

5 Celebrity Couples That Fight Dirty



By [Whitney Johnson](#)

It's no secret that mean words and angry actions can be detrimental to a relationship. Still, it's easy to get caught up in the moment and say or do something you don't mean. Even celebrities are guilty of this inappropriate behavior – and unfortunately, their arguments are often caught by paparazzi and splashed on tabloid covers for all the world to see. In order to learn from their mistakes, here are five celebrity couples that fight dirty:

1. Emma Roberts and Evan Peters: This past summer, the 22-year-old *American Horror Story* actress and her boyfriend were

caught in a violent fight that led to Roberts being booked in a Montreal jail. When the cops arrived at the scene, Peters was found with a bloody nose and a bite mark. Fortunately, no charges were pressed, and the couple remains happily in love.

Related Link: [Emma Roberts Arrested After Fight with Boyfriend Evan Peters](#)

2. Mary Delgado and Byron Velvick: Season 6 *Bachelor* Velvick was engaged to the show's winner for five years before they finally split in 2009. The couple first showed signs of trouble when Delgado was arrested for assaulting her fiancé in 2007. According to the police report, she was under the influence of alcohol when she punched Velvick in the mouth.

3. Rihanna and Chris Brown: It was hard to miss that infamous picture of Rihanna after an argument with Brown escalated and he repeatedly attacked her following a pre-Grammy party in 2009. Still, the couple reunited and has since been in an on-again, off-again relationship. The pop star most recently referred to the incident as "the biggest wake-up call."

4. Kourtney Kardashian and Scott Disick: You can still fight dirty *without* being physically violent, and this reality star couple is proof of that. Thanks to E!'s popular show *Keeping Up With the Kardashians*, they have to relive their many arguments and sometimes work through the issue more than once – even months after the initial disagreement occurred. Even so, Disick recently told Ryan Seacrest that the couple is "decently happy."

Related Link: [Kourtney Kardashian and Beau Get Therapy](#)

5. Sharon and Ozzy Osbourne: Early in their marriage, during Ozzy's drug- and alcohol-filled days, the rocker reportedly beat his wife, even trying to strangle her once. Somehow, though, they worked through their issues and have been married for over 30 years, briefly separating earlier this year.

Tell us: What celebrity couple do you think fights the dirtiest?

Chad Michael Murray Opens Up About Dating Nicky Whelan



By [Whitney Johnson](#)

Well, that was certainly fast! Only a month after ending his seven-year engagement, Chad Michael Murray has found a girlfriend in Australian actress Nicky Whelan. The actor, who met his former fiancée Kenzie Dalton on the set of *One Tree Hill*, is starring in the upcoming film *Left Behind* with his

new leading lady. Confirming their relationship, Murray tweeted a picture of the twosome kissing and captioned it, "I am a lucky lucky man. Blessed to feel the way I do with @NickyWhelan! I hope each of u feels the same in ur world!" According to People.com, the couple was also spotted at the Chateau Marmont hotel in Los Angeles.

How do you know when to go public with your relationship?

Cupid's Advice:

It's easy to get caught up in the excitement of a new love, but if you rush into something serious before you're ready, you may never reach your full potential as a couple. Keep the three points below in mind before taking your relationship public:

1. It's more than a fling: You don't need to decide if your partner is soul mate material or not, but it's important that you feel confident that it's a long-term relationship. You don't want to introduce your friends and family to someone who's not going to be around by Thanksgiving.

2. You want to share your love: Consider *why* you want to go public with your relationship. If it's because you want your loved ones to know how happy and fulfilled you are because of your significant other, it's time to introduce them. If it's because you feel pressure to be dating someone or you want to get revenge on an ex, you should rethink your motives – and your relationship.

3. You've talked to your partner: Before you shout your feelings from the rooftops, be sure that you and your beau are on the same page. He may not be ready to be exclusive or meet your parents, and it's important that you respect him. Taking a big step in your relationship is much more fun if you do it as a team.

How do you know when to go public with your relationship? Tell us in the comments below!

Michael Morris Steps Out with Wife Post-Katharine McPhee Scandal



By [Whitney Johnson](#)

It looks like yet another cheating scandal has rocked Hollywood. Last week, married actress Katharine McPhee was spotted kissing her *Smash* director Michael Morris, also

hitched. This past weekend, [Us Weekly](#) revealed that Morris was spotted with his wife, *In Plain Sight* actress Mary McCormack, who allegedly kicked him out of the house they share with their three children. Sources say that the *American Idol* runner-up has been separated from her husband, Nick Cokas, for several months, but she's still incredibly embarrassed by the situation.

What do you do if you find out your partner has been cheating?

Cupid's Advice:

It's easy to say what you would do *if* your partner ever cheated, but the reality of the situation is completely different than that "what if" scenario. Before you make any rash decisions or say and do something you may later regret, consider the tips below:

1. Take a breather: It's natural to need a bit of space after finding out such life-altering news. Step back from your relationship and use this alone time to think about how you feel about your relationship, your partner, and, most importantly, your future.

2. Seek outside help: Whether it's a close friend or a therapist, talking to an outsider about your partner's cheating will help you gain some much-needed perspective. It'll allow you to look at the big picture and really consider the questions needed to determine if you want to work through this rough patch with your significant other or if you're ready to call it quits.

3. Follow your heart: Finally, no matter what anyone says, listen to yourself. Deep down, you know whether or not you can truly forgive your beau and move forward in spite of the transgression. Just remember that if you can't see past this mistake, you'll never be happy together.

How would you deal with a cheating partner? Share your comments below!

Single in Stilettos Show: Signs You're Dating a Player



In this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Hunt Ethridge, who reveals his advice for how to tell if you're dating a player. In this video interview, he shares the three biggest signs that you're dating a player, if a player can truly change and commit, and if you can ever really trust a player. Listen up for some

fantastic dating tips!

For more information about Single in Stilettos shows, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Tell us: Do you believe that a player can change and really commit?

Why Do You Want to Be Friends With Your Ex?



By Lori Zaslow and Jennifer Zucher, founders of [Project Soulmate](#)

While it is possible to be friends with your ex, it's very hard and circumstantial. Everyone's relationship is different, but we believe that the general rule of thumb is to cut all ties unless there are third parties involved.

If you have kids together, it's mandatory to maintain a friendly relationship. Putting aside the differences that exist between you and your ex-partner is vital for the wellbeing of your family. A divorce means that children must make so many adjustments, but they still need both of their parents in their lives in consistent ways.

Related Link: [Bruce and Kris Jenner Announce Their Separation](#)

Turning to Hollywood for inspiration, Kris and Bruce Jenner are making a good business decision as well as a smart choice for their kids by choosing to still film their show despite their separation. There is nothing worse than divorce for a family, so why make it any harder than it has to be? By choosing to put aside their personal differences for the sake of their empire, they're keeping the Kardashian-Jenner crew connected and together.

Similarly, Miranda Kerr and Orlando Bloom were recently spotted kissing only a day after they announced their split. They appear to be on great terms despite their separation, which will certainly help their young son Flynn cope with the changes in his life.

Now, let's look at relationships without children involved. It'll be especially difficult to maintain a friendship with your ex if one or both of you still have lingering feelings. However, if both of you are happy in other relationships and enough time has passed, then the possibility does exist. Even then, we still think the relationship should be kept

“minimally friendly” – no need to try to be best friends.

Related Link: [Five Ways Being Friends with Your Ex Can Ruin You](#)

If you're in one of the above situations, the real questions to ask yourself are: Why do you want to be friends with your ex? What makes his or her friendship so important to you? And does your ex feel the same way? Are you secretly hoping that sparks will fly again? Figuring out the answers to these questions will help you determine what path to take.

Remember: It may be possible to be friends with your ex, but that doesn't necessarily mean it's healthy to do so.

For more information about Project Soulmate, click [here](#).

Tell us: Have you ever maintained a friendship with an ex?

‘Top Chef’ Alum Richard Blais on Healthy Holiday Cooking with Benefiber





Interview by [Lori Bizzoco](#).

Viewers of *Top Chef* recognize Atlanta chef Richard Blais as the runner-up during the reality show's fourth season and the winner of season eight, *Top Chef: All-Stars*. What may surprise fans, though, is his new found passion for healthy cooking. It even surprised the chef himself: "I would never have envisioned that I'd be standing here today talking to you about being a dedicated chef to health and wellness." In our interview, he discusses the importance of fiber and makes raw oatmeal risotto using Benefiber.

Related Link: [Wolfgang Puck of 'Top Chef: Seattle' Says Taste Is the Most Important Part of Cooking for Your Loved Ones](#)

While the reality star handles most of the cooking duties at home, he knows a thing or two about sharing space in the kitchen. "My kids do cook. We're getting them involved," Blais shares of his daughters, ages five and almost three. "I think it's really important to build a healthy relationship with food with your kids, whether that's going to the farmer's market, going to the grocery store, or getting them at the stove with you."

He adds, "We just made one of these recipes at home – blue corn meal pancakes – with Benefiber."

For more information, check out Benefiber on www.facebook.com/Benefiber.

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What Your Halloween Costume Says About You



By [Jared Sais](#)

Halloween: To some, it's a day of fear and horror; to others, it's a day to trick or treat; and to even more, it's a day to dress up and just have fun. Since this special celebration is upon us next week, I wanted to analyze what your costume choice says about you, so below, I looked at eight popular outfits. Proceed with caution; after all, sometimes, the truth is the scariest part.

1. Black cat (or other animals): It's no secret that you're playful and fun to be around. You're also the alpha in your group of friends and can be a bit controlling, though it's only because you know what you like and what works best for you. You can be reserved and tough on the outside, but you're very vulnerable, caring, and sweet on the inside. You're intuitive by nature and pick up on the vibes of other people – it's like your sixth sense. Finally, you're passionate and tend to see the world as me versus them.

When it comes to love, you need someone who is just as playful as you. You want a boyfriend or girlfriend who has a sense of humor but can be serious when necessary, someone who can take control. For you, the chase is just as fun as being in a relationship.

Your best costume matches include: a police officer, firefighter, hero, or royalty.

Related Link: [Our Favorite Celebrity Couple Halloween Costumes](#)

2. Royalty, including an evil queen: You know your worth when it comes to love and friendship. You're good at keeping yourself organized, and you're very charming. Even though you're always willing to help others, people tend to want to help you just as much. You're gentle and elegant. Plus, you have a wonderful sense of style. You have many admirers – not only in love but also at the workplace. You also strive for greatness, and your effort is usually unmatched.

You need a man that not only treats you like a princess but also keeps you grounded (because, let's face it, sometimes, your ego can get out of control). The only way for you to really be happy is to be spoiled every day, which isn't a bad thing. You also need someone who matches your high intellect level and someone who can take control when you don't want to. You walk the walk and talk the talk, and your partner needs to fit the role just as much as you do.

Your best costume matches include: royalty, a hero, or a black cat.

3. Police officer and firefighter: You have a fire in your eyes. You're strong, caring and sometimes overconfident. You're extremely protective of your friends and family, and you won't let anything happen to them. Sometimes, you even put your loved ones before yourself. You're demanding of others but can phrase your thoughts and words in a strategic manner to make sure you don't hurt anybody's feelings. You're also sensual and have high moral standards.

For you, it's important that your partner is just as passionate as you. Things can get hot and steamy when you find the right person. Sometimes, though, too much of this passion can backfire, and arguments can form.

Your best costume matches include: a police officer, firefighter, someone in the military, a vampire, a hero, or any other costume that represents power and authority.

4. Native American or Eskimo: You're sensitive, caring, and calm. When you truly want something, you go after it, working day in and out to reach your goal. You're very selective of who's in your life, and the people within your circle are more like family than friends. You can sometimes be too controlling of yourself and your emotions, but you're very in touch with your sensitive side.

Your perfect relationship is with someone you can count on and

respect, someone you know will remain loyal to you. Your love needs to be in touch with himself and his feelings. Because of your personality, you have the chance to have one of the most meaningful and passionate relationships out there.

Your best costume matches include: a 60's flower child, DIY outfit, or a vampire.

5. Burlesque dancer, Geisha or vampire: Sexy is your middle name! You're very aware of your own body and know what looks good on you. Plus, you're confident, ambitious, and passionate. You encourage others to follow your lead, and men are constantly noticing you. You're more dominant than most people, and you want a partner who will take care of you for a change. Still, you're a planner: You're the one who usually takes action or makes plans for your friends.

Passionate, sensual, and sincere – these are the three main characteristics you want in a lover. You have a strong understanding of who you are; what matters to you is finding a partner in crime. It's okay if they don't know exactly what they want, just as long as they're willing to figure it out. You like someone who can be dominant one day and give you power the next day. It's also important that your significant other is powerful and sexual.

Your best costume matches include: a vampire or hero costume.

6. 60's flower child: The Woodstock generation paved the way for one of the most iconic times in American history. Though we live in 2013, it seems like the 60's never go out of style. The music still echoes throughout the bars, clubs, and malls, and on this holiday, the costume of choice for many folks is hippy gear. Your parents may have been hippies and taught you an appreciation of the culture. You're laid back, and people like to be with you because of your relaxing vibe. You're a free spirit who loves the thrill of life. You have spunk and don't always play by the rules. You know life is fun, and

there is no better day than Halloween to live it up!

Your best match is sensitive, caring, and sweet. You need someone you can bring home to your family but who is still dangerous and thrilling. You want a partner who enjoys life and doesn't always follow the rules. Your significant other is your best friend, and you're okay with spending most of your time with this person. Most importantly, they need to be open to new adventures.

Your best costume matches include: a Native American, Eskimo, 60's flower child, or hippy, as there should be humbleness and earth colors in the outfit.

Related Link: [Best Celebrity Couple Costumes for Halloween](#)

7. Hero: Whether you're Wonder Woman, Mario or Zelda, if you're portraying a hero, your personality is one of strong character. You're the first to take action; you're an outgoing leader, and you never shy away from expressing your feelings. You believe that love conquers all, that good always prevails over evil, and happy endings do come true.

You need a hopeless romantic or a daydreamer who embraces the magic of life just like you. You want to take over the world, and though you don't need a partner to do it, it's much better with someone by your side. Your significant other should be your rock, someone you can rely on when life gets tough.

Your best costume matches include: anything that relates to fantasy and heroics, like another hero, royalty, black cat, or vampire.

8. DIY: Do-it-yourself costumes can come in all prices – from a quick trip to the dollar store to a full-on makeover. I've seen a girl become a very sexy Sriracha hot sauce by wearing a red shirt with a Rooster taped on it and rolling up a green piece of paper into a cone shape and placing it on her head. If you're a DIY guy or gal, you like to take things into your

own hands. You're extremely crafty and don't mind taking the time to put your skills the test. You have a fun personality and want people to respect the work you put into making your creativity come to life.

Your creative ability is priceless, and your perfect match is someone who has his own creative spark but can also be your muse. You need someone who lets your dreams take form; instead of bringing you back to reality, they help you soar higher than the birds. Most important, they inspire you.

Your best costume matches include: a DIY costume like you or someone dressed as a hero, vampire, hippy, or Native American.

Tell us about your favorite partner costumes in the comments below!

Facing a Divorce? Don't Take the Adversarial Approach





By Lisa LaBelle for [Hope After Divorce](#)

In any divorce situation, the ideal way to settle disputes is by finding solutions together. Keeping a semi-friendly, amicable relationship with your soon-to-be ex-partner is definitely the wiser choice. With that being said, both spouses must be willing to work together on their divorce settlement; otherwise, the adversarial approach will play out. Unfortunately, much of the advice given in our society today concerning divorce is oppositional. Dissolving a marriage by force and “winning” is far more common than showing mutual respect and making decisions as a team.

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What Will You Choose?

If rebuilding your marriage is not an option, will you choose to work out your divorce settlement peacefully, or will you choose to take the adversarial approach? Bruce and Kris Jenner, who recently announced their separation, are a good example of a celebrity couple facing this question. The

estimated \$125 million net worth of the Kardashian empire is serious business, and they have **NO PRENUP**! California is a community property state, meaning they'll have to split that net worth 50-50. Hopefully, neither of them will choose to take the adversarial, "fight to win" approach if they indeed divorce. In a perfect world, the best solution for this couple is to rebuild their marriage. However, if they do choose to divorce, working through their financial settlement respectfully will be in their overall best interest.

When Divorce Is Unavoidable

When divorce is unavoidable, issues to be aware of are: temporary support, custody and visitation (if you have children), financial worth and combined income, property division, spousal support, child support, retirement, assets, debts, insurance, and everything acquired as a married couple. Be transparent; otherwise, you'll need to hire a forensic accountant, which will further drain your financial reservoir. Costly attorney fees take a financial toll on divorcing couples if they take the adversarial approach. Staying on friendly terms with a peaceful exit strategy is always the best choice.

Taking the Adversarial Approach

Choosing to take the adversarial approach puts an emphasis on "winning the fight." Our society has taught us to take sides. If you and your spouse choose to battle as a way of protecting yourselves, you end up spending negative energy and money fighting for survival instead of finding solutions. No one wins! Actually, the only ones who win are your attorneys and legal and financial teams. Years down the road, you will most likely find that this approach wasn't worth it financially, emotionally, physically, or mentally.

Related Link: [Maintaining a Positive Image While Going Through Divorce](#)

When you are facing divorce, do your part to be a peacemaker. If your partner is leaning towards being adversarial, encourage him or her to not go there. It's up to you both to take the high road, which will allow you to move on and rebuild your lives in a much healthier, more positive manner. Someday, you will thank each other and so will your family!



Lisa LaBelle is Co-Founder and Co-Executive Director of Hope After Divorce and DivorceSupportCenter.com. She is co-author and co-editor of the book, Hope After Divorce. Lisa is a family and child advocate, having worked as a consultant with divorced women across the country. She was lead advocate for the reforming of family law child support guidelines, which were successfully signed into law. Lisa is a publicist at Osmond Marketing. She is currently pursuing her master's degree in counseling, marriage and family therapy, and mediation. Lisa is a special guest host on numerous radio shows and a contributing expert at HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, LAFamily.com, and CupidsPulse.com. You can follow her on Facebook and Twitter. Lisa is the mother of two grown sons who continue to be her greatest joy.

Top 10 Halloween Treats For Your Mate That Won't Ruin Their Waistline



By [Whitney Johnson](#)

Whether you're a kid who anxiously anticipates trick or treating each year or an adult who can't wait to pick out a new Halloween costume, All Hallow's Eve is all about indulging. Of course, that doesn't mean you have to totally let yourself go in order to truly enjoy this spooky night. If you and your sweetie want to celebrate *without* feeling guilty, think outside the typical bag of candy and check out the 10 treats below:

1. Pumpkin spice latte: Once the leaves start to fall, it's hard to resist a pumpkin spice latte from your local coffee shop. Instead of sipping on this high-calorie drink, try making one at home: Heat up canned pumpkin, a bit of milk, some cinnamon and a pinch of pumpkin spice in a sauce pan, and add the mixture to your usual cup of coffee. Then, head outside and enjoy your warm treat with your partner on a

blustery fall day.

2. Caramel apple: This old standby is sure to satisfy your sweet tooth while also providing you with a healthy snack option. After all, an apple a day keeps the doctor away!

Related Link: [Best Celebrity Couple Costumes for Halloween](#)

3. Caramel grapes: For a smaller version of the treat above, why not try caramel grapes? Poke toothpicks into red grapes and dip them in melted caramel followed by crushed nuts. With these mini concoctions, you and your significant other will be happy with a just a taste of something sweet.

4. Frozen “boo”-nana pops: Perfect for kids and adults alike, these homemade frozen treats are sure to please. Cut one medium banana into four quarters lengthwise. Insert a Popsicle stick into each piece and freeze on a wax paper-lined cookie sheet. Melt some white chocolate in a coffee mug, and dip the frozen bananas in, one at a time. Quickly add chocolate chip eyes before the white chocolate hardens. BOO!

5. Fancy popcorn: This date night staple, whether you’re at home or at the movie theater, is a healthy option (as long as you don’t slather it in butter), and there are simple ways to make it even more delicious. Add some cinnamon and Splenda for a hint of sweetness or some Parmesan cheese and garlic pepper for something savory.

6. Pumpkin Caipirinha: Our list wouldn’t be complete without a few Halloween cocktails! For a low-cal drink, mix half of a lime, 1 ½ ounces of pumpkin puree, a pinch of nutmeg, a few ice cubes, ½ ounce of agave nectar, and 1 ½ ounces of Cachaca.

7. Sangria: For another healthy Halloween sipper, make blood red fruit sangria, using strawberries, cherries, raspberries, lemons, limes, oranges, and red delicious apples with red wine, brandy, and grape juice to give it the perfect orange color. Enjoy!

Related Link: [Trick or Treat: How to Celebrate Halloween with Your Man](#)

8. S'mores: Light up the fire and put it to good use! Not only will it put you and your beau in a romantic mood, but it'll give you a tasty treat to boot. Make this classic dessert sandwich out of two low-fat graham crackers, a marshmallow, and a piece of dark chocolate (which is good for your heart).

9. Toasted pumpkin seeds: If you're anything like the staff at CupidsPulse.com, we can't get enough pumpkin. A simple way to enjoy this fall fixture is to toast the seeds – we love these three recipes.

10. Spooky trail mix: Add some candy corns to your usual trail mix, and you'll get a dose of nutrients, thanks to the nuts and dried fruit, as well as a hint of Halloween with the holiday candy staple.

Tell us: What's your favorite healthy Halloween treat?

**InStyle Insider: Lights.
Camera. Style. Event**





Are you looking for the perfect pair of jeans? Or perhaps you just enjoy shopping, whether you *need* anything or not. If either of these descriptions applies to you, join us at tomorrow's InStyle Insider event from 7-9 p.m. PT. You can shop the latest Gap denim collection and discover your personal denim style story while having a fun evening out. Plus, Jenn Rogien (Costume Designer for HBO's *Girls* and Netflix's *Orange is the New Black*) will be doing a Q&A with InStyle Style Ambassador, Tai Beauchamp – sort of an Inside the Actor's Studio with a fashion spin. There will also be sips & sweets, a DJ, digital photo booth, and amazing shopping incentives.

For more information, check out their twitter pages, @InStyle and @Gap on Twitter. Happy shopping!

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Top 5 Celebrity Couples That Live Across the Pond



By [Whitney Johnson](#)

Although Hollywood is still the number one stomping ground for the rich and famous, many celebrities are choosing to live abroad in an effort to protect their privacy and keep their personal lives from the public eye. Sure, there are European paparazzi, but even so, life is much more manageable. For celebrities with children, it's particularly important to give their families some sense of normalcy. Despite their distance from Los Angeles or New York City, American fans still love them. With this thought in mind, we developed a list of our five favorite celebrity couples that live across the pond:

1. Victoria and David Beckham: The fashion designer and her soccer star husband have recently returned to England after living in Los Angeles while David played “football” for the LA Galaxy. Now that his contract has ended stateside, the family of six is returning to their roots and looking for a new home in West London, close to the children’s school. Still, they aren’t giving up the California sunshine for good: It’s thought that the Beckham’s will spend the holidays in Los Angeles.

Related Link: [Celebrity Couples With Similar Wardrobes](#)

2. Kate Middleton and Prince William: The future queen and king of England expanded their family this summer, welcoming Prince George, who’s now third in line for the throne. This new generation has stolen hearts all over the world with their laidback approach to royalty. Not only are the new parents handling most of the baby duties themselves (Prince William even changed the first nappy), but they also released an informal first family photo, taken by Middleton’s father at her family’s Bucklebury estate.

3. Gwyneth Paltrow and Chris Martin: The G00P founder and Coldplay frontman have lived in London for over a decade; Paltrow feels so comfortable there that she calls it her “adopted home.” Plus, their children, daughter Apple and son Moses, even have British accents. While they recently relocated to Los Angeles full-time for their kids’ schooling and to be closer to Paltrow’s mother and brother, the family will eventually return to the United Kingdom because the movie star believes that the education system is better in England.

4. Penelope Cruz and Javier Bardem: This famously-private couple lives in Madrid, Spain, with their children, son Leonardo and daughter Luna. The Spanish-born actors began dating in 2007 and were married in July 2010 in the Bahamas.

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5. Kate Hudson and Matthew Bellamy: This California girl bought a house in London in February 2011 and now lives half of the year across the pond with her fiancé, Muse musician Matthew Bellamy. The couple were engaged in April 2011 and welcomed their son, Bingham, in July 2011. The family is often seen out-and-about in the rainy city with Hudson's parents, Goldie Hawn and Kurt Russell, as well as her nine-year-old son, Ryder.

Who is your favorite celebrity couple across the pond? Tell us in the comments below.

K-Paul's Louisiana Kitchen Proves That Love is the Secret Ingredient Behind Culinary Success





By Barbara Merrill

The thought of working with one's spouse may seem like a surefire way to negatively impact a marriage. Being unable to take some "me time" after a heated argument can not only take its toll on the relationship, but it can negatively affect the couples' work environment. However, for some couples, finding that balance is not only simple, but it can also be their secret to a successful business. One of those duos is K-Paul's Executive Chef Paul Miller and Accounting Manager Brenda Prudhomme-Miller.

Meeting this couple was just as exciting as dining at the legendary K-Paul's Louisiana Kitchen in New Orleans. Upon our arrival, we were escorted to a lovely table on the second floor of a very bustling room. Soon after we sat down, we were greeted by Paul and Brenda, who joined us for the next two hours on our culinary journey, all the while sharing with us their day-to-day lives and their not-so-complex secrets to a successful restaurant and 18-year marriage.

Related Link: [Mario Batali Shares His Tips for Cooking at Home](#)

on Date Night

Turtle soup, gumbo, and frog legs – oh my! These dishes may not be a staple in this native Brooklyn girl's diet, but in the spirit of experiencing authentic Cajun/Creole fair, I knew K-Paul's, established and thriving since 1979, was the place to sample such items. Both from Opelousas, there's no doubt that Paul and Brenda take great pride in serving food they grew up eating. After all, one of the best ways of connecting with people is through food, and connected I was.

The turtle soup was definitely an unexpected surprise. Prepared with turtle meat and beef tenderloin and then simmered in beef broth, this savory soup conjured up childhood memories of stews my grandmother would prepare. My friend, who vowed to order gumbo in every establishment in New Orleans, proclaimed K-Paul's gumbo the best. It wasn't too thick; it wasn't too thin; it was just right – and no, her name isn't Goldilocks. As for the frog legs, they were gigantic and very tender, and unlike many other descriptions I've heard in the past, they didn't taste like chicken. They have a mild "fishy" quality that made them surprisingly light.



Brenda Prudhomme, Chef Paul Miller, Lori Bizzoco, and Barbara Merrill.

Between smacking my lips and reaching into the plates of my

companions, we talked about how Brenda and Paul met. Paul first met iconic Chef Paul Prudhomme in 1975, where he worked under his direction at Brennan's. From there, the two formed a connection compelling Paul to follow Prudhomme to Commander's Palace in 1977 and finally to K-Paul's in 1981. Enter Brenda, Chef Prudhomme's niece. She was visiting her uncle at the restaurant one evening, and as they say, the rest is history. The couple has three children between them, all of whom live in New York.

With the exposed brick walls, white table linens, and terrific wine list, it's no surprise that K-Paul's has been the setting for hundreds of marriage proposals and even a few weddings. While tasting the evening's special – the Surf & Turf, a light and flaky, perfectly seasoned, blackened Louisiana Drum and a very tender filet in debris sauce (yes, debris sauce, but don't let the name fool you) – we discussed how Brenda and Paul reconnect with one another in the evenings and on their one day off. Brenda likes to “wash the day away” as soon as she gets home and just focus on her time with Paul. They enjoy watching something that helps them unwind and laugh together; *Modern Family* seems to do the trick. As for cooking, well, they both do it. Brenda explained that she prefers a low-sodium diet, so on their day off, there's one bottle of wine but two skilletts on the stove.

Related Link: [Food Network's Anne Burrell Gives Valentine's Day Cooking Tips](#)

Speaking with Brenda and Paul for just those two hours, it was clear they really enjoy working together. Maybe the secret to their success isn't really that mysterious after all. They respect each other's role at the restaurant, and Paul even joked with me and my dining mates, “She's in the front office, and I'm in the back, and she's usually right!”

One of the most impressive facts I learned about K-Paul's is that they don't have a freezer. Everything served was

purchased for that day. Paul explained that, while we were dining, the shrimper he uses was out catching shrimp for tomorrow's menu. Sharing the pressure of serving the freshest ingredients is a real testament to how in sync Paul and Brenda really are. Their [love](#) for the restaurant is undeniable, but their ability to put it behind them and enjoy their alone time is really the key to their marital success.

For more information about K-Paul's, check out their website, <http://www.kpauls.com/>. You can also follow them on www.facebook.com/kpaulslouisianakitchen and Twitter [@kpaulslakitchen](https://twitter.com/kpaulslakitchen).

Source Says Michael Douglas and Catherine Zeta-Jones Are 'Not Back Together'





By [Whitney Johnson](#)

Michael Douglas recently revealed that he's "working things out" with wife Catherine Zeta-Jones, but a source close to the couple confirmed to [People](#) that they are "not back together" quite yet. While the pair are still talking – and even have been spotted with their wedding rings on – they aren't spending time together. Most recently, they even spent their shared birthday of September 25th apart.

What are some factors to consider before getting back together with an ex?

Cupid's Advice:

It's tempting to get back together with your ex. After all, they know you well and already fit into your life. Still, you must remember why you two split in the first place and truly consider the decision at hand before jumping in again. Cupid encourages you to consider the following questions:

1. Why did you breakup? It's easy to remember only the happy times as you embark on your second chance romance, but you

have to consider what drove you apart and led to your breakup. Was it just a silly fight or a rough day? Or were you unhappy for a long time before you finally went your separate ways?

2. Do you share the same core values? If you don't share similar goals or visions for the future, your relationship will never work – it's as simple as that. Take the time to sit down with your ex and talk about the nitty-gritty details that may have been pushed to the wayside during your first shot at happily ever after. Don't be afraid to dig deep and really open yourself up. You have to take a risk to reap the reward of a happy love life!

3. Are you *both* willing to do the work? Relationships are never easy, but rekindling a failed flame requires even more effort than usual. You must be willing to work through your past issues and focus on the future of your relationship. You also must be confident that your ex will stand by your side and be a true partner as you sort things out.

Have you ever reconnected with an ex? Share your story in the comments below!

Prince Harry and Cressida Bonas Have Back-to-Back Date Nights





By [Whitney Johnson](#)

According to [People.com](#), Prince Harry is still a happily taken man. He was seen with girlfriend, socialite Cressida Bonas, on back-to-back date nights earlier this week. On Monday, the lovebirds attended a James Blunt show at the Tabernacle in London's Notting Hill. The following evening, the casually-dressed couple were spotted at a performance of the *Book of Mormon*. This duo was first seen together during the summer of 2012 and rekindled their relationship in February when Bonas vacationed with the royal family in Switzerland.

How do you know how much time to spend with your partner in the beginning of a relationship?

Cupid's Advice:

You're dating the girl or guy of your dreams, and it's hard *not* to want to spend every minute of every day with them. It's important, though, to find balance in your life. You can embrace your new love while still maintaining your sense of self. The tricky part is figuring out just how much time to spend with your partner in the beginning of a

relationship. Cupid has some tips:

1. Pace yourself: Too much, too soon can cause even a great relationship to suddenly end. If you've been seeing each other once or twice a week, gradually add another day or night to your typical schedule. After all, you want to leave them wanting more of you, not less!

2. Don't forget about your friends: Make sure that you still spend time with the other people in your life too. They'll resent you if you start ignoring them because of your partner, so be sure to spend two or three nights each week *without* your significant other by your side.

3. Enjoy your alone time: You don't want to forgo your personal passions because of romance, no matter how exciting your love life may be. Stick with your usual routine, whether it includes photography class on Tuesday evening or movie night every Friday. Once you feel confident that your sweetheart is sticking around, feel free to invite them to share your hobbies with you – but never give them up.

How much time did you spend with your significant other at the start of your relationship? Tell us in the comments below!

NoGamesLove Video Dating Tips: How to Deal When Your Ex Moves On





By [E!'s Famously Single Dating Coach, Laurel House](#)

Dating Advice from E!'s *Famously Single* Laurel House on What to Do When Your Ex Moves On

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House lets you in on why you're stressing so much about your ex's new relationship and what you can do to get over it. You need to learn to be happy again – without him. "Get yourself out there in a better, stronger, wiser way," the dating expert explains. "This is the time to work on you."

For more information about our dating mentor, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

How did you handle it when your ex moved on? Share your story

in the comments below!

Celebrity Couple Predictions: Paula Patton, Miley Cyrus and Catherine Zeta-Jones



By [Shoshi](#)

For this week's celebrity couple predictions, I want to consider three duos who have been plagued with breakup rumors – some of which have been confirmed.

Related Link: [Paula Patton Says “Passion” Is Key to a Successful Relationship](#)

Paula Patton and Robin Thicke: These two have been one of the most interesting couples to watch lately – who knew they could be so entertaining? Fans have been waiting for Patton to get upset with her husband for being racy with Miley Cyrus on stage at MTV’s Video Music Awards.

From a clairvoyant point of view, they are a couple with a lot of layers. Thicke was recently quoted as saying that his marriage was “the most dysfunctional functional relationship in Hollywood.” That’s actually a fair assessment; the thing that keeps them solid is trust.

The famous pair are doing quite well in their relationship despite all of the shenanigans. The actress doesn’t freak out when he checks out another woman, and she knows, at the end of the day, Thicke is coming home to her. Don’t expect any separation or divorce headlines. In fact, in less than a year, they’ll be pregnant again.

Miley Cyrus and Liam Hemsworth: Speaking of Cyrus, it’s no surprise that her rep confirmed her engagement was over on Monday. As recent as last weekend, she stopped following her alleged beau on Twitter, but this relationship hit “hot mess status” months ago. Hemsworth tried to hang in there, and it’s time for him to officially move on.

When looking at their energy, what kept these two together was sex; they weren’t destined for anything more than hot nooky. The pop star’s energy is all over the place, and she isn’t focused on love, which will make it difficult for anyone trying to have a serious relationship with her.

As for what’s next for these two, Cyrus will have a few flings. Once she’s finished trying to be the next Lady Gaga with a splash of Madonna from the 80s, she’ll be ready for a relationship that has meaning. Hemsworth, on the other hand,

will end up with a dark-haired actress on his arm.

Related Link: [Celebrity Couple Predictions: Katy Perry, Kate Middleton and Fergie](#)

Catherine Zeta-Jones and Michael Douglas: When it was announced that this married pair separated, the only surprise was that it hadn't happened years ago. Their 13-year marriage lasted longer than most people predicted, as many critics gave it only 5 years. There are many theories on why their relationship fell apart, but it's all speculation; instead of paying attention to the tabloids, I decided to take an in-depth look at their love. I have no doubt that they'll divorce. The actress is a bit lost at the moment; it's important to note that her bipolar disorder is not that main cause for her detachment in their relationship. She is seeking something that she's not getting in her marriage.

They signed a pre-nup when they first got hitched, but the brunette beauty will want a different settlement. Let's just say she thinks that she deserves more money. After a lot of nasty back-and-forth, Douglas will give her what she wants to get rid of her.

After the smoke clears and they're divorced, Zeta-Jones will end up with someone younger who will help her learn to live again. She is known for having an appetite for older men, so this will be new ground for her. Expect her to become known as a full-fledged cougar. Douglas will be fine, as he has a new outlook on life. If he does look for love again, it'll be with someone closer to his age.

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

Ruthie and Michael Dean Tell Us Why 'Real Men Don't Text'



By [Whitney Johnson](#)

Country crooner Carrie Underwood and *Gossip Girl* star Chace Crawford ended their fling via text. Similarly, rumor has it that John Mayer called it quits with on-again, off-again girlfriend Jennifer Aniston by text. Most recently, Katy Perry revealed that Russell Brand, her husband of 14 months, announced his intentions to divorce via text. These celebrity examples – and countless real-world stories– are the impetus behind Ruthie and Michael Dean's new book, *Real Men Don't Text: A New Approach to Dating*. While the title suggests that the book is aimed at women, in truth, it's meant for anyone who's single and searching for love. The couple's new approach to dating comes down to a simple idea: "You have to be the

right person that the right person is looking for,” explains Michael. Find out who *you* want to be and then go out and find a guy – one who will call you instead of text.

Here, we chat with the newly-minted authors about the love lessons shared in their book as well as what keeps their marriage strong.

What was the spark that inspired you to write this book together?

M: My sister was dating this guy who would text her last minute to get together or just disappear for a few weeks, and she eventually got broken up with via text. It was really annoying for me to watch her go through the emotional ups-and-downs of dealing with him. So I wrote a post for Ruthie’s blog ranting about the experience and called it *Real Men Don’t Text*. It got a lot of traction and some really great responses from the readers. Ruthie and I started talking about how it was a prevalent issue, something everyone had an opinion on – how technology has taken over some of the important steps of communication in relationships. And from there, the book was born.

Related Link: [Is It Okay to Break Up With Someone via Text?](#)

Part of the book’s title is “a new approach to dating.” How would you explain this new approach?

M: It’s about taking a personal inventory. Ask yourself: Am I pleased with my relationship? If you would just take a step back and set new standards for dating, you’d be much happier. You may not get asked out as often, but ultimately, you’ll end up in a relationship that makes you much happier. So the new approach to dating is developing real standards and understanding that you’re worth setting standards, that you’re worth having a guy call you instead of sending a late-night text message.

One of my favorite chapters in the book was about women embracing their own beauty and worth. Why is self-love an important part of a relationship?

R: As I observed my peers and my own dating choices, I realized that low self-esteem and feeling inadequate was often at the root of our decisions. It's important to find our worth apart from what men say about us because we accept the kind of love we think we deserve. It can be a quick downward spiral when we start letting men define who we are – one that can lead women into detrimental relationships lacking mutual respect. The hard part is that our friends often encourage bad dating decisions and that no one is talking about the importance of self-worth.

You provide a lot of advice for avoiding or breaking up with Mr. Wrong. What are some signals that women should look for to know that someone isn't right for them?

R: The first signal is his communication style. It's not that texting is bad, but asking a man to call you instead will help determine if he's really in it for the right reasons and isn't just lazily texting and looking for a hookup. Some other red flags are he doesn't make you feel special; he's insensitive and lacks empathy for others; he can't hold down a job; and your friends and family think he's all wrong for you.

Now, let's talk a bit about your relationship. Given your own experiences, do you have any tips for our readers who are dating long-distance?

M: I always encourage people to be open to being vulnerable – especially guys. That's what we learned during the months of talking. Since we weren't seeing each other face-to-face, it opened up a new avenue that allowed us to discuss some bigger issues sooner than we would've otherwise.

Ruthie, how did you know that Michael was The One?

R: I used to hate when people said, “You’ll just know,” but with Michael, I really did. We talked on the phone for four months before meeting, and I think that gave us a strong foundation of communication – without chemistry and the physical aspects of a relationship clouding our vision.

Related Link: [Five Secrets Truly Happy Couples Know](#)

How do you balance your busy careers and your marriage?

R: Balancing career and marriage is tough, but the main way it works for us is we’re committed to putting our phones and computer away after 7 o’clock each night. Quality time without phones buzzing goes a long way towards a healthy relationship.

Was it a challenge to work closely together on *Real Men Don’t Text*?

M: It was definitely a challenge – we work very differently from each other. She’s such a talented writer, and I’m more of an idea-oriented person, so once we found our stride, we really enjoyed the process. If a marriage can survive writing a book together, it can survive anything!

And lastly, why did you feel like including your own love story was an important piece of the book?

R: My desire in writing *Real Men Don’t Text* was to show women that they’re not alone by sharing my mistakes but also to show that there *is* hope for an amazing relationship in the future. I think it was necessary to share our story in order to show that dating differently than our friends actually works! No one wants to read a dating book by a single woman, right? I always knew I wanted to write about relationships, but I didn’t feel ‘qualified’ until my choices to date differently actually resulted in a great husband.

You can purchase a copy of Real Men Don’t Text on Amazon and on their site, <http://www.realmendonttext.com/>. For more

information, follow the authors on Twitter – @Ruthie_Dean and @michaeldean10 – or check out Ruthie's blog, <http://ruthiedean.com/>.

Five Ways To Get His Undivided Attention



By [David Wygant](#)

You see a man you're interested in at the grocery store, and you know you can't just let him walk away. But how are you going to make him notice you without stripping naked and doing a sexy dance in the produce section – which, of course, will

get you arrested? Well, the good news is it's easy to get a guy's attention. These simple five ways will give you the confidence to turn his head any time, any where.

Related Link: [Dating Deal Breakers](#)

1. Do a double-take. Most women do the single-take: that one quick glance before they look in another direction, hoping the man will approach them. Men need the double-take. When you look at us only one time, we're never going to walk over to you because we think you may have been looking at someone or something behind us. The double-take assures us that you're actually interested in us.

2. Allow us to help. I don't care if you create the same salad at Whole Foods every time. The next time you're grabbing lunch, when you see a cute guy, look at him and say, "I am so curious – what's good here?" Watch how fast he goes into fix-it mode. He'll give you advice, and he'll feel needed and wanted. When that happens, it triggers an instant attraction to you because all men want to feel desired. Play the damsel in distress; it works every time.

3. Maintain eye contact and smile. Always smile when he says something because it'll encourage him to keep talking. Men do an insecure dance inside their head. They're always wondering, "Does she like me? Is she interested?" Eye contact and a simple smile tells him that he's doing okay.

4. Ask questions. Most guys will ask you a lot of questions to find out more about you. What normally happens, though, is that women don't ask men questions back. To get his undivided attention, ask him questions. Allow him to talk about himself and show interest in what he says. Guys love talking about themselves; give him the chance, and he'll love you for it.

Related Link: [Don't Settle: Get Him to Commit](#)

5. Don't pay too much attention to his friends. If you're with a group of people and a guy's interested in you, he'll only focus on you. You'll notice that he almost acts like the rest of your friends aren't there. You need to do the same if you're talking to a group of men. Don't spend too long chatting or flirting with his friends. It sets off a man's insecurities, and he'll assume you're interested in someone else instead.

These five steps are all you need to know. Keep it simple, and you'll find your dating life changes instantly. Before you know it, you'll have his undivided attention permanently!

*[David Wygant](#) is a dating coach and author of *Naked and Always Talk to Strangers*. For more relationship advice, you can follow him on Twitter @DavidWygant and www.facebook.com/therealdavidwygant.*

AshLee Frazier Says, "I Want to Be Well-Rounded Before I Fall In Love"





Interview by [Lori Bizzoco](#).

Since vying for Sean Lowe's heart on *The Bachelor*, AshLee Frazier has been focusing on her career rather than her love life. Although the entertainment press says otherwise, the bubbly personality tells us that she hasn't done much dating since her time on reality television. "I want to be well-rounded before I find someone and fall in love," the personal organizer candidly shares.

The currently-single star also chats about what type of man she wants and what she learned from the show. "It's okay to really put yourself out there. I never would've done that before," she says. "Now, I'm looking for that feeling of being head-over-heels in love."

Related Link: ['Bachelor' Contestant Ashlee Frazier and Game Inventor Rob Ridgeway Sing for Love at Match.com Event](#)

And, of course, we had to ask Frazier about her take on the new *Bachelor*, Juan Pablo Galavis! Listen up for her thoughts on the Venezuelan soccer star and her advice to next season's contestants.

For more information about Frazier, follow her on www.facebook.com/ashleenfrazier and Twitter @ashleefrazier.

Video by Erik Erikson.

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Finding Reconciliation Through Separation



By Tammy Greene for [Hope After Divorce](#)

Marriage is full of extreme ups and downs. Every marriage goes

through hard times, but some certainly more than others. As recent news of the separation between the Oscar-winning duo Catherine Zeta-Jones and Michael Douglas came to light, we can see the toll that these hard times can take. These past few years, they have experienced a series of insurmountable challenges. Douglas was diagnosed with throat cancer in 2010, and he had to endure chemotherapy and radiation, which took a tremendous toll on his body. As if that wasn't enough to put stress on a relationship, his wife of 13 years surprised fans in 2011 when she voluntarily admitted herself to a facility for bipolar disorder treatment. She underwent treatment again earlier this year.

Related Link: [Michael Douglas and Catherine Zeta-Jones Separate](#)

This type of stress and worry is enough to put any relationship on the brink of divorce, and this power couple is no exception. According to *People* magazine, a representative of the couple stated that the couple is separated and "taking some time apart to evaluate and work on their marriage." A separation is exactly that. It's a time to step back from the daily arguing and frustration to re-evaluate your partnership. It's a time to figure out if you want to get your relationship back on track.

Here are some ideas to help you turn a separation into reconciliation:

Seek Professional Help

If both you and your spouse are committed to working things out, your first step is to find a third party that can help you. Talk to friends, relatives, and strangers, and search the Internet for referrals. Putting your trust and your relationship in the hands of someone you don't know can be terrifying, so look for recommendations from people who have had good experiences. Don't be afraid to tell people you are

working on your marriage. Many people see counselors on a regular basis and just don't talk about it. There is no shame in admitting that you need help and are looking to others for guidance. Rebuilding your marriage is worth the work required.

No Dating

If you are separated but committed to trying again, dating has to be off-limits. You cannot have an attitude of "the grass is greener on the other side" if you are trying to rebuild your marriage with your spouse. The point is to remember how green the grass can be in your *own* backyard – with the word "can" being the key.

Immerse Yourself

A couple who recently resolved their separation said the best advice they ever got was to *not* fill the empty space the separation left behind. In other words, immerse yourself in the separation. Don't try to fill the quiet space with shopping, friends, alcohol, online video games, or any other possible distraction or addiction. Take the newfound alone time to think. Sit on the beach, take a drive without music, or write in your journal.

This is a time to find your way back to yourself and your partner with clarity and thoughtfulness. It's a time to remember what you loved about them in the first place and focus on what took you off track. There is no way you can devote the time necessary to rebuilding your marriage if you fill the space with distractions. It may be uncomfortable, but you need to start getting used to the silence in order to hear the quiet voices within, which will lead you towards healing.

Related Link: [Lessons From Jennifer Garner and Ben Affleck](#)

Do the Work

If you are at the point of separation there are only two

directions to go: the path of divorce or the path of reconciliation. The choice is yours. If the path of reconciliation is the one you choose, then you must commit to giving everything you have to put your marriage back together. Do what your therapist tells you. Strip down the layers and lose the pride. Let go of your ego. Partial effort won't be enough. This may be the hardest thing you've ever done. If it's ever going to work out, you must give 100 percent.

There was a time, not too long ago, when you stood at the altar and you believed beyond all odds that you would make your marriage work. Well, here you are: facing those odds that now seem too big to bear. A separation can be a blessing in disguise. If the right steps are taken, it can lead you to renewed hope and new beginnings with the person who you committed to for better or worse.

Tammy Greene is a graduate of the University of La Verne. She has worked as a Child Life Specialist and social worker assisting families who have children with illness or mental disabilities. Tammy is a producer of the national PBS children's television show, Curiosity Quest. She has a blog, Married and Naked, where she shares personal lessons learned from her own life, offering helpful ways to navigate through the challenges of marriage. Tammy is a contributing expert at HopeAfterDivorce.org, FamilyShare.com, LAFamily.com and CupidsPulse.com. She is happily married to her high school sweetheart and is the mother of two. See Tammy's Curiosity Quest website and follow her blog, MarriedandNaked.

'Bachelor' Contestant AshLee Frazier and Game Inventor Rob Ridgeway Sing for Love at Match.com Event



It's no surprise that Match.com's "Spontaneous" Stir Game Night was a huge success. Nearly 100 singles gathered for a night of competitive fun as they played board games and belted out their favorite lyrics at Sen Restaurant on 21st Street in New York City.

Related Link: [Play Your Way to Love With Match.com, Spontaneous and AshLee Frazier of 'The Bachelor'](#)

Attendees included *New York Post* Meet Market columnist, Jozen Cummings; Dateologist, Tracy Steinberg; and Single Gal in the

City founder, Melissa Braverman.

Our executive editor, [Lori Bizzoco](#), was there to partake in the fun as well. In this exclusive interview, she sat down with Spontaneous creator Rob Ridegeway and *The Bachelor* alum, AshLee Frazier. They chatted about the concept behind this popular new game and how board games can help singles find love as well as Frazier's involvement in the event

All in all, it was a great night at a great location with a *great* game!

For more information about Frazier, follow her on www.facebook.com/ashleenfrazier and Twitter @ashleefrazier. Stay tuned for a future interview with The Bachelor contestant!

Video by Erik Erikson.

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

NoGamesLove Video Dating Tips: The No Games Guide to True Love





By [E!'s Famously Single Dating Coach, Laurel House](#)

Dating Advice from E!'s *Famously Single* Laurel House on True Love

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House shares ten tips for finding The One *without* playing games. Even if you aren't ready for a committed relationship, this advice can help you stop wasting your time with men who don't see your worth. First and foremost, the dating expert says to throw away your checklist. Think about where this list came from and how it may be boxing you in. You're creating paper perfect, which has nothing to do with chemistry or the things that actually matter. You'll know if a guy meets your must-haves without having to consider a silly list! Watch this week's video for nine more tips.

For more information about our dating mentor, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

How did you stop playing games in your relationship? Share your story in the comments below!

How to Move On and Keep Your Dignity (And Hope) Intact After Heartbreak



By [Marni Battista](#)

In recent months, there have been a couple of sudden,

celebrity deaths that have no doubt left family, friends, and significant others reeling. Both *Glee* star Cory Monteith's fatal drug overdose and former *Bachelor* contestant Gia Allemand's tragic suicide opened up much speculation about how their partners, Lea Michele and Ryan Anderson respectively, have been coping.

These tragedies got me thinking: All of us will experience heartbreak in our lives – whether in the form of a difficult breakup or the death of a significant other – and will surely find ourselves desperate for ways to move on with as much grace, ease, and dignity as possible. Here at Dating with Dignity, I've developed five simple practices that certainly won't eradicate the pain of your loss but **will** give you the tools to begin healing.

1. Allow Moments of Grief

The most important thing when untangling yourself from a broken heart is to express whatever you're feeling and do so in a healthy way. Allow yourself to cry, write, listen to or make music, or talk with a close friend or family member. As you become further removed from the incident, be cognizant of when it's time to distill this period of grief into brief, private moments, and then eventually your loss will become less acute. Grieving is healthy, but if you continue to dwell on it for more than one year and it feels like it's turning into chronic depression, make sure you seek help from a healthcare professional.

Related Link: [Gia Allemand's Boyfriend: 'I Don't Love You Anymore'](#)

2. Don't Cast Blame

It was widely reported that Allemand's suicide occurred immediately after a blowout fight with her boyfriend, NBA player Anderson, that culminated in him saying, "I don't love

you anymore.” In this situation, it would be easy for Anderson to process his loss by blaming himself and wondering if he could have saved his girlfriend by choosing his words more carefully.

But it’s important to remember that there are endless numbers of factors that contribute to something so serious, and whatever you feel you did wrong is only the tipping point (if even a factor at all). There’s no way to truly know, and blaming yourself or others will only alienate you as work through your grief – so train yourself to focus your energy on moving past it.

We’re ultimately **not** responsible for the actions of others. Of course, we want to make sure we’re always compassionate and empathetic; however, each of us must take personal responsibility for how we react to what we hear from others each day.

3. Adopt a Mantra: “The Only Way to Get Through It Is to Get Through It”

Whether recovering from a breakup or the death of a loved one, you’ve been placed in an undesirable situation beyond your control. As much as it may feel like the world has stopped turning and nothing will ever be the same, there’s nothing you can do but focus on the better times ahead.

Each relationship can help to form who we are as well as who we’ll become. There are no such things as mistakes. If you soldier through these dark days and keep yourself focused on the gifts you experienced as a result of your lost love, you’ll gradually start to feel better...and one day, you’ll reflect on that dark time from a much lighter point of view.

4. Re-Install Routine

Depending on the gravity of your loss, it’s possible that whatever incident you’re recovering from has completely wiped

out your usually bustling schedule. Even though holing up at home may seem like the most appealing option, one of the best ways to begin to move on is to re-introduce routine into your daily life.

It may feel forced at first, but a schedule will allow a sense of normalcy to return and provide a welcome distraction. If there's something in your routine you used to partake in with your absent partner, create a new ritual with a close friend or family member in its place.

Related Link: [Lea Michele Is Grieving With Cory Monteith's Family](#)

5. Lean On Friends and Family

After the death of Monteith, mourning fans across the country cast much of their concern toward his longtime girlfriend and *Glee* costar Michele. People began speculating about when and how she would make her first public appearance in the wake of her tragedy. After a couple weeks of silence, the brunette was spotted going to a baby shower and has since been seen surrounded by at least one or two close friends. Loved ones provide a welcome distraction, but they'll also help force you back into your routine and listen when you need to talk about how you're feeling.

Heartbreak is a part of life, and when it happens, all you can do is work towards moving on. If you diligently hold yourself to these five practices in the wake of a tragedy, I'm certain you'll gradually start to feel lighter.

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

10 Celebrity Couples We Never Knew Existed



By [Whitney Johnson](#)

Most of the time, famous folks can't get away from the spotlight. Rumored relationships and long-term loves alike are splashed on every magazine cover or tabloid site, making it difficult *not* to know who dated who in Tinseltown. Every so often, though, a celebrity couple flies so far under the radar that gossip-hungry fans miss their Hollywood romance. Read on for a list of 10 celebrity couples that you may not know existed:

1. Shia LaBeouf and Hilary Duff: These Disney darlings went on a terribly bad date – “probably the worst date either of us have ever had,” according to the *Transformer* star.

2. Lance Armstrong and Ashley Olsen: This unlikely duo were spotted making out in 2007 at Rose Bar in New York City. Their relationship never took off – which is no surprise given that the cyclist is 15 years older than the designer.

3. Matthew Morrison and Kristen Bell: These famous faces attended New York University together and dated very briefly. Despite their eventual breakup, Bell still calls the *Glee* star “Matty.” Perhaps we’ll see them double dating with their respective fiancés soon.

Related: [Matthew Morrison and Renee Puente Are Engaged](#)

4. Jake Gyllenhaal and Natalie Portman: Long before his heavily documented romance with country singer Taylor Swift, Gyllenhaal was linked twice to the *Black Swan* actress, once in 2006 and again in 2008.

5. Dennis Rodman and Madonna: Rumor has it that Madonna desperately wanted to have the former basketball star’s baby when they dated in the early 1990s. Luckily, no child resulted from this unlikely pair.

6. Jake Pavelka and Kristin Chenoweth: It’s hard to believe that the star of *The Bachelor: Wings of Love* and the pint-size Broadway powerhouse are an item, but they’ve been dating since late 2012 after meeting at an awards show.

7. Donald Faison and Minka Kelly: This under-the-radar twosome dated for a year from 2004 to 2005. Now, they’re both happily taken: Faison is expecting his first child with wife Cacee Cobb, while Kelly has reunited with ex Chris Evans.

Related: [Celebrity Couples That Reunited](#)

8. Sean Penn and Florence Welch: It’s no secret that Penn has

a thing for sultry songstresses – anyone recall his post-divorce romance with Scarlett Johansson? Lately, this potential pair has been laying low, but earlier this year, there were a number of paparazzi photos filled with PDA.

9. Ashton Kutcher and January Jones: Long before Kutcher married and divorced Demi Moore, he dated up-and-coming actress Jones, who had recently relocated to Los Angeles to pursue her big screen dream. The couple, who dated from 1998 to 2001, attended his *Dude, Where's My Car?* premiere together in one of their rare red carpet appearances.

10. Matt Dillon and Cameron Diaz: Who knew the stars of *There's Something About Mary* were an item off-screen too? This duo dated for three years, splitting in 1998 – the same year that the hit comedy was released.

Did we forget one of your favorite couples? Tell us in the comments below!