

Celebrity Relationships: Kate Middleton Taking Cooking Classes, Learning New Recipes for Prince William



By Petra Halbur

It looks like the Duchess of Cambridge has been getting in touch with her inner culinary queen. As her July due date approaches, Kate Middleton has started taking cooking lessons from her new housekeeper, Antonella Fresolone. Fresolone, who worked at Buckingham Palace for 13 years, has been teaching the mother-to-be how to make “a number of new dishes,” according to UsMagazine.com. Middleton is hoping to learn how to make some of Fresolone’s signature meals, such as her renowned homemade pasta and French bread, at the Nottingham cottage she shares with Prince William.

How can you show your partner that you care?

Cupid's Advice:

As wonderful as pregnancy is, it can also be a turbulent, chaotic period of time. With all the effort that goes into preparing for your baby, it can be difficult to take time off for you and your partner. How do you manage to show your partner that you care? Cupid has some ideas:

1. The little things: Since it's not always be practical to fly your partner out to Hawaii for the weekend, try doing some small favors that your partner will really appreciate. Whether it's volunteering to do the dishes, or offering to give a massage, incorporate tiny acts of love and consideration into your day. They won't go unnoticed.

2. Do errands together: Everyone wants to feel included. While it may not seem particularly romantic, inviting your partner to go on errands with you can be simple yet effective way to show how much you like spending time together.

3. Express affection: Whether it's holding hands, cuddling, or simply saying, "I love you," little expressions of affection are a great reminder of how much you care for your partner.

What are ways that you show your partner you care? Tell us below.

Hilary Duff: "I Love Being A

Mom”



By Lisa Estall for

Celebrity Baby Scoop

Hilary Duff has joined the campaign to support Johnson's Baby Cares partnership with Save the Children for the second year in a row. The actress recently visited the Save the Children early childhood education school in Yucca Valley, California – where she met with families who benefit from the program.

Celebrity Baby Scoop recently got to speak with Hilary about the Johnson's Baby Cares program and her 1-year-old son.

Related Link: [Hilary Duff Hits the Gym 1.5 Weeks After Giving Birth](#)

CBS: Tell us about partnering with Johnson's Baby for Johnson's Baby Cares. What's it all about? Why did you get involved?

HD: I can't believe I have my first year as a mom under my belt – time flies. Looking back on it, I've been thinking a lot about the support I received from my family, friends and fans over the past year, and how their words of encouragement really helped me get through some challenging days.

Unfortunately not all moms have the same support system or even basic everyday resources to help them with motherhood. That's why I'm proud to partner with Johnson's Baby Cares for the second year on its newest campaign centered around Johnson's Baby "Care Cards" – which is helping to deliver encouragement and positive support to moms across the country, while also raising funds for families and babies assisted by Save the Children.

CBS: How's baby Luca doing? Is he into everything these days now that he's walking?

HD: Luca's incredible! I can't believe he is already 13 months old. He's certainly an active boy and yes, even more so now that he is walking. In fact, he basically skipped the walking stage and went straight to "speed walking." I spend my days on my feet trailing him around the house and yard!

CBS: You seem to have the 'perfect' life with a great career and family life. But do you think women can REALLY 'have it all'? Have you had to make sacrifices now that you're a mom?

HD: Nobody's life is perfect but in this day and age women are able to find a balance between work and home life. Of course my life has changed but I don't think of them as sacrifices because I was ready for this new chapter!

Related Link: [Hilary Duff Calls Motherhood a "Hormonal Roller Coaster"](#)

CBS: We saw you and Mike enjoying Coachella. Comment on the importance of making time as a couple. Do you think it's important? Do you have regular date nights?

HD: Yes of course it's important to make time to focus on your relationship. But it's not always easy! We aren't huge planners, we tend to do things last minute but we enjoy going out for nice dinners or spending time with friends.

For the rest of the interview, click [here](#).

Celebrity Couple: Tori Spelling Gets Spinning Diamond Ring from Dean McDermott for Anniversary



By April Littleton

Tori Spelling and Dean McDermott have been married for 7 years

and are still going strong! For their recent anniversary, McDermott wanted to create a special gift for his lovely wife. The result was a dazzling ring set in 18k gold with over 150 small rose cut diamonds and the most unique detail – the ring can spin! Neil Lane, McDermott's jewelry designer who created the ring told [People](#), "Tori loved it! Dean is very romantic and sentimental and he totally adores her. The ring represents the significance of their relationship. She rocks his world!"

What are some ways to make your anniversary special?

Cupid's Advice:

Anniversaries are all about celebrating the commitment you made to your significant other and proving to each other that the love you share together is still as strong as ever. Every couple wants their anniversaries to be one-of-a-kind. Here are some ways to make that one day out of the year one to treasure forever:

1. Write a love letter: In today's world, lives are overrun by the usage of text messages and emails. Do something different by writing your partner a love letter the old-fashioned way. Pour your feelings out on paper and let your significant other know just how lucky you feel to have somebody like them in your life!

2. Plan a getaway: Plan a romantic getaway just for you and your boo. Travel to the Bahamas and have some fun in the sun together, or maybe a quiet weekend in the country side would be more your style. Wherever you decide to go, make sure it's somewhere you and your partner will be able to spend some quality time alone. This is the time to enjoy each other's company without any distractions.

3. Stay in: Decorate your living room with rose petals, pick out a bottle of wine and prepare a home-cooked meal. Pick some

of your partner's favorite movies to watch and anticipate a night full of romance, snuggling and whispering sweet nothing's in each other's ears. What could be better than that?

What are some other ways to make your anniversary special? Share your thoughts below.

Celebrity Pregnancy: Monica is Expecting First Child with Shannon Brown



By April Littleton

According to UsMagazine.com, R&B singer Monica is expecting her first child with Shannon Brown. She confirmed her

pregnancy via Twitter the day before Mother's Day. Monica is already a mother to two boys Rocko, 7 and Romelo, 5 whom she had with ex fiancé, rapper Rodney "Rocko" Hill. Brown also has a son, Shannon Christopher, from a previous relationship.

When is it the right time to announce a pregnancy?

Cupid's Advice:

Finding out you're expecting probably sends a million emotions coursing through your body. You might feel nervous, scared, surprised or excited. You may even feel all of these emotions at the same time! Once the fact that you're pregnant has settled into your mind, you might grapple with the issue on when is the appropriate time to start spreading the baby news. Cupid has some advice:

1. Tell your partner: For starters, the next person who needs to know you're expecting should be the father-to-be. You can spill the news in an unexpected manner, or have him around while you take the pregnancy test. Either way, he should be the first to know because from now on he needs to be involved in any decision you make regarding the baby, including the decision on who to tell next.

2. Share the news early: If you like the idea of getting support and advice early on in the pregnancy, you have the option of telling your friends and family as soon as you find out you're expecting. You'll be able to share all of the excitement and experience from start to finish! The only downside being you could suffer from a miscarriage and you and your partner won't have the option to deal with it on your own.

3. Wait it out: If you prefer to wait until you're in the clear from possible miscarriage, wait until you're further along in your pregnancy before making the announcement. You won't get much help from others, but you and your beau will be able to

make more decisions as a couple, which could make your relationship even stronger before the baby comes.

When did you realize it was the right time to announce your pregnancy? Comment below.

‘Bad Girls All-Star Battle’ Host Ray J Says a Bad Girl Is “Confident, Sassy and Independent”



By [Sarah Ribeiro](#)

He may be notorious for being a bad boy, but now, Ray J is hanging out with a bunch of bad girls. The singer, actor and

reality television star will be hosting Oxygen's *Bad Girls All-Star Battle*, which takes 14 of the most popular ladies from [Bad Girls Club](#) and pits them against each other, competing for 100,000 dollars and the title of "Baddest Bad Girl of All Time."

After appearing on his own show *For the Love of Ray J*, he is once again surrounded by girls – but this time, he says it's all professional. "Being on a dating show with all these girls trying to be with you is a whole different concept from being on a show with the baddest bad girls on the planet," he says. "So I looked at it as a new challenge. It's a step up to me from anything I've done so far."

Of course, it's no secret that Ray J knows all about bad girls. His history with Kim Kardashian – and their sex tape – is still a big identifier for the singer. His newest single "I Hit It First" is a definite shout-out to Kardashian and her new beau Kanye West.

Related Link: [Kim Kardashian Wears Floral Dress at Punk-Themed Met Gala with Kanye West](#)

One thing has changed though: Ray J can now tell who's a bad girl and who isn't. According to the musician, a bad girl is "a girl who never gives up, who is confident in herself, who has been through things. Maybe she's been knocked down and got right back up. She keeps fighting and keeps moving forward. And a true bad girl has been through some tough things but is still a winner and continues to go on with her life as a champion."

His new gig on *Bad Girls All-Star Battle* has even shown him that every bad girl has a good side too. "Some of these girls are coming on this show to win this money for real positive reasons. There is a single mom trying to win the money to help her daughter have a better life. Another bad girl is trying to help her brother get out of foster care. It's a great show

with challenges, but there's also some real substance."

It's this substance, he says, that helped him become a good host: "You want to know certain things about somebody that you trust and care about. For the show, I had to go deep with the questions. I had to really get inside of the girls' minds and understand their angle, their plan, their emotions."

Ray J has also grown on a personal level and adds, "It has helped me become more honest with the people around me, so as far as control and authority, I stepped up my game a thousand percent."

Related Link: [The Pros and Cons of Taming a Bad Boy](#)

Because of this new truth, he has a lot of respect for his "bad girls." He believes it takes strength to be bad and that being bad doesn't mean, well, being *bad*. "I think a bad girl comes from within," the host explains. "I don't think a bad girl is a bad thing. I think it's just a girl that's confident, sassy and independent. If you're a good girl or even a great girl, you can still be strong. You can still believe in yourself and stand up for what you believe in."

Oxygen's Bad Girls All-Star Battle premieres on Tuesday, May 21st at 9/8c. You can keep up with Ray J on [Twitter](#) and his personal site www.rayj.com.

Celebrity Wedding: Shenae Grimes Marries British Model

Josh Beech Wearing Black Wedding Dress



By April Littleton

According to UsMagazine.com, Shenae Grimes, the *90210* actress, married British model Josh Beech on May 10. The couple went public with their relationship in July 2012 and announced their engagement last December. But what made her wedding so different from all the others? The star wore a black Vera Wang wedding dress down the aisle and a source said house music was playing as Grimes made her way to the alter.

How can you plan for a non-traditional wedding?

Cupid's Advice:

Not every girl dreams of walking down the aisle wearing a fluffy, white dress. Some women just want to marry their significant other without having to deal with the tedious

planning a traditional wedding would take. If you're a bride-to-be who's thinking out of the box in terms of your wedding plans, Cupid has some advice for you:

1. The dress: Contrary to popular belief, your wedding dress doesn't have to be white! It's your wedding, pick out something you feel comfortable in and what you believe would suit you the best. Try not to think too heavily on what your husband-to-be would think. Naturally, he would love anything at this point! If you showed up in a trash bag, your partner would still think you're the most beautiful woman in the room.

2. Be creative: Skip some of the usual planning and make the details of your special day a little more personable! Use your iPod and have a friend be in charge of the music during the reception instead of hiring a DJ. Create your own invitations, and let the bridesmaids and groomsmen pick their own outfits. You'll save tons of money, and you'll have a wedding your friends and family members will remember for years to come.

3. Focus on the groom: At the end of the day, the purpose of your wedding is for you to marry the person you love. Don't get caught up in the little things. Keep your focus on you, your beau and the life you're about to build together. In fact, you can skip the big ceremony all together and get hitched in Vegas! As long as the two of you exchange I Do's, there's not much else to worry about.

Did you have a non-traditional wedding? Share your experience below!

For 'American Idol' Winner Candice Glover, Third Time's A Charm



By [Whitney Baker](#)

[Johnson](#)

Soul singer Candice Glover has been a frontrunner since the start of season 12 of *American Idol*, so it wasn't surprising when she took home the crown on last night's finale. Glover, though, was sure to take things slow. "My goal was to make it to the top 20. If I got that far, I knew I'd have a fan base that would keep voting for me," she shares. "Then, I made it to the top ten, the top five, and finally the top two. That's when I knew I could win this whole thing."

Of course, the 23-year-old had judges Nicki Minaj and Mariah Carey in her corner from the beginning. "Nicki told me at my original audition that if I didn't make it to the finale,

something was wrong with the competition. That really stuck with me. And Mariah asked for a mix-tape.”

Related Link: [Janelle Arthur Talks About Her “Incredible Journey” on ‘American Idol’](#)

Glover’s journey wasn’t always such smooth sailing though. This year was her third-time to audition; the best she’d done previously was end up in the top 60. So what did she do differently this time around? “I definitely increased my musical knowledge – I listened to every genre of music,” she explains. “I was more confident too. I really focused on being myself and being different.”

“I was hurt and broken-hearted when I got cut. I kept saying that I wasn’t going to come back, but I always thought it may work next time,” the songstress adds. “I’m so glad I was right this year!”

When Ryan Seacrest announced her name, Glover immediately thought of her upcoming album, out on July 16th, and the *American Idol* summer tour, which begins on June 29th. She says that she “really connects” to the lyrics of her first single “I Am Beautiful” and even likes “the touch of pop.” In fact, she wants to keep that unexpectedness going when it comes to her entire album.

As for her career, she hopes to model it after the likes of Minaj, Carey and Jennifer Hudson, who she sang with on last night’s show. “I was so nervous to do a duet with Jennifer – I didn’t think I was good enough to be up there,” she shares of the experience. “She’s so phenomenal, and I look up to her.”

Related Link: [‘American Idol’ Runner-Up Kree Harrison Has “The World in Her Hands”](#)

Glover is walking away from the *Idol* stage with more than just a title; she made lifelong friends too, including runner-up Kree Harrison. They may have been competing for the coveted

crown, but that doesn't mean there's any animosity between the two talents. "Kree's amazing!" the winner exclaims. "While we were waiting for the results to be called, we were both saying, 'You won!' and 'No, you won!'"

Given her unique path to the top, the commanding singer is in the perfect position to offer advice to future contestants and says, "Just pace yourself and take it one day at a time. Always be yourself." It's important that Glovers keeps these words of wisdom in mind as she takes her own next steps as well.

Be sure to catch Glover on the American Idol [tour](#) this summer! You can also follow her on [Twitter](#).

'American Idol' Runner-Up Kree Harrison Has "The World in Her Hands"





By Kerri Sheehan

After a long season of strained vocal cords and sad goodbyes, we finally have a new *American Idol*, Candice Glover. But she's not the only one headed for stardom: runner-up Kree Harrison has a bright future ahead of her as well. Viewers first became acquainted with the songstress when she performed with three other country crooners during Hollywood week. During the *Idol* segment, "Kree Harrison Comes Home," fans learned that the 22-year-old singer lost both parents, her mother to an accident at age 19 and her father to a plane crash at age 12. Many found it refreshing to see the stunning brunette return to her roots in Texas.

It makes sense, then, that judge Keith Urban is a fan of Harrison. His critiques on her performances weren't always positive; even so, she took the criticism with stride. "I respect the four judges so much, especially Keith because we're both country singers. Whenever he gave me feedback, I took it as constructive criticism. At the end of the day, you can't really grow if you're not listening and learning from your peers."

Related Link: [Angie Miller's "Amazing Journey" on 'American Idol'](#)

She believes that being on *Idol* helped her in other ways as well. "I always had a problem at the beginning of my career with letting the wall down and being able to connect emotionally," she explains. "It's a hard thing to do, but I feel like through this process, it's really happened for me. I feel so good about it."

Although she didn't win the competition, Harrison's excited for what comes next. "I think that we were all in it to win it, but at the end of the day, I still was able to create a following." She's already released her first single too: "All Cried Out" is currently on iTunes. Plus, she'll be making her debut on the Grand Ole Opry stage on Tuesday, June 4th. As for the very near future, she says she is looking forward to some well-earned rest. "We've been working our butts off!"

Related Link: [Amber Holcomb Bids a Sad Farewell to the 'American Idol' Stage](#)

She's not really sure where she's going from here, but she's not worried. As she shares, "I feel like I have the world in my hands right now. As soon as I can, I'm going to start writing and collaborating with other singer-songwriters, and we'll see what happens. I will definitely let y'all know because I can't wait to share it."

As for her feelings about winner Glover, Harrison says that she could not be prouder of the soul singer. "Go get both of our singles!"

Be sure to catch Harrison on the American Idol [tour](#) this summer! You can also follow her on [Twitter](#).

Celebrity News: Holly Madison's Fiancé Is Facing Prison Time for Embezzlement



By Kerri Sheehan

According to UsMagazine.com Pasquale Rotella, fiancé of former Playboy Bunny, Holly Madison, is facing at least 13 years behind bars for counts of bribery, embezzlement, conspiracy, and conflict of interest. The couple has a three-month-old daughter together- Rainbow. So far Madison has not commented on Rotella's potential arrest.

What do you do if your partner is in trouble with the law?

Cupid's Advice:

The law is not something to mess with, so treading lightly when your other half is in trouble is important. Cupid has

some advice:

1. Look at the big picture: Your reaction to potential jail time will depend on the severity crime. For charges such as Rotella's it's clear that Madison and her daughter are not in imminent danger as Rotella's crime is not of the violent nature.

2. Support them: Facing jail time is obviously a scary notion. Sometimes just being there for your partner is the best gift you can give them. Let them know that you're in it for the long haul so the state of your relationship doesn't add additional stressors to the mix.

3. Stay quiet: Opening your mouth and saying the wrong thing can dig an even deeper grave for your partner. Don't talk about things that you don't know definite answers to and never speak of the crime in question without a lawyer present.

Have you ever had a partner in trouble with the law? Share below.

Celebrity Pregnancy: 'Homeland' Star Morena Baccarin Is Expecting First Child





By Kerri Sheehan

UsMagazine.com confirmed that *Homeland* actress Morena Baccarin, 33, is with child. This will be her first child with husband and director, Austin Chick. When asked how she makes her marriage work Baccarin told the *Daily Mail*, “You have to keep checking in, being aware of what is happening in each other’s worlds.”

How do you prepare your relationship for a child?

Cupid’s Advice:

Adding a baby into the mix can sometimes tears couples apart faster that you can say, “Pacifier.” That’s why it’s important to make sure your relationship is as strong as it can be before baby bump turns into bundle of joy:

- 1. Enjoy now:** Once the baby comes there’s a very slim chance that you and your spouse will have any alone time. Think of it as ‘rollover minutes’ and spend as much time together as you can right now to make up for the next few months.
- 2. Keep up date night:** Even though the baby can and should be the main focus of your relationship for the first few months, make sure you and your spouse still find time to connect.

Having a strong relationship will create a better environment for the baby to grow up in.

3. Resolve existing problems: With a baby on the way there are bound to be some disagreements arise. Ironing out any problems a couple has pre-baby will ensure a smoother ride post-baby.

Did you and your spouse do anything special to prepare for your child? Share below.

Celebrity Couple Blake Shelton and Miranda Lambert Celebrate Second Wedding Anniversary





By Kerri Sheehan

Country superstar couple Blake Shelton and Miranda Lambert are getting ready to celebrate their two year anniversary since they said, “I Do.” According to UsMagazine.com Shelton wants to make sure that Lambert is, “Nothing but smiles on their special day.” It seems this couple is in it for the long haul as Lambert told reporters at the 2013 Academy of Country Music Awards, “We really love each other and have a real marriage outside of all of this. When this is all said and done, we will be drinking a beer together on a front porch somewhere, reminiscing about the good old days. That’s what I’m happy about.”

What are three ways to make your anniversary special?

Cupid’s Advice:

No matter how many years together it’s celebrating, an anniversary is always a special time for a couple. Cupid has some advice about how to make that day an exceptionally good one:

1. Remember why you married them: Marriage is tricky. His or her less than perfect aspects can often crowd the real reasons why you love a person. So, it’s important to remember what

brought you two together in the first place. Reminiscing a bit on the past will help you two come closer in the future.

2. Go away: An anniversary celebration is the perfect time to take a few days off and have a breather. Going somewhere new will help you create new memories that you will remember for years to come. If going somewhere on location will break the bank too much for you then consider planning a staycation! There are bound to be activities in your area that you've always wanted to do, but never had the time.

3. Bond: Whether it's recreating your first date, or just taking a mental stroll down memory lane together bonding on your anniversary is vital. It not only shows that you appreciate the past you had together, but also that you want to create a strong future.

What are some ways you celebrate a wedding anniversary? Share below.

Celebrity News: Denise Richards Calls Charlie Sheen the 'Greatest Ex Ever' for Lending Jet





By Meghan Fitzgerald

UsMagazine.com reports that 42-year old actress Denise Richards was in NYC filming the new ABC series *Twisted* on Mother's Day. Ex-husband Charlie Sheen let her fly his jet home the next day back to L.A. Richards tweeted a Instagram picture of herself looking out the window and wrote, "Greatest ex @charliesheen." The caption of the picture was, "My mom's day gift flying me home on his plane so I can take the kids to school."

What are some things to be cautious of when remaining friends with an ex?

Cupid's Advice:

It is necessary to be cautious if you are going to remain friends with an ex. You will never feel the same about someone after you've dated them. Cupid has some tips:

1. Relationship analysis: When it comes to being friends with your ex, you should be cautious of analyzing your relationship. You do not need to hash out all the reasons why you didn't work, and why you two are no longer together. Friends do not talk like that. So don't. Stick as much as possible to your typical friend conversation.

2. Current partners: If you allowed your ex to remain in your life, be careful if you're currently in a relationship. When your ex starts to ask questions about your partner, what they're like, your current affairs with them – beware. It is not in any way necessary for your ex to ask you about the small details of your current relationship. That is for you and your mate only.

3. Feelings: Be super careful of developing feelings back for your ex. If they remain in your life after a breakup, feelings are most likely still fresh. If you know feelings are going to arise if you keep them in your life, reconsider. It's not worth falling for the person you swore you were never going to fall for again. If you think your ex is developing feelings again, be careful.

How have you stayed cautious when remaining friends with an ex? Explain below.

Ready for Love, Episode 6: Finding Love in Paradise





By Angela Zatopek

This week on *Ready for Love*, we went to one of my absolute favorite places, Hawaii. My two best friends from childhood went to University of Hawaii at Manoa, so I have been to Oahu a few times, but this was my first time in Kona.

A really funny thing that viewers didn't see is that we literally had to go straight from the plane to our date. The flight attendants kept asking what we were doing and what show we were on. We were cracking up because, obviously, we couldn't tell them anything. It was quite apparent that something was up when we're trying to do our hair and makeup in our seats and the small restrooms. Have you ever tried to get ready for a date in an airplane bathroom? It was a bit stressful for all of us, especially knowing that it's going to be televised for the whole world to see.

Related Link: [Ready for Love, Episode 5: Drama in Vegas](#)

At the airport, security questioned our purpose for the trip, and I joked with the guard and said, "Yeah, our boyfriend surprised us all with a trip to Hawaii." He gave me a crazy stare, but I figured we might as well make light of dating the same guy!

Whatever stress we felt immediately went away the second we hit the beach. We boarded the catamaran where we all got to enjoy each other's company and the beautiful scenery.

You only saw three dates that took place with Ben: Beth, Renae and Tarryn. Ben and I had a really great date too! I was his last date, and we spent the evening soaking in a hot tub with a waterfall surrounding it. It was gorgeous, and we got to sit and talk more in depth. I really started to connect with him when we discussed our families and our similar upbringings. Our parents both divorced when we were the same age, and we're both very close to our moms, who came from big families.

I also talked to him about what I was looking for in a potential husband. This process can be especially difficult since the girl is pursuing the guy in an unconventional manner, so it was important to me that Ben knew that I had qualities that I wanted in a man. A big must-have is that my guy not only has knowledge but also wisdom and discernment when making choices. Trust, honesty and integrity are key for a solid foundation with anyone, whether it be a romantic partner or a friend.

We ended the night with a champagne toast, and I slipped Ben a little note that I wrote on the plane telling him my thoughts about the experience so far.

Related Link: [Ready for Love, Episode 4: Angela Zatopek Recaps Her First Kiss with Ben Patton](#)

Our house wasn't so "kumbaya" after we got back to Los Angeles. There were only a few of us left, and we were all becoming more private about our dates.

I am a huge family person – I believe it is one of the most important things in life. So I'm definitely excited to meet Ben's family on next week's episode. You'll have to tune in on Tuesday to see what happens!

Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life



By [Whitney Baker](#)

[Johnson](#)

As if Alison Sweeney wasn't busy enough, she decided to make her foray into fiction with her first novel, *The Star Attraction*, which published earlier this week. When telling the story of Sophie, a Hollywood publicist who risks her fabulous job and happy relationship when she hooks up with a sexy client, the actress drew from her nearly two decades as Samantha "Sami" Brady on NBC's *Day of Our Lives*, explaining that her experience on daytime television was the basis for writing her own story. She adds, "My best friend is a

publicist, so that was certainly the inspiration for writing about that perspective of the industry. Plus, I have a lot of personal stories that contributed to the red carpet scenes in the book.”

When it came to her main character, the author wanted to create someone who is based in reality, who behaves like a real girl. She describes Sophie as “self-effacing, smart, funny, and most importantly, willing to grow and learn” and says, “I hope she reads like a best friend whose stories you never get tired of hearing. She makes mistakes along the way, but you love her more for them.” It’s no surprise, then, that there are pieces of Sophie that come from her closest friends and herself.

Related Link: [Alison Sweeney: “I Stay Healthy For My Kids, My Husband and For Me”](#)

Since 2007, Sweeney has stolen the hearts of many viewers as the encouraging host of another hit show on NBC, *The Biggest Loser*. This experience has brought a renewed sense of passion for her personal health, as evidenced by her *Shape* cover this month. Like many of us, she’s struggled with her weight in the past but now believes that it’s most important to “want to make a change and commit to living a healthier lifestyle. It’s about making the best choices each and every day.”

For readers struggling to take control of their weight, she offers this tip: “I encourage you to schedule time in your calendar to workout and to plan your food ahead time so you’re not scrambling when you’re starving. Prepare healthy snacks and meals to get you through your day.”

As for her own exercise routine, although she has a trainer, she works out on her own quite often and really enjoys maintaining her fitness. “I run and ride my bike (both outside and at spin class). I try to complete a good cardio workout at least four times a week, and then, at least once a week, I do

circuit training with weights.”

While we may know Sweeney as an author, actress and host, at home, she’s happy to be a wife to husband David Sanov and mom to son Ben and daughter Megan. Juggling her many different roles is never easy, but she has a simple trick that helps her stay on track: “I’ve found that the best way to transition from one project to another is to look at what I have to do in each moment and make sure that I give each task 100 percent before I move on to the next thing in my schedule.”

That means that when she’s home, she focuses completely on her family. To keep her marriage strong, she says, “Dave and I make a point to have time to ourselves, even if it’s only going for a hike or watching a movie. This time together enables us to keep our connection strong.” They even have date nights at home after the kids are in bed. “We cook dinner together and then watch *Survivor* or *Breaking Bad* and just hang out.”

Related Link: [Tips to Keep Things Exciting With a Date Night at Home](#)

So how did she meet her special someone? Sweeney and her husband actually grew up together and have known each other since they were young. Perhaps she followed her own relationship advice when they re-met as adults: “Enjoy life, meet people and know that you’ll meet the right guy who will explain all the wrong ones along the way.”

She adds, “With Dave, there was definitely a spark that led to our relationship and two incredible kids.”

When it comes to parenting, she describes them as pretty traditional parents. “Manners and structure are really important to us. We’re the parents, and we’re in charge. We don’t take a lot of sass from our kids, but we love them so much, and they know that.”

Some of their favorite times together as a family are in the kitchen as they prepare dinner. Of their routine, she shares, "The kids set the table, and sometimes, they help mix the salad or something. If a song comes on the radio that we all love, we drop everything for a 'dance break.' It's hilarious – Megan loves to mimic our dance moves. Classic family laughs."

It sounds like Sweeney's got the good life figured out, but that doesn't mean she's slowing down any time soon. "I'm in the process of writing my novel, which I'm very excited about. I'm also starting production on season 15 of *The Biggest Loser*, and the summer storyline on *Days of Our Lives* is heating up. Finally, Greg Vaughn and I star in *Second Chances*, premiering on the Hallmark Channel on July 22nd." Mark your calendars!

You can purchase *The Star Attraction* on [Amazon](#) or in your local bookstore. To keep up with Sweeney, follow her on [Facebook](#) and [Twitter](#).

Celebrity News: Bethenny Frankel and Jason Hoppy Ignore Each Other at Daughter's Birthday





By Meghan Fitzgerald

According to UsMagazine.com, on May 4th, Bethenny Frankel and Jason Hoppy's child Bryn Hoppy celebrated her third birthday party at Dylan's Candy Bar. Frankel's now ex, Hoppy arrived with his parents and stuck to them for the entirety of the event. People reports that the couple ignored one another the entire time. The birthday girl was happy to see them both.

What are some ways to remain civil with an ex for the sake of your children?

Cupid's Advice:

When you split up a marriage and have children, it is essential to stay civil for the children's sake. It is not great if your children think that mommy and daddy hate one another and don't like to talk. Although it may not be easy to remain civil with your ex, it's possible. Cupid has some more advice:

1. Dinners: If you want to remain civil with your ex for the sake of your children, have occasional dinners at either you or your partner's home. It will show your children that their parents can still talk together even if they aren't living with one another. For the adults, do not fight at dinner. It

will do the complete opposite of what you're trying to show your children.

2. Parties: Most children have parties or small family dinners for their birthdays, communions, graduations. Be apart of these festivities, you and your ex. Organize them together, plan them together, go to them together. Again, it will show your kids how you two can handle being around one another.

3. School events: Are your children involved in activities at school? Do they play band? Or are apart of the school musical? If they are, or any other activity – go to them. It will show your kids that you still want to be apart of their life. Even though you aren't entirely in their life at the moment.

Have you remained civil with an ex due to your children? Share below.

Celebrity Couple: Brad Pitt Supports Angelina Jolie During Her Surgery





By Meghan Fitzgerald

[People](#) reports that Angelina Jolie has undergone a double mastectomy due to a high risk of breast cancer. Jolie wrote a article titled “My Medical Choice” on [NYTimes.com](#) and explained, “My chances of developing breast cancer have dropped from 87 percent to under 5 percent. I can tell my children that they don’t need to fear they will lose me to breast cancer.” Although Jolie was the one who had the surgery, the procedure did have an affect on both partners in this celebrity couple. According to the actress, her celebrity love Brad Pitt was there at every step of the way.

This celebrity couple supports each other no matter what. What are some ways to help your partner through a serious health condition?

Cupid’s Advice:

If your partner is truly sick, it is sometimes hard for them to help themselves. Cupid has some relationship advice on how to follow in celebrity couple Pitt and Jolie’s footsteps

and create a support system for your partner:

1. Take them to doctor's appointments: If your mate has a serious health condition, it is probable that they will need to attend numerous doctor appointments. Doctors' offices can be scary, especially if you are ill. To make your partner feel comfortable, go with them to their appointments. You will be there every step of the way, and it will show your beau how much you care.

2. Communicate with their family: With a serious health condition, family is usually wondering how the person is doing. Instead of your partner returning phone calls, e-mails, texts, and more, you can take care of it. It takes stress off of your mate when they don't have to reach back to someone every twenty minutes.

3. Make them comfortable: When people are feeling sick, they may want certain things to make them feel better. It can be soup, cheesy 80's movies, a snuggle bug, a chocolate cake, or a back rub. Try to accommodate your partner with what they want. Whether it be a massage or caviar, try to fulfill that wish and attempt to make them the slightest bit happier.

Do you have any relationship advice on helping a partner who is ill? Share below.

**Celebrity News: Ian
Somerhalder Hints at Reason**

Behind Breakup with Nina Dobrev



By Andrea Surujnauth

The Vampire Diaries costars Nina Dobrev, 24, and Ian Somerhalder, 34, have broken up after three years of dating. Somerhalder took to Twitter to hint as to what caused the sudden break up. According to YourTango.com, Somerhalder tweeted a quote from deceased playwright Lillian Hellman, reading, "A thought for today: 'People change and forget to tell each other.'"

What do you do if you notice your partner is changing?

Cupid's Advice:

Your partner seems to be acting differently and feel a growing distance between the two of you. What should you do? Cupid has some advice for you:

1. Talk: Talk to your sweetie about how you feel. Tell them that you think they are acting differently and find out the reasons behind it. The reason may not even have anything to do with you.

2. Change: Try to go somewhere new together. A change of scenery may be all you and your partner need to rekindle your love.

3. Space: Your honey may just be in a rut or going through a difficult time in their lives. Do not suffocate them. Let them have their space to figure out what is going on with them. Remember absence makes the heart grow fonder.

What do you do when you feel your partner is changing? Comment below and let us know!

Celebrity News: Hilary Duff Calls Motherhood a 'Hormonal Roller Coaster'





By Andrea Surujnauth

Hilary Duff, proud mother of one year old Luca, recently talked about the difficulty of motherhood with Usmagazine.com. “Exhaustion is a good one to start with! You’re very sleep-deprived.” says Duff. “Sometimes you have a crying baby and you can’t do anything to get them to stop crying ... you feel, as their mom, that you should be able to have all the answers and be able to take care of them so easily.” Fortunately Duff has her husband, Mike Comrie, and especially her mother to help her get through the difficult times. “She’s been so great – helping me with the baby, coming over when I need to take a nap or escape for a little bit,” she said. “My husband is amazing, too. If I want to run out of the house for an hour to go work out or go meet a friend for lunch, I can. I think that’s really important.”

What are some ways to support your partner through parenthood?

Cupid’s Advice:

You are the main bread winner and your partner is the one that usually stays home to care for the new baby. How can you support your partner? Cupid is here with some suggestions:

1. Alone time: Take responsibility of the baby on a certain

day of the week to allow your sweetheart to get some alone time and breathing space. Your partner will appreciate you giving them time to get out of the house on their own,

2. Couple time: Have one of the child's grandparents or a nanny come over to watch your little bundle of joy so the two of you can get some romantic time outside of the house. Take your partner out on a date.

3. Encouragement: Let your partner know that they are doing a good job holding down the household. They are working hard to keep the house running in order and taking care of your baby, let them know that you love and appreciate them.

How do you support your partner through parenthood? Comment below and let us know!

Owl City's Adam Young Says Fame "Puts Pressure" on His Love Life





By Royal Young

Owl City's Adam Young first captured our hearts with his 2009 hit "Fireflies," a song that he says he never expected to connect with so many people because "it's a such a weird song that isn't really about anything." Since then, the humble musician has experienced a fast rise to fame but held on to his optimistic attitude and small-town upbringing. Most recently, he has partnered with Oreo on Wonderfilled, a campaign about sharing wonder with those around you and trying to make the world a better place. They wanted an "upbeat, witty, quick and catchy" theme song, and Young was a natural fit. Here, he chats with CupidsPulse.com about his career, his new partnership and his love life.

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

Celebrity News: 'Today Show' Co-Host Savannah Guthrie Is Engaged



By Andrea Surujnauth

The *Today Show*'s Savannah Guthrie announced her engagement Monday morning during the show. According to [People](#), her boyfriend of four years, Michael Feldman, proposed to her over Mother's Day weekend. "Good for you and congratulations to Mr. Feldman," said Guthrie's anchor mate Matt Lauer. "He's a great guy." Guthrie was previously married to to BBC News presenter Mark Orchard in 2005, but the two divorced in 2009.

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

Cupid's Advice:

Marriage isn't something to step into lightly, and it can be

hard to know when your relationship is ready for that next step with your partner. Cupid is here to help you figure it out:

1. You bring out the best in each other: Does your sweetheart make you strive to be a better you? If you find yourself consciously inspired to make a difference in yourself, wedding bells may be in the air.

2. Think long-term: If you two lovebirds are already planning for the future together, it's a good sign that things are headed toward at least a very committed relationship.

3. You'd elope: If you want to marry your partner whether you two have a big wedding or not, then you truly love them and it may be time to walk down the aisle (or elope in Jamaica).

How did you know you were ready to get married? Comment below and let us know!

Celebrity News: Regina King Vacations in Cancun Post-Breakup From Malcolm-Jamal Warner





By [Jessica](#)

[Conigliaro](#)

After her breakup with boyfriend of two years, Malcolm-Jamal Warner, Regina King was seen having some fun in the sun. The 42-year-old actress took a trip to Cancun, Mexico, according to [UsMagazine](#). She stayed at the Villa del Palmar Resort & Spa with a group of girlfriends to clear her mind of the recent heartbreak.

What are some ways to keep your mind off of recent heartbreak?

Cupid's Advice:

You and your man have decided to call it quits a few weeks ago. You have been struggling to get over him and just want to feel like yourself again. Cupid is here to help lift your spirits after a breakup:

1. Get rid of his stuff: The relationship ended and you are still finding your exes things around your house. Now's the time to do some cleaning and remove all of his belongings from your life entirely. Having his old jacket around will only make you remember him instead of letting him go.

2. Don't stalk his Facebook: After a breakup, it is so

tempting to continuously check his Facebook page to see if he is upset—or perhaps found someone new already. This is a bad idea and will only hurt you in the long run. Block your exes statuses and posts for a while so they don't constantly appear on your news feed. You'll never move on from him if Facebook doesn't let you.

3. Date someone new: You have been single for a few months now and are unsure if it is time to start dating. If you are still broken up about your last relationship ending, it might help to go on a few casual dates. You will be reminded of how much fun it can be to flirt with someone new—and who knows, you might even find a keeper.

How did you get your mind off your recent breakup? Share below.

Celebrity News: Cory Monteith Celebrates 31st Birthday with Girlfriend Lea Michele





By [Jessica](#)

[Conigliaro](#)

Cory Monteith and *Glee* costar/girlfriend Lea Michelle were spotted celebrating his birthday on Saturday, May 11. The couple was seen at a private club in West Hollywood, according to [UsMagazine](#). They have been dating for a year now and wanted to make the night special. “A very happy birthday to the best guy I know Mr. Cory Monteith,” Michele tweeted Saturday. “Thanks for making me feel like the luckiest girl in the world every day.”

How do you make your partner's birthday special?

Cupid's Advice:

Your partner's birthday is coming up and you want to make the occasion one they will always remember. Cupid is here to show you how to make the night special for them:

1. Get down on one knee: You and your love have been dating for almost 2 years and have discussed the possibility of marriage. With your partner's birthday on the way, it's the perfect time to buy the ring. Surprise her in front of all her friends by proposing on her birthday. She will love the romantic gesture—and will especially love sharing the moment

with the people closest to her.

2. Meaningful gift: For your partner's birthday is coming up and you are rattling around gift ideas. Get him/her a big present they will always cherish. Buy concert tickets to their favorite band—get them a smaller present to throw them off at first. Wait a few minutes before giving them the tickets. They will love the anticipation—and of course the tickets as well.

3. Surprise Vacation: What better way to celebrate a birthday than on a beach with your love? Throw you partner a small surprise party a week early and reveal to him then that you planned a week long trip to The Bahamas for their big day. He will love the thoughtful gesture and appreciate your efforts.

How did you make your partner's birthday special? Share below.

Celebrity Pregnancy: Kim Kardashian Says She's Nervous and Anxious to Become a Mom





By [Jessica](#)

[Conigliaro](#)

As a soon to be first time mom, Mother's Day had a completely different effect on Kim Kardashian. According to [UsMagazine](#), the pregnant 32-year old tweeted, "'Mother's Day is one of my favorite holidays because it's a special day to honor my role model and best friend," she wrote. "As I'm counting the days until I finally get to be a mother, I'm a bit nervous and anxious, but also excited knowing that I learned from the very best." Kardashian has also been getting baby advice from older sister Kim, who is a mother of 2.

What are some ways to support your partner during pregnancy?

Cupid's Advice:

You and your love found out there is a baby on the way a few months ago. As it gets closer and closer to the due date, your partner's nerves and concerns begin to intensify. Cupid is here to show you ways to ease their worried minds during pregnancy:

1. Constant support: The best way to show your spouse that everything will be fine is to be there every step of the way. Whenever your partner feels scared of being a parent, make

sure you are by their side. This will show your love they are never alone. When it's time for the baby to come, they know you'll support the family no matter what.

2. Tell them it's ok: The idea of becoming a parent can be a scary one—and that's completely normal. Let your spouse know it is okay to have fears about having a child—and that you are nervous as well. They will feel comforted knowing they are not the only one worrying about the future.

3. Get them excited: Aside from all the responsibilities of becoming a parent, there are of course numerous joys that come with the territory. Remind your partner of the fun things to come—birthday parties, first steps, days at the park. Being a parent has its perks and knowing them will help to ease your love's worried mind.

How did you support your partner during pregnancy? Share in the comments below.

Celebrity News: 'Biggest Loser' Stars Sam Poueu and Stephanie Anderson Split Before Baby's Birth





By April Littleton

Sam Poueu and Stephanie Anderson, former contestants on *The Biggest Loser* are in the process of getting a divorce just two months before the birth of their first child, reports [UsMagazine](#). On the separation between the two, Anderson said, "It is with great sadness that my marriage to Sam Poueu is ending." The couple met while filming the third season of *The Biggest Loser*. The couple announced Anderson's pregnancy in January.

What are some ways to remain civil post-breakup for the sake of your children?

Cupid's Advice:

Your relationship is officially down the gutter, but you can't just pack up and move on. You still have kids to take care of. You might think it's impossible for you to hide your feelings of resentment toward your ex around them, but the fact is, it's necessary. Here are some ways to remain cool, calm and collected around the kids:

1. Don't bad-mouth your ex: Kids pick up on a lot, especially if there's tension between the two people they love the most. Your children don't need to be put in the middle of a war

between their parents. Call a friend if you need to blow off some steam, but don't let your children overhear you bashing their other parent. You may only be able to see the negative traits in your ex, but your kids still love them and it's not up to you to change their view of them.

2. Work together: Whether you like it or not, you will always be a part of your ex's life through your children. You may not see eye-to-eye with each other, but it's important for the two of you to develop a visitation schedule for the kids. The children shouldn't be punished for the breakup, they deserve to spend just as much time with you as they do their other parent.

3. Kids first: Ultimately, the only thing that should matter is your child. It's not about you and your ex anymore. You don't even have to be friends with him! But you have to be willing to put your differences and feelings aside for the sake of the kids.

Do you have children with an ex? How do you remain civil? Comment below.