. If you're a chocolate addict, you may want to visit Hershey Park, where there are both rides and delicious chocolate.

Related Link: [Date Idea: Mid-Year Resolutions](#)

After spending an entire day at a theme park with your partner, give your body a chance to relax from the major adrenaline rush by going on a boat ride the next day. Feel the cool breeze on your face and enjoy the tranquility of the ocean, while taking in the gorgeous views and sharing some bonding conversations – possibly about your date the day

before.

Getting your relationship off the ground may not be as difficult as you anticipated, but more fun than you ever imagined.

Have any other ideas to lift your relationship off the ground? Share them with Cupid! And if you want other themed date ideas, drop a comment below!

Movie Review: The Lion King



By [Mara Miller](#)

Disney is on a roll with the live-action remakes of our favorite classics, aren't they? *The Lion King* is the story set in the Savannah where a young lion prince is born. Not everyone is willing to celebrate the new prince's arrival. Scar, the current King's brother –and former heir to the throne–is not happy about the new cub's arrival. Scar banishes Simba from the kingdom after tragedy strikes. This is a story about a prince taking what is rightfully his with his friends' help. And, we can't forget that there's a little romance with Nala! The movie features Donald Glover as Simba, [Beyoncé](#) as Nala, James Earl Jones (reprising his role) as Mufasa, Chiwetel Ejiofor as Scar, Seth Rogen as Pumbaa and Billy Eichner as Timon.

Check out our movie review for this live-action re-make! It's great fun for the entire family.

Should you see it: If watching Timone and Pumba again isn't convincing enough, then yes. Go see this movie. Even if you've never seen the original film, it's worth it.

Who to take: While this is a great date night movie, you can also think about taking the whole family!

Cupid's Advice:

Simba faces a lot of challenges. He has to take over his entire kingdom back and has very little support in doing so, but his biggest supporter is Nala, his childhood friend/love. What are some ways to be supportive of your new partner when they face a stressful situation?

1. Listen to them: Let them vent. Venting can be therapeutic. Try not to interrupt. Listening will show them you are supportive of whatever decision it is they need to make.

Related Link: [Movie Review: Aladdin](#)

2. Don't judge: Judging can make the situation worse. Try to keep your opinions to yourself unless they ask you what you think.

Related Link: [Movie Review: Hampstead](#)

3. Encourage them: If your partner seems dead-set on their decision, the best thing you can do is to encourage them to do what they feel is right, no matter what the situation may be.

What are some other ways to be supportive of your partner?

Check out other [movie reviews](#) from Cupid!

Celebrity Divorce: 'She's All That' Star Rachael Leigh Cook to Divorce Daniel Gillies After 15 Years





By [Mara Miller](#)

In the latest [celebrity news](#), [celebrity couple](#) Rachael Leigh Cook and Daniel Gillies are calling it quits with a [celebrity divorce](#) after 15 years of marriage. According to *EOnline.com*, Cook and Gillies posted an announcement on their Instagram on June 13th. They began their love story in 2004 and got engaged after just two months. The *She's All That* and *The Originals* stars have two children together and ask that their decision be approached with discretion for the sake of their children.

This celebrity divorce comes after a pretty long-term marriage. What are some ways to know your relationship can't be repaired?

Cupid's Advice:

Talk about the end of an era! Coming to the decision to separate or divorce when you have been married for a long time

is not easy. Cupid has some advice on when to know to call it quits:

1. You've tried everything: You've been to marriage counseling. You've tried to talk it out. If the solution just isn't there, then it's time to admit to yourself that your marriage isn't salvageable.

Related Link: [Celebrity Break-Up: Bradley Cooper Enjoys a Boys' Night in L.A. After Irina Shayk Split](#)

2. You know in your heart that your marriage is over: If you can't shake the feeling deep in your heart that it's not worth pursuing anymore, then it's okay to start thinking about divorce. It's not worth trying to force something that will make you both miserable.

Related Link: [Celebrity Break-Up: Kendall Jenner & Ben Simmons Split Months After Reconciliation](#)

3. Your relationship has become toxic: This doesn't mean abusive. It could mean a number of things. You're fighting more because you've grown apart and don't see eye to eye over finances or kids. You're jealous your partner is spending more time with a friend of the opposite sex and you're worried more might be there. Whatever it is, if you find yourself and your spouse can no longer get along, then it might be time to call it quits.

Are there any other ways you might know when it's time to call it quits on your marriage? Let us know in the comments below.