

'The Bachelor' Winner Courtney Robertson Lands Tell-All Book Deal



By April Littleton

The Bachelor Season 16 winner is once again making headlines. Courtney Robertson, now a celebrity author, has landed a book deal with the title *I Didn't Come Here to Make Friends: Confessions of a Reality Show Villian*. "Going on *The Bachelor* was the most amazing opportunity I've ever had but I did not have a fairy tale ending!" Robertson told UsMagazine.com. The 30-year-old ended her celebrity relationship with Ben Flajnik October 2012.

Courtney Robertson decided to do something positive when it

came to dealing with her celebrity break-up from 'The Bachelor' Ben Flajnik What are some creative ways you can get over a break-up without being revengeful?

Cupid's Advice:

Break-ups are tough, especially if you ended things with someone you really cared about. Getting over a celebrity ex without lashing out publicly can be even harder. Cupid is here to help those girls going through a break-up:

1: Have a girl day: When you begin to feel down, call some of your girlfriends and spend the day going out with them. Go to the spa, a movie or just sit around your house and talk about how you're feeling. Relationships and love will come and go, but your friendships will be something you can cherish forever.

2. Hobbies: Keep your mind off your ex by staying busy. What are some of the activities you thought about trying but never got the chance to do? Start going to the gym more often, take piano lessons, and fly in that helicopter over the city! Do something you've always had an interest in and have some of your friends join you as well.

3. Keep a journal: Instead of verbally blaming everyone around you for what happened between you and your boyfriend, write down all of your feelings and emotions in a journal. Finding a healthy way to express yourself is good for the mind and will help you move on faster.

What are some other ways to deal with a break-up without getting revenge? Comment below.

Richard Gere and Carey Lowell Call It Quits



By Gabriela Robles

Richard Gere and Carey Lowell have called it quits after 11 years of marriage. According to [People](#), the two have been living separately lately, with Gere living in Bedford, N.Y., and Lowell in North Haven, N.Y. They were last seen in public together at a fundraiser in New York City in June.

What are some ways to tell it's time to go your separate ways?

Cupid's Advice:

You haven't felt the same lately. You want to spend more time

alone than together. You're unsure about your relationship and now you don't know what to do. Is it time to end things? Cupid can help you through this decision:

1. Reflect on what your daily plan is: Do you guys have some couple-time, or are you always alone? Do you prefer spending time alone or with friends than with your partner? If so, you might be ready to end the relationship. It's possible that you're just in a rut, but if it's been going on for more than a few months, then it's likely that you're both feeling the same thing.

2. Think about how you feel: Ask yourself, are you still having fun? Is he still the love of your life? Do you still enjoy being around him? No matter how long you've been together, you want to always enjoy each other – even when you're in an argument. If that feeling's gone, then there might not be anything there anymore.

3. Talk about it: Ask him how he feels. Does he think it's something you guys can work out? If you both believe you can work on it, don't leave. But if not, then it's probably time to make an exit. You always have to be on the same page and have to figure out what you both want. If it doesn't match up, then it might not be the right relationship.

How do you know when to separate? Share in the comments below!

**Tennis Star Novak Djokovic Is
Engaged to Longtime**

Girlfriend



By Gabriela Robles

According to [People](#), Serbian champion tennis player Novak Djokovic is engaged to his long-term, high-school sweetheart, Jelena Ristic. The two met in high school in Belgrade and have been together ever since. Over the weekend in Monte Carlo, tennis star proposed to his girlfriend of eight years.

How do you know when you're ready to get married?

Cupid's Advice:

When you're in a serious relationship, most likely there's a chance for marriage to come along, but how do you know when you're ready? Sometimes it seems like there's a period where everyone around you is getting married – except you. Other

times, you're not sure if you want to get married to this person you've been with, even though you love them. So how can you be sure you're ready to tie the knot? Cupid has some suggestions:

1. Talk about it: One of the main rules in a relationship is to keep the lines of communication open. Whether you want to get married, or are not sure of it, talk about it. Make sure your relationship is going in the direction that you want it to. You have to both be on the same page or else you'll wind up where you don't want to be. One day, when the time is right – tell your partner how you feel about it. Talking about it is the number one step to figuring out if you're both ready.

2. Think about it with yourself: Take some time to think about it. When you go to weddings, do you wish it were you walking down the aisle? Do you watch *Say Yes to the Dress* every chance you get and know exactly what you want to wear on your wedding day? Do you see your partner in it with you? If so, then you're probably interested in marriage with him. You need to figure out internally if this is what you want.

3. Be realistic about it: You can't just run away and get married and everything will be perfect – even elopement doesn't result in a perfect marriage. You need to evaluate it realistically. You need to look at boring, less-mushy things such as financial situations, housing situations, family involvement, etc. If these things aren't figured out and you're just jumping into something that you haven't really thought through, you might regret it – which is the last thing you want to do with something like a marriage.

How did you know when you were ready? Tell us in the comments below!

'The Biggest Loser' Winner Ali Vincent Says, "We All Need a Support System"



By Kristin Mattern

The first woman to win *The Biggest Loser* – a show that premieres its fifteenth season next Tuesday, October 8th – Ali Vincent really lives up to her motto of “believe it, be it.” She has moved on from reality television to become a motivational speaker and author of *Believe It, Be It: How Being the Biggest Loser Won Me Back My Life*. Vincent continues to live a rich, full life with her new show *Live Big with Ali Vincent* on the Live Well Network.

Related Link: ['The Biggest Loser' Host Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life](#)

The idea for the show began with her book. "There's a line about how it was ironic that I had to lose half of myself and become smaller in order to live big, and we developed the show from there." On *Live Big*, Vincent helps her guests' follow in her footsteps. This season is all about adventure, and her mom, Bette-Sue, is along for the ride. "We're focusing on our bodies not holding us back as we enjoy adventurous lives."

The theme of not being limited by one's body hits home for the celebrity who, before her time on *The Biggest Loser*, was restricted by her own body weight – an impediment she works hard to never be constrained by again. "I felt trapped because I was ashamed and embarrassed of my body, and I collected evidence for why people were judging me or not giving me an opportunity. I realized, though, that I was collecting the wrong evidence. I didn't have to change who I was; I had to shift the evidence I was collecting and focus on how I could get healthy and believe in myself." Her own struggles help Vincent to identify with her guests and aid them through the hurdles they encounter.

Setting goals is how Vincent stays motivated, and she encourages others to do the same. Her personal challenge to herself is to choose three physical activities each year and conquer them. This year, she is running *thirteen* races! She recently participated in the Disney Land 'Dumbo Double Dare,' running a 10K race one day and a half marathon the next. "I realized I had forgotten to set objectives in my life," the television host candidly says. "Now, I make goals that I have to train for, so I have a reason to get up and workout in the morning."

As a motivational speaker, the star advocates that there is no secret to *The Biggest Loser*, but that each person has everything they need to change their lives. "Who you are

doesn't have to change; who you are is great. There are some habits you have created that need to change, so you really just need to look for areas where you can make slight shifts." She suggests that people start by setting small, achievable goals and then writing down their progress so they can be motivated by their improvement.

As much as Vincent focuses on fitness and nutrition ambitions, she also stresses the importance of strong relationships, both romantic and otherwise. "We all need a support system," she explains. "I try to help people recognize what they need in their loved ones so that they can reach their dreams and live big."

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

With this thought in mind, she ensures that communication is a priority in her love life. Of her boyfriend, she explains, "We have to talk about things. We come from different backgrounds and different ways of life, so we're really just trying to support each other and have a healthy, happy, long relationship." A triathlete herself, *The Biggest Loser* contestant seeks a physically fit partner who is conscious about making healthy choices. While she doesn't expect her man to do everything she does, she loves for him to train with her from time to time, whether it be cycling or running. "I mean, it's not the prettiest moment," she laughs, "but it's good to have people you can workout with."

When it comes to date nights, Vincent prefers to go to healthy restaurants or make dinner at home with her beau, though she is up for a good splurge now and then. The key for her is balance: If she has a glass of wine with dinner, it counts as dessert. "I make healthy choices for me, but I don't want to always be tempted. I want to go somewhere and choose what I want to eat because everything is healthy, not because it's the one thing I can eat."

To learn more about Vincent, visit her alivincent.com or connect with her on Facebook and Twitter @alivincent. Be sure to watch Live Big with Ali Vincent Saturdays at 5:30 ET/PT on the Live Well Network!

Aaron Paul Says 'Marriage is Easy'



By Kristyn Schwiep

Being married has been a walk in the park for *Breaking Bad* star, Aaron Paul. Paul and his wife, Lauren Parsekian, tied the knots in Malibu in May. "It was the greatest experience of

my entire life,” he said. “And she’s still with me, which is just fantastic. Four months strong. Marriage is easy.” Paul fell instantly for Parsekian at the Coachella music festival, [People](#) reports. Paul told people that being married has definitely proven to be the greatest time of his life.

What are some ways to keep your marriage healthy?

Cupid’s Advice:

Keeping your marriage strong and healthy can be a tough challenge for married couples. So what are some ways you can keep your marriage healthy? Cupid has some advice for you:

1. Don’t be selfish: Try not to nag or nitpick at every little thing that is done wrong. Being selfish can do damage to a relationship because it is a hard thing to break. Find a rhythm that works best for both of you for money, alone time, kids, etc.

2. Be grateful: Be grateful of your partner. Don’t be quick to judge. Remember all the things that are great about your partner and why you married him or her in the first place. Posting little notes around the house about how grateful you are of each other is a cute, romantic way to show your appreciation for each other.

3. Try something new: Trying something new with your partner is a fun and different way to keep your marriage healthy. It will give you talk about different things and do something that is out of the ordinary together. Go to yoga, join a club, or start making rituals like cooking dinner together every Sunday.

What are some ways you have kept your marriage healthy? Share your secrets below.

Stars Shared Relationship Advice at GBK's Annual Pre-Emmy Celebrity Gift Lounge



By Kerri Sheehan

Celebrities came out this weekend for GBK's Annual Luxury Gift Lounge at the W. Hollywood Hotel in Los Angeles, California. The Gift Lounge honored nominees and presenters of the 2013 Emmy Awards and featured a range of great gifts and brands while also including some worthwhile charities, such as The Creative Coalition, Lambda Legal, GUARDaHEART Foundation, and spcaLA.

GBK teamed up with NEW Tidy Cats® LightWeight 24/7 Performance® to put on the event and raised a whopping \$49,000 for charity. Some of the luxury gifts given away at the Lounge were jewelry from Helzberg Diamonds, flat irons from Barbar Hair Tools, and hair extensions from Pelo Hair, Los Angeles. Many great vacation destinations were also highlighted like The St. Regis Bora Bora Resort, which gifted an all-inclusive resort stay. Guests such as Rumer Willis, Ed O'Neil, Dennis Quaid, Jason Isaacs, and Neil Patrick Harris, this year's Emmy's host, were in attendance.

CupidsPulse.com was there to chat with the stars about dating and relationships—check out the star's advice below!

What is your best tip for maintaining a healthy relationship?



"I don't know. If anyone has the answer, stick it on a postcard and send it to me."
[laughs] – Jason Isaacs, Actor

How do you break the ice on a first date?

"I've been with my wife for 26 years and have never had a date in my life. I wouldn't know what to do."- **Jason Isaacs, Actor**



"Honesty is probably the best thing for any relationship, whether that be a love relationship with kids or marriage. I can't imagine anything without honesty."
— Joe Morton, Actor on *Scandal*



"Oh my gosh! No one would ever use

this, but the first time I met my man, he asked me what I was doing, and I said I was in San Diego for my colonoscopy.

[laughs] I just don't think that would normally work with most people. This was two years ago, and we are still together. Being honest, I guess, is really key. Be true to yourself and be honest." – Mary Murphy, Celebrity Choreographer



"You have to take things very slow and be very respectful. Make sure to be honest

too.”- Chuy Bravo,
Actor/ Comedian

All photos: GBKProductions

‘The Bachelor’ Alum Tierra LiCausi Ends Engagement



By Kristyn Schwiep

Reality TV star Tierra LiCausi's mystery engagement has ended, [People](#) reports. LiCausi, a villain from Season 17 of *The Bachelor*, flaunted a huge diamond ring on the Women Tell All

reunion. According to sources, the break-up happened a few months ago. Unlike LiCausi, the most recent *Bachelor*, Sean Lowe, said to expect a celebrity wedding date announcement for him and fiancée Catherine Giudici.

‘The Bachelor’ alum Tierra LiCausi wasn’t destined for a celebrity wedding. How do you know when it’s time to call off your engagement?

Cupid’s Advice:

Getting nervous and having last minute questions about getting married arises in all engaged couples, but these aren’t reasons to call off an engagement. Here are some signs that will help you know what it’s time to call things off:

1. Avoidance: If you’re looking for excuses to avoid your fiancée you probably want out of your relationship and love life. If you start to find yourself doing things to spend time away from your soon to be husband or wife it’s probably a good sign to call off your engagement.

2. Fights: Fighting in a relationship is normal and planning a wedding can be stressful, but if you are fighting more than you are happy its time to call it quits.

3. Gut feelings: We all have gut feelings for a reason, so if you have that gut feeling that something isn’t right in your relationship, it’s probably a good idea to call off your engagement.

How did you know when it was time to call off your engagement? Share your stories below.

Are Penn Badgley and Zoe Kravitz Back Together?



By April Littleton

The romance may still be alive for Penn Badgley and Zoe Kravitz. The couple, who called it quits this past June, seemed to work things out during a romantic getaway to Rome, Italy Sunday, September 22.

They broke up because of schedules but they had a moment to reconnect and those feelings are still there. We'll see," a source close to the *After Earth* actress told UsMagazine.com.

How do you balance your career with your relationship?

Cupid's Advice:

It can be tough to make a relationship work when both individuals involved have busy careers. How can you maintain a healthy romance while still keeping up with your job? Cupid has a few tips for you:

1. Make time for each other: The only way your relationship will thrive is if you spend time together. It's that simple. Even if that means penciling each other into your schedules, make it a point to do something together. Have dinner with each other. Go see a matinee movie once a week. Do something together that both of you will enjoy doing.

2. Support each other: When your partner comes home from a long day's work, ask them about their day. This may not seem like much, but showing some interest in your significant other's job will work in your favor. If you show you care, they'll be sure to reciprocate those feelings toward your career.

3. Make some rules: Setting up boundaries will make situations a little more easier to handle. If you're living with your honey, set up a chore chart. You take out the trash one week, while your partner handles the dishes. Turn off cellphones after 8:00 p.m. for family time and make sure to have at least one day off together.

How do you balance your career with your love life? Share your experience below.

Celebrities Donated Their Best Relationship Tips at Star-Studded “Legends Beyond” Charity Gala



On Thursday, September 19, 2013, the First Annual “Legends Beyond” Gala gathered some of the biggest celebrity names in Beverly Hills, California, to help benefit the Michael J. Fox Foundation for Parkinson’s Research. The disease affects over 1.5 million people with the United States, so all donations from the charity directly went to fund research with the foundation. This elite vintage glamour-themed evening consisted of live performances, silent auctions, and of course, a fantastic array of stars to join in on the

excitement. CupidsPulse.com was there for the fun too!

Denise Richards and Charlie Sheen were the hosts of this red carpet event that honored musicians, like Maurice White, who was part of the multi Grammy-winning group, Earth, Wind & Fire, and Grammy-winning artist Howard McCrary, as well as other stars that advocate for Parkinson's awareness.

We asked some famous stars that attended the event for their best relationship advice – check out their responses below!

What is the relationship motto you live by?

“Stay honest with each other. Honesty is the most important thing.” – **Bobby Brown, Singer/Songwriter**



“Stay with a very loyal guy!” – Tara Reid, Actress



"A relationship is not a relationship without communication. Also, the person that you're dating needs to be your best friend." – Taylor Bright, Singer/Actress



"My boyfriend is doing *Dancing With The Stars* in Australia right now, so I would

say communication!
Always get that
'good night' call
because it makes
everything so much
better.

Communication is
the best thing,
and if it's not
there, just dump
the guy." [laughs]
– Rachel Sterling,
Actress

For all the single people out there, what's your best piece of dating advice?

"Oh gosh! My best piece of dating advice is a saying that I live by: 'Never treat anyone like a priority if that person treats you like an option.' That goes for all things; it goes for dating, it goes for friends, it goes for your job...it goes for everything. If you are giving more consistently than what you're getting, you're putting your energy in the wrong place. It's tried and true, and sometimes, you want to fight it, but don't." – **Rachel Sterling, Actress**



"Honesty and
communication are
always the
best...and jewels!"

[laughs] – Vivica
Fox, Actress

You're such a busy lady! How do you balance everything?

"Oh my gosh! I am just so blessed that I have a wonderful team of people working with me, from my assistant to my manager. It's so important to have good people around you keeping things focused. It's also good to have an attitude of gratitude, more than anything else. I am very, very blessed!"

– **Vivica Fox, Actress**

All photos: Izumi Hasegawa / PR Photos

Michael Douglas Says He and Catherine Zeta-Jones Are 'Working Things Out'





By April Littleton

Michael Douglas' separation from wife Catherine Zeta-Jones was announced in August, but Sunday he told [People](#), "We're working things out, talking and we'll see how she goes." Douglas won an Emmy for lead actor in the movie *Behind the Candelabra*. On stage, he said, "I want to thank my wife, Catherine, for her support."

What are some ways to work on your relationship?

Cupid's Advice:

Every once in a while, your relationship will hit a bump in the road. It's normal to be at odds with your partner at times. It's how you try to make it work that matters in the end. Don't give up at the first sign of trouble. You and your significant other need to be fully invested in what you have if you want to make romance last. Cupid is here to help:

1. Agree to disagree: Don't threaten to break up with your honey every time you have a fight. Breaking up won't solve anything, especially if the argument is over something silly.

Try to solve your disagreements peacefully and move on from it.

2. Bring the romance back: Spend some much needed time together. Plan out a special date, but don't tell your partner any of the details. Doing something unexpected for your boo will reignite the spark that might have fizzled out a bit. Compliment each other over a candlelight dinner and end the night with a romantic bubble bath. By the end of it all, you'll feel like you're getting to know each other all over again.

3. Don't overshare: When you're in a fight with your significant other, the first thing you want to do is run to your friends and tell them everything that's going on. It's OK to want to confide in someone, but this won't help with your relationship. What's going between the two of you, should stay private. To avoid making the situation worse, don't involve anyone else in your private life.

What are some other ways to work on your relationship? Comment below.

Rose Byrne's Boyfriend Calls Her 'Love of My Life' at Emmy's





By Kerri Sheehan

Boardwalk Empire star Bobby Cannavale took home an Emmy for Best Supporting Actor on Sunday night. In his acceptance speech he made sure to thank current girlfriend, Rose Byrne. During the speech Cannavale called Byrne, "The love of my life." Cannavale and the *Insidious 2* star were first linked in late 2012 but a source revealed to UsMagazine.com that the pair were, "Dating for a few months," before going public with the relationship.

What are some ways to make public declarations of love?

Cupid's Pulse:

Sometimes you're so in love you want to shout it to the world. Let Cupid help you decide how to show your love:

1. Public display of affection: Nothing shows your love better than a little PDA. If you love your partner and want others to know it then hand holding and kissing are the perfect subtle way to let others know.

2. Go to a game: You shouldn't be shy about how you feel about your partner. Take your lover to a baseball game and arrange to have the billboard flash a message to your beau.

3. Facebook: When you're feeling especially appreciative of your partner posting a photo of the two of you on Facebook will let others know. This is a subtle way to display your affection.

How do you make public declarations of love? Share below.

Prince William and Kate Middleton Attend Church Without Prince George





By Kerri Sheehan

Royal parents Prince William and Kate Middleton ventured out this Sunday to attend their local church for a service at Crathie Kirk, Balmoral. Prince Charles, Camilla, Prince Phillip and The Queen accompanied the first time parents, but their son Prince George stayed at home with his Nanny, Jessie Webb. This is the couple's second time leaving baby behind during an outing. The first time came when they attended The Tusk Conservation Awards at The Royal Society in London on September 12th. According to UsMagazine.com, an eyewitness said that the pair, "Looked very relaxed together," during the event.

How do you know how often to leave your child with a babysitter?

Cupid's Advice:

New parents are always hesitant about leaving their little bundle of joy for the first time. Let Cupid help you decide how often to leave your child with a babysitter:

1. For date nights: It's important to have kid-free date nights at least once or twice a month for the sake of your relationship with your partner. They will help strengthen your bond and improve your family as a whole.

2. When necessary: Sometimes life happens and you're forced to leave your child with a baby sitter even when you may not want to. This doesn't make you a bad parent. Just roll with the punches and find a sitter that you trust.

3. During special events: Not many people are fond of having a newborn attend their wedding. For special events like this it's okay to leave you child at home with a baby sitter.

How often do you leave your child with a baby sitter? Share below.

Jane Lynch Says Losing Cory Monteith Has 'Just Been Brutal' for Lea Michele





By April Littleton

The cast of *Glee* are still grieving the loss of Cory Monteith and it comes to no surprise that Lea Michele is taking it the hardest. “I know it’s just been brutal for her,” Jane Lynch told [People](#) at the Gallo Family Vineyards and Ciroq-sponsored event. “I never lost a boyfriend when I was 26-years-old. I can’t tell her what her experience is. She’s a champion, and a rock star, and she is getting through this.” *Glee* is set to air a special episode next month to pay tribute to Monteith, who played Finn Hudson on the show.

What are some ways to cope with losing your partner?

Cupid’s Advice:

Coping with a death of a loved one is very difficult. It’ll take some time to fully mourn the loss of someone who was once such a huge part of your life. Everyone deals with situations like this differently. While some people find venting and crying on the shoulders of friends and family to be helpful, others feel the need to lash out. It’s important to find

healthy ways to cope. Cupid has some tips:

Find a creative outlet: Take all of the negative emotions you feel over the situation and turn it into a form of art. Start painting, drawing or even write down your feelings in a journal. If you're a fan of poetry, this may be an opportunity to try your hand at some stanzas yourself. This might not be the best time for arts and crafts, but it's a lot better than falling into bad habits that could cause you to go into deep depression.

Stay active: Maintain healthy eating habits and keep yourself involved in your family and friend's lives. Individuals dealing with loss tend to isolate themselves, but doing so will only make getting over your loss harder. Continue to do the daily activities you did before the incident. Go back to work even if it's only part-time and consult with someone you trust if you feel like you need someone to talk to.

Funeral preparations: Helping out with the funeral plans can help you get the closure you need. It'll be a chance for you to say your final goodbyes and fully accept what happened. Dealing with the funeral will be challenging, but you'll get through it.

What are some other ways to cope with losing a partner? Comment below.

'Saturday Night Live' Alum Andy Samberg Marries Joanna

Newsom



By April Littleton

A rep for the *SNL* alum Andy Samberg confirmed to [People](#) that he married singer-songwriter Joanna Newsom, Saturday, in Big Sur at the Post Ranch Inn. The couple dated for five years before getting engaged in February. When asked if the two would ever collaborate together, Samberg told [Glamour](#), “We’ve talked about it. But we’ve decided ultimately that her fans would probably murder me in my sleep. What she does is so, like, actually beautiful and important.”

How do you decide how long of an engagement to have?

Cupid’s Advice:

Many couples start to plan the details of their wedding right

after they decide to get engaged. While there's nothing wrong with starting to prepare for your special day, this is also the time to just live in the moment with the one you've chosen to love forever. Cupid is here to help:

1. Talk to your partner: Once you get over the initial excitement of being engaged, you should sit down and talk to your significant other about when they envision getting married. You might want to tie the knot as soon as possible, while your honey wants to enjoy the engagement for awhile. There's nothing wrong with waiting to make plans, but compromise if you have to.

2. Big or small wedding: How long your engagement is will depend on how long it takes to prepare for your wedding. If you're dreaming of something extravagant, it's going to take some time to put all of your ideas in place. Keeping your special day small and simple with just a few friends and family members would be the best thing to do if you don't plan on being engaged for longer than six months.

3. Road blocks: There's no rush to get married, especially if you or your partner have other priorities. For example, your love just started a new job and you're in your last semester of school. Tie off any loose ends before jumping over the broom. You can get your life started together without saying 'I do.'

How did you decide how long your engagement was? Comment below.

Find Out About Liam Hemsworth Post-Miley Cyrus Hookup with Eliza Gonzalez



By Gabriela Robles

According to UsMagazine.com, Liam Hemsworth changed up recent-ex Miley Cyrus for Mexican singer/actress Eiza Gonzalez. Gonzalez was put into the limelight two days before Cyrus and Hemsworth told the public that they were calling their engagement off. The two were photographed this week in Las Vegas together.

What are some ways to move on after a bitter breakup?

Cupid's Advice:

Breakups are hard, especially if your ex moves on quicker than you do. Sometimes people need a distraction for themselves get away from the hurt that they feel because of the split. Other times, the guy's just a jerk. It might be difficult to get through this time and still remain positive. Cupid has some advice:

1. Do for yourself: You need to focus on yourself now. Don't worry about who hurt you. Don't question yourself. Work hard to make yourself better, not for him but for you. Once you start taking care of yourself in all aspects of life, you'll attract the people that will make you happier and more successful.

2. Keep your head up: Know that you're a catch, even if you don't feel like one. Remind yourself that you're a hard-worker, a gorgeous person, and have big things ahead of you. If you keep this in mind, you won't worry about what anyone else thinks – especially not your ex.

3. Take your time: Don't jump into a relationship to get back at you ex. Using someone isn't a good idea because not only do you hurt the person your distracting yourself with, but you're hurting your ego. This is the time to gather yourself and work inward before you can start moving outward.

How did you move on after a bitter breakup? Share in the comments below!

'Lucky Dog' Host Brandon

McMillan Says, “If I Can’t Laugh Constantly with Someone, It Won’t Work Out”



Interview by [Whitney Johnson](#). Written by Petra Halbur.

[Brandon McMillan](#) has dedicated his life to working with animals – so much, in fact, that he hardly has time to date. Now, he’s bringing his work to the small screen with a new show for CBS called *Lucky Dog*, which premieres on Saturday, September 28th as part of “The CBS Dream Team” line-up. Each episode will follow the trainer as he adopts a dog from a shelter – one that’s hours away from euthanasia – and then brings him back to The Lucky Dog Ranch to be trained before finding the perfect family.

Related Link: [Must Love Dogs: More Singles Getting Pets](#)

This television opportunity is a logical next step in McMillan's career. He grew up around animals as the son of two circus trainers, moving to Los Angeles at age 18 to pursue a new path. "When I left the circus, I knew I wanted another animal training job, so Hollywood was the ideal option," he explains. "I started working with animals for the movies, but as we all know, movies come and go, so work would get slow a lot. I then began training dogs for shelters, a cause that's always held a spot in my heart."

The trainer speaks passionately about the treatment of shelter dogs in the United States. "I read the facts, and they blow my mind. Every year in America over 1.5 million dogs are euthanized because they can't find homes. I wanted to find out why this was happening."

Despite his concern, McMillan doesn't condemn kill shelters, insisting that he approaches the issue from a different perspective. "My job as a trainer is to spread the word on how to train dogs and help keep them out of the shelters," he shares. It seems that many pet owners simply drop their dogs when their would-be canine companion doesn't behave properly. "They say, 'You know what? Why don't I just drop him off at the shelter? It's just down the street.' It's an easy option. So I attack it from a different angle. I say, 'Why don't you take three days to learn how to train your dog? And he'll keep quiet; he'll stay; and he'll walk on a leash properly.'"

When he's not working the shelter dogs, McMillan helps pet owners train their dogs. He often works with couples who are struggling with differing views on puppy parenting. "The woman usually wants a dog to be more cutesy and more of a lap dog, while the guy wants the dog to be more tough," he explains. It then becomes McMillan's job to help the couple find a middle ground.

Before getting a dog, couples tend to disagree on the dog's preferable size or breed. To this problem, McMillan advises, "Let the dog choose you. I constantly tell people to go in with a wide frame of mind, saying, "Whatever dog I feel connected to, that's the one that I want in my family." He also suggests that couples wait until they are "pretty established" in their relationship before adopting a pet to prevent a custody battle later on. "Dogs are becoming the new kids in America," he wryly observes.

Related Link: [Date Idea: Cuddle With a Furry Friend](#)

The handsome trainer is raising his own pets by himself. He's currently single because, by his own admission, "I'm so consumed by the show that I go to bed at around 9 p.m. because I have to get up at 4 a.m. We start every morning around 6 a.m. because I want to make sure we work the dogs before the heat kicks in every afternoon."

Still, he knows what he wants in a woman. In addition to a love for animals, McMillan says his perfect mate would have to have a great sense of humor. "I'm a joker and a goofball. If she seems too serious, get out!" he says. "If I can't laugh constantly with someone, it won't work out." An ideal date for him would somehow incorporate the great outdoors – something that's easy to take advantage of thanks to the California landscape and shoreline.

For more information about McMillan, check out his personal site. Tune in for Lucky Dog on CBS on Saturday mornings!

Robyn Lively Recreated 'Teen Witch' Dance at Blake Lively's Wedding



By Gabriela Robles

Blake Lively and Ryan Reynolds's secret wedding on September 9, 2012 was full of surprises and shockers. What could be so surprising at a secret wedding, you might ask? According to UsMagazine.com Robyn Lively, Blake's older sister best known for being the lead in *Teen Witch*, a 1989 teen comedy-fantasy, added some '80s fun for the wedding: The *Teen Witch* dance!

What are some surprise elements you can add to your wedding?

Cupid's Advice:

You want your wedding to be special, something that people will remember. But sometimes everyone has the same idea as to what “unique” is. So how can you make your big day kick butt in the unforgettable department? Cupid has some ideas for you:

1. Get some inspiration: It doesn't hurt to use Google or Pinterest for this. You might want to see what some other people accomplished at their wedding to get some ideas. Just make sure you put your own spin on things – you don't want to take the exact idea from another wedding!

2. Make sure it represents the both of you: Just because you think it'll “wow” the crowd, doesn't mean you should necessarily do it. You want to make sure that this symbolizes something has to do with the both of you as a couple. Brainstorm some ideas together and you'll definitely come up with something that is “so you guys.”

3. Ask some family and friends for help: You might want something that requires more than two people. Sometimes this makes things even more fun! If you have an idea but aren't sure how to put it to action – ask for help. Making it a group project can sometimes bring the excitement even more!

What are some ways that you added surprise elements into your wedding? Tell us in the comments below!

**Liam Hemsworth Stops
Following Miley Cyrus on**

Twitter



By Kristyn Schwiep

Liam Hemsworth and Miley Cyrus have called it quits and he's stopped following Cyrus on Twitter. According to [UsWeekly](#), the *Catching Fire* actor was photographed with Eiza Gonzalez at XS nightclub at the Encore hotel. "He is over her and wants to make a clean break ... no more back and forth," friends have told *UsWeekly*.

What are some ways to quickly get over your ex?

Cupid's Advice:

Getting over you ex can be a long, drawn out process, but there are some things you can do to speed up the process. Cupid has some advice for you:

1. No contact: Not contacting your ex is the hardest part of a breakup. It's hard not to text or call them when your sad or need something, so you need to do everything you can to not contact them. If you keep in touch you are asking for months of an on-again-off-again relationship.

2. Avoid their friends: Being in a relationship means that you and your ex start to have mutual friends. So, you might need to make some sacrifices and cut of your mutual friends so you don't have the temptation to re-kindle a burnt out flame with our ex.

3. Social media clean-up: It may seem a little extreme to delete your ex off of Twitter or Facebook, but seeing them pop up on your news feed every day will not help you get over them. So, delete your ex from your friend list to avoid seeing what they are doing.

What are some ways you moved on from your ex? Share your stories below.

‘The Bachelor’ Celebrity Couple Jesse and Ann Csincsak Are Expecting a “Play Friend” for Son Noah





This week, our favorite celebrity couple from *The Bachelor* and CupidsPulse.com contributors, Jesse Csincsak and his wife Ann, announced their celebrity pregnancy: They're expecting a second child in March! The famous couple, who married in 2010, are excited to give their son Noah a brother or sister. "He is pumped to have a play friend," Jesse says with a laugh. Noah will turn three right before their [celebrity baby](#) is born.

Jesse and Ann Csincsak Open Up About Their Celebrity Pregnancy

As excited as the family is about the new addition, Ann has had some difficulties with her pregnancy so far and has been sick 24 hours a day. "We had to call in her parents to help out," Jesse shares. "Someone has to take care of Ann, while someone else runs our businesses and takes care of our son." The mom-to-be experienced some discomfort with their first child, but the celebrity couple says that it's completely different this time. "She had morning sickness during her pregnancy with Noah but only in the mornings. This is constant and has been from the start," he tells us. "Not fun!"

Related Link: [Jesse Csincsak Rescues Mother and Son From Same Area as First Date with His Wife](#)

Could all this mean that a little girl is on the way? Jesse told FOX411's Pop Tarts column that Ann was "secretly hoping for a girl to one day take over the fashion business she is building."

For right now, the Csincsak's don't know the sex of the baby and hasn't decided on any names yet. They'll find out if they're having a boy or girl in the next couple of weeks (Ann is in her second trimester), and they plan on filling us in as soon as they know.



Noah Csincsak
holding a sonogram
of his new sibling.

Of course, they can't escape their *Bachelor* roots. The first-ever *Bachelorette* celebrity couple, Ryan and Trista Sutter, live one neighborhood away and have remained close with the Csincsak's. "They've been amazing," Jesse and Ann reveal. "They helped us move into the area and gave us advice on what doctors to use."

Related Link: ['Bachelor' Alumni Ann Csincsak and Partner Katie](#)

[Meyer Open Vintage Sweet & Chic Boutique](#)

When the foursome get together, they never really talk about their reality TV past. Instead, they focus on real-life happenings. “Ryan and I are always talking about our kids or good hiking spots. Trista loves shopping at Ann’s store, Cashmere & Coco, in Vail Village, so they talk fashion and whatever else it is that girls talk about,” Jesse says.

Could this be the makings of a *Bachelor to Babies* spin-off?

Stay tuned for more Bachelor news!

Julie Benz on Her Marriage: “We Put Our Relationship First Even If That Means Turning Down Work”





By Kerri Sheehan

Unlike many performers, 41-year-old Julie Benz didn't have dreams of appearing on the big screen. In fact, she began her career as a competitive figure skater and didn't consider acting until an injury forced her off the ice. You may recognize her as Darla, the vampire from the television shows *Buffy the Vampire Slayer* and the popular spin-off *Angel*, or Rita, the wife of the title character on *Dexter*. Expanding her resume, she'll next be playing mother Stevie Parker in Lifetime's *Taken: The Search for Sophie Parker*, which premieres tomorrow night at 8 p.m. ET. Benz describes her character as "a tough NYPD detective who has to work against the clock to save her daughter and her daughter's friend from the Russian Mafia and sexual slavery ring."

The bubbly blonde was drawn to the role for a number of reasons. "The issue of human trafficking and violence against women is important to me," she shares. "And the script features a woman in power instead of a woman in peril."

Related Link: [Hollywood: Portrayals of Domestic Violence](#)

Given these two factors, that actress had to prepare for such a demanding job. "The role required a lot of physical strength and stamina from me." On an emotional level, Benz had the "honor of speaking to a woman who had been abducted, sold into sex slavery, and rescued by her family when she was a teen," which helped to personalize the story for her. Thanks to her diligence, she truly understands the actions taken by her character. "If I had a daughter and if she was kidnapped, I'd do whatever was in my power to find her. I just hope I'm never put in the position to find out what extremes I would go to."

While Benz is not yet a mother herself, she is a newlywed: The Pittsburgh native married Rich Orosco in May 2012. They both work in the entertainment industry, so hectic schedules and travel often keep the couple in different cities. "We never go more than two weeks without seeing each other. We Skype every day that we're apart," Benz says. "Our careers are busy, but we put our relationship first even if that means turning down work."

The couple was originally fixed up by a friend "just to have fun," and neither of them were looking for a commitment, but as Benz says, "That's why I think it worked." They got the chance to know each other without the pressure of questioning where they wanted their relationship to go. "Just spending time together was – and still is – the best!"

There was, of course, a turning point in their coupledness. Her husband knew she was a keeper when he tasted her cooking. "My husband claims that he knew I was The One when I made him my chicken wings. We now refer to them as my 'marry me chicken wings!'"

Related Link: [Date Idea: Wine and Dine](#)

Benz first married at the age of 22 and divorced her ex-husband after 13 years together. "Dating in your mid-30's is tricky, especially in Los Angeles," she says of learning to

date as an adult. "Plus, I hadn't dated in over a decade. I'm blessed that I have a great group of female friends that helped me navigate the dangerous waters of finding love."

For other women looking to get back into the dating game, the actress believes that "second chances are a gift, and they should be treated that way. Do the work on yourself after your divorce, so you don't end up making the same mistakes again."

For more on Benz, you can follow her on Twitter @juliebenz. Be sure to catch her in Taken: The Search for Sophie Parker on Lifetime on Saturday, September 21st at 8 p.m. ET. You can also see her in the new season of the sci-fi show Defiance.

Robert Pattinson Says He's 'Quite Sensitive' in Relationships





By April Littleton

UsMagazine.com has the inside scoop on an interview Robert Pattinson did with *Sunday Style*. He opened up about his anxiety on the red carpet, forgiveness and relationships. "I'm quite sensitive, and I do like a bit of grand gesturing, but that's just my ego," Pattinson told the Australian magazine. "I like to give people presents and I think of myself as the best gift giver, but only because I get stuff for myself and then make it work for the other person."

What are some factors that go into your relationship style?

Cupid's Advice:

Every relationship works differently and each individual in a romance has their own way of doing things. The more experience you have with the dating scene, the more you'll be able to identify what you like and dislike when it comes to connecting with another person. Cupid has some tips:

1. Affection: Some people crave a lot of attention and affection, while others can do without it. How you express

yourself with your significant other can determine what kind of “dater” you are. How many times do you say ‘I love you’? Do you constantly hug or touch your partner? Intimacy can keep a couple’s bond strong and makes up for a long-lasting relationship.

2. Sense of humor: Having a great sense of humor can keep a relationship fresh and exciting. Also, if you ever find yourself in an awkward dating situation, you can always lighten things up with a joke or two.

3. Honesty: Let’s face it, no relationship can go too far without honesty and trust. Being honest with your partner will help build communication and the level of trust you need in order to make the romance between the two of you last.

Are there any more factors that should go into your relationship style? Comment below.

Lindsay Lohan Is Dating Former Football Player Matt Nordgren





By Kristyn Schwiep

Lindsay Lohan is back to dating! According to [UsWeekly](#), Lohan is dating former football player Matt Nordgren. Insiders told UsWeekly that Nordgren is a good guy for Lohan. "He's a great influence on her, and her friends and family love him." [Nordgren](#) says that she is sober and in a great place, thinking clear and working hard.

How do you know if your partner is a good influence?

Cupid's Advice:

Starting a new relationship can have its concerns. So how do you know if your partner is a good influence? Cupid has some advice for you:

1. Honesty: If your partner is honest with then he or she will most likely be a good influence on you. You will be more honest with yourself and with other people. Keep your partner around if they're honest with you it will only make you a better person.

2. They treat you right: If your partner doesn't treat you respect then its safe to say they will probably be a bad influence. Being treated poorly makes you act out in ways that you normally wouldn't. Make sure you are with someone who treats you with respect.

3. Supports you: If your partner supports you and helps you get through the tough time, he is a keeper. Having someone who will be there for you when you need them the most is a good sign of a partner who will positively influence you.

How can you tell if your partner is a good influence? Share your thoughts below.

Miley Cyrus and Liam Hemsworth: The Wedding is Off





By April Littleton

According to [People](#), reps confirmed Monday that the once happy couple called off their engagement. Their relationship has been rocky since earlier this year, with matters only getting worse following Cyrus' raunchy VMA performance. Over the weekend, the "Wrecking Ball" singer unfollowed Hemsworth on Twitter.

How do you know when to call off your engagement?

Cupid's Advice:

Everyone dreams of a fairytale wedding and a picture perfect romance, but real relationships almost never work out that way. Having a lifelong partner takes commitment and dedication. You'll fight, break up and make up countless times. How do you know the person you're with is really the one for you? You might be in a rush to get married for all the wrong reasons. Cupid has some advice:

1. Constant fighting: Arguments are common in any relationship, but if that's all you and your significant other

seem to be doing lately, then there might be bigger problems that need to be dealt with. Communication is the key to a successful marriage. You can't expect yours to work if the two of you can't seem to talk out your differences without a shouting match erupting.

2. Loss of interest: While it's healthy to spend some time alone or with a group of friends, it's a bad sign if you choose to avoid seeing your partner altogether. If you have no desire to be around your honey, why are you even considering spending the rest of your life with him/her? Reevaluate what's left of your relationship and call off the engagement.

3. No trust: Signs of infidelity in a relationship will cause both partners to lose trust in one another, even if only one person was caught in the act. A couple can't flourish if one person fails to be completely open and honest with the other.

Have you called off an engagement? Share your experience below.

Zoe Saldana Hides Wedding Ring at First Event Since Marriage





By Kerri Sheehan

Zoe's keeping the ring hidden! Thirty-five year old actress, Zoe Saldana came out this weekend for her first official appearance since her secret wedding to Marco Perego in June. While walking the red carpet at the Longchamp Store Opening in London, England the *Star Trek: Into Darkness* actress kept her ring finger tucked into her pocket. Saldana still has yet to announce the marriage. A source revealed to UsMagazine.com, "She wanted to be with someone who doesn't care about public perception. She wanted a real man."

How do you know your partner is with you for the right reasons?

Cupid's Advice:

Some people go into a relationship for the wrong reasons. Let Cupid help you decide if your lover is with you for the right reasons.

1. They don't freeload: A relationship should always be give and take on both ends. When that formula is set off balance

then it becomes one person taking and the other giving all they have. If you feel you and your partner heading down this path then talk to them and figure out why it is happening.

2. Money isn't an issue: Many people go through financial troubles at some point in their life, but if it seems like your significant other is using up all of your funds then that may be a sign that you should kick them to the curb. Don't let someone take advantage of you just because they call you pretty and hold your hand.

3. You feel loved: Love is a powerful feeling so if your partner is faking it than you'll probably be able to tell to some extent. Don't ignore the signs and be sure to listen to your heart.

How did you know your partner was the one? Share below.