

Celebrity News: Stephanie Pratt Is Not On Speaking Terms with Spencer Pratt Due to 'Gold Digger' Heidi



By Megan McIntosh

In celebrity news, Stephanie Pratt is not a fan of [celebrity couple](#) Spencer Pratt and wife Heidi. According to *People.com*, Stephanie believes that “no one knows the real Heidi” and that ultimately she’s the reason for the split in the family relationship between brother and sister. Stephanie tried to save the relationship and put on a good front for the cameras because of her job obligations with her parents and just for the sake of her relationship with her parents. However, now

the gloves are coming off, and Stephanie is only being honest. Stephanie claims that Heidi doesn't want Spencer to "have a relationship with anyone but her" and because of this, Stephanie "cannot live near them, They are the most toxic people I've ever met." It looks like this relationship is far from being on the mend.

In celebrity news, Stephanie Pratt doesn't consider Spencer and Heidi family anymore. What are ways to mend your relationship with your family?

Cupid's Advice:

It can be hard maintaining relationships when you dislike a parent or sibling's new partner. Sometimes a relationship with a family is just not good for you, but if you want to mend your relationship with your family, cupid has some advice for you:

1. Always meet in person: It can be tempting to try and air your grievances via text or email. Don't. It's important to speak face-to-face gives everyone a chances to talk about their issues and express themselves. If you live too far for a face-to-face, try Skype or Facetime.

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2. Lay some ground rules: Make sure you know if any topic is off-limits. Try to emphasize that that you're trying to mend things not just complain and push blame. Limit the allowance of interruptions or name-calling.

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3. Use “I” statements: Rather than telling someone what they did, tell them how it affected you. Tell them how it made you feel. Don’t say “You made me unhappy,” say “I was unhappy because...” When you focus on your feelings, it makes the other person feel less defensive.

What are some ways you’ve fixed a relationship with someone in your family? Share below!

Celebrity Baby News: Heidi Montag & Spencer Pratt Welcome First Child





By [Melissa Lee](#)

Congratulations to Heidi Montag and Spencer Pratt, who just welcomed their first child into the world! The celebrity baby, whose parents are most famously known for starring on *The Hills* a few years back, is named Gunner Stone. He was born on Sunday, October 1 at 3:06 pm. Montag told [UsMagazine.com](#) that it was the “hardest and most rewarding experience,” but she feels that the couple is very blessed. Pratt, Montag’s husband, called it the “most lit day” of his life.

This celebrity baby has a memorable name – Gunner Stone. What are some ways to compromise with your partner on baby names?

Cupid’s Advice:

Heidi and Spencer are definitely some of the most eccentric celebrities in Hollywood, and their baby’s unique name shows

that. If you and your partner are expecting a baby and are dealing with the classic name debate, check out some of Cupid's advice below:

1. Be open-minded: If you and your partner are struggling to come up with a name you both like, remember to be open-minded when it comes to their suggestions. You may not like a name at first, but eventually find a liking towards it in a few weeks or months. Try your best not to immediately shut down the names your partner brings to the table and maybe you'll be able to come to a compromise!

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2. Brainstorm together: Just like any other thing in parenting, baby names are a collaborative effort as well. Instead of thinking separately, try brainstorming a list of names together. Take the time to sit down and create a group of baby names that you both like, then come back to it later and see which one sticks out.

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3. Go through a baby book: When all else fails, head to the bookstore or Internet to find a compiled list of baby names. Go through the article or book together and find names that both of you enjoy. This could either help you two come to a compromise, or even spark up some names of your own.

What are some of your tips for coming up with a baby name? Share your thoughts below.

Celebrity Baby: Find Out How Spencer Pratt & Heidi Montag Picked Their Baby's Name



By Ashleigh Underwood

[Celebrity couple](#) Heidi Montag and Spencer Pratt have decided on a name for their [celebrity baby](#) boy! As these two stars got their start in reality TV, it is understandable that the couple share a love for social media. In a recent celebrity interview with [UsMagazine.com](#), Pratt shared the couple's plans for their newest arrival stating "I would just like my baby to be a professional content maker." In order to secure the babies role in the social world, Pratt and Montag made sure to choose a name with an available social media handle.

Social media is being put to use for celebrity baby names these days! What are some ways you can use social media to come up with baby name ideas yourself?

Cupid's Advice:

Choosing a baby name can be hard. There are so many books, lists and options to choose from when deciding what to name your child. To ease the anxiety of picking a name, seek help from your social media. Here a few ways how:

1. Scroll for inspiration: Inspiration can stem from anything. Why not search for ideas in your social media feed? Look at the names of all the people you follow, names of filters, cute words your friends use in a post, anything! Use these words and names to fuel your baby name search.

Related Post: [Celebrity Baby: Spencer Pratt Says He'll Teach His Son What He Shouldn't Have Done](#)

2. Ask your followers for advice: Stuck between two names you just love? Leave the choice up to someone else! Set up a poll on you social media account and let your followers choose for you. This takes the pressure away from you, and your child gets a name you love either way.

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3. Search the name: If you want your baby's name to be absolutely unique, search for it on your social media accounts. Find a few names you like and then search for them. By doing this, you can see if they are more or less common and can choose which is better for your baby.

How did social media help you choose your baby's name? Comment below!

Celebrity Baby: Spencer Pratt Says He'll Teach His Son What He Shouldn't Have Done



By [Marissa Donovan](#)

In [celebrity news](#), Spencer Pratt does not regret the poor choices that he has made, because now he is going to put his personal experience to good use. Heidi Montag and Spencer

Pratt will be having their first [celebrity baby](#) in October and are very excited to be parents! The soon-to-be father plans to advise his son not to follow in his footsteps regarding a variety of different things. The [reality TV](#) has a close relationship with his own father and will most likely play a huge role in his own son's life. According to [UsMagazine.com](#), Pratt joked that he will be the "angry soccer dad" during his son's games. Best of luck to these soon-to-be [celebrity parents](#)!

This celebrity baby daddy is determined to teach his kid which things *not* to do! What are three valuable lessons you can teach your children?

Cupid's Advice:

Becoming a parent can be exciting and also a life long lesson in itself. Try sharing these lessons to your own children:

1. Be patient with the things you truly want: This lesson may be hard to practice even as a new parent, but it's one lesson your child needs to know. Help them understand that instant gratification does not apply to everything they do. Explain that certain things take time to learn and receive. These lessons will help them appreciate hard work and the concept of waiting.

Related Link: [Celebrity Baby: 'The Hills' Alum Spencer Pratt & Heidi Montag Are Expecting a Baby](#)

2. Rejection and failure is bound to happen: Your child will be in many situations where social interactions or activities seem unfair to them. Whether it's not getting invited to a

birthday party or losing a soccer game, it's important to let them know that more opportunities are ahead for them. Keeping your child optimistic during their childhood will give them ambition to reach their goals in life!

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3. Stay kind to others: Some of those your child comes in contact with will have different lifestyles or learning abilities. Bad behavior on the playground may be rooted in their differences, so it is crucial to help your child understand and respect the differences in people. One-on-one play dates can allow children to come together naturally. It is one of the easiest lessons to teach your child, but you also have to practice this lesson as a parent!

What is one valuable lesson to teach a child? Leave a life lesson in the comments!

Relationship Advice: The Baby Predicament





By Dr. Jane Greer

Former reality TV star Heidi Montag is hopeful that she'll be starting a family next year with her husband Spencer Pratt. He hasn't always been fond of the idea of fatherhood, admitting he's "baby blocking" her. However, Heidi believes she can change his mind about having a [celebrity baby](#). This is something that many couples go through – one partner is absolutely ready to become pregnant, but the other is either not sure or is against it.

It is typical for spouses to find themselves in this predicament than to be on the exact same page at the exact same time about when to expand their twosome. Dr. Jane Greer continues with [relationship](#)

advice:

There are many variations on the theme of why one or the other is not ready for the responsibility of offspring. Perhaps there is the fear that the connection the couple shares will change with the arrival of a baby, and one person might worry that the love and attention he or she gets now will shift and it could end up feeling more like a loss than a gain. Or possibly someone is concerned about being financially settled before embarking on the adventure of parenthood. Maybe it is just the looming responsibility itself that holds one partner back, and on occasion people are dealing with their own childhood experiences that might color their desire to be a parent. Or in some cases one partner has been married before, and has a child with that first spouse and might not be eager to do it again. Whatever the reason, the back and forth can begin for couples before they even become engaged, and can sometimes be a deal breaker if there is no way to reach an agreement or even leave open the possibility of it happening one day. More often than not, though, the relationship will move forward with the hope that the partner who is holding out will come around. What do you do then if you find yourself married and ready, but your spouse is not sure or still saying no?

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The first thing to do is to set aside time to discuss your concerns. When you do sit down to talk this through, allow each of you to share your respective vision of your life together and the role that having children will or will not play in your future. Assuming you were up front about your desire to have a family from the beginning, it is important to remind your partner that you were clear from the get-go. Establish if this is a “not now” or a “not ever” situation. Assuming it is the first, ask your partner to describe what

they are feeling and what is holding them back. Ask if their feelings have changed at all over time. See if there is anything you can do, or that you can do together, to make your spouse more comfortable with the idea.

Related Link: [Heidi Montag & Spencer Pratt Lock Lips on a Ski Trip](#)

Having this conversation with each other, and having a chance to share your honest feelings, will help to bring you together as a team so you can feel like you are on the same side rather than being opponents who want different outcomes. Talk about a timeframe that feels agreeable to both of you, and decide on a point in the future when you can either revisit the discussion or when you might be able to take first steps toward the goal of having a baby. As long as the door is open, and you know the subject hasn't been tabled forever, you will hopefully be able to avoid feeling controlled and resentful.

The objective is that by the time you reopen the discussion you will find yourselves on the same page. Only time will tell if this will be the case for Heidi and Spencer.

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Bad Romance: 10 Toxic Celebrity Relationships



By [Katie Gray](#)

Sometimes love isn't all champagne and caviar, even for our favorite [celebrity couples](#). Sometimes [celebrity relationships](#) have moments that can be a little toxic. In some instances the couples work it out, but in other cases the relationship ends in a split. We can take away [relationship advice](#) from this, though; sometimes things fall apart so better things can fall together.

Cupid has compiled 10 toxic

celebrity relationships:

1. Chris Brown & [Rihanna](#): Chris Brown and Rihanna were a favorite celebrity couple for many. Then, in 2008, there were many reports that she was being abused and that the celebrity couple wasn't healthy. Bad gal Riri and Chris Brown ended up splitting, but one thing nobody – including them – denies is that they were passionate about one another.

2. [Britney Spears](#) & Kevin Federline: “I’m addicted to you, don’t you know that you’re toxic!” Britney Spears, pop princess, was married to her back up dancer, Kevin Federline. The celebrity couple even produced two [celebrity babies](#). The “Toxic” singer had a reality show when they were married called *Chaotic*. That sums up their relationship, which ended in [celebrity divorce](#). However, Spears moved onward and upward!

Related Link: [8 Celebrity Couples Who Were Friends First](#)

3. Spencer Pratt & Heidi Montag: *The Hills* was a popular reality show that intrigued many. It made [Lauren Conrad](#) and Audrina Partridge celebutantes. On the show, and in real life, celebrity couple Spencer Pratt and Heidi Montag had the country buzzing about their celebrity relationship. Many people felt that it was toxic, as Pratt and Montag were very dependent on one another. It even damaged her relationship with her then BFF, LC (Lauren Conrad). The couple even released a book entitled *How To Be Famous*.

4. Eminem & Kim Mathers: Rapper, Eminem, is known for many things: witty lyrics, emerging from a humble background and his roller coaster relationship with Kim Mathers. The pair were married twice and have a daughter together, which led to a public custody battle that got ugly. The famous white rapper has many lines in his song about Kim, which are not pleasant.

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5. Tommy Lee & Pamela Anderson: Rock artist Tommy Lee and actress and *Playboy* playmate, Pamela Anderson, will go down in history for being an iconic celebrity relationship. The Motley Crue rocker and the blonde bombshell were together in the late 90's and were married 1995-1998. They made a big stir in the media when a sex tape from their honeymoon was stolen from their home and shown for the whole world to see.

6. Jersey Shore's Sammi "Sweetheart" & Ronnie: Love at the shore! The *Jersey Shore* couple, Sammi and Ron, proved to be one of the most dramatic celebrity relationships in MTV history. The majority of the episodes featured the two fighting over their problems and trust issues. Sometimes things were good though between the two. Nonetheless; they made for great television!

7. Tiger Woods & Elin Nordegren: Famous golfer Tiger Woods was married to model Elin Nordegren. The celebrity couple's world was rocked when it came out that Woods had been having affairs with multiple women. There were several women who came forward. Ludacris even released a song about the event entitled, "Sexting." The professional golfer asked her to re-marry him again, although they split in 2010. She's living in a very nice mansion in Palm Beach. It's like the saying goes, "Don't get mad. Get everything."

8. Tina Turner & Ike: Tina Turner is a music legend and icon. However, her marriage to Ike was extremely tumultuous. There is even a film about her life and this celebrity relationship that ultimately ended. It was an unhealthy relationship, as he was addicted to cocaine and would sadly beat her up often. However; everyone can learn from Tina Turner. What doesn't kill us only makes us stronger.

9. Whitney Houston & Bobby Brown: Whitney Houston is known for hit songs like "I Want To Dance With Somebody" and "I Will Always Love You." In addition to her iconic songs and thriving music career, her relationship with Bobby Brown was widely

publicized. Her mother even wrote in a book about this relationship and how she feels that he influenced her to use drugs. Although the relationship wasn't healthy, we will always remember Whitney Houston for the beautiful and talented artist she was. RIP!

10. Dennis Rodman & Carmen Electra: Carmen Electra famously got her name from music legend, Prince. The actress and model has had a string of famous celebrity relationships. At one point, she married former Chicago Bulls player, Dennis Rodman, when they were intoxicated. Afterward, he filed an annulment. Sometimes your relationship ending doesn't work out, because there is an even better fairy tale ahead for you.

Which are your favorite celebrity couples? Comment below!

Celebrity Couples Who Let Social Media Run Their Relationship





By [Courtney Omernick](#)

With the Internet being so prevalent these days, some people make the argument that relationships are “not official until they’re ‘Facebook’ official.” And, it seems that many celebrities are taking this phrase to heart and publicizing their relationship on their Twitter, Instagram, Facebook, and other social media feeds. Below, Cupid has three celebrity couples that have let social media run their relationship.

1. Khloe Kardashian and Lamar Odom: Yes, even though this pair isn’t technically together any more, professing their love via social media was always a constant. Whether it was Lamar tweeting words of encouragement regarding a project Khloe was working on, or an Instagram shot of Khloe wearing clothing from Lamar’s line, these two couldn’t get their devotion onto the Internet fast enough!

Related: [Social Media Etiquette for Your #Wedding Day](#)

2. Beyonce and Jay-Z: Yes, Beyonce’s Instagram is usually filled with pictures of herself, but, she also uses it to

showcase images of her and her hubby on stage and off. And, while Jay-Z isn't very active on social media, when he does participate, you can always find his pages filled with pictures of his wife and daughter.

Related: [How to Prevent Yourself from Rushing into a Relationship](#)

3. Heidi Montag and Spencer Pratt: As if their heavily televised romance wasn't enough, these two have taken their relationship to social media. Spencer is known for constantly tweeting about "how amazing" Heidi's body is, and, the two have staged online fights just to get the attention of gossip columnists.

Do you know someone whose relationship is fueled through social media? Let us know in the comments!

Famous Celebrity Couples Who Get On Our Nerves





By Daniela Agurcia

When two slightly obnoxious celebrities get together, it creates something much worse than either would be alone. Everyone can name one of these celebrity couples: When you see them, you just want to change the channel or put down your magazine. Sometimes, certain famous couples make you want to scream, "Enough already!" Being one of these celebrity relationships can definitely be a bad thing. Whether they're obnoxiously cute, painstakingly annoying, or overly pompous together, it gets to the point where no one wants to hear about them anymore. Here are some celebrity couples that we could live without:

Annoying Famous Couples

1. Selena Gomez and Justin Bieber: At first, there was a lot of hype about whether Selena Gomez had Justin Bieber fever. Turns out, she did. The couple kept their famous relationship under wraps for a while, and even today, they still try to be discreet about it. They're that one couple that refuses to be

open about their relationship and love, regardless of all of the cute and cuddly photos found of them or their occasional lovey-dovey tweets and quotes. Either be open about your relationship and act normal about it...or hand him over!

Related Link: [Celebrity Couples Who Have Worn Out Their Welcome](#)

2. Kim Kardashian and Kris Humphries: Even though Kim Kardashian and Kris Humphries aren't together anymore, they were a Hollywood couple that will be hard to forget. There was so much hype about Kardashian finding love and having the most extravagant celebrity wedding with the man of her dreams, only to have it all end 72 days later. The engagement, wedding, and divorce flashed right before our eyes. Ultimately, the marriage was an all-time record, and one we wish would just disappear all together.

3. Angelina Jolie and Brad Pitt: Famous couple Angelina Jolie and Brad Pitt have been non-stop from the start, doing everything to the extreme. From the day that Pitt left Jennifer Aniston to be with Jolie, the two are always aiming for perfection. The pair has adopted from all over the world, constantly donate to charity and attend mission trips all over the globe. Plus, we can't forget that they just happen to be one of the best looking Hollywood couples. Here we can certainly say "Enough already!"

Related Link: [Celebrity Couples Who Let Money Ruin Their Relationship](#)

4. Kristen Stewart and Robert Pattinson: We loved Kristen Stewart and Robert Pattinson in the *Twilight* movies – who doesn't love a vampire romance? We were all rooting for the two to end up together in real life, but between their low-key status and "I don't care" attitude, they're not as great as we thought they would be. They always seem as if they're in a bad mood about something. Plus, have you ever seen them show

affection?

5. Heidi Montag and Spencer Pratt: How are they famous again? Heidi Montag and Spencer Pratt blew up because of their roles on the reality TV show *The Hills*. Their drama was entertaining at first, but it grew old after the show, thanks to her music videos and several other TV appearances. Between that and Montag's numerous plastic surgeries, the celebrity couple has received nothing but negative spotlight, eventually eliminating all the "glory" from their fame.

What celebrity couple bothers you the most? Share your comments below!

Celebrity Couples Who Have Worn Out Their Welcome





By [Whitney Baker](#)

There are some celebrity couples that we love to hate. Sure, they annoy us, but we can't help but wonder what they'll do next. And then there are those couples that we want to go away. They're constantly in the news – and often, for the wrong reasons. Thanks to their outlandish behavior, we've forgotten why they're famous in the first place.

From their frisky displays of public affection to their willingness to do *anything* for attention, these five Hollywood pairs have us wishing that they'd break up already:

1. Heidi Montag and Spencer Pratt: This couple first met when Lauren Conrad introduced them on *The Hills*, and we've been following their rocky romance ever since. After their reality show ended, the couple strived to stay in the spotlight with their alleged divorce, Montag's multiple plastic surgeries and her fledgling singing career. Most recently, Speidi has attracted attention by contacting their former – and estranged – co-stars through Twitter. These messages were ignored, making us wonder why we don't do the

same.

Related: [Spencer Pratt and Heidi Montag Lock Lips on a Ski Trip](#)

2. Kim Kardashian and Kanye West: Although this new couple hasn't yet confirmed their relationship, they're certainly not keeping their feelings for each other under wraps. Taking their love from coast to coast, they've been spotted getting cozy at a restaurant opening in New York City as well as a Los Angeles Lakers game. Kardashian's even made a romantic fashion statement for her new man, sporting 'KW' earrings at numerous public appearances. Given Kardashian's romantic track record, here's to hoping this relationship doesn't surpass the 72-day mark.

3. LeAnn Rimes and Eddie Cibrian: Their relationship had a memorable start: the couple met when they co-starred in the Lifetime movie *Northern Lights*, and they instantly fell for each other; although, both were married at the time. Rimes and Cibrian have never been shy about their relationship, even going on public dates during their extramarital affair. From Rimes' revealing tweets to their constant PDA, it's time for this couple to get a room.

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4. Nicole "Snooki" Polizzi and Jionni LaValle: Just when we've grown accustomed to their outrageous behavior on *Jersey Shore*, Polizzi and LaValle shock us with a big announcement: they're engaged – and expecting a baby! Since promising to change her wild child ways, Polizzi says that her partying days are over and that "pregnancy just made [her] more mature." Still, the star can't help but attract attention, tweeting pictures of her cleavage and belly. When will enough be enough?

5. Miley Cyrus and Liam Hemsworth: The on-again, off-again couple met on the set of *The Last Song* and quickly took their

chemistry off-screen, with Cyrus sharing private details of their relationship through her Twitter account. The former costars recently got engaged, but we're starting to care less and less about their next moves.

Which celebrity couple do you most wish would disappear? Share your thoughts below.

Spencer Pratt and Heidi Montag Lock Lips On a Ski Trip



It looks like Speidi is still going strong! Former *Hills* stars Spencer Pratt and Heidi Montag were spotted loading on the PDA on top of a mountain in Mammoth, Calif.

The duo were snowboarding and skiing, respectively. But they didn't stop there in the way of winter activities, as they were also spotted sledding and snowmobiling on their affectionate trip, as well. "It was so much fun," Montag told UsMagazine.com. "There is no better way to get in the Christmas spirit than being out in the snow and skiing." The notoriously drama-ridden couple were on school vacation, as Pratt is studying political science at the University of Southern California. "It helped get us in the Christmas mode. It was the best trip ever," added Montag. "This has been the best year of my life, and I'm very excited to see what 2012 is going to hold."

How do you make a ski trip romantic?

Cupid's Advice:

Ski trips can either be an intense sporting event or a relaxing romantic getaway, depending on your mood and actions.

Cupid has some way to get the romantic sparks flying:

- 1. Warm up by the fire:** The best part about a couples ski trip is getting cozy by the fire after a long day of weathering the cold. Grab a blanket, and snuggle up next to your partner.
- 2. Hold hands on the way up:** The chair lift ride is a great time to bond with your significant other. Hold hands and partake in the scenery below.
- 3. Share a kiss on top:** Once you make it to the top of the mountain, share a quick smooch before heading back down. Take a look at the rolling hills beyond you, and briefly enjoy the moment together.

How did you make your ski trip more romantic? Share your

experiences below.

Did Heidi Montag Have a Crush on her Plastic Surgeon?



Heidi Montag says she's madly in love with her husband, Spencer Pratt, but did she have eyes for someone else? According to [RadarOnline](#), the former *Hills* star may have had a secret crush on her plastic surgeon, Dr. Frank Ryan, who recently died in a car accident. In fact, sources say that the crush bordered on obsession. Montag tried to see Frank as much as possible, going so far as to get ten plastic surgeries in a single day. "I believe she was romantically obsessed

with him ... She saw him as a knight in shining armor," says Dr. Ryan's close friend, Dawn DaLuise. However, Montag claims that it was Dr. Ryan who wanted her to be his "barbie doll."

How can you tell if your partner is obsessive?

Cupid's Advice:

Though Heidi Montag and Dr. Frank Ryan weren't dating, many relationships can go sour due to an obsessive partner. Cupid has some tips on how to tell if your partner's *too* into you:

1. He checks in constantly: There's nothing wrong with the occasional text or phone call when you and your partner are apart. But if your special someone is constantly bugging you about where you are and who you're with, maybe they shouldn't have your number!

2. He's overly jealous: Jealousy is inevitable in any relationship, but if your partner is questioning you about every friend you're texting and wincing when you talk to a member of the opposite sex, he may be confusing love with infatuation.

3. He shows up uninvited: It's one thing if your boyfriend graces your workplace to give you flowers on a special occasion and quite another if he's constantly showing up uninvited. You may want to have a serious talk about boundaries.

Gwyneth Paltrow Slams Celebrity Couples Who Teach Important Relationship Lessons



By [Jessica DeRubbo](#)

Recent *Glee* guest Gwyneth Paltrow is making headlines lately.

Even though she's part of a high-profile celebrity relationship herself, she is speaking out against "unnecessary" celebrity couples. In fact, she went so far as to tell CNN, "It's just unnecessary to be a public couple, and to have your couple-dom or whatever be its own entity. It doesn't make sense to have that in the public world."

Alright, Gwyneth, I see your point. There are definitely famous couples who live for the spotlight, which is pathetic. One obvious example is former *Hills* stars Heidi Montag and Spencer Pratt.

I don't know about you, but I'm under the impression that their every move is to garnish media coverage. And then there's LeAnn Rimes and Eddie Cibrian. Has anyone else noticed their everyday presence in tabloids lately? They cheated on their respective spouses with each other and then they spend months defending their indiscretion to the media. Is that necessary?

Even Taylor Swift is becoming a constant presence in the celebrity relationship world. While she doesn't currently have an 'other-half,' I'd be shocked to see someone who *doesn't* know that Taylor Swift is single and loving it. I've read at least three interviews in the last month where she refers to her singleness. Okay, we get it already!

Yes, I see Gwyneth Paltrow's point. She even refers to her own relationship, saying, "When I see high-profile relationships now, I think, 'Oh my God' even though I'm technically in one. But we sort of don't do anything public, we try to keep it behind the scenes as possible (sic).

Because it just generates more interest...it just undermines the quality of your life." That being said, there's certainly a lot to learn from those high-profile pairs that Gwyneth Paltrow speaks about. Celebrity couples can teach us about our own personal relationships. Consider the following:

1. Heidi Montag and Spencer Pratt: You may roll your eyes at their publicity stunts, but through that negativity you realize that you want to avoid being like them in your own life. They convince you that it's probably best not to discuss every detail of your relationship to anyone who will listen.

2. LeAnn Rimes and Eddie Cibrian: This singer and actor duo made the mistake of cheating on their significant others and then defended their decision to do so, even though many would agree that infidelity is morally wrong. LeAnn Rimes and Eddie Cibrian help you realize that if you find yourself falling in love with someone who isn't your current partner, you should call it quits and come clean about any wrong doings.

Apologize and move on. And whatever you do, don't rehash the past in public!

3. Taylor Swift: She's not only been linked to John Mayer, Taylor Lautner, Joe Jonas and Jake Gyllenhaal, but she's turned around and written songs about it. And right now, Taylor Swift is embracing the single life, calling it "wonderful." What have we learned from her? Being single is okay! Dating is okay! Instead of sulking in a dark corner and lamenting your current solo status, enjoy the experience while it lasts. If Taylor Swift can do it, so can you.

Gwyneth Paltrow may make a valid point in her rant on high-profile celebrity couples, but I highly doubt those who crave the limelight will leave the tabloids anytime soon. As long as they exist, we can use these stories to gain insight into the multifaceted world of dating and relationships.

'Hills' Couple Heidi Montag and Spencer Pratt to Renew Vows



Heidi Montag and Spencer Pratt are making headlines once again. The *Hills* couple are now planning to renew their vows.

"I feel like our first [wedding] was an elopement and we had so many margaritas and it was such a crazy time...and then the second one wasn't our wedding. It was just a *Hills* wedding, and it was for all the people there, and it was about everyone else," said Heidi Montag, according to [Us Weekly](#). The couple's marriage has had its fair share of ups and downs so far, including short-lived divorce proceedings. Heidi Montag explained, saying, " We had just gone through so much crazy stuff personally and through our jobs and everything, so for me this feels like our first real marriage. Like our first restart. We deserve a second chance at our marriage and really having this moment and not being robbed of this."

What are some creative ways to renew your vows?

Cupid's Advice:

Renewing your vows is a great way to strengthen your marriage. Here are a few ways to keep the ceremony intriguing:

1. Go back to the original venue: Try going back to the place you were originally married. While it may be easier to revisit a church than a beach in Hawaii, it will be fun to return to a place with so many memories.

2. Celebrate with new friends: You and your husband have inevitably made some new friends since your wedding. Invite your new pals as well as the old so that they can add some new life to the occasion!

3. Incorporate your children: If you have had children since your wedding, make sure that they can be a part of the ceremony as well. If you haven't been blessed with children yet, bring along your pets. A dog ring bearer is always a crowd pleaser.

Heidi Montag & Spencer Pratt Reunite at Halloween





Heidi Montag and Spencer Pratt graced the red carpet on Saturday in Las Vegas for Pure nightclub's Halloween Haunt. Pratt dressed as an alien, while Montag opted for a gold mini-dress. Former *Hills* star Montag, who recently caused controversy by having ten plastic surgery procedures performed in a single day, told [Us Weekly](#), "I'm good. I'm just trying to focus on other things, not focus so much on my body." The couple, who have reunited after filing for divorce, are "...enjoying [their] relationship," said Montag. "I had so much going on before, I didn't have a chance to enjoy being a newlywed."

If you get back together with an ex, what are some good ways to break the news?

Cupid's Advice:

On again, off again relationships can be a drag for all of those involved. To keep your friends from rolling their eyes, try a few of these tips:

1. Some privacy: Don't share everything about your

relationship with your pals. This way, when there is some major news, they will be more interested. If you flap your lips constantly about your beau, it can get old very fast!

2. Laid-back: When you do feel the need to vent about your beau, try not to be overdramatic or complain. Your friends will be more likely to help you if you don't irritate them.

3. Be refreshing: When you have news about your relationship, try breaking it in different ways. Instead of constantly complaining, try making the story humorous. If it's entertaining instead of annoying, your friends will laugh along with you and will be more receptive to helping out.

Spencer Pratt Shaves His Beard for Heidi





The Hills stars Spencer Pratt and Heidi Montag have had their share of ups and downs. After deciding to divorce, Pratt admitted to TMZ that he didn't take proper care of himself. [Digital Spy](#) now reports that he wants to clean up his image because the couple are "spending more time together."

Shaving his beard seems pretty minor considering the changes his estranged wife went through for him. Multiple plastic surgeries later, Montag has bigger breasts, a thinner nose and fuller lips. But Pratt says he would [shave his beard](#) if it meant getting back together with Montag. "I'm really sorry to see it [his beard] go... For months it was my only friend, and a perfect place to save leftovers," he joked. Pratt and Montag fueled reconciliation rumors after the pair were spotted together in Los Angeles recently. **Should you change your image for love?**

Cupid's Advice:

1. Be yourself: If you find yourself changing your image just to please your partner, you're probably in an unhealthy relationship. You should look the way you want to look. If your beau doesn't like it, find someone who does.

2. Get some therapy: Sometimes people change their look after a breakup as a way to start fresh. Unless it's something drastic that you'll regret later, go ahead and get a new haircut or new wardrobe if it helps you get over him and move on.

3. Do it for you: It's fun to change up your style, but the bottom line is that you should do it for yourself. Your appearance is a big part of who you are, so do what makes you happy.

Speidi Divorce Finalized





Heidi Montag and Spencer Pratt are officially calling it quits, [TMZ](#) reported last week. The reality TV couple, who, according to Montag, first separated on their one-year anniversary, are set to finalize their divorce on Valentine's Day. The long wait is due to California law, which dictates that a couple must wait six months after filing divorce papers before the marriage is finally terminated. Spencer Pratt was served divorce papers on August 13, ironically causing the six-month mark to fall on Valentine's Day.

How can you handle holidays and anniversaries after a breakup?

Cupid's Advice:

1. Get out there: Staying home on a holiday you once shared with a loved one is only going to arouse feelings of depression. Leave the house, call a friend, and try to have fun. Keeping your mind off of the breakup will make the holiday fly by.

2. Redefine: Many holidays will bring up memories of you and your former partner. Thanksgiving may conjure up memories of

your ex's hilarious attempt at cooking, and the mere mention of Valentine's Day may make you cringe. The best way to deal? Make new memories. On Valentine's Day, try inviting over some of your single friends and celebrate the day of Arizona's statehood, which also falls on February 14. This quirky approach is sure to spark a few laughs, and in the future, remembering Valentine's Day won't be as painful.

3. Remind yourself: On days when you just can't stop missing your ex, try reminding yourself of the reasons why you broke up. You may tend to only remember the best things about your former relationship, but remembering the bad things makes coping much easier.

Heidi Montag Files for Separation from Pratt





Well, it's official: [US Weekly](#) confirms Heidi Montag filing for legal separation from Spencer Pratt on June 8. She was photographed leaving a Santa Monica, Calif. courthouse, papers in hand, sans wedding ring. While [TMZ](#) has a PDF of the papers, *US Weekly* speculates that this is another publicity stunt to keep the duo in the news. It's important to note that the 24-year-old filed for separation, and *not* divorce, meaning that her earnings will become hers alone from the date of separation.

How do you know if legal separation is right for you?

Cupid's Advice:

While Montag and Pratt may have publicity reasons for going through a legal separation, it's important to realize that this is a situation that shouldn't be taken lightly.

1. Think about it: Is your separation warranted? Do you believe the marriage is worth saving? Lay out the issues on the table and discuss if separation truly is the best option.

2. There's paperwork: Like anything involving the legal system, obtaining legal separation is a process, especially if

children are involved. Montag moved out of her home before filing paperwork – try this option before you place your signature on anything.

3. Don't dismiss counseling: Marriage counseling sometimes gets a bad rap, but that shouldn't discourage you and your spouse from trying it out. While some couples can't be saved by hashing it out with an unbiased listener, it's always worth a shot.

Are Heidi Montag & Spencer Pratt Calling It Quits?



Heidi Montag of *'The Hill's* fame revealed to [People](#) that she has moved out of the Pacific Palisades, Calif. home she shared with husband Spencer Pratt. Montag said she needed time alone to get away from the lies she believes her family and friends are saying about her. She added that she wants time to concentrate on herself, and will spend the summer with new roommate Jen Bunney, as they will be shooting their own reality show.

For couples that have weathered continuous ups and downs in a relationship, how can you make things work?

Cupid's Advice:

Montag is doing the right thing by spending time away from Pratt. Sometimes, all you need to do is figure who you are before you can figure out who you can be with someone else.

1. Distance yourself: If problems aren't getting solved while together, it's time to spend some time apart to reevaluate your relationship. Clearing your head can help put a new perspective on things.

2. Tackle new projects: Along with a new reality show, Montag told *People* she is also working on writing a movie script. Focusing your energy on your own projects is a way to get the creative juices flowing, and a way to redirect any negative energy you may have towards something that will benefit you.

3. Spend time with girlfriends: Hanging out with friends that are both single and attached can help you realize what you want to work on in your own relationship – and can even help you figure out which problems are just not worth fixing.
