

# 'Real Housewives of Atlanta' Star Kandi Burruss Is Engaged



By Nic Baird

Kandi Burruss, from Bravo's *Real Housewives of Atlanta* is engaged to her costar, line producer Todd Tucker, Burruss's rep confirmed to [People](#). The reality star couple first met when filming the fourth season of *Real Housewives of Atlanta* in 2011. Burruss is a Grammy Award winner known for writing TLC's hit "No Scrubs," Destiny Child's "Bills, Bills, Bills" and Pink's "There You Go." Her upcoming show, *The Kandi Factory*, follows her as she searches for the next big pop talent. She also has an 11-year-old daughter, Riley, from a previous relationship.

## **How do you announce your engagement to your children?**

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

There's a lot of pressure to make sure your relationship doesn't affect your child. This priority can make sudden changes to your family seem more stressful than they should. Sit down with your child, have the discussion, and simultaneously create a healthier family unit. Here's how:

**1. Treat them with respect:** When discussing your new engagement with your children, you have to give their feelings and questions the attention they deserve without dismissing any discussion. Make sure they understand how much you appreciate them as part of your life. Let them know this new arrangement doesn't change your love for them. This is an addition to the family, not a subtraction.

**2. Talk to them with your fiancé:** A united front means making decisions as a parenting unit. If you're getting married, it means that your partner will fill this role to some degree. There must be a consensus between the two of you before discussions with your child. Make sure both of you describe the circumstances as an addition to the family, so your child doesn't see it as subtraction.

**3. Give them time to think:** Make them a part of the marriage so they feel included and understand its importance. Return to the discussion so you can assess how they're taking the news. A child needs time to wrap their mind around this new arrangement. And they need you to be there if they have any questions.

**How have you dealt with a recent breakup? Share your experiences below!**

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# Bradley Cooper Reunites with Exes Jen Aniston and Jennifer Lopez at Golden Globes



By Nic Baird

Bradley Cooper ran into two of his exes, Jennifer Lopez and Jennifer Aniston, at the Golden Globes on Sunday, [UsMagazine.com](http://UsMagazine.com) reports. The single actor, who now has an Oscar nod for his role in *Silver Linings Playbook*, engaged in animated conversation with Lopez, and shook boyfriend Casper

Short's hand. The two also had a chance to chat at the CAA's Golden Globes pre-party on Friday. There, Aniston also rushed over to Cooper and gave him a big hug. Cooper dated Lopez in 2011, and Aniston in 2009.

**What are some ways to remain civil after a breakup?**

**Cupid's Advice:**

It's difficult to maintain civil relations post-breakup, but being the better person will always pay off when it comes to love. Don't reminisce about the good times. There's no point in dwelling on someone who can't be a part of your life. Follow this advice to be polite and not lose your cool:

**1. Forget the past:** This person may have been important to you only very recently, and it may be hard to accept that they've lost all relevance to your life. If you saw this person as your partner, and now they can't fill that role, trying to figure out a new dynamic or identity is difficult if you hang on to the past. Don't weigh yourself down with issues that aren't your problem anymore! Move on, and don't hold a grudge!

**2. Be comfortable:** Laughter and smiling expressed friendship to your former partner. If you're on edge, being able to laugh can relieve tension between you and your ex. Be friendly, but don't reminiscence about anything too specific from when you dated. Convey that while you've moved on, you're still happy to see them.

**3. Don't be emotional:** It's easy to open up to someone emotionally when you have a history of confiding in them. However, this will make things complicated for your ex, as well as for you emotionally. Stay away from this type of conversation unless you can handle it without being affected.

**How have you dealt with a recent breakup? Share your experiences below!**

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# Prince Harry Is Named 'Most Eligible Bachelor in the World'



By Meghan Fitzgerald

The charming young and single royal, Prince Harry, was declared the number one most eligible bachelor by *Town and Country*. Although this hot headed lad has had his dilemmas with scandalous and risque behavior, *Town and Country* says, "He's the wild-card royal, the naughty one, the one who goes

out with rah women, hangs out with a fast crowd, downs too many drinks, and goes home at the wrong moment. That's why we all like him best." His outlandish behavior has scored him the throne of the most eligible behavior. According to [People](#), Harry surpassed 39 other men, including George Clooney and Connor Kennedy.

**How do you determine if someone is out of your league?**

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

Determining if another person is out of your league can be a very challenging aspect of life. Most of the ladies out there have heard about the rule, or the exception. They attempt to scrutinize the guy they may or may not have a crush on and figure out what the deal is. Is he into me? Is he too cool for me? Am I his type? Here are some ways to help decide:

**1. You're constantly chasing him:** To every women, there will be that one guy that you crave, the one guy where you want to talk to every single day. The problem which ensues where the guy does not feel the same way, they express their feelings slyly, they rarely return phone calls, they don't seem interested whatsoever. Unfortunately, for some odd reason women tend to want a guy more if they don't want them. I can abide by this preposterous rule, it gives the guy you're chasing a mystery about him. Where does he go? What does he do? Why can't I have him? The best thing here, is to saddle down, get off your horse, and start looking for a different man who wants to be with you.

**2. Expectations:** Women tend to give men higher expectations, or give themselves higher or lower expectations. Simply, expectations tie in to numerous problems pertaining to "leagues." These expectations given to men can make you think that he is entirely out of your league. This also works in reverse, where you give yourself lower expectations and think you're not good enough for the other person. To entirely

decide whether this person is our of your league, you need to throw expectations out of the window and go with your gut.

**3. Confidence:** Confidence ladies and gentlemen needs to be prominent. In the beginning, of course looming into this confident all-knowing being is more than difficult. However, after practice and assistance, your confidence will come naturally. Confidence is key when determining if someone is out of your league. If you want to go up to someone at a bar, do it. It is as simple as that. You need to saddle up, unholster your confidence and get your flirt on. You could be missing out on the love of your life by degrading yourself or thinking you are better than someone else.

**Did you ever go for someone “out of your league?” Share your experience below.**

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## Elton John Welcomes a Baby Boy







By Meghan Fitzgerald

Zachary Jackson Levon, Elton John and David Furnish's first child welcomed a beautiful baby brother on January 11 via a surrogate in Los Angeles, reports [People](#). Weighing in at 8lbs, 4 oz, the loving couple is more than thrilled to have two beautiful and healthy children. In June of the past year, John discussed with the Guardian about wanting to have another child. John went to discuss how he wanted his children to have a sibling, mostly due to his childhood parented by unhappy parents. He says, "I think it's difficult to be an only child, and to be an only child of someone famous. I want him to have a sibling so he has someone to be with."

**What are some ways to announce the birth of your child to your family and friends?**

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

After the excruciating labor you just sat through, you may have to go through some more pain ... telling your family and



friends about your new baby. All exaggeration put aside, the news of your child is waiting to escape out of your mouth and inform the entire world. Typically, new mothers are ecstatic to get the word out about their new child. Here are some ways to do it:

**1. We welcome...postcards:** Who doesn't find joy when they receive a beautifully crafted postcard welcoming a baby girl or boy into this world? These postcards are a relatively easy and fun way to introduce your child to your family and friends. Not only are these postcards adorable however, they will be hung up on the fridge so others can see and you can thoroughly get the word out.

**2. Christenings/religious ceremonies:** Getting the family together is never a problem when there is a new addition to the family; a small, gentle, nuzzling, and angelic child. Having your family and friends around allows your panic levels to subdue for which, you have the most important people in your life by your side.

**3: Facebook:** Expressing news on social media may not be your cup of tea, which is understood due to it not being entirely personal. Although, it may not be ideal for all new mothers out there however, everyone and their grandmas are on Facebook these days. You can take a photo shoot with your child, post an adorable picture of your new child and the family, post a quirky caption and enjoy the outcome. You will receive praise and joy from the child you are welcoming in to the world. Also, all the experienced, older mothers will send their wisdom and much needed tips for becoming a new mother.

**Any advice for spreading the news about your baby? Explain your thoughts below.**

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# Busy Philipps Explains Announcing Her Pregnancy on Twitter



By Meghan Fitzgerald

As the comedian she is, *Cougar Town* star, Busy Philipps disregarded all traditional ways of telling family and friends about her pregnancy and went to Twitter. According to [People](#), Philipps became aware that someone was going to spread her pregnancy over the Internet, so her husband, Marc Silverstein simply said, “You know what? Eff them. Just Tweet it, and then you put it out there and it is what it is.” Philipps discussed on an appearance on *Anderson Live* that she didn’t

want to make a celebrity statement describing how “happy” the couple is for the new addition to the family. Instead, she wanted her news to come from her own voice.

## **What are some creative ways to announce your pregnancy?**

### **Cupid’s Advice:**

It seems to be almost a sort of competition of who can have the cutest, and most endearing way to announce their pregnancies to their family and friends. You want to ease into your announcement, no rush, no pain, just a happy announcement. Here are some creative ways yo announce your pregnancy:

**1. Postcard:** To your closest family and friends, send out a perfectly sculpted and crafted postcard describing your recent pregnancy. With this postcard already sent out, you could also include any ceremonies or parties occurring for the new addition of your family. Another option for the postcard method is to scan it on to your computer and upload it to Facebook. This ensures that you included everyone in announcing your pregnancy.

**2. Fortune Cookies:** Order fortune cookies with a personal message inside exclaiming “We’re pregnant!” or “Another baby on the way!” Have an intimate dinner with your family and friends and save the fortune cookies until the last part of dinner. This is an easy, quirky, and creative way to announce your pregnancy to the people you love most.

**3. Build-a-Bear:** Although this approach may be more pricey than you’d like however, your closest family will absolutely love the special remark. Make your own bears dressed up in either a diaper, pink clothes, or blue clothes. Include the birth certificate specified for your expected date, and distribute! Your parents will especially love the bear, keeping it close to their hearts, preparing for their

grandchild on the way. The bear can also be used for your child's first stuffed animal.

Tell us how you broke the news about your pregnancy below.

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# Prince William and Kate Middleton Reveal Baby's Due Date



By Nic Baird

Prince William and Kate Middleton are having the baby in July, [People](#) reports. “Their Royal Highnesses The Duke and Duchess of Cambridge are delighted to confirm they are expecting a baby in July,” read the statement from the royal couple’s office. While the couple will not be revealing the baby’s gender, the Duchess is not expecting twins. “The Duchess’s condition continues to improve since her stay in hospital last month,” the statement also said, referring to Kate’s bout of severe morning sickness.

**How do you know when to announce your pregnancy to family and friends?**

### **Cupid’s Advice:**

If you’re going to become a parent, you shouldn’t stop congratulating yourself. Make sure you and your partner take time to reflect on your happiness together. Be excited! However, it can be daunting to announce it to the world. Be confident that this is good news and share it with others!

**1. Confirm it with your doctor:** It’s important you see a doctor as soon as you suspect your pregnancy. They can advise you further about any complications. You can also ask about healthy activities for your pregnancy, you can use these to spend quality time with your partner, friends, and family.

**2. You’ve discussed it with your partner:** Make sure you’ve spoken to your partner about the pregnancy, before you share it with others. It’s very important you explain what this pregnancy means to you, and they have an opportunity to share their feelings as well. Once you’ve set things out, go ahead and celebrate the upcoming child with friends and family.

**3. Tell your parents:** The first people who you should tell are you parents. In most cases, they’ll be the people who are the most eager to hear the news. Make sure you make an effort to inform both your and your partner’s parents that you’re having

a baby.

When would you tell friends and family about your pregnancy?  
Share your suggestions below!

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## Ben Affleck Tells Jennifer Garner 'You Are My Everything' During Golden Globes Speech





By Nic Baird

Ben Affleck won Best Director and Best Picture for *Argo* at Sunday's Golden Globes, [UsMagazine.com](http://UsMagazine.com) reports. "I want to thank my wife who is the reason why I'm standing here," he said, as the camera showed his admiring wife, actress Jennifer Garner. "I adore you. I love you so much. Thanks for sitting through this. You are my everything." He and Garner are parents to children Violet, 7, Seraphina, 4, and Samuel, nearly 11 months.

**What are some ways to publicly announce your love for your partner?**

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

It might not be the right time to get married, or maybe you're not that concerned with the institution. Either way, there are many ways you can deepen your love with your partner. Follow your heart, and prioritize your happiness:

**1. Moving forward:** Both of you should want to see your relationship develop. Finding ways to spend more time together, and bringing your lives closer are benefits you can find without marriage. Make time for your partner and find new ways to enjoy their company.

**2. Children:** A child is a huge commitment, and shouldn't be considered lightly. Many times a baby can pop into your life unexpectedly. No matter how it happens, a child is a celebration of your love. You might feel pressure to get hitched, but giving a baby the significance it deserves is most important.

**3. Special occasions:** Spending the holidays with your loved ones shows their importance in your life. Making Valentine's Day and anniversaries special with thoughtful celebrations will reflect the love you share.

**How do you think someone can publicly announce their love?**

Share your comments below!

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# Drew Barrymore Steps Out with Will Kopelman and Their Daughter Olive



By Nic Baird

Actress Drew Barrymore stepped out with husband Will Kopelman and infant daughter Olive in NYC, Saturday, [UsMagazine.com](http://UsMagazine.com) reports. The actress held her man's arm as they walked

casually in jeans, sweatshirts, and warm coats, pushing the baby girl in her red stroller. Little Olive had a fleece onesie to keep her warm in her stroller, as well as a monkey stuffed animal to keep her company.

**What are some ways to introduce your new child to the world?**

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

While you may be excited to tell a few people in person, how do you let everyone know you're having a child? Besides wearing a sign, you should take a methodical approach to inform the people in your life. They'll want to know, and here's how you tell them:

**1. Picture postcards:** Anyone interested by the news that you had a child will want to see a picture of the baby. A shot of the newborn with family is something people will stick on their fridges. If you're having a baby shower, you could use the postcards to get the details out.

**2. Baby shower:** Civilization designed baby showers as a template to announce an upcoming child. Once you've told your inner circle of friends and family, you can send out baby shower invitations to everyone else. If you haven't been caught by surprise, you should have ample time to plan your baby shower by scheduling it closer to the due date. The invitations will serve to let the word out, and you'll probably get some gifts out of it.

**3. Other rituals:** Baptisms, and other religious ceremonies have friends and family congregating. Any sort of family ritual is a good opportunity to assemble the important people in your life for such an important day in your life. Cigars are a traditional way for a new father to spread the word to friends, and perhaps work colleagues. It's just something you can give out, besides cupcakes.

How did you announce your pregnancy? Share your experiences below!

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## The Bachelor 17, Episode 2: Love or Lies?



By Jared Sais

We can't help but wonder about the girls when watching this (and every) season of [The Bachelor](#). Who is genuinely nice? And who is a wolf in sheep's clothing? Who's in it for love, and who just wants fame? Of course, the biggest question we ask

ourselves is: who is Sean's future wife?

So in the spirit of *The Bachelor*, I will give out fives roses to the girls whose body language and non-verbal cues—for better or worse—most captured my attention in last night's episode. Do you know who's falling in love and who's lying to get what she wants?

**Related:** [Sean Lowe Hopes to Find a Wife and Mother on 'The Bachelor'](#)

## **Kristy**

It is quite obvious to viewers that Kristy has an ulterior motive for being on the show. If you haven't caught on to this, maybe this quote will help: "I am getting the rose and books, and we are sailing away."

Don't be fooled by her good looks, charm and natural ability in front of the camera. This girl has one thing on her mind: fame. Let me ask a question: Are you bringing Sean on a ship that is sailing away with you, your book deal and your rose? You might be saying that she intends for the rose to represent Sean. Why not just say Sean then? When anyone uses an object to represent a person, it's never a good sign. People are not objects, and it's clear that Kristy thinks of Sean as just that: an object.

## **Sarah**

Let's start from the helicopter. There was the obvious non-verbal cue of Sean putting his arm around Sarah's back. As many of you know, that's a sign of sexual attraction. If you're at a bar or a club, you might be victim to this move. As many of you will notice someone attractive, do a walk by and gently place your hand on their back to carefully get by them. What you're actually doing is showing that you're interested.

Sarah plays with her hair a lot, which is something that girls do both out of habit and when they flirt. So, how do I know the difference? When Sarah plays with her hair out of habit, she does it sparingly. When she starts talking to Sean alone, the amount of times that she touches her hair increases. With almost every sentence she says, she's moving her hair away from her face and revealing a very sexy part of her body, her neck.

A big sign that Sarah is genuinely into Sean is a simple facial expression. If you look closely, you might see Sarah's nose wrinkle and eyes widen as she smiles at Sean. If there was no sign of a smile or widening of her eyes and just a solo nose wrinkling, I would say that's more disgust and a big negative. But that's not the case here. Sarah is flirting with him and clearly very interested.

**Related:** [5 Bachelor and Bachelorette Couples We Can Learn From](#)

Though there is a lot more to consider from Sarah's date, I leave you with this idea: Sarah is not as innocent as she is portraying herself to be. Even so, there is definitely some chemistry between her and Sean. But the girl I focus on next may have more of an edge.

### **Lesley M.**

She said it the best when she said, "Something must have been wrong with my body language." Lesley, you're absolutely right – there were four major reasons why that kiss never took place.

–Lesley never tilted her body fully toward Sean; she only looked at him with the majority of her body still facing the table. This positioning did two things: it blocked her off and made her less approachable, and it also confused Sean and made him second-guess himself.

–The second thing I noticed was a lack of touch. There was



never an escalation of touching. They stayed holding hands. However, as Sean looked for definite approval and an “it’s okay to kiss me” sign, he never saw it.

—The third thing Lesley did wrong was her hand remained in front of her. This body language is the same as crossing your arms or holding a purse in front of you. She blocked herself off without meaning to do so.

—The fourth thing is there was no obvious sign of flirting. Okay ladies, if you get one thing out of this article, it should be this: guys are not the best at picking up your flirting cues. If you think you are sending out an obvious sign that you like us, chances are we didn’t notice it or we convinced ourselves that we’re crazy and a pretty girl like you would never flirt with us. So flirt hard until we get the hint.

Now, what did Lesley do right that made her second chance with Sean end with a kiss? Her body was fully facing Sean, and she had more open body language when speaking with him. She made her intentions fully known when she put her hands on his shirt and went in for the kiss. As they parted ways, Sean reached for her hands. You might have noticed that Sean’s thumbs were on top of Lesley’s hands, his way of giving thumbs up to her (in this case, two thumbs up).

## **Desiree**

If every week were just like this week, Desiree would be the last woman standing. They could not keep their hands off each other from the moment they stepped out of the limo; the chemistry of these two is through the roof. You can see it and hear it in their voices. But the biggest cue of how much they like each other came from two nonverbal cues and one big verbal statement.

When Desiree and Sean were talking, Desiree did a very flirtatious facial expression: she smiled as her eyes widened

and her nose wrinkled (just like Sarah). This positive facial expression indicates a very strong liking for Sean.

**Related:** [Is Kim Kardashian Still Upset that Kanye West Shared their Pregnancy News? What Their Body Language Tells Us](#)

The other nonverbal cue was the pitch and tone of her voice. As they talked more and opened up with each other, Desiree's voice went into whisper and sounded more loving. This shift only happens when you are extremely interested in someone. Also, if someone whispers, you naturally move closer to hear him or her better, a perfect tactic to draw Sean closer for a kiss. Sneaky, isn't it?

Lastly, the most revealing verbal statement was that Sean mentioned multiple times that he wants to be married to someone who can be his best friend. After Desiree talked about her relationship with her family and the connection that her father and mother have with each other, Sean was quick to add that he "is working on making Desiree his best friend."

Plus, Sean already has a nickname for her: Dez. It's definitely the start of something special for these two!

## **Kacie**

Both seemed to have crushes on each other when they first met. Can this be fate? The attraction is still there, and once again, we get a first hand look at how easy it is to communicate a false impression. Sean left their initial meeting feeling like Kacie was not interested in him, so he thought of her as a friend. The good news is that they talked it out and both revealed that they have feelings for each other.

This relationship marks trouble for Dez, as Kacie already knew Sean and proved to be a good friend. There is a theory that states the more times you see something or someone, the more you will like them. Because Sean knew Kacie before the season

started, she already is one step ahead of the rest of the girls.

I think this could turn into the battle of Dez versus Kacie. But it's a long road to love, and something tells me we haven't seen anything yet.

### **Honorable Mentions:**

My roses are gone, but there are two more women that I must mention.

I could write a book about **Tierra**, but let's just focus on this quote: "I feel like this is not a competition. I am not going to let any girl stop me from getting the rose." Fantastic – well, I am glad this isn't a competitive game for you. Now that you have let the world know you're here for the rose, how do you feel about Sean? Notice anything in common with Kristy?

At the end of the show, when Sean didn't give a rose to **Diana**, he said he didn't want to keep her away from her kids if he didn't see any potential for love. I have a soft spot for single mothers looking for love, so Diana, I would love to find you a genuine man to be with for the rest of your life. I thought you were amazing, and if there are any single mothers out there, you all deserve roses in this world.

I hope I answered some of your questions, but if I didn't, please leave them in the comments below. I shared my top picks for Sean – **who do you hope he gives a rose to next week? Share your thoughts below.**

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# Britney Spears and Jason Trawick Call Off Their Engagement



By Michelle Danzig

In a mutual agreement Friday, Britney Spears and fiancé Jason Trawick called off their engagement. According to [People](#), it's been only a year since Trawick, 41, proposed in Las Vegas. A source told *People* that the two decided to split because of different relationship goals. Spears, 31, who began dating the actor in 2009, reportedly was upset by his constant desire to have his own life outside of their relationship. Sources also say that Spears and Trawick didn't see eye-to-eye about

continuing a family as well. The pop singer and former *X-Factor* judge currently has two sons, Sean, 7, and Jayden, 6. Although Jason loves her boys, he wasn't in a place to have his own family. In addition to ending their four-year relationship, Trawick also resigned as Spears' co-conservator over her person, which gave him authority to make decisions about her general well-being. Her father, Jamie Spears, is her primary conservator. Despite the heartbreak, Spears desires to return to her original passion: music.

**How do you know when to call it quits on a long term relationship?**

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

Ending a long-term relationship can be difficult. As the years go by, it is hard not to become comfortable and immersed into life with a significant other. Sometimes, however, the relationship just doesn't work. But, how can you tell? It is definitely hard to pinpoint the reasons and spot the signs that it is time to end your relationship. To make the breakup a little easier, here are some basic red flags that it's time to call it quits:

**1. Disconnection, isolation and avoidance:** You may find that you and your long-term sweetie have drifted apart. Maybe he is going out with his friends more often or you start doing a former group activity, by yourself. If you and/or your partner is isolating themselves from the other—and this goes double if he/she is straight up avoiding you—it may be time to step back and see it for what it really is.

**2. Lack of intimacy:** If you and your partner can't remember the last time you couldn't keep your hands off each other, chances are that intimacy has flown the coop. Think about the last time you passionately kissed or had a romantic night together, if it is difficult to pinpoint or the idea of it just doesn't seem appealing, it may be time to end your

partnership.

**3. Difference in wants or needs:** This is usually the hardest obstacle to overcome. If you find that you and your boyfriend/girlfriend's options, views, and wants have shied away from each other, than it's safe to say that you no longer want the same things. In the beginning, the wants and needs may have been mutual, but people change and so does your relationship.

**How did you know it was time to end your relationship? Tell us your story below!**

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## Jennie Garth Steps Out With a New Man







By Michelle Danzig

After ending her 11-year marriage with *Twilight* actor Peter Facinelli, Jennie Garth seems to have found a new man. According to [People](#), the former *Beverly Hills, 90210* star—who most recently shed 30 pounds—has been dating musician Jeremy Salken, 31, since October. Garth and the Big Gigantic drummer looked cozy in pictures posted on New Year's Eve via Instagram. After suffering several breakups since her split from Facinelli, Garth, 40, is happy to have found someone with positive energy. Her ex has been recently dating *Loosies* actress Jaimie Alexander. Although Garth says that her and Peter are happy, she recently said that she yearns for a time when the split won't sting.

**How do you know when it's time to move on after a divorce?**

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

Even if it is a clean, mutual split, no divorce is easy. Not only is the process difficult and stressful, the recovery

period can be even harder. After experiencing this major life change, it may be difficult to even think about starting to dating. Maybe you haven't dated in years and the whole online dating thing sparks your nerves. Maybe the divorce was messy and you just aren't emotionally ready for someone else. Whatever the case, there are plenty of ways to determine if you are ready to move on:

**1. You don't think about your ex anymore:** You may find over time that you move from thinking about your ex every hour, to every day, to every week. Slowly, you discover that negative thoughts surrounding your ex and your divorce no longer consume your thoughts. This is a major sign that your heart and mind are opening up to the idea of meeting someone new.

**2. You have an excellent sense of self:** A marriage or long-term relationship can cause both partners to lose sight of who they are as an individual. After spending so much time as a couple, it may take some time to figure out who you are again. If you have established a happy and successful single life after a divorce, and you truly believe you are content with who you are as an individual, you are ready to open up to new people. Who knows, after discovering who you truly are, like Jennie Garth, you may find that you want someone or something completely different.

**3. You have the time:** It may be hard to recall, but dating is extremely time and mind-consuming. It is extremely rare to find someone after going on one date, so anticipate needing some time to devote to the process. Although online dating is extremely convenient, creating a profile and sorting through multiple matches can be time-consuming. Who you begin a relationship with and incorporate into your life is an important thing, make sure you take the time to do it right.

**How did you know you were ready to move on after your divorce? Share below.**

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# Olivia Wilde and Jason Sudeikis Are Engaged



By Michelle Danzig

Shortly after their one-year anniversary and the holidays, *Saturday Night Live* comedian Jason Sudeikis proposed to girlfriend Olivia Wilde, according to [People](#). The two, who began dating back in November of 2011, have been living together since last year. Seen everywhere from Kansas, to Texas and even Rome, the couple is very happy and very excited, according to a source. A wedding date has not yet

been announced. In addition to *The Incredible Burt Wonderstone* in March, Wilde, 28, will also appear in Ron Howard's *Rush*, out in September. In May, Sudeikis, 37, will be featured in the animated film, *Epic*, and *We're the Millers*, costarring Jennifer Aniston, which hits theaters in August.

## **What are some ways to plan the perfect proposal?**

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

How, when and where you propose is something your partner will never forget. In addition to the pressure of the planning the perfect proposal, you also have to remember she will be telling the story countless times, to all of her friends and family. We know you want to look good! If you are clueless in the realm of romantic proposals, here are some excellent—and simple—ways to create a proposal that she will never forget:

**1. Choose the perfect ring:** Choosing a ring can be extremely intimidating—and expensive. Add in the pressure that she will be wearing this ring the rest of your and her life and you have a recipe for stress. There are excellent ways to find the perfect ring without giving away the surprise. Ask her friends. There is not one woman in this world that hasn't shown her favorite ring to her friends. Additionally, technology has severely favored the dating world. There is a great website called Pinterest. Women constantly Like and post pictures of rings they like. Use that for inspiration, but throw in a touch of yourself as well.

**2. Be personal:** Everyone gets engaged under the Rockefeller tree, at Disney World, on the beach or on Valentine's Day. You and your significant other have a relationship all your own. Why not personalize your proposal to your relationship instead. If you and your sweetie like to hike, find a quiet spot at the top of the mountain where you can pop the questions. If you enjoy walking the dog together, do it then. Personalize the proposal by fitting it into your relationship,

not fitting your relationship into the proposal. It will be way more romantic and make for a great story.

**3. Pay attention to her likes and dislikes:** Some men try so hard to have the most outrageous, romantic and original proposal out there. However, don't lose sight of the woman on the other end. If she doesn't like sports, don't propose to her on the Jumbotron. If she hates public display of affection, don't propose to her in the middle of a crowded train station. Find what works for both of you. Start by noting all of the things she likes and dislikes. It will help you narrow down the perfect venue and timing for your proposal.

**How did you propose? Share below!**

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## **Ben Affleck Says Fatherhood Has Made Him a 'Richer Person'**





By Michelle Danzig

Actor and director aren't the only job descriptions on Ben Affleck's resume—he is also a father. According to [UsMagazine.com](http://UsMagazine.com), Affleck told reporters that raising his children are always his top priority. At the National Board of Review Awards Gala in New York City Jan. 8., the critically-acclaimed actor has three children: Violet, 7, Seraphina, 4, and son Samuel, 10 months. The 40-year-old director of *Argo* says the having a family is was makes you that much richer and it is wonderful to have people to share your life with. Affleck, who has been married to Jennifer Garner about eight years, also expressed his gratitude for the five Golden Globe Awards nominations that he received for *Argo*, including 'Best Score' and 'Best Picture.' Affleck told *Us Weekly* that he originally had low expectations for the movie and is thrilled with the response. The winners will be announced on Sunday.

**How do you know if your beau is Daddy material?**



## **Cupid's Advice:**

When you're in a serious relationship, the baby talk is bound to come up sometime. You've seen your significant other interact with your younger cousins or siblings, but how do you really know that he would make a great father. Here are some ways that will help you know if he is Daddy material:

**1. He talks about having kids and gets excited:** Obviously women are hesitant to bring up the baby talk in a pre-marriage relationship. However, you may find that your man constantly brings up having kids. He may even drop little hints like suggesting names he likes or talking about what your kids would look like. This is a sure-fire sign that he is definitely up for the Daddy role.

**2. He coaches a sport with small children:** If you guy is, or was, an athlete at some point in his life, chances are he either coaches a little league, or is thinking about doing so in the future. Go to some of his games or practices. Observe how he interacts with the kids. If he is super involved and can't stop talking about how much he enjoys the kids he coaches, looks like he may be on the father track. He's also getting a ton of practice.

**3. He is great with a friend or family member's kid:** So your friends or family members start having kids. Is your guy excited to go see them? Does he immediately interact with the child the moment he gets there? Guys that are comfortable around [children](#), and interact well with them, usually sport that 'dad gene.' If you are unsure, bring him around the small children in your friends or family circle.

**How do/did you know your beau would make a great dad? Share your ideas below.**

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# Queen Elizabeth Says Prince William and Kate Middleton's Child Will Be Called 'Princess'



By Michelle Danzig

According to [People](#), Her Majesty Queen Elizabeth has issued a formal decree that Prince William and Kate Middleton's baby girl will be recognized as a princess. If the royal family

followed the century-old decree by George V, the daughter born to William and Kate would don the title 'lady.' It was previously stated that only the eldest son of the eldest son of the Prince of Wales was allowed the royal title of 'prince.' Although the decision was made on New Year's Eve, the *London Gazette* announced the declaration, stating that it applies to all future children of the couple. It partially stated the the children of William and Kate, "should have and enjoy the style, title and attribute of royal highness with the titular dignity of Prince or Princess prefixed to their Christian names or with such other titles of honour." In addition, it follows additional, proposed changes in legislation that will omit gender discrimination in the line of succession.

**What are some ways to keep your parents and/or in-laws involved in your pregnancy?**

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

A baby can be an exciting milestone for not only you, but for your family, too. Like the Royal Family, while anticipating the birth of the first grandchild, you may find that your family desires to be more involved in your pregnancy than ever. Whether it is the first, middle or last child, here are some excellent ways your can keep your parents and/or in-laws involved in your pregnancy:

**1. Invite them over for dinner more often:** Your body is going to be changing in many ways. If you don't see your parents or in-laws as often as you would like, try to plan some more family dinners. This way, they can come over and see your body change and witness your pregnancy first hand.

**2. Send pictures of the sonograms:** Seeing a sonogram live is a beautiful experience. Because this is and intimate time that you and your partner share, you may not desire to break the moment by inviting family members to the doctor. Instead, ask

for multiple print-outs of the sonogram photo. With today's technology, you can even get a video recording of the sonogram. Send this out to your family so that they can watch the baby develop the way you do.

**3. Take them shopping with you:** While you prepare for the baby's arrival, include your parents or in-laws in the process. Invite them out on a day that you need to buy supplies, have them pick out some baby clothes and let them feel involved. Who knows, you may also get some free supplies from the family as well!

**How do you keep your parents/in-laws involved in your pregnancy? Share below!**

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## How Celebrity Moms Keep an Active Dating Life





By [Whitney Baker Johnson](#)

Dating as a single mom is never easy, especially if you're trying to balance a busy career with raising your children. Even for celebrities, who have luxuries that not all single moms can afford, it's still a tricky thing to manage. The famous faces below have figured out a few ways to find love while still playing the most important role of their lives:

**1. Make It a Family Affair:** Before she got hitched, Reese Witherspoon was often seen with Jim Toth and her kids from her marriage to Ryan Phillippe. Rather than try to make time for romance *and* family, she simply included Ava and Deacon on her dates. The newlyweds even took her children on their honeymoon to Belize!

Michelle Williams has taken a similar approach in her relationship with Jason Segel. The couple is constantly seen with Matilda, Williams' daughter with Heath Ledger, and they even split their time on both coasts based on the little

girl's school schedule.

**Related:** [Three Tips to Stress Free Holiday Dating](#)

**2. Date a Blast From Your Past:** Sometimes, it's easier to date a guy from your past instead of searching for someone new. Denise Richards, mom to three girls, took this route, dating Heather Locklear's ex Richie Sambora. While it may have ruined her friendship with Locklear, she is still in an on-and-off relationship with the rocker.

Perhaps taking a cue from her former friend, Locklear, who has a daughter with Sambora, dated Jack Wagner, her costar from *Melrose Place*, for over four years before ending their engagement.

**3. Meet Your Match on Reality TV:** Emily Maynard, single mom to daughter Ricki Hendrick, has tried not once but *twice* to find love on reality television. First, she won the heart of *Bachelor* Brad Womack, only to end their engagement a few months later.

Rather than give up, Maynard tried again, becoming the most recent *Bachelorette*. She accepted Jef Holm's proposal, but they too broke up less than three months after the show ended. Despite this double dose of heartbreak, she has no regrets because she says she did fall in love with both men.

**Related:** [5 Bachelor and Bachelorette Couples We Can Learn From](#)

**4. Stay In Your Inner Circle:** Dating someone who your kids already know eliminates the need for awkward introductions and potential tension. Heidi Klum, who split from Seal after almost seven years of marriage, is now in a relationship with her bodyguard, Martin Kirsten. Luckily, her four children are already comfortable with him and are used to him being around.

Similarly, Courteney Cox has been rumored to be dating her *Cougartown* costar, Josh Hopkins. Coco, her daughter with David

Arquette, knows Hopkins from her time spent on set, making the transition easier for her mom.

**5. Depend On Your Ex:** Staying on friendly terms with your ex can help your dating life as well. Jennie Garth, who recently split from her husband of 11 years, Peter Facinelli, has already been spotted with three different men. Thanks to her co-parenting routine with Facinelli, she has time to date while her three daughters hang out with their dad.

Likewise, Ashlee Simpson and Pete Wentz split time with their four-year-old son, Bronx. They both are frequently seen out and about with their significant others and even reunited recently to celebrate their little boy's birthday.

**What's the best dating lesson you learned from celebrity moms? Tell us in the comments below!**

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# Source Says Ryan Gosling Is an 'Incredibly Sweet Boyfriend'







By Nic Baird

Ryan Gosling “is an incredibly sweet boyfriend,” according to a source for [People](#). *The Notebook* leading man seems to be just as engrossing off-screen based on these recent testimonials. Another insider said he and girlfriend Eva Mendes “get along so well because she’s not needy or smothering. They just work.” To top it off, the *Gangster Squad* director, Ruben Fleisher, calls Gosling, who stars in the film, “funny and charming.”

**What are some important characteristics to look for in a mate?**

### **Cupid’s Advice:**

For your own sanity of mind you should look for some characteristics above others. You need to evaluate the aspects you idealize in a partner and make those a priority. Though these are some essential examples of what you should focus on:

**1. Similar values:** It’s important to be aware of your

partner's priorities. Are they the type who can enjoy a monogamous relationship? Even if you're just casually dating, you should make sure you're both on the same page. At the very least, any relationship should have honesty and trust.

**2. Upfront attitude:** As you grow closer, it's natural that you'll learn more about your partner's life. Eventually you should have a good idea of how your significant other spends their day. If you're often surprised by your partner's actions, then you should question how much you know. For your own dignity you shouldn't invade your partner's privacy, but if they should not be resistant to communicating, and dispelling your doubts.

**3. Demonstrates respect:** No matter how you've tailored your relationship dynamic, it should include respect. When you feel your significant other's respect, trust comes more easily. Your partner should treat you well in public, and consider your feelings when acting.

**What are some important characteristics you look for in a mate? Share your comments below!**

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## Lily Allen Welcomes a Baby Girl





By Michelle Danzig

English recording artist Lily Allen has announced the birth of her second daughter, according to [People](#). The singer and her husband, Sam Cooper, who kept the pregnancy under wraps for some time, introduced Marnie Rose Cooper, born on Tuesday, January 8. Allen and Cooper tied the knot back in June 2011 in Gloucestershire, England and have a 13-month-old daughter, Ethel Mary. After months of declining to confirm the pregnancy, 27-year-old Allen appeared in November on the red carpet during the British Fashion Awards radiant and pregnant. Allen Tweeted on New Year's Eve that she wanted to end her three-year streak of pregnancy and planned on spending only a few more days pregnant. She had been sampling curries in attempts to force labor. Allen thanked fans on Thursday for their overwhelming response and well-wishes about her pregnancy.

**What are some ways to prepare for a newborn baby?**

## **Cupid's Advice:**

Visiting the baby store can be exciting, but when you find yourself wander the aisles aimlessly, wondering what clothes to buy, you realize the preparing for a child can be stressful. It is more common than ever for pregnant mother's to find out the gender of their baby before he/she arrives. Although this makes the preparation process slightly easier, you may be wondering what would be the best choices. Here are some excellent ways to prepare for your newborn:

**1. Somewhere to sleep:** Having a safe place where the baby can sleep is extremely important. Whether you plan on a crib, a bassinet or co-sleeping, having the right supplies is important. Stock up on mattress pads, blankets and padding to protect your baby. Give it a feminine touch by choosing a bedding in pink or purple or designs with butterflies, flowers or ladybugs.

**2. Plenty of changing supplies:** Be sure to stock up on diapers—they run out quickly. It is important to remember that female babies are more susceptible to infection than male babies, so stock up on wipes, be sure to wipe properly, and use plenty of ointment. Diapers are sold in various colors and designs as well, so feel free to add a feminine touch as well.

**3. Baby clothes:** As a woman, dressing up your little baby girl can be extremely exciting and fun. In Lily Allen's case, she is expecting a second daughter only 13 months after the birth of her first. In scenarios like this, be sure to save your baby clothes. Infants grow quickly and their clothes do not. By keeping some clothes around as hand-me-downs, you will have some great, feminine items for your newborn while also saving some money.

**How did you prepare for your baby girl? Share your thoughts below.**

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# Ryan Reynolds and Blake Lively Bundle Up in NYC



By Nic Baird

During these cold winter months, acting couple Blake Lively and Ryan Reynolds bundle up as they head into New York's Nobu 57 on Monday, [People](#) reports. An onlooker describes them dressed casually. Reynolds had a knit hat, and Lively wore a "cute bright green puffer jacket" as they entered the Robert DeNiro co-owned restaurant. The pair have been married for five months.

**What are some ways to make the most out of winter weather with your partner?**

**Cupid's Advice:**

Making the most of this winter wonderland meaning finding ways to experience the magic with your significant other. There are tons of activities that appeal to couples, and at the very least, tons of fire to cozy up to with your partner.

**1. Sports:** There are some great winter sports to share with your partner. They range in intensity from cross-country skiing to skating at a local rink. Look for something you two can enjoy together.

**2. Recreation:** It's easy to pick up a sled and head to a nearby hill. It's not too much work to whip up some hot chocolate by a fire for a date. There are tons of ways you can experience the season by just finding things to do around the snow and cold. Snow balls, snow forts, and snow angels transcend demographics.

**3. Holidays:** The most important part of winter, at least in regard to couples, is that there are three crucial holidays: Christmas, New Year's, and Valentine's Day. Find something special for each and you'll have fond memories of the season to share with your partner.

**How do you keep the winter season exciting with your partner? Share your comments below!**

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# Justin Bieber and Selena Gomez Break Up 'for Good'



By Nic Baird

Justin Bieber and Selena Gomez have ended their relationship for good, according to [UsMagazine.com](http://UsMagazine.com). Bieber has since been caught, days later, smoking weed in some TMZ photos. Bieber and Gomez did travel to Puerto Vallarta, Mexico, on a New Year's trip, but the holiday romance was cut short when Gomez abruptly flew home to Los Angeles on Dec. 30 where she spent the New Year with friends at a house party.

**How do you know when your relationship is truly over?**



## **Cupid's Advice:**

There's nothing more painful than a one-sided relationship. Don't pour your heart down a bottomless pit. Relationships need sharing, vulnerability, and devotion. Find out if your partner has these qualities by looking for these signs:

**1. No values:** Getting a baseline for the personal values of your partner is a good way to decide if they're ready for a serious relationship. Discuss the principles you hold when you enter into a relationship, such as monogamy and honesty. It should be clear if they're looking for one person, or if they have a constant flirtatious attitude.

**2. Separate goals:** Does their lifestyle support your relationship? Recognize if they'd rather spend time with you, or go out drinking with mixed company. If they don't have room for you in their schedule, it could be that they're very career oriented, but make sure you're their preference. If they're willing to spend the time to develop as a couple, it shows sincerity.

**3. Growing distance:** Fostering a connection with your partner, takes time and patience. If they're afraid to open up to you, maybe they're afraid to be honest. Players, though charismatic will be reluctant to share too many details of their life. As zealously enigmatic creatures, the fact that you haven't yet figured out if they're a player or not is a bad sign.

**How did you clue in that your relationship was over? Share your experiences below!**

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# Sean Lowe Hopes to Find a Wife and Mother on 'The Bachelor'



By Nic Baird

Season 17 star of *The Bachelor* Sean Lowe is looking for a woman to start his family, [UsMagazine.com](http://UsMagazine.com) reports. Lowe originally tried to woo Emily Maynard on *The Bachelorette*, but now he's hoping to find the future mother of his children. "I want to start a family and just have a house that's full of love and laughter," the 29-year-old Dallas insurance agent said. Lowe enjoys being an uncle to his sisters' kids, but said he can only imagine how much it will intensify when he

has his own.

## **What are some unconventional ways to find your perfect partner?**

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

Some people are waiting to fall in love, but others can't stand idle. If you're on the hunt for the perfect partner, then here are some unconventional tips to make your search more aggressive:

**1. Take risks:** If you have a sudden urge to ask for someone's number you saw in a coffee shop or spoke to on a bus, then do it. The worst that can happen is that they'll say no. Don't get your hopes up, but don't be ashamed for giving it a shot. If you meet someone with the qualities you're looking for, don't let them slip by.

**2. Go on blind dates:** When you're looking for potential partners, you might have to do some thorough dating to find the perfect candidate. Go on blind dates recommended by friends. It will at least give your search some filtration. You can always sweat the middle-man/woman for details on your date.

**3. Online dating:** There are a lot of quality people looking for love on the internet, and many healthy relationships have grown from the virtual field. You will have the chance to peruse potential dates, as well as weed out the weirder ones, all from the comfort of your home.

**Did you find your partner in an unconventional way? Share your comments below!**

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# Prince Charles Reveals His Hopes for Prince William and Kate Middleton's Child



By Nic Baird

Prince Charles wants to leave his grandchild with a greener future and a healthier world, according to [People](#). His son and daughter-in-law, Prince William and Kate Middleton, are expecting a child early this summer, and he doesn't want the baby to inherit "a poison chalice." Prince Charles is known for championing environmental causes. On Monday, the heir to the throne told ITV's *This Morning* show he didn't want to leave "an increasingly dysfunctional world to our

grandchildren.”

**What are some ways to involve your parents in your pregnancy?**

**Cupid’s Advice:**

Your parents will be eager to get involved when they hear the news of grandchildren. Let them share the love by finding a spot for them in this special moment. Since you’ll be a parent soon, show your dedication to family by incorporating your parents in your pregnancy. Bring the generations of your household together to celebrate this new addition:

**1. Keep them informed:** All your parents really want is to be kept in the loop. They want to share in your joy and connect with their grandchild. Making sure they’re present at every event, and phone them if you have news. Keeping tabs on you is probably their default reaction anyway, but if you’re proactive with the information you share then they’ll know they’re part of new baby’s life.

**2. Give them responsibility:** Your parents are important, and you can make them feel that way too by giving them a share of responsibility. Whether it’s coordinating birthing, taking you to classes or organizing a shower, they want a way to contribute. Your parents are a symbol of support, and that responsibility should be present now more than ever to demonstrate the power of family.

**3. Ask for help:** If you have a problem, don’t feel like you’re burdening your parents by sharing it. They want to be there for you during this exciting time. Your parents will be gratified that they can still give you a hand even now that you’re a parent yourself. If you have a lot of free time on your hands, you can spend it by strengthening bonds with your family.

**How did you share your pregnancy with your parents? Share your**

experiences below!

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# Bethenny Frankel Files for Divorce from Jason Hoppy



By Michelle Danzig

It's official—after announcing a separation over the holidays, author and TV personality Bethenny Frankel, 42, and hubby Jason Hoppy, 41, filed for divorce, according to [People](#). After months of allegations that the two were having problems, TMZ reported that Frankel officially began the filing process

earlier this week in New York. Frankel, star of *Bethenny Ever After* and founder of Skinnygirl Cocktails says it was an very difficult decision but accepts that it is the best choice for her and her family. The two, who married back in 2010, have a daughter Bryn, 2. A friend told people that Frankel is devastated.

**How do you know when to call it quits on your marriage?**

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

Marriages take work. Many couples find themselves working through various problems. Whether you are attempting to save your marriage or going through a separation, sometimes it is best to sit back and see that your marriage may just not be working. Here are some telltale signs that it may be time to call it quits:

**1. Everything becomes an argument:** Arguing in any relationship is inevitable and healthy—to an extent. If you find that every conversation or discussion is turning into a heated argument, you are having difficulty resolving issues, and the art of compromise seems nonexistent, you may want to sit down and reevaluate your union.

**2. You aren't intimate:** Intimacy is extremely important to the success of a relationship. When you lose communication and trust, chances are intimacy is closely following.

**3. You or your spouse are cheating:** If one, or both, of you is cheating, there is no longer a sacred bond between the two of you. Spending half your life devoted to someone and then suddenly focusing your time and thoughts on another is a clear sign that something just isn't working.

**When did you know your marriage was over? Share your experiences below.**



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# Courteney Cox Says She and Ex-Husband David Arquette Are 'Better As Friends'



By Michelle Danzig

While taping an episode of *The Ellen DeGeneres Show*, actress and Courteney Cox said that, despite their recent divorce, she and ex-husband David Arquette are on excellent terms, according to [UsMagazine.com](http://UsMagazine.com). Since announcing their separation in October 2012, Cox, 48, and Arquette, 41, have remained

friends throughout the entire process. The *Cougar Town* star and Arquette have a daughter Coco, 8. Although Arquette is dating *Entertainment Tonight*'s Christina McClarty, Cox remains single. The two have requested joint legal and physical custody of their daughter and the removal of Cox's surname. Cox does not recommend divorce, but she says that she appreciates David even more and that they both have grown through this experience. Arquette will remain an executive producer of *Cougar Town*, which will now move from ABC to TBS this Tuesday.

**What are some ways to tell you're better off as just friends with someone?**

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

Whether you're curious if your friendship is worth examining on a romantic level or you and your significant other suffer a split but remain friends, it is difficult to decide whether you are better off in one situation or the other. Here are some ways you can tell that you and your partner are better off as friends:

- 1. You have the companionship but lack intimacy:** This is probably the easiest way to tell that you and your significant other are better off as friends. If you enjoy doing activities together and genuinely care about the other person but the intimacy has been lost, it's almost certain that your relationship has simply become one between friends.
- 2. You both wouldn't mind seeing other people:** If both parties are okay with the other dating or seeing other people, it is pretty obvious that you have lost the romantic attraction to each other. This goes double if you don't feel even the slightest bit of jealousy when thinking about him/her seeing someone else.
- 3. If you have different expectations:** If you find that you

and your partner have so many different interests that you barely do things together anymore, or you disagree of future plans such as having children and moving away, it may be time to think if your relationship is really romantic and not just a friendship.

How do you know when it is better to just be friends? Share your ideas below.

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## Kim Kardashian Steps Out and Embraces Pregnancy Curves



By Michelle Danzig

Kim Kardashian isn't afraid to show off her pregnancy curves, [UsMagazine.com](http://UsMagazine.com) reports. Only three months pregnant, Kardashian sported a sheer black shirt and black bra on the red carpet of 17th annual ICED Festival at Cowboys Dance Hall in Calgary, Canada, on Friday. With little to no sign of a baby bump, Kardashian, 32, said she feels good, but is definitely adjusting to all the changes in her body. Her boyfriend, rapper Kanye West publicly announced her pregnancy the day before New Year's Eve at a concert in New Jersey. To stay in shape during her pregnancy, the *Keeping Up With the Kardashians* star is working with celebrity trainer Tracy Anderson, who helped sister Kourtney Kardashian lose 44 pounds in six months.

**What are some ways to encourage the mother of your child to embrace her new body?**

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

Weight gain and body changes are inevitable during pregnancy. Add in the increased hormones and women become extra sensitive about their appearance. Because it may be difficult for the mother of your child to embrace her new figure, here are some ways you can help her feel more confident and beautiful:

- 1. Tell her she looks beautiful before she even asks:** When women aren't pregnant they will ask the inevitable, "Do I look fat in this?" question. If you spontaneously tell your partner that she looks beautiful, she will feel more comfortable in her new body.
- 2. Encourage her to wear something form-fitting:** Most women work extra hard to cover up their baby bump. If you occasionally suggest that she wear the black dress you like so much when you go out on your dinner date, she may feel better showing off her curves.

**3. Touch her—and her belly!:** Show her some affection. Many men find pregnancy extremely attractive on women. Show her that you still find her body beautiful by touching her more often. Cuddling or simple just rubbing her belly will show that you appreciate the way she looks.

**How do you help your baby's mother feel comfortable in their new body? Share your comments below.**