

Natalie Portman and Benjamin Millepied Get Married



After costarring in the *Black Swan*, winning big at the Oscars and having a baby boy together, Natalie Portman and Benjamin Millepied have finally gotten married. UsMagazine.com confirms that the couple exchanged vows in a Jewish ceremony at a private home near Big Sur, Calif. They were married in the dark beneath a chuppah, a canopy placed over Jewish marriage ceremonies. Jeweler Jamie Wolf designed their wedding rings, which were made from recycled platinum and conflict-free diamonds. Though the couple keeps their personal life under wraps for the most part, Portman gave us a little insight into their relationship during her acceptance speech at the 2011 Oscars, calling Millepied “[her] beautiful love.”

What are the advantages to putting off your wedding ceremony?

Cupid's Advice:

Getting engaged is a stepping stone to marriage, but many are now holding off the 'I do's' to soak in their engagement bliss. From Jessica Biel to Christina Applegate, celebrities have explained why they're putting off their wedding ceremonies. Here are some advantages of doing so:

1. Prolong the special moment: The most romantic part of your life will be the period of time in which you are engaged. Some can get so caught up in the planning stresses of a wedding that they miss out on basking in the moment of being engaged. Take the time to enjoy your life as an engaged couple and show off that ring to everyone.

2. Not rushing into anything: When a wedding is rushed, often times it becomes messy. On top of a less-than-perfect wedding ceremony, your actual partnership can be affected if you rush into it. Take the time of being engaged to really hash out any old arguments or feelings that may affect your relationship in the long-run so that your wedding day will be nothing but full of love.

3. Better planning: The more time you take to just be engaged, the more time you have to plan for the big day. From picking out the perfect dress to seating charts to finding a beautiful venue to the catering, there's a lot that goes into a wedding. Your engagement period and wedding ceremony will be much less stressful if you carefully choose everything over a long period of time.

What do you think are some advantages to putting off a wedding ceremony? Tell us below.

Season Finale of Miss Advised: Love and Loneliness



Monday, August 6th @ 10/9c – Miss Advised *SEASON FINALE*

In the season finale, Amy discusses how her prom-disaster date may be the last time she puts herself out there for love. While one love expert still struggles to find a match, another's future in love looks pretty solid. Emily's trip to Napa with David takes a sudden turn and morphs their relationship forever.

Watch: Julia breaks down after a bad date

Watch: Emily and David take their relationship to the new level

Find Out How Robert Pattinson is Coping with Kristen Stewart's Betrayal



Yes, we're also still shocked that someone could actually cheat on a man-god like Robert Pattinson, but hey, that means he might be on the market, right? Unfortunately, it's hard to be happy that the Twilight stud is single because sad just isn't a good look for him. According to [People](#), Rob

is “heartbroken and angry, and sources tell the magazine that he’s been drinking and relying on friends to deal with the pain.” Kristen Stewart may have shattered his heart but she did publicly apologize and is not in the best shape after the split either.

What are some ways to cope when your partner cheats?

Cupid’s Advice:

You may be feeling like you were drop-kicked in the stomach after your partner cheats on you, but in time that will pass. Here are some ways you can help that change along:

1. Don’t blame yourself: It’s human nature to ask “what did I do wrong?” or “how could I have prevented this?” But, in reality, it probably has very little to do with you. Your partner’s actions are something only they have control over, not you.

2. Surround yourself with friends: You may think that you want to be alone when your relationship is struggling, but keeping good company around you will help you feel better. Whether it’s a smile or a small laugh, it’s progress that will make it easier to get back to being yourself.

3. Let your anger out: Whether you take a kickboxing class or do some meditation, it’s important to let go of any anger and stress that you’re holding onto in order to heal. Once you’re able to accept and release those_bad feelings, you will be on track to feeling better and moving on.

Have you ever had to heal after someone cheated on you? Tell us below.

RHONY: Sonja Attacks LuAnn's Beau



Monday, August 6th @ 9/8c – The Real Housewives New York

Over lunch, LuAnn confides in Sonja that she's trying to have a baby with Jacques. Sonja worries whether or not Jacques' intentions with LuAnn are pure, and drunkenly confronts him at the housewife holiday party. Her attack on Jacques seems to hit too close to home, leaving most of the housewives wondering if Sonja is really just taking her own issues out on him instead.

Watch: Sonja drunkenly lets loose on Jacques

Watch: LuAnn offends Carole with 'racist' slur

Exclusive Interview: Kendra Wilkinson on 'Playboy' Past, Motherhood and Baby No. 2



By Jenny Schafer for Celebrity Baby Scoop

Reality TV star Kendra Wilkinson seems to have it all! Her loving husband, former football star, Hank Baskett, recently said, "Watching her grow as a mother has no doubt caused me to fall more and more in love with her." And their

gorgeous 2-year-old son “Little Hank” is one of our favorite celebrity toddlers.

Kendra opens up to Celebrity Baby Scoop about the finale of her hit TV show, *Kendra On Top*, which aired Tuesday, July 31, on WEtv. She talks about her *Playboy* past and how she plans to approach this topic with “openness and honesty” with Little Hank, and also her inner-struggle about baby No. 2 and how she balances her career and motherhood.

Related Link: [Kendra Wilkinson Says Her Plans for Second Child Keep Changing](#)

CBS: Tell us about *Kendra on Top*. What can we expect this season?

KW: “You will really see my life and inside my home and personal life. Before you saw a lot of moving around and me kind of having to go everywhere with Hank’s job. We were never really settled down. Now viewers will get to see our new life, our day-to-day life, and inside our home. You will meet our friends and the people around us which has been awesome.”

CBS: The show chronicles your journey back to bombshell status and the challenges you face trying to balance your party girl persona and mommy duties. Tell us more.

KW: “You know, in the beginning it was really hard for me to find that balance and find out who I really was. I thought the minute I became a mom, I had to be really conservative and not be who I used to be at all.

In time, I found that balance of being a great mom but still feeling sexy and still having fun. I can be a mom but still have a night out and go out with some friends and have a glass of wine. I can look sexy without taking it too far. It’s not about showing more, it’s about how I feel and feeling sexy.”

CBS: How is Little Hank doing? What does he do to make you

Laugh?

KW: "He went up to a little girl and told her he just farted – that made me laugh so hard. Honestly, everything he does these days is making me laugh! He's doing really well. Just started preschool so that has been awesome!"

CBS: Little Hank has been voted as one of our favorite celebrity babies and our readers are forever commenting on his hair and his natural beauty. How does it make you feel to know he has 'fans', and that he is so recognizable to many?

KW: "That's awesome! It's awesome that he has his trademark hair! We definitely appreciate the love for our son."

CBS: We hear you are struggling with deciding on having baby No. 2. Please tell us about this inner-struggle.

KW: "Some days I wake up and I'm like, 'I want baby No. 2 ASAP!' Other days I want to hold off. We're just enjoying our time with little Hank right now and focusing on helping him start preschool, etc. I also want to make sure that we are both settled in our work lives before we start to think about another baby. When the time is right, the time is right."

CBS: How do you balance motherhood, career, marriage, and a social life?

KW: "It's all about making time for every aspect of your life. When you don't make time, and really set aside that time, that's when you start to get spread too thin. When you're spread too thin, then you don't really give 100 percent of yourself, and then no one wins.

I make sure that I don't try and do too many things at once so that I'm really focused on whatever it is I'm doing. When I'm with my family I give that 100 percent, when I'm working I'm 100 percent in that zone. You just have to keep organized and set aside the time to maintain that balance."

Related Link: [Kendra Wilkinson and Family Celebrate First Christmas at Home](#)

CBS: How does your *Playboy* past impact your current business opportunities?

KW: "Sometimes it's hard to come back in your career after posing nude. I appreciate the opportunities I had with *Playboy* and am proud of everything I did there at that time in my life.

You know, it is tough for people to see you as 'that girl' and then allow you to transition into a new life. I've had fans that have really stood by me and allowed me to grow and change. Now my business is my fitness, my family and my life."

CBS: When will you approach little Hank about your past with *Playboy*? Are you dreading that conversation?

KW: "I'm not dreading the conversation because both my husband and I are proud of my past. [Little Hank] actually already come across some [laughs], he just didn't really know what it was yet.

It's better to be open than not, so I will be very open with him when the time comes. Openness and honesty is the best way to go."

CBS: What's up next for you?

KW: "I have a lot of things in the works and a lot of them you will see in the finale of my show. My lingerie line will be coming out soon and you'll see what Hank has been working on. The paperback version of my book, *Being Kendra*, just came out as well so I'm doing some signings for that. I have so many things I want to do in the upcoming year, so you'll have to stay tuned!"

Johnny Depp and Vanessa Paradis Hold Hands at Reunion with Kids



It's been one month since couple Johnny Depp and Vanessa Paradis have called it quits on their 14-year relationship, and the love might not have gone all away. The ex couple met up with their two children Lily-Rose and Jack in their mansion in the South of France. A source for UsMagazine.com claims, "They were relieved they got along well." The two reportedly even held hands at one point. Is the love still there or can they remain friends? Depp, 49, is still reportedly seeing

Amber Heard, but maybe the tables have turned and he is trying to amend his past relationship with Paradis.

What are some ways to show a united front post-split?

Cupid's Advice:

The end of a relationship can either end very badly or in a beautiful friendship. Here are some ways to maintain a good relationship after a breakup:

1. Have friendly day dates: If you have been with someone for a long time and then break up, it's normal to still maintain some sort of friendly relationship. Although you should probably avoid romantic night time dates, getting together every once in a while for lunch to catch up can be good for both of you.

2. Help each other out: It's normal to want to make sure that your ex is doing well. Check up on them every once in a while and see if they need anything. This is especially important when you two have children with one another.

3. Be supportive: Whether your ex is dating someone else or just starting a new job, show your support. You were a big aspect in their life at one point, and your support will mean a lot more than you may think.

What are some ways you would show a good relationship post breakup? Share your comments below.

'Miss Advised' Star Emily Morse Says, "I'm Not Choosing Monogamy; I'm Choosing to Date"



By Jessica Nappi

Radio show host, author and reality star – what can't Emily Morse do? If you haven't seen Emily navigate her dating life on the new hit show 'Miss Advised,' produced by Disney darling Ashley Tisdale, read her book, 'Hot Sex: Over 200 Things You Can Try Tonight!,' or listened to her radio show, 'Sex with Emily,' no doubt you soon will because this young lady is just getting warmed up. She's even been dubbed the real-life Carrie Bradshaw, although she openly admits that she

has never watched an episode of 'Sex and The City.'

After seven years of hosting her radio show, Morse was approached to be a part of 'Miss Advised,' which follows three single dating experts (Amy Laurent, Julia Allison and Emily Morse) who must put their own advice to the test. While the other stars may have learned that it's hard to practice what they preach, Morse stuck to her guns. She says, "I definitely take my own relationship advice to heart. But, I've made mistakes in my relationships – I'm not perfect."

Morse has stayed true to herself by finally acknowledging that she's "not choosing monogamy right now; [she's] choosing to date." But she didn't just come to this revelation overnight. "I've evolved into this person by saying it publicly and being on national television. I think it made me realize that it's okay to be me. It's okay to live my life differently than other people live their lives."

Related: [Going from 'It's Complicated' to Monogamy: 5 Tips Every Woman Should Know](#)

After receiving hundreds of emails in support of her dating philosophy and unrushed desire to settle down, Morse noted that she felt so much more "validated and accepted." But being open and vulnerable hasn't always been easy for her. "The greatest lesson I've learned is to "be honest with yourself; stay true to yourself; and be self-aware," she says. "The more honest you are with yourself, the more you'll know what you like, and the easier dating will become."

Since monogamy is crossed off her list, Morse is free to date and have fun with no constraint. "I've never been a woman who plays by the stereotypical dating rules," she says. Since there are so many dating advice books, she says you just have to "pick and choose what feels good to you because blanket rules for everyone just doesn't make any sense."

She may not be a fan of rules, but she is certainly a fan of helping others spice up their relationships. Emily notes that her favorite section of her book deals with partner massages. “By massaging your partner, you will feel reconnected again. I think it’s a really nice, sweet thing you can do to become attached to your partner again.”

As you may know by now, Morse doesn’t hold anything back. That’s why we get to see her dating life firsthand on ‘Miss Advised.’ Here is where we get to observe from afar as Emily goes on all types of dates. We even watch when she dates her newly-divorced fifth grade crush, David Rubin, and they drive to Napa Valley for a romantic night. Of the finale, which will be airing tonight, Morse promises that their relationship “takes an interesting turn. It’s surprising, and it’s a really fun episode, “ she says.

So what’s next for Morse? She aspires to be the Dr. Ruth of our generation – and she’s already well on her way. As she continues to grow her career, she will be getting her doctorate in human sexuality and coming out with a third iPhone App. She will also be hosting her radio show and keeping her fingers crossed for a second season of ‘Miss Advised.’

Be sure to catch Emily Morse tonight on the SEASON FINALE of ‘Miss Advised’ at 10/9c on Bravo. You can also check out her personal site at www.EmilyMorse.com and follow her on Twitter @SexWithEmily.

Find Out What Kristen Stewart's Body Language Reveals About Her Cheating Guilt



It seems that Kristen Stewart's shocking affair with her *Snow White and the Huntsman* director Rupert Sanders has marked the end of the actress' off-screen *Twilight* fairytale with longtime boyfriend Robert Pattinson. One body language expert even says the 22-year old showed signs of her infidelity months before the release of the photos on July 17th. In reference to a picture with Stewart, two of her co-stars and Sanders' wife, Liberty Ross at the movie's premiere, Dr. Lillian Glass tells UsMagazine.com, "This is the photo of the

ultimate betrayal. Kristen has got what's called an ambivalent smile. Her eyes aren't smiling, but she's got like a half smile of her mouth." Sounds like Stewart has bigger issues than simply choosing between Team Edward and Team Jacob.

What are some signs that your partner feels guilty for something they aren't sharing with you?

Cupid's Advice:

The feeling of guilt has a very negative impact on the course of a relationship. It has the potential to weaken it for days, months, or even years. Here are some signs to help show your significant other may be hiding something:

1. Avoidance: Avoiding your partner reduces the amount of guilt you would have to feel on a daily basis as opposed to being in their presence and constantly feeling guilty. Try to determine the underlying issue.

2. Unusually nice: Treating your significant other better than usual is a key sign of guilt. They figure if they're extremely nice, they can possibly make up for what they've done and even feel better about them self.

3. Lack of communication: Minimal communication is an attempt to keep their secret from slipping. Try engaging in conversation in order to learn the truth.

What do you do when you're feeling guilty about something you haven't shared with your significant other? Share your experiences with us.

Reports Say Rob Pattinson Is Hiding Out at Reese Witherspoon's Ranch



Robert Pattinson has been MIA ever since news broke that his costar-turned-girlfriend, Kristen Stewart, cheated on him with Rupert Sanders, director of her flick *Snow White and the Huntsman*. Although Pattinson can run, he couldn't hide for long. Pattinson is now known to be at Reese Witherspoon's ranch. To help him escape the media, Witherspoon was kind enough to offer up her \$7 million ranch in Ojai, Calif. UsMagazine.com reports that a source says Pattinson is "a total mess...He's questioning everything," but no official words from him have been made public. However, we all know how Stewart feels after she made a very sincere and public

apology.

What are some ways to stay away from friends and family after a cheating scandal?

Cupid's Advice:

A cheating scandal is hard to escape. Not only does it haunt your mind, but you also get hassled by the outside world. Here are some ways to handle all of the pressure:

1. Exercise: The best way to get out of your house and simultaneously clear your mind is to exercise. Go for a nice long jog, or lift some weights to get all of your anger out. Either way, exercise will help you feel healthy and in control of at least one aspect of your life, even if your relationship is struggling.

2. Take a weekend road trip by yourself: When your mind is racing, talking to friends and family can often only make you feel worse. Hitting the road and blasting your music will make you feel like nothing can touch you, letting you reflect on your situation during the alone time.

3. Retail therapy: A cheating catastrophe will make you feel terrible about yourself, whether you're the cheater or your partner was. When feeling down on the inside, a little physical change can be uplifting. Go shopping for some new clothes and spend some of your money on things that will make you happy.

How would you stay away from friends and family after a cheating scandal? Tell us below.

Mike Eli Welcomes a Baby Girl



Mike Eli, the front man of the Eli Young Band, couldn't be more ecstatic about the new addition to his family. His wife Kasey Diaz gave birth to a healthy, beautiful baby girl, Kline Olivia Diaz, this past Monday. Eli express his joy to [People](#), stating, "They tell you about this feeling that is beyond comparison...and the moment Kacey and I laid our eyes on little Kline we understood it's absolutely the coolest thing ever!" Eli only gets a short time with the newborn though, as his band rejoins the Rascal Flatts tour next week.

How do you prepare to have a daughter?

Cupid's Advice:

Having a baby can be scary, but if you know your future

child's gender, you can at least get started with planning. If you discover you're going to be having a baby girl, here are some ways to begin preparing:

1. Go shopping: There's no better way to prepare to have a girl than to go shopping for her. Hit up some stores near you and pick out some cute outfits with your friends or your significant other. If you're due in the summer, purchase some bathing suits. If you're preparing for a winter arrival, stock up on some adorable hats and mittens.

2. Prepare the nursery: Take some time to decide with your partner if you want to paint your nursery in a more feminine tone, or keep it gender-neutral. Once you paint the room you can pick out some furniture and begin decorating.

3. Inform the bridal shower guests: If the people close to you are aware that you'll be having a baby girl, they can be more specific when picking out a gift for the baby shower. Let them know what color you plan on painting the nursery so they can plan accordingly.

How did you prepare for a baby girl? Share your advice below!

Jessica Biel Has Done Nothing for Her Wedding Yet





Although Jessica Biel has been with Justin Timberlake since 2007, and the couple announced their engagement this past January, she has done “almost nothing” to prepare for her wedding. In Biel’s eyes, there’s no reason to rush things. According to [People](#), she said, “Being engaged is just absolutely amazing. You’re in this romantic, ahhhhh, breathless moment that I’m just trying to extend as long as possible.”

How do you know when to start planning your wedding?

Cupid’s Advice:

So you’ve shared the good news of your engagement with your friends and family. Now what? Here’s some advice on how to figure out when to start preparing for the big day:

1. Talk it over with married couples: After announcing your engagement, ask friends and family for some helpful tips. Receiving advice from couples who have already been through the wedding planning process can be a big help. Ask them for recommendations and what they wish they knew when they started planning their own wedding.

2. Have an open mind: Planning can be very difficult. Whether the venue you want may is already booked, or the dress you want is too expensive, things can always get out of hand. But, before you get upset and overwhelmed, remember that no matter what, it's going to be an *amazing* day. Once you're able to think positively like this, you're ready to start your plans.

3. Get a time frame to work with: Deciding how long of an engagement you and your partner want is crucial for obvious reasons. It'll help you decide whether to start planning now or if you can allow yourself time to bask in the joy of being a fiancé. Once you know how long you have to plan, you can make a list of things to accomplish and work through them at your own pace.

How did you know when to begin preparing for your wedding? Tell us your story below.

'Bachelorette' Star Emily Maynard Toasts Fiance Jef Holm's Birthday at Dinner Party





Emily Maynard's fiancé Jef Holm certainly has had a lot to celebrate, including his 28th birthday. The recently engaged pair partied with friends in New York City, but they couldn't keep their hands off each other. According to [People](#), they were often seen "holding hands under the table." Surrounded by guests, Holm was surprised with a birthday cake while out on the rooftop. With his new fiancée on his arm and a ton of guests all there for him, Holm "loved the attention" and the duo threw a great party.

What are some ways to surprise your partner with a birthday celebration?

Cupid's Advice:

Birthdays only come once a year, so it's crucial that you make your significant other feel as special as possible on this day. Consider these simple ideas to celebrate:

1. Throw a party: Surprise or not, getting together your beau's friends is definitely a great way to celebrate the person you love. A fun atmosphere with drinks and good company

will be the perfect thing to make your honey_happy to turn a year older and thankful you took the initiative to coordinate it.

2. Do something adventurous: Parties and dinner aren't for everyone, show your babe you really care by taking them out to do something unique or daring. Go skydiving if you're feeling a thrill or maybe spend the day at an amusement park.

3. Keep it just the two of you: Sometimes the most thoughtful way to commemorate your partner can be done with little effort. Send your_loved one out for a part of the day so you can set up your house to resemble an elegant restaurant and make your honey's favorite meal.

How do you celebrate your partner's birthday? Tell us below.

Sophia Bush and Topher Grace are Just Friends





Last Friday, Sophia Bush stepped out for coffee at West Hollywood's Coffee Commissary with Topher Grace, spurring a slew of dating rumors. However, the *One Tree Hill* actress confirms their relationship is strictly platonic, according to UsMagazine.com. So, if Grace isn't going to be her leading man, many are wondering who will be. Bush has been single since splitting from Austin Nicholas, whom she dated for six years. Prior to that relationship, Bush was married to Chad Michal Murray in 2005 and dated James Lafferty in 2009.

How do you keep rumors from circulating about your relationship?

Cupid's Advice:

No matter how clear you think your actions might be or even whether you currently have a partner, people are going to find something to gossip about. Here are a few ways to limit their material:

1. Speak up: Being forthcoming leaves little room for misinterpretations. If you've been caught with someone who

isn't your significant other, don't just saying "no comment." This will only cause people to come up with their own answers.

2. Tell the truth: People will have a higher opinion of you if they feel they are able to trust you. A history of being honest will help squash rumors before they even take off. Plus, maintaining a policy of honesty will help you out in your relationships as well.

3. Address the rumor: Try to figure out which of your actions caused the rumor to start. Once you understand this, you can properly acknowledging what's being said and encourage people to question it.

How would you keep rumors about your relationship from spreading? Share your ideas below!

Charlie Sheen Insists He's No Longer Insane





Charlie Sheen is really on “winning” streak these days. Although the first time he described himself as “winning,” he had departed from CBS’ *Two and a Half Men* and was generally *unsuccessful in his other exploits*, things are finally shaping up for the popular celebrity. Sheen has made the comeback of the century by starring in the hit new comedy *Anger Management* and mending his rocky relationships with ex-wife Denise Richards and his father. When asked about his unruly behavior last year, [E!](#) reports that he said, “It was a crazy time. It’s sort of like a dream I couldn’t wake up from... it’s something that could never happen again, so that’s pretty cool.” He continued by saying “My life’s different now that I’m not insane anymore. I’m accountable most of the time.”

What are some ways to know someone you used to date has truly changed?

Cupid’s Advice:

When a former partner tries to win you back after you’ve broken up with them, it’s important to determine if they’ve really made a change. You can only know someone you used to

date has truly improved if they prove it, not say it. Here are some things to look for:

1. They do things for themselves: If your ex has done new and important things with their life, they might only be trying to win you back by bragging about these changes later. If they've really changed, they will be doing these things to better themselves, so try to figure out if that's the case.

2. They spent time alone to reflect: Your ex hasn't changed if they're still hanging around all of the same people, or found someone to instantly replace you. Only when you find out who you are as an independent person can you really change for the better.

3. They're friendly with you: No matter how terrible the split was, the past shouldn't affect your civility toward each other. If your ex dwells on the past and can't look at you without hashing out old fights, nothing has changed. Only a changed person would be able to move forward or start over.

What do you think are some signs to know your ex has truly changed? Tell us below.

Kevin and Danielle Fend Off Pressure to Have a Baby





Kevin Jonas and his wife Danielle are feeling parenthood pressure. In a clip from *Married to Jonas*, which premieres August 19 on E!, Jonas says his family is pressuring them to have kids. According to [People](#), Kevin and Danielle married in 2009 and don't plan on starting a family anytime soon.

How do you know when your relationship is ready to have a child?

Cupid's Advice:

Having a child is a big step in any relationship. Here are some ways to know you're ready to start a family:

- 1. You're on the same page:** If both you and your partner are thinking about having a child, it may be time to start trying.
- 2. You're financially ready:** Raising a child costs roughly a quarter of a million dollars by the time they're 18 (roughly \$14,000 a year). If you and your honey are financially ready for that commitment, it's time to consider other factors.
- 3. You're prepared (or preparing):** If you and your love have

started getting ready – buying your own place, getting a car, and taking care of yourselves both physically and emotionally – it's now time to prepare for a child.

What are some ways to know you're ready to have a child? Comment below and let us know.

Olympian Ryan Lochte Speaks Out About Love and Relationships



With the 2012 Olympics in full swing, there have certainly

been a lot of amazing athletic feats to enjoy. Of course, when they're not spending time with their training regimens, the Olympians find time to date just like we do. [Women's Health](#) chatted with swimmer Ryan Lochte about what he looks for in a partner and how he starts a relationship. Here's what he had to say:

1. When you see a woman you want to meet, you: Make eye contact. Some guys keep staring, but I'll give a wink and come back later, because it keeps her thinking.

2. What confuses you about the opposite sex?: It's impossible to know what they're thinking. If I could have one superpower, I'd be like Mel Gibson in *What Women Want*, where he reads women's minds.

3. You're very stylish. How important is it for a guy to have fashion sense?: Really important—it's how your personality comes out. I don't have a set style, but I try not to dress like everyone else.

4. What do women look hottest in?: One of my long-sleeve button-down shirts and that's all. The second sexiest thing: white jeans.

5. You're surrounded by dudes constantly. Be honest: Do guys swap sex stories?: Yes.

6. Rapid Fire Questions:

Sexy women always...: keep a fit body.

Celeb crush?: Carmen Electra.

What do you sleep in?: I'm mostly naked.

Lights on or off?: On.

We at *Cupid's Pulse* wish Ryan Lochte and all of the athletes competing the best of luck both at this year's Olympics and in all of their future romantic endeavors!

Miley Cyrus and Liam Hemsworth Take a Romantic Stroll in Philly



Miley Cyrus and Liam Hemsworth are happy and in love. The recently-engaged pair were seen taking a stroll with their dog, Ziggy in Philadelphia this weekend, according to [E Online](#). The couple have yet to set a wedding date.

How do you know your relationship has what it takes to go the distance?

Cupid's Advice:

In any relationship, it's tough to "know" when things are right. Here are some ways to know your relationship has what it takes to go the distance:

1. You're willing to make the effort: Every relationship is tough, but if you're willing to work hard for your love, it's bound to be worth it.

2. You see a future: Do you envision things in the long term with your sweetheart? If you don't see it lasting more than a week, it likely won't, so try to picture things a year from now and see where you want to be.

3. You're happy: The most important part about being in a couple is being *happy*. Don't stay with your partner if you're not satisfied.

What are some ways to know your relationship can go the distance? Let us know below.

Jennifer Lopez Celebrates Her 43rd Birthday with Casper Smart





She might be getting older, but Jennifer Lopez shows no sign of slowing down. According to [People](#), to celebrate her birthday, the singer was spotted with her partner Casper Smart as they were on their way to lunch at Nobu. Smart held her hand and led the star through a crowd of paparazzi outside of their hotel. Turning 43 isn't the only thing Lopez should be celebrating: she recently was named number one on Forbes' Celebrity 100 list.

What are some ways to make your partner's birthday special?

Cupid's Advice:

☒ Birthdays should always be special, so there's often a lot of pressure to find the right thing to do for your partner's special day. Consider these fun ways to make sure that your significant other has a great day:

1. Book a trip: Vacations are expensive, but you can still plan a weekend getaway on a budget. If your beau loves to golf, look up nearby resorts. If they're more of a gambler, check out some casinos! Even just preparing a picnic lunch and

heading to a park can make for a pleasant day trip.

2. Wake him up with breakfast in bed: Wake up extra early and prepare your partner's favorite meal. Whether it's bacon and eggs or pancakes and French toast, go all out and make what they like best. This also gives you an excuse to spend some extra time together in bed.

3. Plan a day of surprises: Coordinate a day with all of your beau's favorite activities, but don't tell them what you'll be doing. Do they have a favorite restaurant? Take them there for lunch. Obsessed with baseball? Get tickets to a game!

How did you celebrate your significant other's birthday? Share your story below!

Matthew McConaughey's Kids Are Excited to Have a New Sibling





Matthew McConaughey and new wife Camila McConaughey (formerly Alves) aren't the only ones who are eager for their newest child. As the public grows excited by Camila's visible baby bump, their son, Levi, and daughter Vida are especially anxious for their new sibling. Although they still can't decide whether they'd rather have a sister or a brother, the two still "danced and sang" when they heard the news, according to [People](#). The couple have been married for a month.

How can you prepare your family for a new addition?

Cupid's Advice:

Anticipating an addition to your family is always an exciting time. Your life will soon be changing in many ways, so it's best to plan ahead. Here are some ways to prepare your family for a new addition:

- 1. Tell them early:** If you have small children, it's best that you and your partner let them know as early as possible that you're expecting. This gives them ample time to prepare themselves for their new responsibilities and ask you any

questions they may have.

2. Make room: You and your beau may have lived comfortably in a one-bedroom apartment, but as your family grows, so should your living space. Even if you already have a child, you'll still find yourself with even less room than before.

3. Stay positive: You may have many worries now, but if you and your honey keep a positive attitude, your environment (and your outlook) will drastically change.

What are some ways you can prepare your family for a new addition? Tell us your story below.

Vanessa Minnillo Says She's 'Excited' to Become a Mom





Vanessa Minnillo and Nick Lachey's family is about to get bigger. The couple is expecting their first child in the next few months and it's no surprise that both are elated for the fast approaching arrival of their son. The couple is even more ready to take on the unexpected, which for Mrs. Lachey includes working on ABC's second season of *The Wipeout* with a newborn baby at home. The gorgeous star told UsMagazine.com, "We're still working on everything... it's an exciting time." Despite all that's going on, it's expected for these two to come out on top.

How do you prepare your relationship for welcoming a child?

Cupid's Advice:

Welcoming a child is an exciting experience for any couple. But like every change in a relationship, it takes adjustments. Here are some ways to maintain a successful relationship with a new child in your world:

1. Recognize priorities: Priorities change for any person who becomes a parent. Accept the fact that you must now share your

sweetie with someone else: your baby.

2. Family time: Continue to do things together, even if it's simply giving the baby a bath. You can bond with your baby and your love at the same time.

3. Baby duty: Split your baby duties equally. Work out who will be taking care of the baby at what times, including the middle of the night.

How would you prepare your relationship for a new baby? Share your thoughts with us.

Rumor: Is Katy Perry Dating John Mayer?





Although Katy Perry's divorce from Russell Brand just finalized last week, she may already be back in the dating game. Hollyscoop.com reports that the popular singer was seen flirting with John Mayer at a party last weekend. Some fear that Mayer's reputation as a Hollywood bad boy may not make him the right choice for the emotional Perry, but a source mentioned that the two "definitely appeared to be very into each other."

How can you help yourself move on after a breakup?

Cupid's Advice:

It's always hard to start looking for romance after a divorce or a breakup, especially if it was a messy one. However, eventually you'll have to move on and start dating again. Here are some tips for getting yourself ready to find love:

1. Change your look: After a breakup, you have the perfect chance to try something new and exciting with your appearance. Getting a makeover, some new clothes or even just a different haircut are simple ways to help you move past your ex.

2. Consider what you need: A breakup can help put your wants and needs in a new perspective. Taking some time to think about what went wrong in your past relationship can ensure that your next one will be stronger and can help you find the perfect partner.

3. Give yourself time: Is your ex still occupying your every thought? If so, it's best to wait a little longer before looking for a new beau. Don't be afraid to take your time moving on. You'll be able to enjoy some of the special benefits of single life, like pursuing a new hobby.

How have you helped yourself to move past a breakup? Tell us below.

'Saved By the Bell' Star Mark-Paul Gosselaar Ties the Knot





Bells are ringing in honor of Mark-Paul Gosselaar ... wedding bells, that is. The former *Saved by the Bell* star tied the knot with advertising exec Catriona McGinn in Sante Ynez, California on Saturday. According to [People](#), jewelry designer Neil Lane says, "He was so excited to have found the woman of his dreams," as he was preparing his proposal over a year ago. Now that the two are officially hitched, McGinn gains two steps kids from her hubby's previous marriage... and let's not forget that magical honeymoon to Italy.

How do you involve your partner in wedding planning tasks?

Cupid's Advice:

Weddings may seem like the bride's responsibility, but some grooms actually want to be involved with wedding plans. Here are some great ways to include your significant other in arrangements for the big day:

1. Location: Choosing a location is one of the biggest decisions when planning a wedding. Include your honey in making this choice as you save the minor details to yourself.

2. Caterer: Food is the way to a man's heart. Ensure that your fiancé will actually enjoy the catering by taking him with you to test the options.

3. Guest list: The guests are a big part of a wedding. Make the list with your honey to avoid forgetting special guests and balance the number for the budget.

How would you involve your partner in wedding plans? Share your thoughts with us.

Miss Advised: Matchmaker Doesn't Believe 'The One' Exists





Monday, July 30th at 10/9c – Miss Advised

Amy screams on the first date, but it doesn't involve her "giving it up" in the sexual sense. A rock climbing date brings out her biggest fears, and it's tough to tell whether or not the climb during the date is literally or figuratively getting the best of her. Later on, Emily's friend David surprises her on-air, but his appearance leaves them both stunned by how unexpectedly similar their theories on love are...

Watch: Love expert takes the climb.

Watch: Emily doesn't believe in "the one."

'Bachelorette' Emily Maynard

Says 'Love Is Worth the Chaos'



At the end of *The Bachelorette's* eighth season, Emily Maynard couldn't be happier with her fiancé, Jef Holm. Maynard tells [People](#), "There were many ups and downs, and at times things were very chaotic, but love is worth the chaos!" The reality star says that while she always dreamed of great love, she didn't know that the love that she and Holm share even existed. After a failed first attempt at finding a man, Maynard reaches out to her fans stating, "Thanks again for the second chance and sticking with me until I got my fairy tale ending!"

How do you overcome challenges as a couple?

Cupid's Advice:

Even if you and your partner are incredibly in love, your relationship is sure to have some challenges every once in a while. Don't assume that these problems ensure a breakup. Instead, use tips like these to work through them:

1. Confront the problem: Whatever dilemma you and your beau are facing, the first step is to acknowledge the problem. If you let an important issue bother you but don't speak up, you'll end up getting angry over irrelevant things and confuse them with your bad moods.

2. Communicate: Set aside a specific time to talk about the issue. Express your feelings to your partner and be sure to listen to their thoughts on the issue as well. Keep calm and try to come to a solution.

3) See a counselor: Going to relationship counseling gets a bad reputation, but it's nothing to be ashamed of. When you feel like you've done all you can and don't know where else to turn, seek out professional help.

How did you and your beau overcome a difficult challenge? Tell us your story below.