

# Product Review: Give Your Friends & Family the Perfect Holiday Beauty Products



*This post is sponsored by GLOW for a cause, Jewel Tone Nail, BioClarity, Born Skincare and FACE atelier.*

By [Mallory McDonald](#)

It is that time of the year again when deciding what to get your friends and family becomes a challenge. This year, you don't have to feel that pressure! [Beauty](#) products are a great gift for friends and family, especially because finding the right beauty product is just as challenging as finding the perfect gift. During the holiday season, there are lots of events and parties that we all want to look our best for! This

can sometimes become difficult with the harsh weather conditions, and we try to keep ourselves feeling great, but sometimes fall short. Not only do we have the perfect products for you to gift to your friends and family, but you may just want to keep them for yourself!

**[GLOW for a cause](#), Jewel Tone Nail, [BioClarity](#), [Born Skincare](#) & [FACE atelier](#) have the perfect holiday beauty products to get you ready for the season!**

#### **GLOW for a cause**

GLOW for a cause is an amazing company that not only has some of the best perfumes and skincare products available, but they also donate 5% of all proceeds to six fantastic charities! With natural ingredients like coconut oil, jojoba oil and Vitamin E, your skin will radiate a healthy glow while providing the nourishment it needs to stay vibrant. Each GLOW for a cause product is made with care because they know the importance of high-quality ingredients. Their products are clean, natural, cruelty-free, made in the USA, and some are even vegan! For \$24, you can get all of their products with their TRY IT ALL in a bag set which includes body butter, facial moisturizing cream, facial nourishing cream, facial clay scrub & facial clay mask.



GLOW for a cause products.

## **Jewel Tone Nail**

Having the time during the holidays to go sit and get a manicure is not always realistic. Instead, you can gift your friends and family with a manicure right at home. Jewel Tone Nail is also the perfect stocking stuffer! Like gel polish, but better, [Glossique](#) offers a safe and creative way for women to express themselves through nail art and achieve a picture perfect manicure in under five minutes! Unlike other nail polish and nail wrap brands, Glossique is non-toxic & chemical free, made in America and requires no heat to apply. Safe for children and adults, they are chemical-free and each Glossique set is offered in standard and petite sizing and has a total of 19 wraps in various sizes. Glossique retails for \$15, and each set is enough to achieve three uses!



A few of the 200 designs you can get with Jewel Tone Nails!

## **BioClarity**

As temperatures begin to drop, sweater weather sets in, and pumpkin spice flavored everything hits stores, another autumn and winter tradition also takes residence: dry, itchy, and irritated skin. This holiday season, count on BioClarity to restore, soothe, and heal your skin during the chilly season. BioClarity is a unique twice daily, 3-step skin treatment system that's putting chlorophyll (the green stuff in plants) to work in the fight against acne.

The BioClarity formula is non-greasy, paraben free, oil free, and cruelty-free, and suitable for all skin types- including oily, dry, combination, normal, and sensitive. BioClarity is available online without a prescription and shipping is always free with the monthly subscription fee of \$29.95.



### BioClarity's Three Step Skin Treatment System

### **Born Skincare**

Born Skincare products utilize one of the richest known sources of antioxidants to provide you with an organic and natural beauty product you need. If you found yourself outdoors during the summer sunshine, your skin could have been exposed to toxins and chemicals. Now with the colder weather, you want to make sure to revitalize your skin before the cold weather sets in. For your friends and family that have sensitive skin, gift them with the Pure Foaming Cleanser to remove makeup and gently clean out their pores. Our organic cleanser is made for both men and women. Your friends and family will love you for gifting them with a beauty product that will make their skin feel refreshed and hydrated upon use. You can feel great about this gift that won't break your bank because it is only \$28.



## Born Skincare Products

### **Face Atelier's Haute Eye Shadows**

This is the perfect stocking stuffer for your friends and family that love a bold or simple eye for going out. This holiday season, you and your friends can fall in love with [FACE Atelier's Haute Eye Shadows](#), available in 41 different shades and textures. FACE atelier offers versatile, age and race neutral cosmetics that enjoy a cult-like following among beauty industry professionals, [celebrities](#), and consumers worldwide due to their superior performance and versatility. Made with a highly pigmented micronized formula, each eye shadow glides smoothly over the eyelid, offering maximum performance and long-lasting coverage. You can choose between a four or twelve-well palette to create your own custom eye shadow set. FACE atelier eye shadows are sold pan only, giving makeup lovers the ability to design their own palette that best complements their skin tone and style. For \$17 a set you can design a few palettes for your friends and family to find the perfect one for them!



## FACE Atelier's Eye Shadow Palette's

Don't let this holiday gift giving stress you out, with these awesome beauty products your friends and family will be happier than ever!

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# New Celebrity Couple Ariel Winter & Boyfriend Levi Meaden Make Red Carpet Debut







By [Mallory McDonald](#)

There is a new [celebrity couple](#) alert! [UsMagazine.com](#) reported that Ariel Winter and Levi Meaden made their red carpet debut at the Trevor Project's TrevorLive Los Angeles 2016 fundraiser Sunday, December 4. Though Winter was single just a few months ago, she is now clearly happier than ever with her new boo Meaden. "We all deserve to be happy and live our own lives the way we want to with the people we want to!" Winter wrote on Instagram November 28, perhaps in response to the speculation surrounding her personal life. "We all deserve love and support – it's what we need."

**This new celebrity couple is making it official by going public. What are some reasons to bring your relationship into the light?**

**Cupid's Advice:**

Deciding when to let the public and those close to you in on your relationship is a tricky process. With this [relationship advice](#) you can make the right decision:

**1. Taking the next step:** If you have been dating someone for a while and you are ready to take the next step, bringing your relationship into the light can be the perfect way to do that.

**Related Link:** [Celebrity News: 'Modern Family' Star Ariel Winter Confirms She's Single](#)

**2. Strong foundation:** When both you and your partner have built a strong foundation on your relationship and are ready for other people's opinions, then it is time you make your relationship public.

**Related Link:** [Celebrity News: Did Ariel Winter Split with Longtime Beau Laurent Claude Gaudette?](#)

**3. Mutual decision:** Both you and your significant other have to be ready to take that next step. If you both had discussion about it and are ready to make it public then go ahead and make that leap!

**When did you make your relationship public? Comment below!**

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**Celebrity News: Find Out Why Sandra Bullock & Bryan Randall Aren't Getting**



# Engaged Anytime Soon



By [Mallory McDonald](#)

In recent [celebrity news](#), one of Hollywood's favorite [celebrity couples](#), Sandra Bullock and Bryan Randall shared with [EOnline.com](#) they are more than content just where their relationship is. The two have been together for a year and a half now and are balancing both of their demanding schedules. "They have been really busy but always make time to see each other," an insider shared. "They are very content with how things are going in their relationship. They enjoy the simple and quiet times together," the source adds, noting that they've taken a big step in their relationship. "Bryan and Sandra live together, and he helps with Sandra's kids like they are his own."

# This celebrity news has us realizing engagement and marriage isn't for everyone. What are some signs it's not the right time to get engaged?

## Cupid's Advice:

Sometimes a relationship is going perfectly just where it is at, and taking the next step may not be the right decision. Use these tips to help make that difficult decision:

**1. Content:** If neither you or your partner are discussing or itchy to get engaged don't. It can be a clear sign that you both are enjoying the stage your relationship is at.

**Related Link:** [Celebrity Couple Sandra Bullock and Bryan Randall Share Cozy Moment in New Photo](#)

**2. Cold feet:** If the thought of getting engaged brings either you and your partner any anxiety or stress just realize that your relationship is still in the growing stages and it isn't the right time.

**Related Link:** [Celebrity News: Sandra Bullock Leaves Spa Looking Radiant and Happy](#)

**3. Financial obligations:** Engagements and weddings can be an expensive undertaking if you both are content with your relationship and aren't financial prepared don't rush it.

**How did you know it wasn't the right time to get engaged?**

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# Celebrity Break-Up: Naomi Watts Breaks Silence After Split from Liev Schreiber



By [Mallory McDonald](#)

Naomi Watts comes forward after her [celebrity break-up](#) from longtime partner Liev Schreiber. [UsMagazine.com](#) learned what Watts shared with Australia's *Daily Telegraph* about the split, saying, "I feel I'm in a good place in my life and I want to make sure my kids are healthy, my kids are happy and things are going to go well. Those are my hopes for me and for all of us." Watts is focused on her [celebrity kids](#) and moving forward in her life. She said, "I feel, whether you're famous or not, transitions are scary for anybody. I feel like change is always scary, but that's only because transition for anyone

is new, and you wonder how things are going to go.

## **This celebrity break-up has us sad. What are some things to do soon after a split with someone you've been with for a long time?**

### **Cupid's Advice:**

Splitting with someone who has been part of your life for so long can be a struggle. Here are ways to handle a new split:

**1. Spent alone time:** After being with someone for so long it can be good to spend some time to yourself. Learn who you are on your own again and what you want your next move to be.

**Related Link:** [Naomi Watts Wishes Celebrity Ex Live Schreiber Happy Birthday One Week Post-Split](#)

**2. Friends forever:** There is nothing better than spending time with your close friends after a break-up, especially one that was a part of your life for so long.

**Related Link:** [How to Pursue Your Man Like Naomi Watts](#)

**3. Do something special:** Now that you are on your own, use this time to do something you have always wanted to do but just haven't gotten around to it. Bring the spark back into your own life!

**What do you do to handle a split from a long-term relationship? Comment below!**

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# Celebrity Wedding: Lauren Bushnell Says When She'll Marry Ben Higgins is the 'Million Dollar Question'



By [Mallory McDonald](#)

In the season finale of *Ben and Lauren: Happily Ever After*, former *Bachelor* [Ben Higgins](#) called off his [celebrity wedding](#) to Lauren Bushnell. Rumors of the two not making it after this decision are completely untrue. [UsMagazine.com](#) learned how Higgins feels about their relationship status, as he said, "I think at this point, Lauren and I are focusing on our relationship, which is obvious. We're definitely together – we are happily engaged. The wedding in our mind – 'Where's your



ring at?’ – is still on, but we are just taking some time to help plan that where it’s not stressful or overwhelming.” Bushnell shared, “Any couple feels the same pressures – you get engaged, and everyone asks when is the wedding. ... We’ve navigated it relatively well and [are] doing things on our own timeline, honestly.” The stress of the show may have definitely changed the dynamic in this [celebrity relationship!](#)

## **We sense a little bitterness when it comes to the planning of this celebrity wedding. What are some ways to deal with a partner who is reluctant to tie the knot?**

### **Cupid’s Advice:**

Tying the knot is a serious step in a relationship and for many, it can feel overwhelming. Use this [relationship advice](#) to help ease your partner into marriage:

**1. Be understanding:** It can be hard to be understanding of your partner when they are putting the breaks on a wedding and you are ready to move forward. But you have to always be supportive of your partner’s feelings.

**Related Link:** [Celebrity Wedding: ‘Bachelor’ Ben Higgins Reveals Proposal Tips After Calling Off Wedding](#)

**2. Discuss the decision:** Make sure to not let this decision fly under the rug. It is important to understand why your partner isn’t ready so that there isn’t any confusion.

**Related Link:** [Ben Higgins & Lauren Bushnell Butt Heads Over Televised Celebrity Wedding](#)

**3. Be patient:** Trying to be patient when you are ready for the



next step can be extremely challenging. However, the more patient you are, the easier it will be for your partner to become ready.

How did you handle your partner not being ready for marriage? Share your experiences below.

# 'Glee' Alum Naya Rivera Files for Celebrity Divorce from Ryan Dorsey After Two Years



By [Mallory McDonald](#)

Afer two years of [celebrity marriage](#), *Glee* alum Naya Rivera has filed for a [celebrity divorce](#) from Ryan Dorsey. According to [EOnline.com](#), the two released a statement saying, “After much consideration, we have made the decision to end our marriage. Our priority is and always will be to our beautiful son that we share together. We will continue to be great co-parenting partners for him. We ask for respect and privacy for our family during this difficult time.” The court documents have irreconcilable differences listed as Rivera’s reason for filing for divorce. Even though the two are now [celebrity exes](#), the were once very happy together. Soon after they get married, they shared with *People*, “We feel truly blessed to be joined as husband and wife. Our special day was fated and everything we could have ever asked for.”

## **This celebrity divorce comes after only two years of marriage. How do you know when divorce is the only option?**

### **Cupid’s Advice:**

Having to decide if you are ready for a divorce can be extremely difficult and emotionally draining. Use this advice to help make that difficult decision:

**1. Constant fighting:** It is the oldest one in the book, but if you and your partner are not able to stop fighting despite efforts on both parts, the relationship just isn’t working anymore and a divorce may be the best option for both of you.

**Related Link:** [Surprise! ‘Glee’ Star Naya Rivera Will Welcome Celebrity Baby with Husband Ryan Dorsey](#)

**2. The spark has died:** The spark will fizzle out has time goes on, it will never be the exact same as when you first started

dating. However, there are ways of keeping the spark going. If the attraction and desire have completely gone away, this is a good sign the marriage is over.

**Related Link:** [Naya Rivera Secretly Marries Ryan Dorsey on Original Wedding Date to Big Sean](#)

**3. Dissimilarity:** If you and your partner once had a lot in common and found yourself always sharing conversation and activities and that has now gone away completely, your relationship may have come to an end.

**How did you know divorce was your only option? Comment below!**

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## **Celebrity News: Jennifer Lawrence Praises Boyfriend Darren Aronofsky as 'Visionary'**





By [Mallory McDonald](#)

In recent [celebrity news](#), [Jennifer Lawrence](#) says that her boyfriend, Darren Aronofsky, is a “visionary.” Lawrence is acting in his upcoming movie *Mother*, and [UsMagazine.com](#) reported that she accepted the role before even reading the script. Lawrence also talked about her process of accepting or turning down roles, saying, “I don’t like waking up with nothing to do or going to sleep without accomplishing anything. That really depresses me.” This [celebrity couple](#) has been hanging out and seeing each other since October and things continue to heat up. Before she even met Aronofsky, she knew she wanted to work with him after his movie *Black Swan*. Now, she not only gets to work with him, but is happy in a relationship with him, too!

**This celebrity news shows the pride between two partners. What are some ways to show your appreciation for**

# your partner's achievements?

## Cupid's Advice:

Being proud and supportive of your partner during success is a great quality to bring to your relationship. Here are some ways to really make your significant other feel special:

**1. A night out on the town:** A fun way to celebrate your partner's achievements is to take the night off and go to your favorite restaurant and enjoy celebrating the success together.

**Related Link:** [Celebrity News: Jennifer Lawrence Says She's 'Lonely Every Saturday Night'](#)

**2. Simply sweet:** Sometimes our partners may feel shy about their accomplishments. If this is the case, a simple bouquet of flowers or a note sharing how proud you are of them may be the perfect way to show your support.

**Related Link:** [Ex Celebrity Couple: Jennifer Lawrence & Nicholas Hoult Reunite at Golden Globes](#)

**3. Showcase their work:** No matter what accomplishment your significant other has achieved, there is some kind of way you can show off their work. Either in your home or in their workplace, take the time to really show how proud you are by showing off their work.

**How do you celebrate your partner's achievements? Share your thoughts below.**

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# 'Bachelor' Celebrity Couple Ben Higgins & Lauren Bushnell 'Happier Than Ever' After Calling Off Wedding



By [Mallory McDonald](#)

One of *The Bachelor's* hottest [celebrity couples](#), [Ben Higgins](#) and Lauren Bushnell, called off their [celebrity wedding](#)! According to [UsMagazine.com](#), they called off the wedding on their reality TV show, *Ben & Lauren: Happily Ever After*. However, the two claim they are happier than ever after making this decision. "That's one of the things that's great about doing a show post-*Bachelor*. It really does highlight the confusion that life is and trying to get to know each other



post-show, and trying to figure out how to get married and make everything work in everybody's best interest," Higgins told *Entertainment tonight*. "We are together, happier than ever – no plans to break up!" Higgins has no regrets of sharing his concerns and calling off the wedding, "We're in one of the best places we've ever been in our relationship – probably the best place," he told *ET*. "We're feeling less stressed. We're feeling less pressured. We're able to laugh and smile more. ... That decision at that point led us to every decision we've made to get to today."

## **This *Bachelor* couple isn't walking down the aisle anytime soon. What are some ways to know you're not ready for marriage?**

### **Cupid's Advice:**

Rushing into a marriage could end it before it even really begins. These are some ways to recognize you aren't ready for marriage:

**1. Anxiety:** Planning a wedding is always going to create some anxiety. But, if that anxiety is taking over and shadowing the happiness and joy that also comes with it, it may be time to call it off.

**Related Link:** [Ben Higgins Feels 'Disconnected' from Celebrity Wedding Planning](#)

**2. Fear:** Getting cold feet before the wedding is normal for a lot of people. However, there is a difference between cold feet and being terrified of getting married. If you are feeling uncomfortable, it is important to be honest with your partner.

**Related Link:** [Ben Higgins & Lauren Bushnell Butt Heads Over Televised Celebrity Wedding](#)

**3. Feeling pressured:** A marriage needs to be a completely mutual decision. If you feel like you were pressured into the marriage, you may end up resenting your partner. Avoid that by taking the time and slowing things down.

**Why did you decide you weren't ready for marriage? Comment below!**

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## **New Celebrity Couple Avril Lavigne & Ryan Cabrera Heat Things Up**





By [Mallory McDonald](#)

[EOnline.com](#) has the scoop on new [celebrity couple](#) Avril Lavigne and Ryan Cabrera's [date night](#)! The two were seen enjoying a night at Chalk Point Kitchen in New York City. The pair enjoyed a nice romantic and quiet evening doing their best to spend alone time together in a corner booth. A source shared the couple "snuggled up" at their table. "Avril was extremely affectionate to Ryan, giving him cute hugs in the booth and kisses," the insider added. "They seemed in love." They shared some white wine and enjoyed a round of appetizers and dinner. The source also added, "They were really friendly to everyone," the insider noted. "Ryan was very bubbly and sweet to all the wait staff." These two were friends for a long time before making things intimate!

**This new celebrity couple is heating things up! How do you know when to take your relationship to**

# the next level?

## Cupid's Advice:

Deciding when to take things to the next level can be tricky. But with these [dating tips](#), you can make the right decision:

**1. Carefree:** When both partners are relaxed and easygoing in the relationship and are not worried about the future, that may actually be the perfect time to take the next step.

**Related Link:** [New Celebrity Couple? Avril Lavigne Goes on Romantic Dinner Date with Ryan Cabrera](#)

**2. Communication:** It doesn't matter how passionate or how close you are in a relationship if your communication is lacking. When communication becomes freely flowing, it is the perfect sign to keep moving forward.

**Related Link:** [Avril Lavigne and Chad Kroeger Announce Celebrity Break-Up After Two Years of Marriage](#)

**3. Sympathetic:** Even the little things that go wrong in our daily lives can throw us off track. If your partner is sympathetic, understanding and patient when these things frustrate us, they may be a keeper!

**When do you take your relationship to the next level? Share your thoughts below.**

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# Product Review: Celebrity

# Moms Use Diono Convertible+Booster Car Seat For Travel



*This post is sponsored by Diono.*

By [Mallory McDonald](#)

[Celebrity mom](#) Giuliana Rancic makes sure that her [celebrity son](#) Duke is always in his Diono Convertible+Booster Car Seat before going anywhere in the car. Ali Landry recently attended the 5th Annual Red CARpet Safety Event and also adored the Diono Radian RXT Convertible+Booster Car Seat. The Radian RXT is the ultimate in car seat safety with reinforced extra deep side walls providing enhanced side impact protection for little travelers. Diono is committed to providing safety for

your kids in style. This car seat is made with premium materials and thoughtful safety features like a steel alloy frame, aluminum reinforced side walls, energy absorbing EPS foam, and a reinforced adjustable head support keep your little one safe and sound. You will never have to worry about the safety of your child while feeling chic and trendy for a retail value of \$359.99!

**You and your child can feel safe and famous riding with the Diono Convertible+Booster Car Seat and Diono's Organization & Travel Accessories!**



Diono's must-have organization and travel accessories!

### **Stow 'n Go™**

The Stow 'n Go keeps everything organized for \$10.99 and is easy to find when you need it. It is an under the seat organizer and has three full sized pockets in a washable, waterproof fabric. Features individual panels of high-density



foam that contour to any vehicle seat and protect upholstery from the permanent indentations caused by child safety seats. Non-slip surfaces on the top and bottom prevent slipping and sliding of child safety seats.

### **Travel Pal™**

The travel pal was designed to keep those small toys that float around your car organized. It has a deep cargo bin for toys and lots of pockets for smaller things, too. Plus it includes insulated drink holders and the entire cargo area is waterproof – just in case. Travel Pal fits between two child car seats and it's big enough to hold everything for both children! Arguably one of the best organizers for \$15.99.

### **Pop Up Trash Bin™**

This collapsible storage bin pops open when needed for those extra toys or for trash. The drawstring top keeps items secure and it is made with water resistant fabric as spills are a daily occurrence in parents cars. The retail value is only \$7.99 and it collapses flat for storage and travel. 7" W x 8" H. Takes Bag It disposable trash bags (not included).

### **Stuff 'n Scuff™**

The Stuff 'n Scuff also features washable, waterproof fabric to keep the messes to a minimum in the back of your car. The pop open design maintains its shape providing full seat protection and the cargo pocket holds everything. Fastens easily around any headrest and the adjustable lower tab secures it in place. It folds so you can easily store it in the car on the go! Make your car feel brand new with the Stuff 'n Scuff for \$10.99.

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# Product Review: Keep Your Face Flawless With Jojoba's Facial Hydration Products



*This post is sponsored by Jojoba.*

By [Mallory McDonald](#)

Finding the essential [beauty](#) product that can hydrate your skin without leaving your face feeling greasy or worse than before is a struggle for many. We see [Hollywood celebrities](#) with flawless skin, even without make-up and beauty products on! The question becomes how to achieve this flawless skin from the comforts of your own home. But, this process can become restless trying to separate the good facial products from the bad. With the help of Jojoba's beauty products, your

hunt can end. Jojoba is a golden liquid wax (often called jojoba oil) that is made from the jojoba bean. A plant native to Southwestern North America, it was highly valued by the Native Americans of the Sonoran Desert as a potent balm for skin ailments and a skin restorer.

**Jojoba is the perfect remedy for hydrating skin and can make you feel like a Hollywood celebrity from the comforts of your own home!**

### **100% Natural Australian Jojoba**

This particular product is the perfect base for your skin care, and it's a complete home remedy kit! It contains antioxidants, Omega 6 and nine essential fatty acids, and Vitamin A, D and E, which nourish and enrich the skin. It can be used multiple times a day and is only \$22.50.



### **100% Natural Jojoba + Rosehip Oil**

With the same benefits as 100% Natural Jojoba, adding the rosehip oil adds a deeper level of nourishment. Adding rosehip oil allows the product to get deeper into the skin where just the natural jojoba alone cannot. This product works amazing on

scars and stretch marks and costs \$29.95.



### **100% Natural Ultimate Jojoba**

For \$39.95, only \$17 dollars more than the 100% Natural Australian Jojoba, you can start to not only hydrate your face, but can also begin to get rid of unwanted wrinkles. It has all the multi-vitamins your skin needs and helps make your skin feel youthful again!



### **Natural Pigmentation Oil**

Ever worry about trying to cover up or hide uneven skin tones, pigmentation or age spots? The natural pigmentation oil deeply moisturizes the skin, makes it more even, and reduces age spots. With a retail value of \$39.95, this is a must have!



## Hydrating Day Cream

Trying to find a good cream that can help hydrate your face while wearing makeup every day is challenging at best. This hydrating day cream is only \$32.95, is lightweight and quickly absorbs into your skin making it the perfect product to wear daily.



With five products you can have the perfect facial hydration kit right at home. No more dry skin, red spots and age spots, your skin well never be more thankful!

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# 'Gilmore Girl' Star Jared Padalecki's Wife is Expecting Celebrity Baby No. 3



By [Mallory McDonald](#)

Another [celebrity baby](#) is on the way for *Gilmore Girls* star Jared Padalecki! Padalecki's wife Genevieve Cortese is expecting their third child, and according to [UsMagazine.com](#), the actor announced on the news on *Live with Kelly*. This [celebrity couple](#) met on the set of his show *Supernatural*. Padalecki said, "It was really special and unexpected. The story I tell amongst my friends is that she wouldn't leave me alone. So finally I was like, 'Fine, I'll go on a date with you.'" But in reality, it was the other way around! "I thought she was cute and smart and she would always



read books,” he told host Kelly Ripa. “It turned into hanging out, talking about traveling, and [then] turned into dinner.” These two are pros at parenthood already, and we can’t wait to meet their third!

## Another celebrity baby is on the way for this *Gilmore Girls* actor! What are some ways to prepare for a third child versus your first or second?

### Cupid’s Advice:

Every pregnancy is different, and the way you prepare for one may not be the same as another. Here is how to best prepare no matter if it is your first or your last:

**1. Normalcy:** For as long as possible (depending on your pregnancy), try to keep your routine as normal as possible. This can make the pregnancy seem less stressful and just part of your life.

**Related Link:** [‘Supernatural’ Star Jared Padalecki Welcomes Second Son](#)

**2. Educate enough:** During any pregnancy, always read up on the latest pregnancy fad. There is always new and important information being updated.

**Related Link:** [‘Supernatural’ Star Jared Padalecki and Wife Genevieve Are Expecting Baby #2](#)

**3. Enjoy the pregnancy:** In your first or second pregnancy it can be easy to stress the little stuff, especially because there are so many changes happening to your body. This time, you can expect these, so try to just enjoy the natural

process.

What ways did you prepare for each of your kids? Comment below!

# Celebrity Wedding: 'Bachelor' Alum AshLee Frazier Is Engaged to Longtime Friend Aaron Williams



By [Mallory McDonald](#)

*Bachelor* alum AshLee Frazier has a [celebrity wedding](#) to look forward to in her near future! Frazier shared a statement with [UsMagazine.com](#), saying, “After a 10-year friendship and 11 months of courtship, I am marrying my best friend.” Frazier announced her [celebrity engagement](#) to real estate agent Aaron Williams. Williams proposed to Frazier on the Brooklyn Bridge and Frazier captioned a social media post, “Best walk. Best view. Forever in my heart!” Frazier has had some ups and downs in her love life. The reality star was first married to her high school sweetheart, and then went on the *Bachelor* and the *Bachelor In Paradise* only to not find love, so it hasn’t been the easiest journey. Now, she is happier than ever and looking forward to the feature with her beau!

## There’s another *Bachelor* alum off the market! What are some ways to turn a friendship into something more?

### Cupid’s Advice:

Friendships are near and dear to our hearts, and it can be hard to choose the right time to take it to the next level. But with these [relationship tips](#), you’ll have no problem:

**1. Chemistry:** The single most undeniable part of a good friendship turned to a relationship is chemistry. When you have chemistry and sparks with someone, it is undeniable even if you think you are just friends.

**Related Link:** [Celebrity News: ‘The Bachelor’ Stars AshLee Frazier and Sarah Herron Find Love](#)

**2. Communication:** All friends communicate, but there is a difference between talking to someone as a friend or as something more. If conversations feel as though they could

transition to an emotional connection, you may be more than friends.

**Related Link:** [AshLee Frazier Opens Up About Being “Most Hated” on ‘Bachelor in Paradise’](#)

**3. Happiness:** If your friend makes the world light up for you even when they aren't there, you may want to consider turning that friendship into a relationship. Just think of how happy they could make you as something more!

**How did your friendship grow into a relationship? Share your experiences below.**

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## **Celebrity News: Miranda Lambert Stuns at CMA's with Boyfriend Anderson East**





By [Mallory McDonald](#)

In recent [celebrity news](#), Miranda Lambert's [celebrity relationship](#) with Anderson East is heating up, and the two couldn't be more stunning! This year at the CMA's, Lambert killed the red carpet with East looking dashing next to her. [UsMagazine.com](#) reported that post [celebrity break-up](#) with her ex [Blake Shelton](#), she was really struggling, and like most artists she used her music to get through it. But now, Lambert is looking happier than ever with East, and they are becoming one of Hollywood's favorite couples! East and Lambert starting dating last winter and have been keeping their relationship low-key. However, the two killed the CMA's with coordinating outfits. " East was in a white dress shirt, black tie and black suit, and Lambert in a low-cut, black-and-sheer Georges Hobeika gown that showed off her tanned and toned figure, along with Monika Chiang heels, a Lee Savage clutch and jewelry by Hearts on Fire, Borgioni, Butani and Doves."

**This celebrity news has us happy**

# that Miranda Lambert moved on from Blake Shelton. What are some ways to know you're ready to move on after a split?

## Cupid's Advice

Splitting up with someone who has been in your life for a long time is a difficult decision to make. Cupid is here to help you decide about the right time:

**1. Silence:** Sometimes it can be easy to say a relationship is over when there is a lot of fighting and screaming going on. While fighting isn't necessarily a good thing, when a relationship becomes silent and there is no longer any communication, this can be the clearest indicator it is over.

**Related Link:** [Celebrity Couple Miranda Lambert & Anderson East Talk Marriage and Kids](#)

**2. Constant contest:** When the relationship is getting to its end, it can be easy to see that you both don't agree on anything. If you can never come to an understanding or meet half way on issues, the relationship may need to end.

**Related Link:** [Relationship Advice: Prepare For The Unexpected Love Like Blake Shelton & Gwen Stefani](#)

**3. Depressed:** If you are not happy in your relationship anymore and it is leaving you both feeling drained and depressed, staying in the relationship is only making it worse for both of you.

**When did you know you were ready to move on post-split? Comment below!**



# Product Review: Keep Warm These Colder Months With Peekaboos Ponytail Hats & Scarves



*This post is sponsored by Peekaboos.*

By [Mallory McDonald](#)

Keeping warm while staying fashionable can be a challenge during the fall and the winter. [Fashion](#) is always changing, and it can be challenging to find the perfect pieces to help stay warm and feel confident in your look. Finding the perfect

coat or the warmest pair of jeans can be the easiest in completing your look. But two of the areas on our bodies that are hard to protect are our ears and our necks. Trying to be fashionable and efficient while keeping your ears warm can be especially trying. These troubles are a thing of the past with this amazing line of winter wear!

## **Peekaboos Ponytail Hat & Scarves will forever change how you keep warm and stay trendy in the cold!**

### **The Classic Cable Ponytail hat**

The Classic Cable ponytail hat offers multiple openings for ponytails hidden inside a cable knit twist. The openings allow for wearing a medium, high or low ponytail. Because the openings are well hidden, Peekaboos hats also look great when wearing your hair down. The Classic Cable is one of our smartest designs yet, offering versatility and convenience in a ponytail hat. The Classic Cable is currently available in six colors. Not only will you be able to keep warm, but now you can easily wear your hair in the most convenient way! The Classic Cable ponytail hat is only \$36.95 and the hats are washable, non-itch and include a fleece ear lining for the harshest weather!



Peekaboos Ponytail Hat In  
Aspen Gray

### **Contour Cowl Scarf**

Peekaboo's designed a Contour Cowl Scarf that features a cable knit pattern with a contoured back. The scarf not only provides a comfortable fit around the neck and shoulders, but it also has a stretchy section for easy on and off. The simple and effortless design offer customers with the best protection when the weather is cold, without having to tie or twist. It's perfect for carrying the groceries to the car, taking the dog for a walk, a day in the city, or for your favorite sport and fitness activity. The Classic Cable ponytail hat and fuss-free Contour Cowl are always great to pair together! With both their Classic Cable ponytail hat and the Contour Cowl Scarf, you will have no trouble keeping warm and looking great! The scarf is also available in six colors, is washable and non-itch, and is retailed at \$24.95.



Peekaboo's Scarf In Aspen  
Grey

Don't let the cold weather keep you down this winter! With these awesome products, you can take the streets feeling ready to take on the world in the frigid weather!

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## **Fashion Trend: Break Out the Floral Print This Fall and Winter**





By [Mallory McDonald](#)

[Fashion](#) is always changing and as styles come and go, the way we rock a look will change with it. While floral prints are known for their vibrant colors and appealing patterns, the idea that florals are for the warmer seasons is a thing of the past. Recent [celebrity fashion trends](#) are showing that florals are making a comeback in a darker and more radiant way. By changing the hues of the floral prints, it is becoming one of the hot fall and winter commodities in fashion. The best part about having florals be a year round fashion trend is that there are so many options with floral prints. You can turn a simple everyday outfit into the perfect outfit to wear to work or even out on the town!

## Here is how to make spring florals a fall fashion statement:

**1. The classic dress:** Dresses are the perfect go-to. The same can be the same with floral prints. Wear a floral dress complimented with dark accessories & dark boots to bring the

fall vibes through your outfit. Not only will you be comfortable but you will be trendsetting as you go!

**Related Link:** [Product Review: A diaper Bag Fashion Statement](#)

**2. Emphasize the accessories:** Choose a floral print that is dark in nature with some pops of color. Use your accessories to bring the underlying color in the floral print to life!

**3. Blouses and denim:** There is never enough outfits that you can pair with your go-to denim jeans. This fall find a floral print blouse that will flow perfectly with that pair of jeans that you just can't wear enough.

**Related Link:** [Rock the "Dress-Over-Pants" Fashion Trend This Fall With Celebrity Stylist Alexa Taylor](#)

**4. Skirts are in:** This fall skirts are becoming more and more popular just like the floral print. Combine the two fashion trends to make a kill outfit with a flowy and elegant floral skirt!

**5. Shoes are a statement:** An outfit is never complete without the perfect pair of shoes to round out the look. For those days where you can't seem to bring any life to an everyday outfit, throw on a pair of floral shoes & really make the outfit go from drab to fab!

**What are some other ways to incorporate floral prints in your wardrobe? Share your thoughts below.**

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# Celebrity News: Source Says



# Mariah Carey Is 'Devastated' by James Packer Dumped Her 'Out of Nowhere'



By [Mallory McDonald](#)

Mariah Carey moved quickly into a [celebrity relationship](#) with James Packer, and in [recent celebrity news](#), the relationship came to a crashing halt. According to [EOnline.com](#), Packer called off the couple's [celebrity engagement](#), and Carey is left devastated by the sudden split. A source told *E! News* exclusively that Carey was "blindsided" when Packer dumped her "out of nowhere." Another source shared that she only learned the relationship was over by seeing it in the press. We learned that "the split has been devastating for Mariah. She loved James and was planning to marry him...She made life

changes for this man to prepare for their future as husband and wife, even relocating to L.A., at James' request, so he could be closer to his children. Everything she has done over the past year is to prove how fully committed she is to their life together. She really wanted this to work. And then, completely out of the blue, it imploded." This [celebrity break-up](#) is going to leave the two reeling and cause a lot of media attention!

## **This celebrity news has breakup drama written all over it. What are some ways to keep your breakup story out of the public eye?**

### **Cupid's Advice:**

A very public break-up can make everything even more stressful and painful. Cupid is here for how to avoid your breakup becoming public:

**1. An understanding:** The decision to end the relationship needs to be a decision that both partners agree to. It cannot be a surprise because it will leave the opportunity for the public to learn first.

**Related Link:** [Celebrity News: Mariah Carey Turns to Dancer After Problems with fiancé James Packer](#)

**2. United front:** Both you and your ex-partner need to be united on the break-up so that there is no confusion when it does become public knowledge.

**Related Link:** [Mariah Carey: Moving Quickly in a Celebrity Relationship?](#)

**3. Keep it private:** Until the break-up is over and both people

have moved on, try to keep it between the two of you. Even if it was not an amicable end, try to remember it will only become worse with the public's opinion.

How do you shield your breakup from the public? Comment below!

# Celebrity Couple Bradley Cooper & Irina Shayk Have Discussed Marriage



By [Mallory McDonald](#)

[Celebrity couple Bradley Cooper](#) and Irina Shayk are getting serious in their relationship as they discuss the idea of a [celebrity marriage](#)! According to a source from [EOnline.com](#), “They are in an extremely happy place between the two of them. They have discussed marriage and kids.” Not only could a [celebrity marriage](#) be in the future, but possibly a [celebrity kid](#) as well! The two also plan to [travel](#) for the holidays, and that season is now upon us! A source shared, “They plan on going on a tropical vacation for the holidays together with their families and close friends. Irina and Bradley like to live a private life.” The two are very supportive of one another and seem to be ready to start taking the next steps!

**This private celebrity couple is thinking about the future. How do you know when it's time to think about next steps in your relationship?**

#### **Cupid's Advice:**

Deciding when your relationship is ready for the next level can be difficult because you don't want to move too fast. Cupid is here to help decide when to make this decision:

**1. Supportive:** If you and your partner have become supportive of almost every aspect in each others' lives separately from the relationship, this can be a good indicator to take the next step.

**Related Link:** [New Celebrity Couple Bradley Cooper & Irina Shayk Make Red Carpet Debut](#)

**2. Understanding:** Relationships are far from perfect, and

there will always be ups and downs at every point in the relationship. If you and your significant other have found ways to be understanding of one another's flaws, this is a good way to determine if you can make that next move.

**Related Link:** [Celebrity News: Jennifer Lawrence Says Bradley Cooper Is Her Work Husband](#)

**3. Steady:** A good indicator that a relationship isn't ready to take the next step is when there is constantly a question as to whether the relationship will last. Once you have been steadily going in a relationship and don't see it ending, it could be time to make the move toward a future together!

**How did you know your relationship was ready for the next step? Comment below.**

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## **Product Review: The Perfect Beauty Products To Look Your Best This Fall**







*This post is sponsored by iRestore, Belli's and `SASĒ.*

By [Mallory McDonald](#)

The fall season is approaching and with it comes colder weather, which can be harsh on our bodies. Our hair starts to feel dry, and that dryness can cause the ends to split, which gives our hair an unhealthy appearance. Along with dry hair comes dry skin, and the colder the temperatures get, the more dried out our skin becomes. It can be hard to find a product that gets skin feeling smooth and soft. Something that is unavoidable most months of the year, but is more easily hidden during the fall, are the exasperating stretch marks that come with growth and age. It can be easy to follow [celebrity news](#) and look for the best beauty products on the market. With these products below you won't need to search any longer!

[\*\*iRestore's Hair Growth Serum,\*\*](#) [\*\*Belli's Stretchmark\*\*](#)



# Minimizing Cream , & SASĒ Skincare products are your answer for looking your best during the fall months & preparing your body for winter!

## **iRestore Hair Growth Serum**

iRestore launched its new hair growth serum this September, and it has been seeing the best results. The hair growth serum helps grow thicker and healthier hair and was developed using an advanced thickening formula, Redensyl<sup>®</sup>, that is clinically proven to stimulate hair growth for both men and women. This solution is noninvasive and made of natural ingredients that proliferate hair growth and allows users to have more beautiful hair without negative side effects. While the serum is designed for those with thinning hair and alopecia, it is helpful for those not suffering from this who just want thicker and healthier hair. By applying 1ml two times a day directly onto the scalp in areas of hair loss or desired areas of growth, users can expect to see significant visible results in as little as three months. For only \$39.99, you can keep your hair full and strong during the harsh colder months! While there are no dangerous ingredients, it is not recommended for pregnant women and children.



iRestore Hair Growth  
Serum & Packaging

### **Belli Stretchmark Minimizing Cream**

Stretch marks can be a major insecurity for lots of people. There are tons of creams out there, but most of the time the results are not what you're looking for. As our skin dries out from the colder months, stretch marks can sometimes become irritated and more apparent. The Belli Stretchmark Minimizing Cream is specially formulated to decrease the appearance of existing stretch marks of any age. The Cream features *darutoside* & *regisstril*, ingredients shown in research studies conducted by Phybiotex Labs, Sederma Group, France, 1997 to visibly reduce the appearance of stretch mark depth by up to 72% and stretch mark length by up to 52%. Don't let stretch marks keep you feeling insecure about your body. Try the Belli Stretchmark Minimizing Cream yourself for \$49 to get those stretch marks gone for the warmer months!



Belli

Stretchmark  
Minimizing  
Cream

## `SASĒ Skincare

The most noticeable thing that happens to our body during the colder months is dry skin. `SASĒ skincare has come out with a new line formulated to do the work of 7 products in just 2, without sacrificing results. These two multi-effective products help women simplify their daily beauty process so they can enjoy healthy, youthful, beautiful skin. The Hydra-Purifying Cleanser is a daily cleanser that, for only \$45, serves as a multitasking skincare solution. In addition to cleansing, it is a hydrating mask and natural non-abrasive exfoliator. The Advanced Hydra-Illuminating Skin Therapy is also a one-step skincare solution which delivers all the benefits of a moisturizer, serum, eye cream and neck cream in one application for \$110. Deeply hydrating yet lightweight, this sophisticated cream leaves skin rejuvenated, repaired and protected against environmental damage, dehydration and dullness.



The Hydra-Purifying  
Cleanser 3 IN 1 & the  
Advanced Hydra-Illuminating  
Skin Therapy 4 IN 1

Make sure it is the cold weather making you bundle up and not insecurities about your beauty troubles!

# Find Out Why JoJo Fletcher & Jordan Rodgers' Celebrity Wedding is Still on Hold



By [Mallory McDonald](#)

Fans of *The Bachelorette* are wondering when [celebrity couple JoJo Fletcher](#) & Jordan Rodgers' are finally going to tie the knot. According to [EOnline.com](#), there is one particular reason why the two haven't set a date yet. The two are stuck trying to decide on a location! "We're trying to figure out where it's going to be first," Jordan explained. "We have family in California, family in Dallas... we're just

enjoying being together right now,” JoJo chimed in, adding that living together in Texas is “so good.” It seems that Fletcher is taking on a lot of the wedding responsibilities as Rodgers’ feels that the wedding planning is all on her. But don’t worry; Fletcher isn’t planning alone! Rodgers’ mother has been helping her out in the process. “His mom is always sending me wedding books, and we’re like, ‘We’ve gotta figure out where it’s going to be first!’” However, despite all the drama, the couple does hope to be wed sometime in 2017!

## **This celebrity wedding to be has no date set as of yet. What are some warning signs that you and/or your partner are having second thoughts about marriage?**

### **Cupid’s Advice:**

Sometimes marriage just isn’t right for everyone. Use this [relationship advice](#) to help decide if that next step is right for your relationship:

**1. Zero mention:** If for months you and your partner have been discussing the wedding and the planning that goes with it, and then all of the sudden there is no mention of it, this could be a sign that you or your partner isn’t ready for that step in the relationship.

**Related Link:** [Celebrity News: How Are JoJo Fletcher & Jordan Rodgers Doing Post- ‘Bachelorette’?](#)

**2. Hostility:** If either you or your partner is starting to become hostile or irritable when the topic of marriage or wedding planning comes up, this could be a sign that it should be put on hold. You may need more time to build your relationship.

**Related Link:** [‘Bachelorette’ Celebrity Couple JoJo Fletcher & Jordan Rodgers to Appear on ‘Ben & Lauren: Happily Ever After’](#)

**3. Emotional distress:** Making the decision to get married and make that commitment can sometimes be overwhelming. If your partner is becoming anxious and unsettled over the decision, it may be best to hold off on it for a while.

**How did you know if marriage was right for you? Share your experiences below.**

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## **Celebrity Couple Miranda Lambert & Anderson East Talk Marriage and Kids**







By [Mallory McDonald](#)

Sparks are flying between [celebrity couple](#) Miranda Lambert and Anderson East. The two have even been discussing a [celebrity wedding](#) and possibly [celebrity kids](#) in the future! According to [EOnline.com](#), a source recently revealed, "She wants to get married again and have children soon. That has been an open conversation between her and Anderson. He wants the same." After her rocky divorce from country star [Blake Shelton](#), Lambert is finally feeling settled and happy again. The same source shared, "Miranda is very happy with Anderson. They have gotten very close. Her friends think this is the guy for her." Lambert's relationship with Shelton was nothing short of troubled, and we learned, "She is completely over Blake and wishes him only the best. It was a time in her life that was special, but she's happy that relationship took her to where she is now."

**This celebrity couple is moving on**

# to the next level in their relationship. How do you know when to broach the topics of marriage and kids with your partner?

## Cupid's Advice:

Deciding to take that next step in a relationship can be exciting and terrifying all at the same time. Cupid is here to help decide when to bring marriage and kids up to your partner:

**1. Strong & steady:** If you have been in a long term relationship with someone and the relationship is only getting stronger as it goes, this can be a clear indicator that you are ready for more commitment.

**Related Link:** [New Celebrity Couple Miranda Lambert & Anderson East Spend the Weekend Making Music](#)

**2. Subtle hints:** When you are finding yourself or your partner slowly dropping hints pertaining to marriage or kids, take control and don't be afraid to have the conversation. It can be hard choosing to discuss such life changing things, but you don't want to miss the opportunity.

**Related Link:** [Celebrity Couple Blake Shelton & Gwen Stefani Show Their Love at Billboard Music Awards](#)

**3. Easy going:** As the relationship progresses, if it feels like it is getting easier as time goes on because you understand the person and have good communication, make that next step!

**How did you bring up the subject of marriage and kids in your relationship? Comment below!**

# Celebrity Couple Drake & Rihanna Call It Quits



By [Mallory McDonald](#)

Another [celebrity couple](#) bites the dust. This time, Rihanna and Drake have called it quits and have yet again become [celebrity exes](#). The two have been on and off together for over seven years and just can't seem to make it work. According to [UsMagazine.com](#), "She doesn't want to be held down." A second insider adds, "They will always be close. If they end up together, it could happen, but not now." The same source claimed that they were never serious and just hanging out casually. Fans really believed that the two were in it for the

long haul this time around. Unfortunately, it wasn't the right time for the relationship to work.

## **This celebrity couple is no more ... again! What are some ways an on-again-off-again relationship is unhealthy?**

### **Cupid's Advice:**

When you care about someone so much it can be easy to keep going back to them even when it isn't working. Cupid is here to help you decide if it is becoming unhealthy:

**1. Dependency:** When you are in a relationship that you know isn't working, but keep going back to them anyway, it can put you in a pattern of being dependent on this person being in your life. Establish your independence, and make a decision from there.

**Related Link:** [Celebrity News: Rihanna & Drake go 'Dancing and Drinking' After 2016 MTV VMAs](#)

**2. Emotional turmoil:** Constantly breaking up and getting back with a person can be emotionally draining. Not accepting that this relationship is unhealthy can have your emotions constantly fluctuating will only put more stress on the relationship.

**Related Link:** [Celebrity New: Drake Confesses Love For Rihanna at VMAs](#)

**3. Unstable environment:** Trying to constantly make an on-again off-again relationship work when it is emotionally draining you and leaving you exhausted is leaving your life unstable. It can also be keeping you from focusing on the important

things in life.

How did you know your relationship was becoming unhealthy?  
Comment below!

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# New Celebrity Couple: Kristen Stewart Is Dating Cara Delevingne's Ex St. Vincent



By [Mallory McDonald](#)

[Celebrity relationships](#) start and end in Hollywood so fast it can sometimes be hard to keep up with who is dating who. A new



[celebrity couple](#) has surfaced, as [UsMagazine.com](#) reports that [Kristen Stewart](#) is dating St. Vincent. Vincent is recent [celebrity exes](#) with Cara Delevingne, and Stewart recently ended her relationship with video producer Alicia Cargile. The two met at the New York Film Festival screening and sources say, “They spent almost every day together after that. It’s been very romantic. Kristen is always whispering closely in her ear and asking her opinion.” Although both Stewart and Vincent have been in high profile relationships, it seems like they are invested in one another and excited to embark on this journey together!

## There’s a new celebrity couple in L.A.! What are some ways to know you’re ready to move on from your ex to a new relationship?

### Cupid’s Advice:

Finding the right time to start a new relationship after a breakup can be difficult. Use this [relationship advice](#) to help decide if it is time:

**1. Content:** When you have finally stopped feeling bitterness and resentment toward your former partner, this can be an indicator that you have healed from the relationship and are ready to move on.

**Related Link:** [Kristen Stewart’s Mom Denies Speaking About Her Daughter’s Celebrity Love Life](#)

**2. Independent:** After a breakup, it is important to find yourself again. You don’t want to enter a new relationship just to be dependent, because starting a relationship that way is not likely to be successful.



**Related Link:** [Rob Pattinson Comments On Ex Kristen Stewart's Cheating](#)

**3. Open heart:** It can be easy to convince yourself mentally that you are ready for a relationship. However, even if your head is telling you that you are ready, it is important that your heart is healed and ready to open back up completely.

**When did you know you were ready to get into a new relationship?**

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## **Product Review: Maintain Your Figure With the 5-Day Fast Diet**





*This post was sponsored by Weight Loss Buddy.*

By [Mallory McDonald](#)

We are constantly hearing in [celebrity news](#) about the newest weight loss secrets. Stars have the figures we envy and the tools needed to get their goals. For everyone else, it can seem impossible to achieve our dream, which can lead to constantly trying the latest fitness trend. Eventually, after the results fail, it can be easy to give up and remain unhappy about your image. Don't let all the failed fitness trails keep you from achieving your goal body!

**[Weight Lost Buddy's](#) 5-Day Fast Diet Program is the perfect way to kickstart your weight loss journey at an affordable cost.**

Constantly seeing different weight loss companies being promoted through social media can seem redundant and

ineffective. There are companies that guarantee extreme weight loss in a short amount of time and many women have purchased these products, in hopes of creating a new body. When this is not the case, it may be time to figure out your next step. This is where Weight Loss Buddy's 5-Day Diet program is the perfect answer to figuring out your next move!



There is really no easy answer to losing weight, and Weight Loss Buddy knows that you have to be dedicated and willing to work to achieve the goals you've set for yourself. Results that last aren't solved by a magic pill. Eating right, creating a proper workout routine, cutting out carbs and watching your calorie intake is the most successful way to lose weight and keep the weight off. However, Weight Loss Buddy is aware that for most people, finding the time to set aside every day to workout and eat right is challenging.

Weight Loss Buddy's 5-day fast diet program is the perfect solution for anyone simply wanting to bring about a change in their health, help jump start their weight loss and see changes above and beyond positive, limited fasting. The 5-Day fast diet is a pre-measured, pre-calculated 5-day eating plan delivered to your door. The diet requires minimum work for a short amount of time to achieve great results. Not only will you be able to see results in five days, but this is the perfect way to begin your journey to a healthier lifestyle without taking drastic measures that won't last. Each box only costs \$99.95 and Weight Loss Buddy is constantly running sales to help you get what you need for weight loss success!

Don't let losing weight rule your life and keep you from enjoying the process. Losing weight doesn't happen overnight, and Weight Loss Buddy is the perfect place to help you start your healthier lifestyle. With the five day fast diet, you can

see results sooner rather than later!