

# Khloe Kardashian and Lamar Odom Reunite Amid Kris and Bruce Jenner Split



By Gabby Robles

According to [People](#), Khloé Kardashian and Lamar Odom stepped out from hiding and were photographed together for the first time in nearly four months on Tuesday. The two took the time to go over to Kardashian/Jenner household in Calabasas after news about Kris Jenner and Bruce Jenner are splitting up.

**What are some ways to help each other through heartbreak?**

**Cupid's Advice:**

Even though you two may be on the outs, true love can get through everything. When a crisis is at hand, you both need to connect and work through it together. How can you do so? Cupid has some suggestions:

**1. Listen to each other:** You have to be a shoulder to cry on and he should be the same for you. When you listen and show you care, you're giving your partner the opportunity to connect with you on a deeper level – something you both might not have done in a while.

**2. Open your heart:** Share your feelings on the subject, too. This makes your boo see that it affects you too. It's something that you're mutually going through. Once he realizes that, the connection will only deepen and it'll be easier to get through what's going on between the both of you.

**3. Make sure you're in it together:** Your man may be moody or upset and it's possible that he could get a little snippy. Don't take this personally. Know that this is only because he's hurting and because he's stressed over the whole issue. Just remain calm, strong, and let him know that you're there for him.

**What are some ways you've helped each other through heartbreak? Tell us in the comments below!**

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## **Bruce and Kris Jenner Announce Their Separation**



By Kristyn Schwiep

Reality TV stars Kris and Bruce Jenner have finally confirmed their separation. According to [People](#), the couple has been avoiding rumors of their rocky relationship. Kris told People in July, that the couple had a “pretty fabulous relationship.” The couple, who were married for 22 years, have not filed divorce papers and keep in touch every day. “We will always have much love and respect for each other. Even though we are separated, we will always remain best friends and, as always, our family will remain our number one priority,” the pair told [E! News](#).

**What are some ways to work on your troubled marriage?**

**Cupid's Advice:**

Keeping a marriage healthy can be tough after 20+ years of marriage. So what are some ways you can work on a troubled

marriage? Cupid has some advice:

**1. Communicate:** You and your partner need to sit down and communicate your feelings and emotions. Try making a list for each other of what you think is wrong with your marriage and ideas for your two to improve on your relationship. Talking about your feelings can be difficult, but talking through your problems needs to be done so you are aware of what is going on.

**2. Listen:** Communicating may seem like the hardest part of fixing a troubled marriage, but listening is even tougher. Make sure that you listen to what each other are saying. If you don't listen, you won't get anything accomplished.

**3. Plan:** Make a plan with your partner once you've communicated and listened to each other. Making a plan will provide a path so that you can sort out what was wrong in the first place and help you work on the problem areas.

**What are some ways to work on a trouble marriage? Share your thoughts below.**

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## **Family Source Says Prince Harry Is 'Very Serious' with Cressida Bonas**





By Kristyn Schwiep

Prince Harry and Cressida Bonas are becoming very serious, a family source told [People](#). The couple has been together for a year and has recently taken their relationship into the spotlight. “They are quite perfect for each other,” a family source tells People.

**How do you know when to get serious with a new partner?**

### **Cupid’s Advice:**

Beginning a new relationship can be an exciting time in your life. But how do you know when it is time to get serious with your new partner? Cupid has some advice for you:

- 1. Time together:** If you’re almost always together and enjoy spending most of your time with your partner, then its time to get serious and put a label on your relationship.
- 2. Family:** Have your families met yet? If they have its pretty safe to say that things are starting to get serious in your relationship. Meeting the parents is a big sign that you are



in this relationship for the long haul.

**3. The future:** If you've talked about the future and where you two see yourself in the future, your relationship is getting serious. If you've spoken about marriage, moving in together, or kids that is a sign that it is time to get serious with your partner.

**When did you know it was time to get serious with a new partner? Share your stories below.**

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## Khloe Kardashian Says Lamar Is 'Very Depressed'



By April Littleton

According to [People](#), Khloe Kardashian is having a hard time keeping her marriage to Lamar Odom intact. "I do want to help or cater to Lamar. But there's also so much someone can take," she said on last Sunday's episode of *Keeping of the Kardashians*. Accusations of drug issue and infidelity surrounded Odom over the summer. Since then, the couple have been living apart.

**What do you do if you're not able to help your depressed partner?**

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

It's hard to keep a relationship between two people going strong when one of them is at a low point in their life. Trying to help someone who doesn't seem to improve with time can be frustrating, especially if it's someone you care about. Cupid is here to help:

- 1. Support group:** If you can't seem to get through to your significant other, then maybe a group of people who are going through the same thing as him/her might. Your partner might feel like he/she can't fully open to you because you don't fully understand what's going on. Sometimes, the best thing for a person is to vent to complete strangers without having to worry about any judgements.
- 2. Do some research:** Maybe you're going about the situation all wrong. In that case, do your research. Talk to some professional counselors about the symptoms of depression and see what you can do to help. It's OK to feel frustrated and helpless, but maybe if you become more informed on the topic, you'll be able to find a way to get through to your honey.
- 3. Be there for them:** You've tried everything and your partner still seems to be down. The only option you have now is just

being there for them when they need you. Be that shoulder to cry on and lend them an ear when they need to vent. Be as patient as you can be and show them you still love and care for them. However, if the situation doesn't change, you might have to move on. You can't help someone who doesn't want to be helped.

**Have you ever had to deal with a depressed partner? Comment below.**

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## **Sheryl Crow: My Sons “Keep Me Young”**





By Jenny Schafer for Celebrity Baby Scoop

Nine-time Grammy Award-winner Sheryl Crow has teamed up with the One A Day® Women's brand and Feeding America with the Nutrition Mission to help the close to 50 million Americans who live in food insecure households.

Sheryl opens up to [Celebrity Baby Scoop](#) about raising her "real boys" Wyatt, 6, and Levi, 3. The *Strong Enough* singer, 51, chats about her sons who can be "real clowns" and love to "break out into dance." She goes on to talk about her first country album, *Feels Like Home*, and the joys of motherhood.

**Related Link:** [Ivanka Trump: "I Don't Stress About Being Balanced"](#)

**CBS: Tell us about partnering with the One A Day Women's brand and Feeding America. How did you get involved in the Nutrition Mission?**

SC: "I'm excited to team up with One A Day Women's and Feeding America this Hunger Action Month on year two of the One A Day Women's Nutrition Mission to help the nearly 50 million Americans that live with food insecurity. Since the start of the program, we've donated 4 million meals to Feeding America's network of more than 200 food banks, which helps distribute food in communities across America. One A Day Women's has also awarded \$100,000 in grants to local food banks to help people in local communities to continue the fight against hunger."

**CBS: How do you balance your career and motherhood?**

SC: "I try to keep Wyatt and Levi's lives as consistent as possible. We spend a lot of time at home and that's my priority with work coming second. I've also got a great team and family who pitch in to make it all happen."

**Related Link:** [Claire Danes Worried She'd Never "Want to Work](#)

## [Again" After Cyrus' Birth](#)

**CBS: Do you believe "women having it all" is unrealistic or is it attainable?**

SC: "I think having children changes your ideas about what having it all means. I don't feel the same way about work as I did before I had Wyatt and Levi, but I pride myself on finding balance. I love making music and I love raising my boys – I find time to make both a priority."

*For the rest of the interview, visit [www.celebritybabyscoop.com/2013/09/30/sheryl-keep-young](http://www.celebritybabyscoop.com/2013/09/30/sheryl-keep-young).*

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## **T.R. Knight Marries Longtime Boyfriend Patrick**





By April Littleton

According to [People](#), T.R. Knight married his boyfriend of three years, Patrick Leahy, Friday, October 4. Some of the guests included Katherine Heigl and Kate Walsh who are both former *Grey's Anatomy* costars. Knight, 40, left the show in 2009.

**How do you decide who to invite to your wedding?**

**Cupid's Advice:**

Wedding bells are in the near future for you and your partner, but you have yet to narrow down the guest list. Who gets to see your special day in all its glory? You won't be able to invite everyone. Cupid has some tips:

**1. Close friends and family only:** Limit the wedding invites to just your close, personal friends and family only. If you're not close to anyone you work with, then there's no point in inviting them when the seating is limited. The same rule should apply to your significant other. He/she should only invite people they associate with on a regular basis.

**2. Ask your parents for help:** If you're still having trouble narrowing down the guest list, call in some reinforcements. Your parents would be perfect for the job. Nobody knows you better than the people who raised you, so they should be able to give you some insight on who to invite and who to exclude.

**3. No guilt trips:** Don't let anyone make you feel bad for not including them in YOUR wedding. If they truly consider themselves a friend, they'll come to understand the reason for the exclusion. They'll be happy for you regardless if they actually attend or not.

**How did you decide who to invite to your wedding? Share your experience below.**

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## **'Grey's Anatomy' Star Jesse Williams Is Expecting First Child**





By Kerri Sheehan

The doctor is in! Jesse Williams of *Grey's Anatomy* is suiting up to be a first time dad! His wife, Aryn Drake-Lee, is pregnant. After dating more than five years, the couple finally tied the knot last September in Los Angeles. According to [UsMagazine.com](http://UsMagazine.com) the baby is due in December.

**How do you know when you're ready to have a child?**

**Cupid's Advice:**

Dating is one thing, but parenting is a whole other story. Let Cupid help you decide if you're ready to have a child:

- 1. You're financially stable:** Having a baby is expensive. Before multiplying make sure that you and your significant other can comfortably take care of yourself before you add a third body into the mix.
- 2. Baby proof your relationship:** Having a child is like putting your relationship in a boot camp. If the two of you didn't get along pre-baby then you're doomed.



**3. Be happy:** Bringing a life into the world is perhaps one of the greatest things a woman can do. However, if you're not happy at where you are in life then having a baby will not solve these problems. Make sure you're 100% happy with yourself before you have a child.

**How did you know when you were ready to have a baby? Share below.**

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## **'Glee' Star Dot-Marie Jones Is Engaged to Longtime Girlfriend Bridgett Casteen**





By Kerri Sheehan

Coach Beiste is set to walk down the aisle! Glee star Dot-Marie Jones is officially engaged to girlfriend Bridgett Casteen. Jones, who is best known for her role as gym teacher Shannon Beiste on Glee, proposed to Casteen in Disneyland on Friday October 4th. According to [UsMagazine.com](http://UsMagazine.com) she said, "It's the happiest day of my life. I never thought I'd find somebody that is so loving and kind."

**How do you know when you've found "the one"?**

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

It can be hard to tell if the relationship you're in is a lasting one. Let Cupid help you decide if your lover is your forever:

**1. You open up:** In the perfect relationship both halves are completely honest to their partner and themselves. Putting on a front and hiding how you really feel is the best way to destroy a relationship.

**2. Disagreement is okay:** Being together isn't about getting along one hundred percent of the time. Sometimes you have to disagree in order to keep your relationship strong.

**3. Fireworks:** When you've truly found the one you should still be seeing fireworks even months into the relationship. When making your love your last you should still get butterflies when you're with them.

**How did you know you found "the one"? Share below.**

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# **Carson Daly is Engaged to Longtime Girlfriend Siri Pinter**





By April Littleton

A source revealed to [UsMagazine.com](http://UsMagazine.com) that Carson Daly is engaged to his girlfriend of six years, Siri Pinter. Daly and Pinter have two children together, son Jack, 3 and daughter Etta Jones, 13 months.

**How do you know when it's the right time to get engaged?**

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

The decision to marry someone is probably the biggest one you'll ever make. You might be ready to marry your significant other, but there are a few things you need to consider before accepting a proposal. Cupid has some tips:

**1. On the same page:** You and your partner want the same things in life. You've talked about your future together and it's obvious you have similar goals. The two of you have already agreed on where you'll live, how many kids you want and how long the engagement will actually be. You don't have to agree with your significant other on everything. After all, you'll have your whole lives together to figure things out, but it's

good to be on the same page with the important aspects of your life.

**2. No secrets:** You know everything there is to know about your honey and vice versa. Having an open line of communication is always a plus in a long-term relationship and it's the key to a lasting marriage.

**3. You just know:** When you've been with another person long enough and you're genuinely in love with them, it's only fitting for you to be thinking about the next step in your relationship. You know you have a strong connection with your partner and you can't see yourself with anyone else. If you're confident in your decision to get married, then go for it and good luck!

**How did you know it was the right time to get engaged? Share your experience below.**

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## **Snooki: Motherhood Made Me "Grow The Hell Up"**







By Jenny Schafer for Celebrity Baby Scoop

New mom Nicole “Snooki” Polizzi is debuting her Snooki Couture by Nicole Polizzi line of headphones and electronic accessories in the “Fashion You Can Hear” line by iHip, available at Walgreens.

The *Jersey Shore* star opens up to [Celebrity Baby Scoop](#) about her “little nugget” 1-year-old son Lorenzo who “loves music” and has just started to dance. Snooki goes on to say her life has been “completely” transformed by motherhood – and she “wouldn’t have it any other way.”

**Related Link:** [Deena Cortese Says Snooki Will Be a ‘Great Mom’](#)

**CBS: Tell us all about the Snooki Couture by Nicole Polizzi line of headphones and electronic accessories. What’s the inspiration behind it?**

Snooki: “I’ve always wanted to have headphones that had style to it. So I decided to come up with my own and add a detachable headband on them. I also made my earbuds like earrings so were always ready to look good. Fashion that you

can hear!”

**CBS: Did you listen to music when you were pregnant with Lorenzo? If so, what kind? Does he enjoy music now?**

Snooki: “I played Lorenzo lots of music when I was pregnant, usually anything that played on the radio. And now, he loves music and is starting to dance. He’s so cool.”

**Related Link:** [Snooki’s Pregnancy: Can You Salvage Your Image?](#)

**CBS: In our Readers’ Choice Awards, you were voted the celebrity mom most transformed by motherhood. How has motherhood changed you?**

Snooki: “Motherhood has completely changed my life – from the way I view things to the way I live my life. Becoming a mom has just made me realize, ‘Grow the hell up.’ And just looking at my son everyday made me realize he’s my life now and I wouldn’t have it any other way.

The best thing about being a mom is knowing that my little nugget is mine and will always be my baby. He’s my sunshine.”

*For the rest of the interview, visit [www.celebritybabyscoop.com/2013/10/02/snooki-motherhood-hell](http://www.celebritybabyscoop.com/2013/10/02/snooki-motherhood-hell).*

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## **‘The Biggest Loser’ Alum Lisa Rambo Talks Marriage and**

# Weight: “We’ve Lost Over 180 Pounds Together!”



By Kerri Sheehan

Sometimes, being a loser really can make you a winner! Lisa Rambo learned that truth when she was chosen to compete on NBC's reality show *The Biggest Loser* during season 14. Unless you have been hiding under a box of Twinkies, you probably know that the show chronicles the journey of overweight contestants who attempt to lose the most weight in hopes of getting healthy and winning a cash prize.

Although Rambo was eliminated from the competition during week five, the show offered a \$100,000 at-home prize and Rambo tried her hardest to win it. But, when she re-entered the real world, the 37-year-old mother of four returned to work full-

time as a special education assistant, and felt the pressure of keeping up with the contestants still living at *The Biggest Loser Ranch*.

**Related Link:** [Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life](#)

Even so, she stuck to what she had learned at the ranch and 80 percent of the total weight she lost was after she left the show. In the end Rambo was runner-up for the at-home prize, losing to competitor Gina McDonald by only a few pounds. Still, she was able to manage the needs of her family while simultaneously taking care of herself. "There is no magic pill. It takes some hard work and dedication, but it's worth every bit of it," she says of her fight to get fit. In order to reach her weight loss goals, she worked out six days a week, usually an hour and a half before work and two hours after work.

Rambo's weight loss efforts inspired her husband to shed some extra pounds as well, and as a result, her whole family adopted a healthier lifestyle. She admits that since their weight loss began they haven't had very many date nights, but they do enjoy the occasional sushi outing with live music. When losing weight with your partner a balance of seriousness and fun is key to keeping your relationship in tact. In addition they have run a few races together and also completed a 12-mile Tough Mudder off-road run and they're both excited about how they feel since tightening their belts: confident and joyful. "We've lost over 180 pounds together but have gained true strength and great courage."

In order to get her family to this place, she had to completely overhaul their routine. According to Rambo, "The first thing I did was clean out our kitchen and turn our home into a safe place. The changes then became the new normal for the whole family."

Her husband and children are now far more active too. They have run in a number of events together, and Rambo will soon run her first half marathon with her mom, sister, and daughter in tow. The newly-annointed health food queen suggests this advice to parents looking to shift their family's lifestyle: "Stick with it and know that your kids will adapt. They'll also start to crave what they eat. It'll take time for them to acquire new cravings, but it's worth it."

**Related Link:** [Palmer's Spokesperson Ali Landry Chats About Making Her Family a Priority](#)

It's no secret that the former *Biggest Loser* contestant has put in a lot of hard work to get to where she is today – even before she appeared on the realty show. In fact, last season wasn't her first attempt to get cast. She auditioned twice before for seasons 10 and 11, and her inspiration for auditioning this time around was her sister. "She was positive that I was exactly what they were looking for. Her encouragement kept me in it!"

Rambo hopes that her own story will inspire others. "I was always one Monday from the next best diet." Follow Rambo's example and make that Monday today so you and your significant other can get on the path to being jolly and fit now. Instead of settling with the way you are, she recommends setting goals for the journey to your happy place. She often found herself reaching mental plateaus, meaning that she would lose 50 or 75 pounds and consider calling it quits. However, after losing over 100 pounds, she realized that she often settled for less than what was possible. She reminds hopeful contestants, "Don't quit, reach your goal, get your win, and don't go back!"

*Be sure to tune in for next week's premiere of season 15 of The Biggest Loser on Tuesday, October 15th on NBC at 8/7c! Rambo will be attending The Biggest Loser Walk/Run on October 20th in Eau Claire, Wisconsin, and she will be running in the*



*New York City marathon this November. To see what else Rambo has cooking in her kitchen, you can read her blog, [losingitwithlisa.com](http://losingitwithlisa.com), or follow her on Twitter @LisaRambo.*

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## Halle Berry and Olivier Martinez Welcome a Baby Boy



By April Littleton

Halle Berry and her husband, Olivier Martinez welcomed a baby boy Saturday. It is the second child for the Oscar winner. A source at the hospital told [People](#), "Olivier hasn't left Halle's side. Nahla visited her baby brother earlier today.

The baby was born in in Cedars Sinai Medical Center in Los Angeles.

**What are some ways to decide whether to have another child?**

**Cupid's Advice:**

Sometimes deciding on whether or not you should have another child can be harder than it was the first time around. You're not just talking about creating a new life, you're about to change your entire family dynamic. Cupid has some tips:

**1. Finances:** Will you be able to afford another baby? If you help provide the household funds, think about if you can manage to take the needed time off. You'll have to buy everything in twos or threes now. Adding another child can put a strain on your finances, so be sure you're ready for the challenge.

**2. Siblings:** How old are the children you already have? Are they old enough to understand what will happen? If not, they might act out when your attention is drawn to the new baby. It's not just you and your partner who need to be prepared for a new family member, but the kids you're in the process of raising need a heads up as well.

**3. You've discussed it:** Obviously, you need to let your partner know about your baby fever before you stop taking birth control. Your significant other might be able to think more rationally than you about the situation, especially if you're not really in a good place for another child. Let them know your thoughts and see what they have to say.

**How did you decide to have another child? Share your experience below.**

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# Paris Hilton Shares Her Deal Breakers on 'The Lowdown with Diana Madison'



Paris Hilton sat down with Hollywood insider Diana Madison on "The Lowdown with Diana Madison," and the socialite talked about deal breakers in love, friendship, business, music, and fashion.

Hilton opened up about her view on relationships and says, "It's all about trust; if I can't trust someone, I can't be with them. That's the number one thing for me." Trust serves

as a very valuable quality for this heiress in many aspects of her life.

To find out more about the blonde starlet's deal breakers, check out her interview in the video below!

**What are some of your deal breakers in a relationship? Share with us below!**

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## Michael Sheen Moves On from Rachel McAdams with Carrie Keagan



By Gabriela Robles

According to [UsMagazine.com](http://UsMagazine.com), Michael Sheen can be seen with his new girlfriend Carrie Keagan. Last February, Sheen and his *Midnight in Paris* costar Rachel McAdams ended their almost-two year relationship. A source has revealed, "They have know each other for a really long time – but have been spending more time together recently."

**How do you know when you're ready to move on after a breakup?**

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

People tend to move on too quickly after they break things off with their ex. Some jump into relationships to feel better about how things ended. Doing this isn't healthy and in fact, it doesn't make you feel better at all. So how do you know when you're really ready to move on? Well, Cupid has some ideas:

**1. When you stop thinking about them:** If you've stopped thinking about your ex completely, you're ready. That may sound obvious, but most people let their exes linger in their minds. Don't do that. Wait till you move on internally completely. Only then should you move on externally.

**2. The new person you want to date isn't only a distraction:** You want to make sure your next partner is not only there to distract you from your old feelings. He should be your date because you genuinely like to spend time with him. If you jump into a relationship with someone and you aren't over your ex, you will only end up hurting your new boo as well as yourself.

**3. You feel better about everything:** When things start to appear sunny and every step you take is like a breath of fresh air, that's when you've moved on. You feel good about yourself, your ex, and are looking forward to your future and the things that you hold in front of you. This is essential to



being ready to move on.

How did you know when you were ready to move on after a breakup? Share with us in the comments below.

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# **‘The Biggest Loser’ Contestant Gina McDonald Says, “My Husband Was Very Supportive of Me Going on the Show”**





By Kerri Sheehan

Like many contestants on NBC's *The Biggest Loser*, 47-year-old Gina McDonald felt like a stranger in her own body. Over the years, she attempted many fad diets as the scale escalated uncontrollably. A lawyer and a law firm owner, she's always been very accomplished in her professional life; unfortunately, her personal life used to be a different story. Back in 2002, poor eating habits, a lack of exercise, and a stressful divorce caused her to reach 245 pounds. Ashamed and left with two young children, the single mother struggled to keep her at home life in check.

Last year, her husband of five years, Chad Eldred, encouraged her to become a contestant on *The Biggest Loser*, and she's hit the ground running ever since. Although she didn't win the show's coveted title, she was able to snatch up the \$100,000 at-home prize due to her ability to keep shedding weight after leaving the ranch. The journey she went through during the show changed her outlook on life and kept her motivated: "I have learned that I am capable of anything. I look at obstacles as just minor setbacks and stay the course."

**Related Link:** [Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life](#)

Her first workout on the ranch proved to be the most trying endeavor she faced. "My most challenging obstacle was believing that I could actually do it!" she proclaims with the gusto of a true winner. Once the workout was over, she was overcome with emotion. As a member of Bob Harper's team, she shares, "I had seen Jillian Michaels' team falling apart and was so thankful that our team endured."

Since her time on the show, McDonald's family has overhauled their lifestyle in a positive way. "I think my weight loss resulted in positive changes for my daughter too. She learned from my guidance that she's capable of anything if she works

hard enough.” McDonald’s daughter has lost 30 pounds, while Eldred has shed a whopping 60! “My kids, husband, and I all try to eat healthy and move every day.”

Eldred was actually her biggest supporter while she was on the show. He stepped up to the plate and managed to play both mom and dad to McDonald’s two college-aged kids during her journey. “He will tell you that he cried every day missing me, but each tear was worth it to have me happy and especially healthy.”

Over the summer, their daughter played chef in the house, but now that she’s back at college, Eldred has taken on the job. “He keeps my fridge stocked with healthy options and has a good meal ready most nights.” The couple is planning to run a half marathon together in December. “I’m training hard! This will be my longest run, and I’m excited to be doing it with Chad.”

**Related Link:** [Date Idea: Make Sushi At Home](#)

Of course, the duo must make a solid effort to balance their workout schedule with spending time together at home. “The perfect night is sitting outside by our pool and having a small dinner and just enjoying our home.”

According to McDonald, the hardest part of maintaining her new lifestyle has been managing to spend time with her husband and kids while also taking care of her business. “It has taken me some time to settle into my new routine. Not every little thing that goes wrong becomes a setback or an excuse not to exercise and eat right.”

For others looking to go on *The Biggest Loser*, the former contestant stresses the importance of “believing in yourself and never, ever giving up” – a motto that she repeats to herself every day!

*Be sure to tune in for next week’s premiere of season 15*

of *The Biggest Loser* on Tuesday, October 15th on NBC at 8/7c! She'll also be participating in *The Biggest Loser Run/Walk* in Panama City on December 29th.

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## Kate Gosselin Says She Has Pity for Ex-Husband Jon



By Gabriela Robles

Over three years ago, Kate Gosselin and Jon Gosselin's marriage untangled and left a bitter taste in the ex-couples mouths. The two were most known for their TLC hit, *Jon and Kate Plus Eight*, but now that program seems to be ancient

history. According to [UsMagazine.com](http://UsMagazine.com) when Kate went on Bethenny Frankel's talk show, she was asked if she still was in love with Jon, to which Kate responded, "Somebody once told me that if you feel sadness and empathy and pity for someone the root of that is love. I feel like the person that I married nearly overnight was not that person anymore."

**What are some ways to keep things civil with your ex?**

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

When you end things on bad terms, it doesn't necessarily mean that you won't ever see them again. You have to keep yourselves somewhat composed and realize that you've both changed and aren't going in the same direction. Cupid has some advice to how to keep things civil if you are faced with the mention of your ex:

**1. Keep calm, cool, and collected:** Remember that you are different. Some time has passed and you're put in a situation where your ex is either in front of you or someone brings him up. Instead of getting upset or angry, take a deep breath. Don't let old feelings bother you.

**2. Look at the big picture:** You have to keep your mind in check that you're different from where you were. There are bigger things in your life than what happened with your ex – better things. Keep things in perspective and you'll be happy you did.

**3. Let it go:** Releasing your own harsh feelings from your ex will not only make you feel better emotionally, but it'll take a huge weight off your shoulders. You'll feel more comfortable when he's in sight and you'll feel freer when he's out of sight.

**What are some ways you kept things civil with your ex? Share with us in the comments below.**

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# 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!**



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# 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!**

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# Kaley Cuoco Admits Surprise Engagement Seems 'a Little Crazy'



By April Littleton

A few days after [UsMagazine.com](http://UsMagazine.com) broke the news of Kaley Cuoco's engagement, the *Big Bang Theory* actress admitted that the proposal even shocked her. "He surprised me at the end of the night... [when] he popped the ring out. It was amazing," she told *Entertainment Tonight*. Cuoco and boyfriend, Ryan Sweeting have been dating for three months.

## **How do you know when you're ready to tie the knot?**

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

You've been planning out all of the details of your wedding since you were young, and now you've finally found someone who could possibly be the one you spend the rest of your life with. How do you know if it's really the right time for marriage? Cupid has some tips:

**1. You just know:** Sometimes you just know when someone is the right one for you. You're in love, have a great relationship and can't see yourself with anyone else. Some of your friends and family might not understand your decision to get married, but once they see the love between you and your partner as you walk down the aisle, they'll be more than OK with how things played out.

**2. Time:** You don't need to rush to get married. You and your significant other should think long and hard about the possibility of a future wedding and both of you need to agree that it's the right move to make. Remember, the importance of a marriage isn't about the wedding itself, it's about staying married to the same person for the rest of your life. Make sure you're ready for that.

**3. Friends:** If you're still unsure if you're doing what's best, talk to some of your friends. They can see your relationship from a different perspective than you can. How do they feel about your partner? Do they see it lasting long-term? Take their opinions and concerns to heart when you're making a final decision.

**How did you know when you were ready to tie the knot? Share your experience below.**

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# Jennifer Lopez's Backup Dancer, Tera Perez Talks Relationships, JLo, Casper, and New Docu-series, 'A Step Away'



By Priyanka Singh

“Every superstar needs backup”, and that’s exactly what world-class superstar Jennifer Lopez gets as she begins her tour with the hottest, most talented group of dancers, one of which

happens to be JLo's stand-in dance captain, Tera Perez. This vibrant and driven dancer spoke with CupidsPulse.com about the new docu-series, *A Step Away*, which airs on Thursday, October 3rd on NUV0tv at 10/9c. The show gives us an intimate behind-the-scenes look at the lives of these backup dancers on the road as they balance love, relationships, work, family, and so much more.

Touring across the globe, rehearsing for several hours a day, being far away from home...how do these dancers handle this hectic lifestyle? Perez reveals that, on the show, viewers will see a mix of everything since they are such a dynamic group of people outside of all the glitz and glamour. She also opens up about her own experiences of touring while being in a relationship with backup dancer, Lake Smits, who is also part of the group. "I have to say, I'm really lucky. I've gotten to experience being on the road with Lake and travel the world, spending every minute possibly with him for the past year and a half." Perez considers herself fortunate for not having to deal with the struggles of a long-distance relationship on tour, but she still deals with the obstacles of being surrounded by each other all the time.

**Related Link:** [Is Your Career Killing Your Relationship?](#)

One of the biggest challenges they face as a couple is keeping work separate from home. "Sometimes, you're stressed out. You're tired and frustrated, and you're in pain from doing all these numbers. Your body is aching, and you're with each other 24/7, doing the same thing. Not bringing that work home was definitely our biggest obstacle." However, the couple is still going strong: They plan to live together after the tour.

Of course, we had to ask Perez what it was like working with Lopez, one of the biggest global superstars in the entertainment business. "She doesn't let anything slide. You always have to be on your A-game with her because she notices everything! That's probably the biggest challenge, but she pushes you to be a better person."



**Related Link:** [J. Lo and Casper Smart: What Their Body Language Says About Their Love](#)

JLo's love life comes up in discussion too since her boo, Beau Casper Smart, happens to be the choreographer. Of their relationship, Perez says, "They're really great. They have great chemistry and a great creative partnership." She went on to parallel their two love lives and how it's unique to see their two relationships play out together on tour. "They have their's, and we have our's. You see it for exactly what it is, and it's just this great chemistry and love for each other."

*Be sure to tune in for A Step Away tonight on NUV0tv at 10/9c!*

**How do you balance work and love under a tight schedule? Share your thoughts below.**

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## **Ryan Anderson Breaks Down Over Gia Allemand's Suicide**





By April Littleton

According to [People](#), Ryan Anderson broke down in tears when he discussed how he was dealing with the death of his late girlfriend, Gia Allemand. The New Orleans Pelicans forward was the one who found her in her apartment August 12 after she hanged herself. “Every day is a challenge. It helps to be here. My family’s with me. To be here with my teammates really helps a lot, but it’s a roller-coaster,” he said.

**What are some ways to cope with heartbreak?**

**Cupid’s Advice:**

When your heart gets broken it seems like nothing will help ease the pain. It’s natural to feel this way, but as time goes on, you’ll notice that you’re starting to smile more often. You might be even laughing a bit more than usual too. It takes time to get over something tragic. Cupid has some tips:

**1. Spend time with loved ones:** Have your family and friends around more often while you’re going through the grieving process. Your loved ones will show you how loved and

appreciated you are and all of that positive energy will be good for your state of mind. You'll have people around you who you trust and if you ever feel like venting they'll be right there to lend a listening ear.

**2. Keep busy:** Get right back to doing your everyday activities. Continue to go to work and pick up a new hobby or two. Staying busy will help keep your mind off of the things that are keeping you down for awhile.

**3. Remind yourself that things will get better:** When you're feeling down on yourself, just keep in mind that there will be better days ahead. Time heals everything – you just have to be patient. Some days will be better than others, but eventually, you'll wake up one morning feeling like your old self again.

**What are some other ways to cope with heartbreak? Comment below.**

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## **Katy Perry Opens Up About Divorce from Russell Brand**





By Kerri Sheehan

Barbara Walters should never be kept waiting. Pop princess Katy Perry learned that the hard way when she was running late for their December 2011 interview. At the time the 'Roar' singer was going through an extremely rough time in her life. [UsMagazine.com](http://UsMagazine.com) reported that the 'Firework' star dished to Billboard in a new interview, "I shouldn't have done the interview: I was playing Madison Square Garden that same night, and I knew that the end of my marriage (to comedian Russell Brand) was coming." After the divorce Perry found herself depressed and fighting off suicidal thoughts. Perry is now worlds away from where she was two years ago. She has been enjoying her life with boyfriend and singer John Mayer. Perry gushed over her new beau saying, "He literally is a genius, as is evident from his songwriting!"

**What are some ways to cope with a fresh breakup or divorce?**

**Cupid's Advice:**

Breakups suck! Let Cupid help guide you through the rough waters:

**1. Girl's night:** Nothing makes a girl feel as good as a night spent with her closest friends. They can help you make sense of all the emotions you're feeling post breakup and be your rock when you feel weak. Invite your girlies over for a fun night and don't forget the ice cream and chick flicks!

**2. Clear out:** Get a big shoebox and fill it with anything that reminds you of your ex. Not having these items in plain view will keep your mind from wandering back to your former fling.

**3. Move on:** This point may take a while to get to, but it's so important to get back into the dating game as soon as you feel ready. Seeing what other guys are out there won't keep your longing for your ex.

**How do you cope with breakups? Share below.**

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## **Teresa and Joe Giudice Say 'We Have Never Lived Beyond Our Means'**





By Kerri Sheehan

Teresa and Joe Giudice have finally broken their silence after last month's fraud indictment left them facing fifty years in jail. The *Real Housewives of New Jersey* couple opened up to Andy Cohen on Sunday night's episode of *Watch What Happens Live*. The Giudice's are being accused of lying about multiple income sources, bankruptcy fraud, and bank fraud. [People](#) reported that Joe, 43, defended his family's spending saying, "We have never lived beyond our means. Whatever I could afford to buy I would buy. We work hard, so what, we are allowed to make money. It's part of what we do, I'm a businessman and I make money." The couple will appear on the next *Housewives* reunion on October 6<sup>th</sup>.

**How do you keep money issues from causing drama in your relationship?**

**Cupid's Advice:**

Money problems can drive a hole in any relationship. Let Cupid help you stick together in rough times:



**1. Stick together:** When it comes to finances you and your hubby are in this together. If you come across any financial problems you should work through them together rather than placing the load on one person's shoulders.

**2. Keep track:** The easiest way to keep money issues from causing drama in your relationship is not to have money issues at all! Watch closely where your money is going so you know whether or not you can cut costs in certain areas. This will keep you and your partner from falling into a financial hole

**3. Find free fun:** It's likely most of your fun activities cost a lot of money. Finding way to have fun without breaking the bank will help you save money in the long-term.

**How do you keep money issues from causing drama in your relationship? Share below.**

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## **Kristin Cavallari Says Baby Before Marriage 'Worked for Us'**





By April Littleton

According to [People](#), the former *The Hills* star is perfectly happy with the way her life turned out. Cavallari found out she was pregnant right after she announced her re-engagement to Jay Cutler. “We definitely weren’t ready to get married then and so we put everything on hold and we ended up having the baby before. I think that when we did get married, we were absolutely ready,” she said. The happily married couple are now parents to son Camden Jack, 13 months and tied the knot in June.

**How do you decide when you’re ready for children?**

### **Cupid’s Advice:**

Parenthood is one of life’s greatest joys, but you have to be 100 percent ready for it. Are you and your partner thinking about expanding your family? Cupid has some tips:

**1. In a good place:** If you and your significant other can provide a stable living environment and you can afford to add another person into the mix, then go for it! Babies are

expensive. Wait a little while longer if you're not sure if you're financially ready to keep up with the demands of a newborn. Make sure things are going well between you and your honey as well. You don't want to bring an innocent child into this world when there's obvious tension or unresolved problems between the two of you.

**2. Talk it out:** The only sure way of knowing if you're ready to have children or not is by talking it over with your companion. It takes two people to make a baby, so both parties involved need to be sure it's what they want. If one of you even has the slightest hesitation, then hold off on baby plans and revisit the idea in a few months when you and your partner have had more time to think.

**3. Sacrifice:** Taking care of another human being requires a lot of sacrifice. Certain aspects of your life will have to change if you plan on being a parent. You can forget about going to late-night parties during the first few years of raising your child. The money you saved up for those brand new shoes you had your eye on at the mall will have to go toward a pack of diapers. It may seem like a lot to give up, but if you're really invested in being someone's parent – it'll be worth it.

**How did you decide you were ready to have children? Share your experience below.**