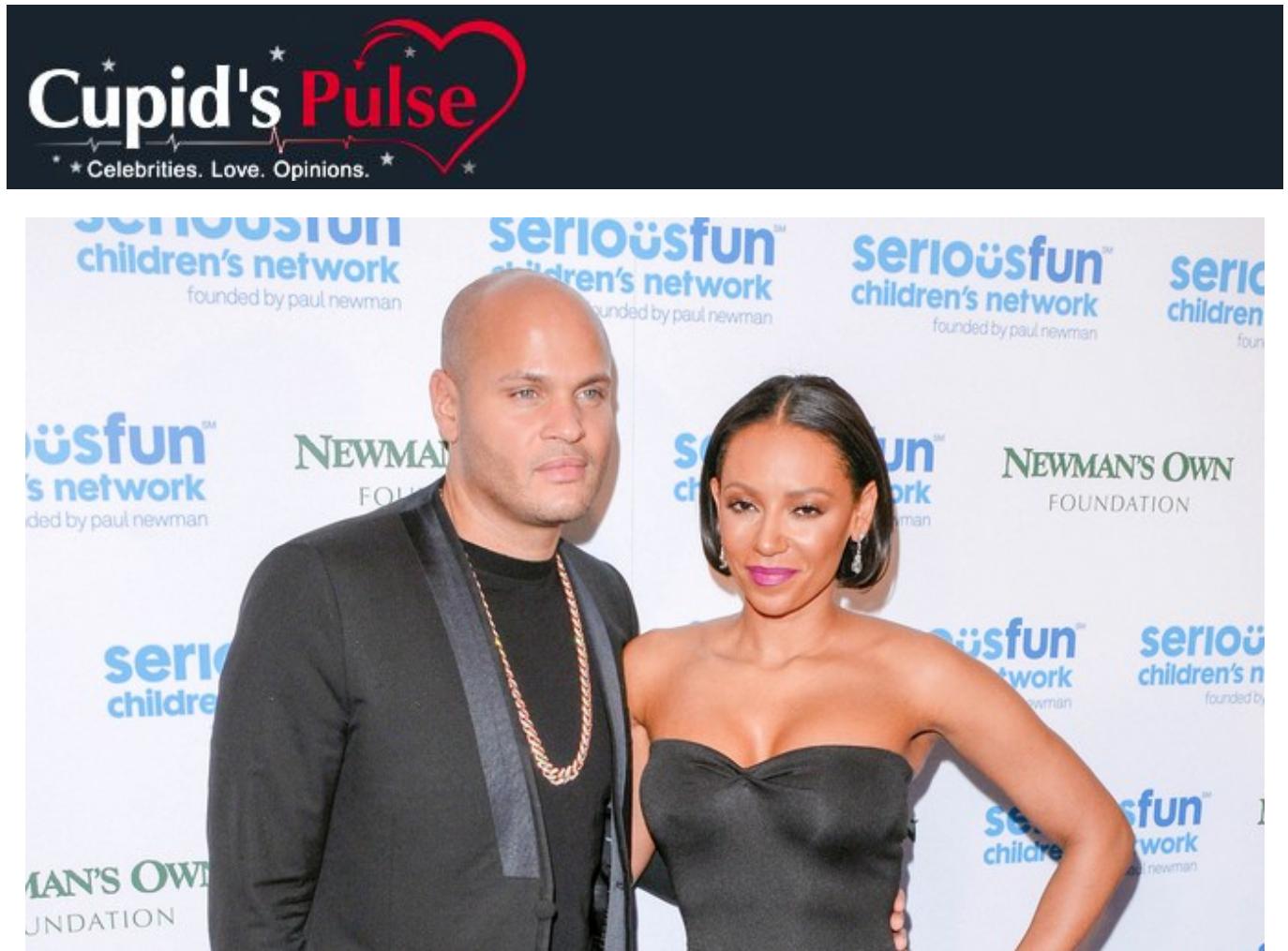


Celebrity Divorce: Mel B Makes Fashion Statement About Her Ex At The VMA's



By [Marissa Donovan](#)

This *America's Got Talent* judge is proud to be single and divorced from her husband. According to [People.com](#), Spice Girl singer Mel B made an appearance at the 2017 MTV's Video Music Awards wearing a dress that said "You Will Never Own Me." Many have speculated that the eye catching message alludes to her ongoing divorce and a temporary restraining order against her [celebrity ex](#) Stephen Belafonte. The single celebrity will be back in court on September 25th to make arrangements.

This celebrity divorce has inspired Mel B to make a bold fashion statement. How can you empower yourself through a messy divorce?

Cupid's Advice:

Don't allow your divorce to get the best of you! Although this may be a troubling process, it best to stay strong and keep your head up. Here are some ways you can empower yourself through a messy divorce:

1. Focus on your family and career: Let the new direction of your life to steer you in the direction of your family and your career. Focusing on your career will allow you to evaluate your current job and decide what your next move might be. Your family will also be a good outlet to help you move on from pain and give you the support to move on.

Related Link: [Mel B. Speaks Out about Husband Stephen Belafonte's Alleged Abuse](#)

2. Refresh your look: After any divorce or break up, some people feel the need to get a new hair cut or wardrobe. Embrace the changes that you desire! Making new changes will help you think positively about starting over in your life. If that means updating your fashion or hair style, then go for it!

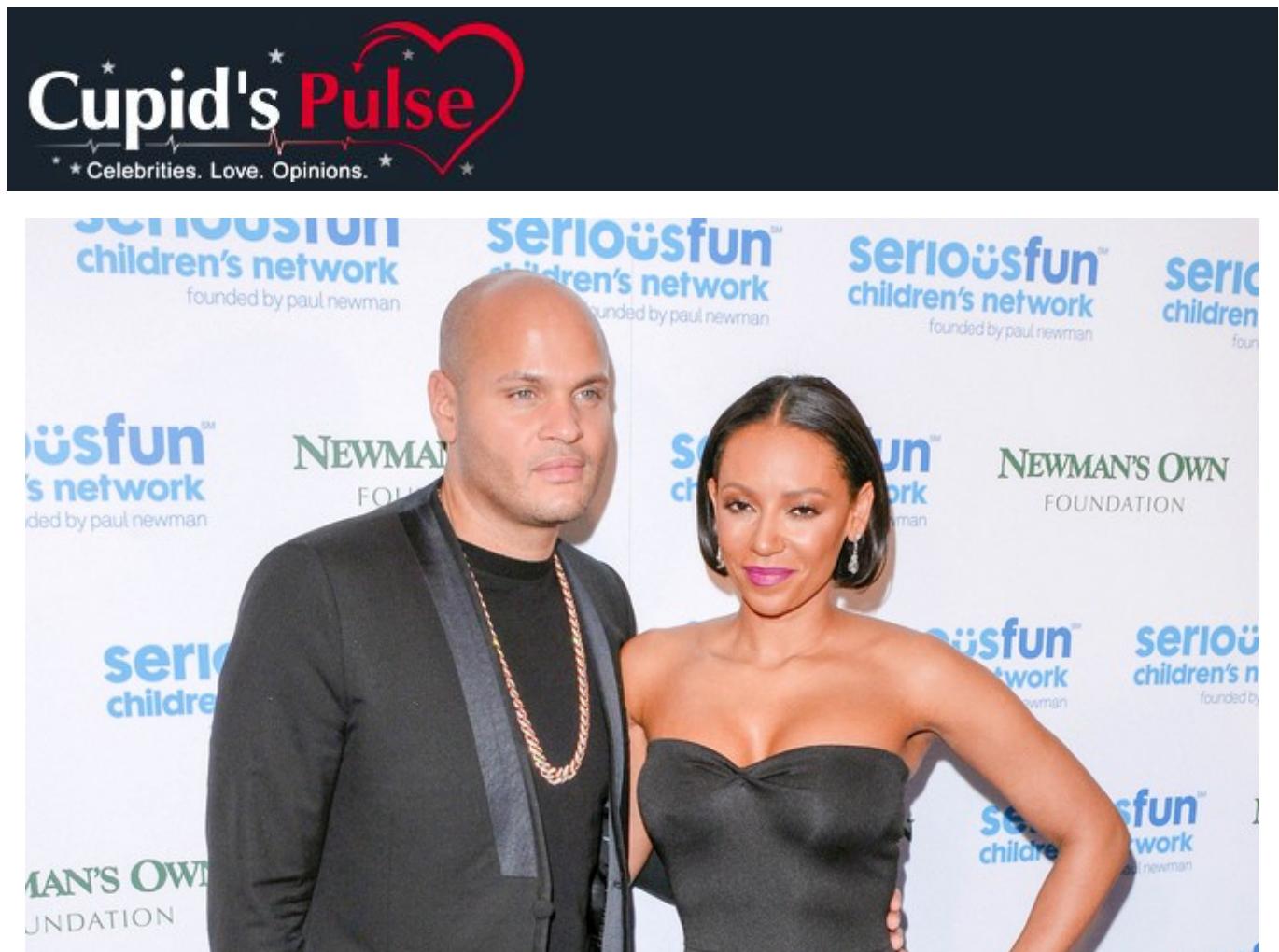
Related Link: [Former Spice Girl Geri Halliwell Is Engaged to Formula One Boss Christian Horner](#)

3. Start reading: Brush up on your reading with books that have encouraging plot lines or read your favorite genre for comfort. Even if you're not a big reader, try finding a book at a bookstore or Amazon you could see yourself reading.

Reading through your divorce will make you become invested in something besides the problems you may be facing.

What do you think of Mel B's dress? Let us know in the comments!

Celebrity Divorce: Mel B's Sister Slams Her Ex Stephen Belafonte After Abuse Claims



By Noelle Downey

One dramatic [celebrity divorce](#) took a turn for the disastrous recently when Danielle Brown, former [Spice Girl](#) Mel B's sister, lashed out at her past brother-in-law, Stephen Belafonte, amid allegations that Belafonte had emotionally and physically abused her sister during their almost ten years of marriage. According to [People.com](#), in spite of the sister's eight years of estrangement, Brown took to Instagram to defend sister Mel B., writing to Belafonte, "you are a sorry excuse of a man" and telling the world that she hopes Belafonte and the [celebrity couple's](#) former nanny, whom Belafonte allegedly impregnated, would "go to jail and rot in hell!" She ended the post with a series of hashtags, calling Belafonte everything from a "wife beater" and a "psychopath" to an "animal killer" and a "devil man." Belafonte, meanwhile, remains adamant that no such abuse occurred, maintaining that the allegations "shocked" him, despite Mel B.'s attempts to file a restraining order against him.

This celebrity divorce has drama written all over it. What are some ways to cope with negativity during your divorce proceedings?

Cupid's Advice:

In this [celebrity break-up](#), things are heating up in a noticeably nasty way! While every divorce comes with its own set of problems to be resolved, some are far more complicated than others. If you're experiencing a difficult divorce, never fear! Cupid is here with the top tips on how to cope with conflict during your divorce proceedings:

- 1. Rely on your close friends and family:** Despite the fact that these celebrity siblings haven't spoken in years, Danielle Brown is still clearly rooting for her sister. If

you're going through a difficult time with your divorce, reach out to friends and family that you trust and let them know how they can help you. Chances are they are dying to assist you in dealing with your drama in any way they can because they care so much about you!

Related Link: [Mel B. Speaks Out About Husband Stephen Belafonte's Alleged Abuse](#)

2. Get some professional help: There's no shame in visiting a therapist when you're going through a tough emotional time, or even if you just need an unbiased listening ear to help you sort through your feelings. Whether you were in a [celebrity relationship](#) or not, a failed marriage can feel like earth-shattering headline news. Making sure you have someone to talk to can help you get perspective on this painful time in your life.

Related Link: [Mel B. Walks Out on Husband Amid Domestic Abuse Rumors](#)

3. Spoil yourself a little: Are you feeling as though your world is crashing down around you in the midst of your divorce? Then don't delay, give yourself a reason to smile again by luxuriating in a little self-care. Visit a spa, plan a relaxing trip, splurge on an expensive item just for you or even just escape to a luxury hotel for a night. By treating yourself, you'll be reminded that in spite of your conflicted feelings, you are still worth being cared for and pampered.

Celebrity exes Mel B. and Stephen Belafonte are locked in a dramatic and emotionally devastating divorce battle. What are some ways you deal with emotionally difficult times in your life? Let us know in the comments!

Mel B Walks Out on Husband Amid Domestic Abuse Rumors



By [Courtney Omernick](#)

This week, it has been reported by [UsMagazine.com](#) that former Spice Girl Melanie Brown, better known as Mel B., has walked out on her husband of seven years, Stephen Belafonte. Worried fans began speculating that Belafonte abused Brown after she appeared on *The X Factor* without her wedding ring and seemed to have bruises on her face and arms.

What do you do to cope with emotional or physical abuse?

Cupid's Advice:

The dark side of a relationship is never easy to talk about, but there are many people out there who are unfortunately involved in abusive relationships, whether they are emotional or physical. However, there are ways to cope with the abuse and seek help. Below are three pieces of advice:

1. Put your safety first: Abusers rarely change. Think about your needs and how you can meet them while staying safe.

Related: [Kourtney Kardashian and Scott Disick Welcome Third Child – A Baby Boy!](#)

2. Reach out to family and friends: It can be hard at first to confess to your loved ones that you're not being treated with respect in your relationship. However, family and friends can provide you with the support you need to get through this difficult time. Who knows, maybe a friend or a family member has gone through a similar situation and can guide you through everything.

Related: [Angelina Jolie Gushes About 2014 Saying ‘I Married My Love’](#)

3. Speak with a professional: It is possible for both partners to be able to solve the issue if they speak to a therapist. Sessions with a professional can help your partner determine the causes of abusive and put them on a road to change their behaviors.

**What have you done to cope with physical or emotional abuse?
Share your stories in the comments.**

Former Spice Girl Geri Halliwell Is Engaged to Formula One Boss Christian Horner



By Amanda Boyer

Former Spice Girl Geri Halliwell is engaged to Formula One boss Christian Horner! The couple has been dating since last January and decided to commit to tying the knot on Tuesday, Nov 11. According to UsMagazine.com, the announcement was made public in the British newspaper *The Times*.

What are some ways to balance a demanding career with your relationship?

Cupid's Advice:

To make the most of your career and love life, Cupid has some advice to keep a healthy balance:

1. Do not talk about it: Instead of talking about work later in the day with your beau when the day is over, find other topics. Although you may have things to do that are crucial to your job, take a break for some quality time.

Related: [Victoria Beckham Dedicated Spice Girls Show to David and Kids](#)

2. Relax: Having non-work related conversations and getting to do fun non-work related things like watching a movie or getting some dinner at a nice restaurant can keep your minds otherwise occupied.

Related: [Is Russell Brand Dating a Spice Girl?](#)

3. Work at work: At work, do not distract yourself with thinking or talking to your partner. Although it may be hard, you will get more accomplished this way and not have to worry about the night's plans.

Any other tips you want to give? Leave them down below!

Baby Spice to Welcome Baby Number Two





Baby Spice will be showing another baby bump soon! Spice Girl singer Emma Bunton, 34, recently announced her second pregnancy with longtime boyfriend Jade Jones via Twitter. "So our family grows, we are so excited to announce we're having our second baby," Emma Bunton wrote, according to [Us Weekly](#). She and Jade Jones have one son, Beau, who is three-years-old and who seems to be excited about the news. Emma Bunton tweeted, "Beau's wish for a brother or sister has come true!"

How can a couple tell when they're ready for another baby?

Cupid's Advice:

A baby brings a couple joy and strength in their relationship, but also a higher level of responsibility and stress. So, how do you know when you're ready to bring another bundle of joy into your family's life? Cupid offers some advice:

- 1. Ask yourself questions:** Before planning a pregnancy, you should ask yourself, "Why do I want this baby?," "How will this baby affect our lives?" and "Are we ready for this change?" If honest answers to these questions from you or

your partner seem convoluted, you should consider waiting until your lives and relationship are in a more stable place.

2. Consider economics: According to the Wall Street Journal, the average cost of raising a child today is over \$225,000.

You and your partner should consider whether you're financially stable enough and can provide a good life for yourselves, your other child or children and the new baby before considering having another.

3. Keep family in mind: The most important thing for you to consider in this decision is your other child or children.

Are they happy, healthy and stable? Will you have enough time, money and attention for all your children? You should also consider other family members, such as siblings and parents, and whether they will be available to help you and your partner with your new bundle of joy.

David & Victoria Beckham Argue on 'Ellen'





According to [People](#), all-star couple David and Victoria Beckham got in their first fight in 11 years this week on *The Ellen DeGeneres Show*. Apparently, the two have very different ideas about housekeeping. They both seem to think the other is the messy one. However, there are no hard feelings between the soccer star and the former Spice Girl. "I'm sure there are a lot of things that I do that drive her crazy," said Beckham.

Is it ever a good idea to fight with your partner in public?

Cupid's Advice:

Though disagreeing about daily chores is hardly a public brawl, fighting in public is never part of a healthy relationship:

- 1. Unwanted attention:** Though you may feel strongly about your end of the argument, fighting in public can be embarrassing for both you and your partner. Wait until you can discuss things in private before you vent. It'll also give you some more time to think.

- 2. Overhearing:** When you fight in public, people around you

inevitably overhear. Often times you're having a heated discussion about topics that aren't necessarily meant to go public – personal issues. If you don't want the whole world knowing intimate details about your relationship, refrain from duking it out in a public arena.

3. Trouble: In extreme cases, you might be deemed a "trouble customer" if your fight originates in a place of business.

The last thing you need is that type of reputation at your location grocery store. Think about the consequences of your public dispute before you engage in one.