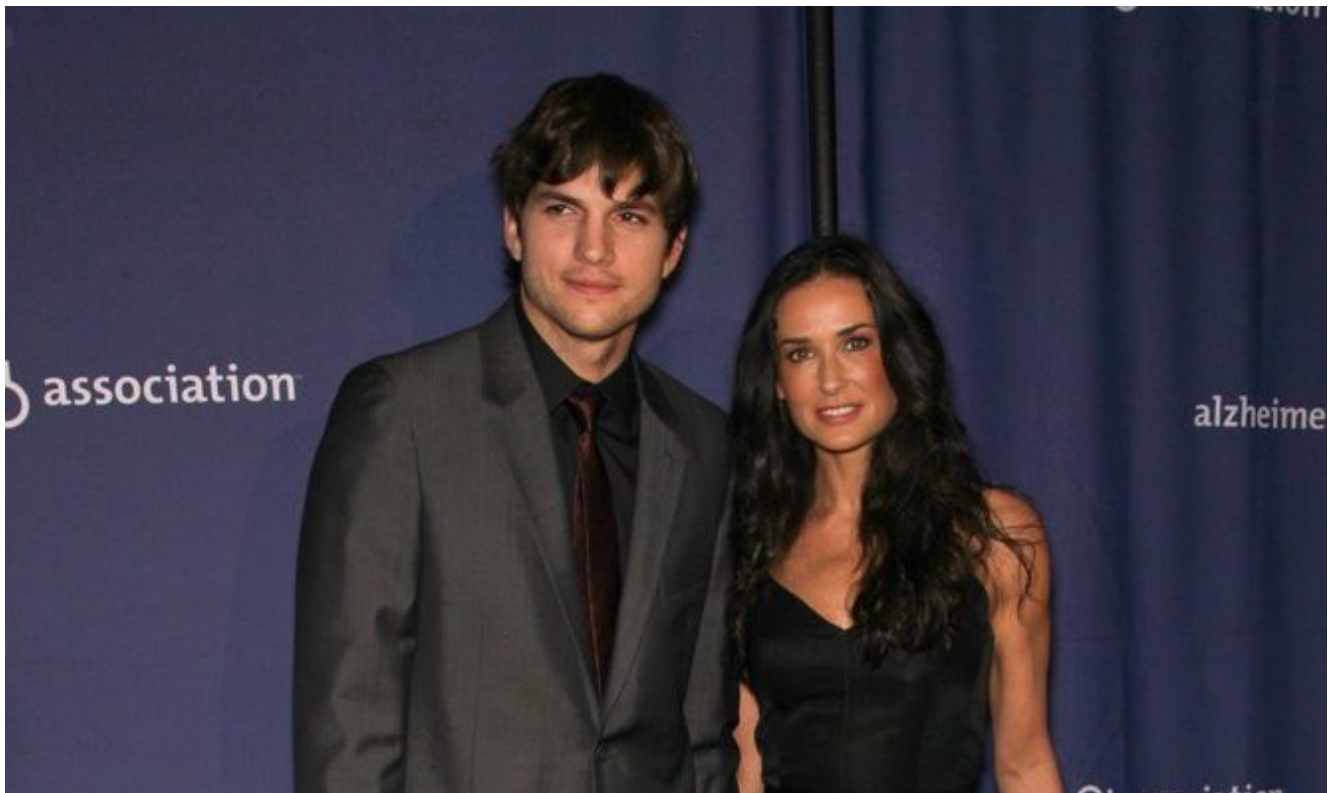


Ashton Kutcher and Demi Moore Are Silent Following Cheating Allegations



First, Ashton Kutcher was accused of cheating on his wife, Demi Moore, and now there are even more rumors flying around. After spending their anniversary apart, [RadarOnline](#) reports that the two Twitter lovers no longer follow each other on the social networking platform. To make the gossip even juicier, Moore and Kutcher have reportedly been living separately for the last two months. Moore and Kutcher are both keeping silent about the allegations and talks of divorce.

How do you deal with the public backlash when you're having conflict in your relationship?

Cupid's Advice:

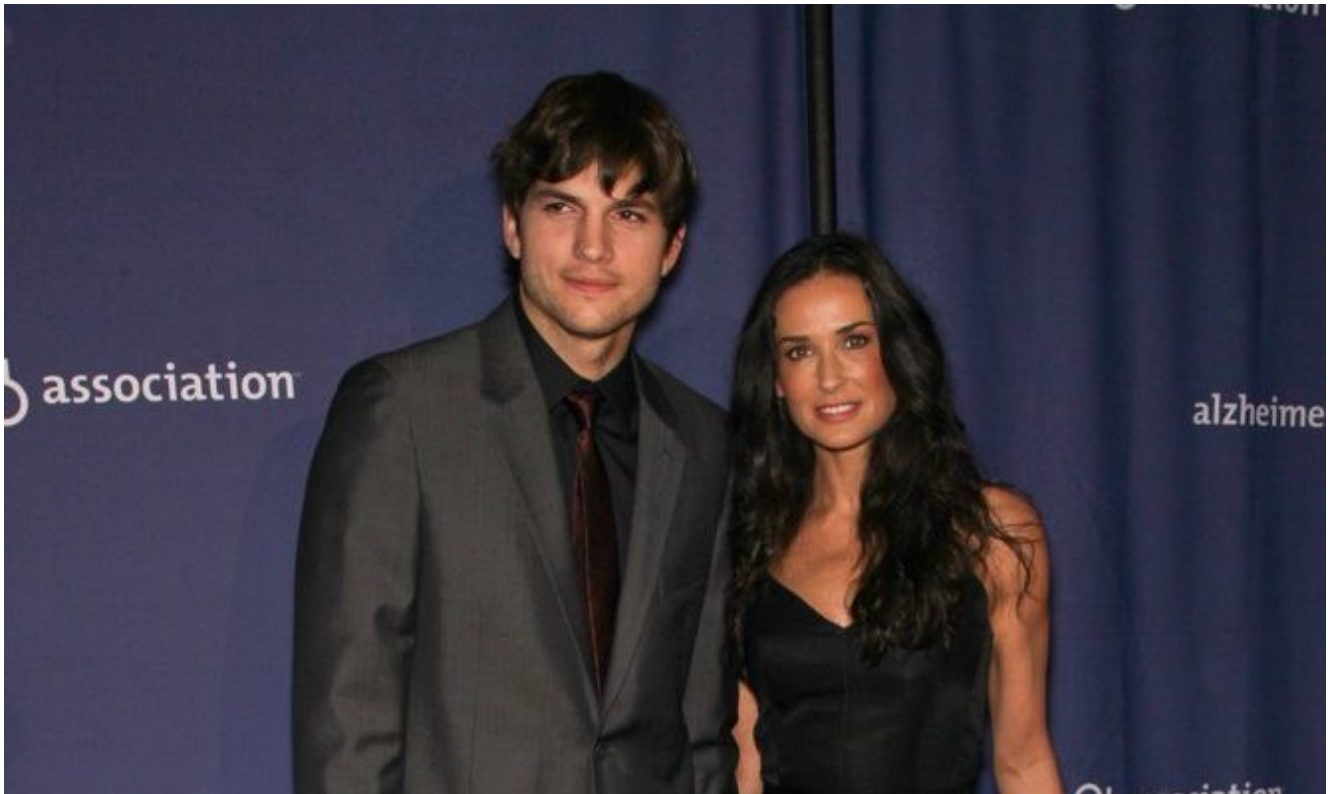
When you and your partner are having problems, it can seem like meddling family and friends are worse than the paparazzi. Here are some ways to go about combating the public:

- 1. Keep silent:** If all you can think to say is mean-spirited, it's probably best to keep quiet. It's your business, and no one else needs to know what's going on in your relationship.
- 2. Don't pick a fight:** If your better half is going around telling their side of the story, don't address them. Instead, find the people he's been speaking to and tell them your side personally.
- 3. Take the advice:** Sometimes people want to know about your problems just to give you advice. Entertain them, but make your own decisions.

Do you and your partner have your own paparazzi? Share your experiences below.

Elizabeth Hurley Is Engaged





Model and actress, Elizabeth Hurley, who has most recently appeared in *Gossip Girl*, is now happily engaged to Australian cricket player, Shane Warne. After dating for 10 months, according to UsMagazine.com, Warne proposed to Hurley with a huge sapphire ring at the Old Course Hotel in Scotland Friday during a romantic dinner at the hotel's Road Hole Restaurant.

Is it important to get down on one knee when you propose?

Cupid's Advice:

Every engagement should be as unique as the people forming a union. Therefore, there's no exact formula to the perfect engagement. Here are some non-traditional ways to propose that don't involve getting down on one knee:

1. While skydiving: For some extreme couples, it might be more meaningful to pop the question mid-air directly after jumping out of a plane together.

2. Spur of the moment: Spontaneous acts can be very romantic. Try proposing to your partner while walking by a jewelry store and allow them to pick out the perfect ring right then and

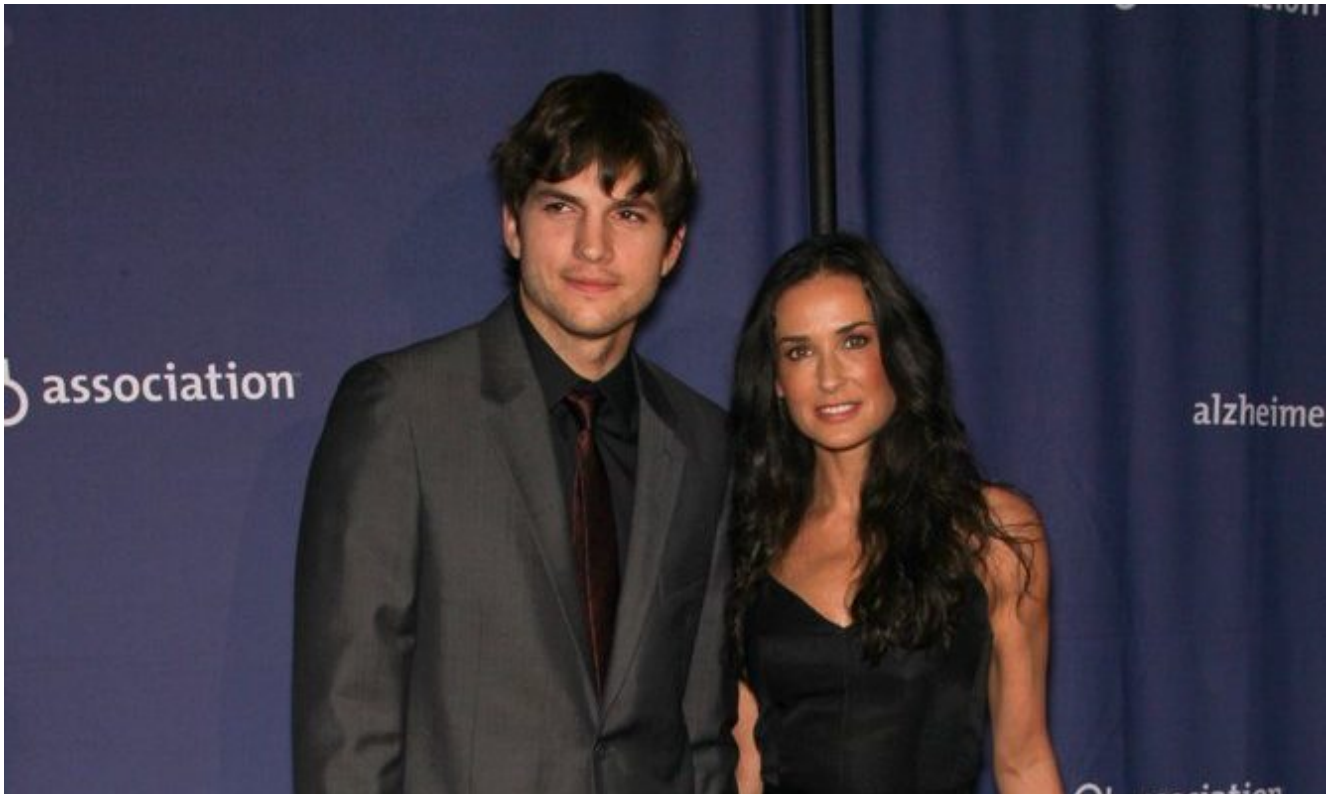
there.

3. During dessert: It has becoming very common to propose by making arrangements with the restaurant in advance to bring out a ring with your partner's dessert. It's sweet and romantic, but isn't too overly traditional.

Would you be upset if your partner didn't get down on one knee to propose? Share your thoughts below.

Chris Harrison Says Ladies Are Excited for 'Bachelor' Ben Flajnik





During the casting of the upcoming season of *The Bachelor*, the ladies in question found out for whom they would be vying, according to [People](#). Chris Harrison, the host of the show, had nothing but positive things to say about the women's reaction to the news that Ben Flajnik would be the new *Bachelor*. "We were able to tell the girls, you know, who our bachelor was. So, they're fired up. And if they're excited, then it's going to be a good season," he said.

How do you keep yourself from getting too excited around your crush?

Cupid's Advice:

Sometimes when you really like someone, it's easy to get overly excited around them. This can often drive them away.

Cupid has some advice:

1. Rationalize: This is easy said than done, but try to temper your emotions by thinking logically. More than likely, your feelings are ones of lust at the beginning, and coming on too strong may be a false reaction.

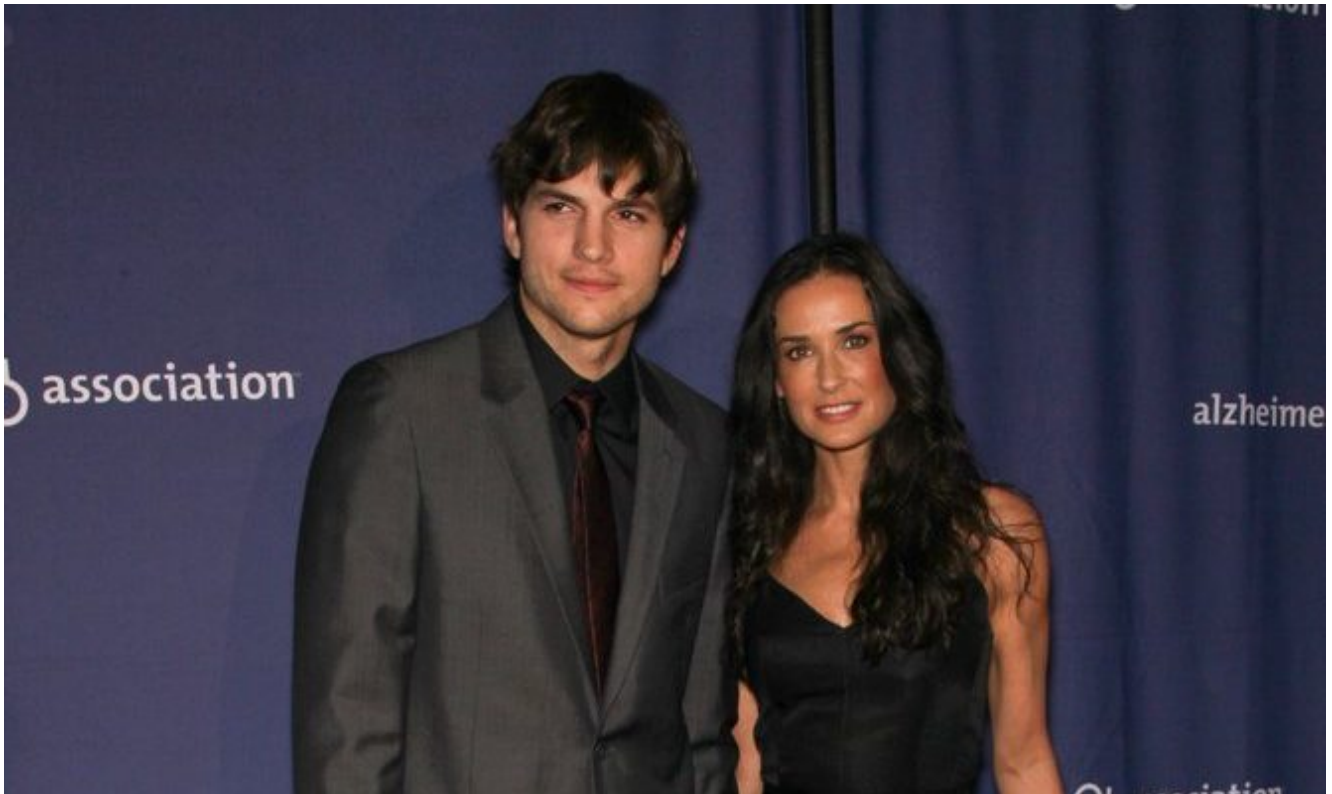
2. Focus on other things: Instead of spending your time thinking about your potential partner all day everyday, keep your mind occupied with other hobbies and interests.

3. Comfort food: Sometimes all you need to stay calm is a good solid meal filled with protein and carbohydrates, otherwise known as comfort food.

How do you keep your cool around your crush? Share your experiences below.

Heather Locklear Celebrates 50th Birthday With Jack Wagner at the Beach





Heather Locklear celebrated her 50th birthday with rest and relaxation, reports [People](#). The former *Melrose Place* star spent her special day vacationing in Hawaii with fiancé Jack Wagner, 51. Locklear and Wagner announced their engagement in August, but have yet to set a date for the wedding.

What are some ways to enjoy a relaxing birthday weekend?

Cupid's Advice:

Though life can be stressful, your birthday is a time to relax and have fun. Here are a few tips for a relaxing birthday weekend:

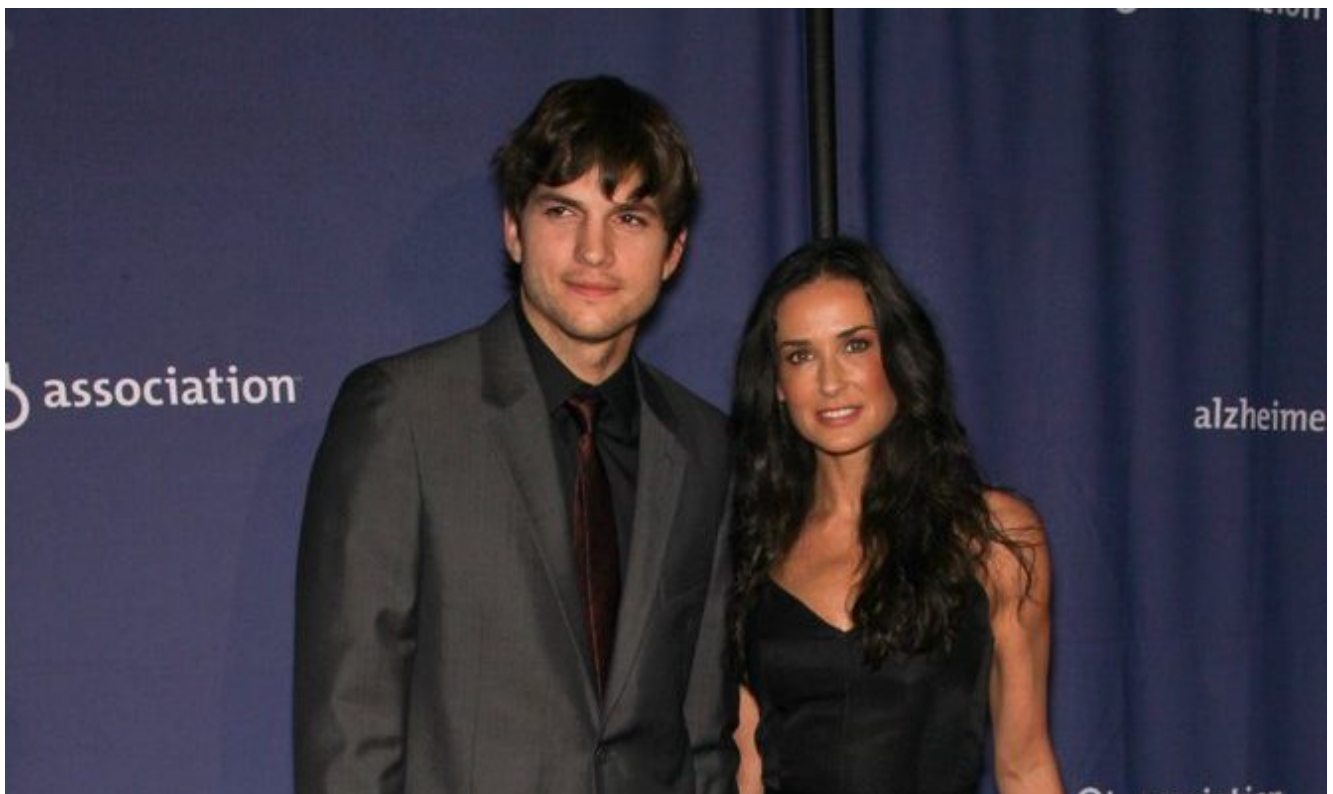
- 1. Outsource your work:** Instead of hosting a party, take friends out to dinner. By going out, you eliminate all the cooking, cleaning, and prepping that needs to be done before and after a party.
- 2. Keep it small:** Though you may be happy to see all of your friends, socializing with many people may wear you out. By inviting only a few, close friends, you can converse together in a small group, without having to worry about your other

guests.

3. Enjoy yourself: Your birthday is one of the only days that revolves around you. Enjoy the day and do whatever you want. Sleep in, get a massage, go shopping or indulge in a mani/pedi. Don't let anybody else plan your schedule for you.

Have you had a relaxing birthday recently? Feel free to share your story below!

Jessica Simpson Puts Wedding to Eric Johnson on Hold



Singer gone fashion designer, Jessica Simpson, is in no hurry to walk down the aisle. According to UsMagazine.com, she has decided to postpone her wedding to former footballer Eric Johnson. This delay is due to the fact that Simpson can't seem to decide what kind of a wedding she wants. One minute she'll have her heart set on a big ceremony in Hawaii and the next she wants a small ceremony at home. Though it is rumored that the wedding delay may be a result of cold feet, this rumor has yet to be confirmed.

What do you do if you can't make a decision about a wedding venue?

Cupid's Advice:

Planning your wedding is a huge and very personal experience where you feel like you have to please everyone. Though you no doubt want everything to be perfect, it's not the ceremony that's truly important; it's the love between you and your partner:

- 1. Go to Vegas:** Having a spur of the moment wedding in Las Vegas takes the planning and pressure out of everything. If you're tired of it all, Vegas is always an option.
- 2. Hire a wedding planner:** If everything seems to be moving in a million directions and you just don't know what to choose anymore, it might be time to bring in the professionals.
- 3. Re-evaluate:** Take a moment to think. Make sure that it's really that you can't choose a wedding venue and not that you're having doubts about the union.

If money weren't an object, what would be your dream wedding venue? Share your ideas below.

New Couple: Jordin Sparks Is Dating Jason Derulo



One of R&B's hottest singers, Jason Derulo, spent his 22nd birthday a new special lady, *American Idol* alum Jordin Sparks.

According to Derulo's rep, the two are officially dating and had an official belated birthday bash at Phillipe Chow in Hollywood. They spent time with friends and music industry executives, according to [People](#). The new duo were spotted snuggling up to each other all evening. "Jordin would sing to him occasionally through the night in his ear if her head was nested on his shoulder," said an eyewitness. "He was excited to spend some [quality time] with Jordin in LA. ... The two left

together and continued the celebration.”

How do you make your partner’s birthday special?

Cupid’s Advice:

It’s important to show you care when it’s time for your partner to turn a year older. Make sure to put thought and feeling into whatever you decide to do. Cupid has some suggestions:

1. Thoughtful gifts: Give your significant other something that no one else would have thought to gift them. It’ll show that you listen to them and, most importantly, care.

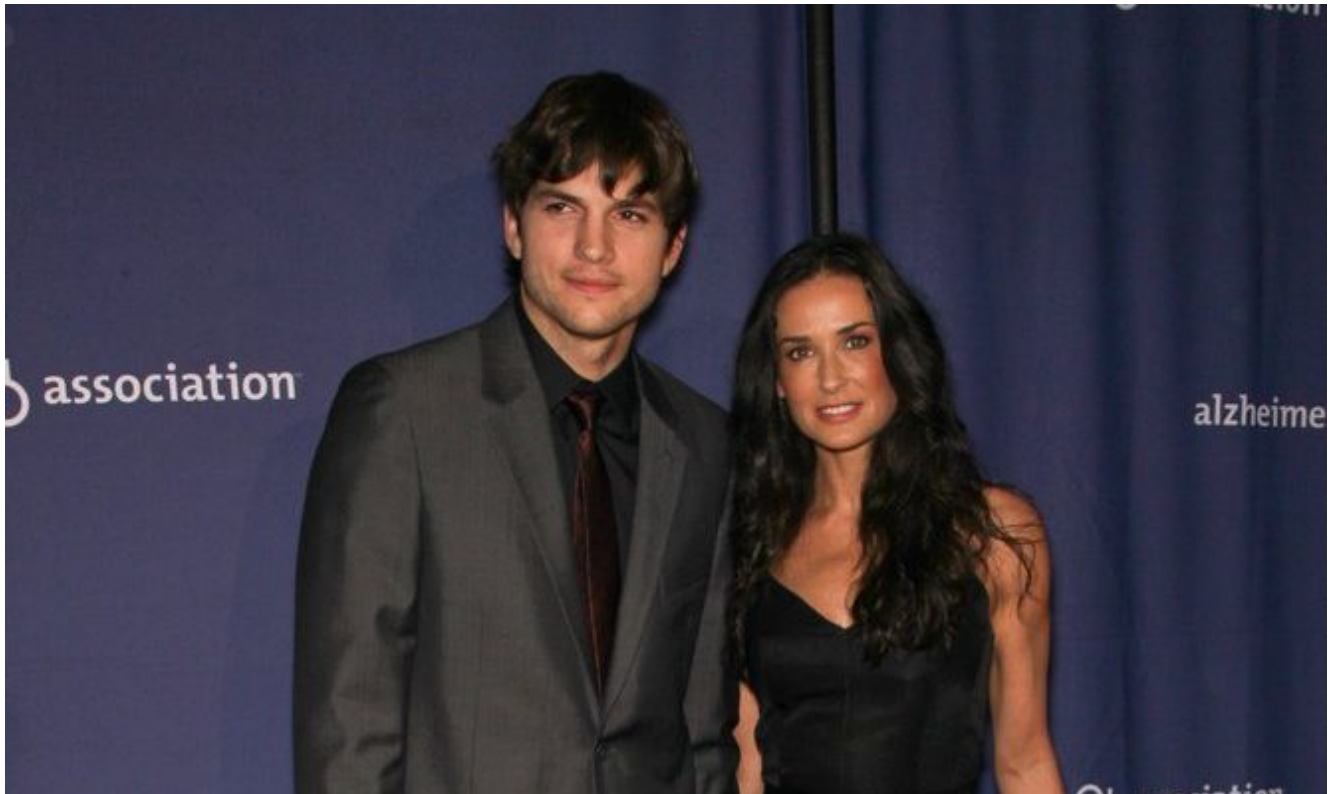
2. Throw a party: Whether it’s a surprise party or just an informal gathering of family and friends, organizing a birthday bash is a great way to make your mate’s day unforgettable.

3. Plan a trip: If you have time and some extra funds, plan a birthday vacation for the two of you. If your partner has always wanted to see what Vegas is all about, plan a long weekend in Sin City and enjoy what the strip has to offer.

What did you do to make your partner’s birthday special? Share your experiences below.

**Joe Jonas and Ashley Greene
Are Spotted in Vegas Hanging**

As Friends



Jonas Brothers singer Joe Jonas and ex-girlfriend Ashley Greene were spotted hanging out with some friends in Las Vegas' Tao Nightclub. The club was full of celebrities in celebration of it's 1000th Night in Business. [People](#) reports that Jonas had dinner downstairs before heading upstairs to the party hosted by Jay-Z. He joined a table with Greene, Rob Kardashian and *Dancing With the Stars* partner Cheryl Burke. Jonas and Greene seemed to be friendly with one another, while at the same time mingling with everyone else. There are no reports of anything happening other than two civil exes having a good time.

How do you become friends with an ex after a bitter break-up?

Cupid's Advice:

After a bad break-up it's hard to go back to being friends. Its important to get some closure and let go of any animosity between you and your ex before trying your hand at friendship.

1. Talk it out: Meet up with your ex and calmly discuss what lead to your break-up. A lunch date at a neutral location always helps to break the ice a little bit. This will help both you of you to heal and start fresh.

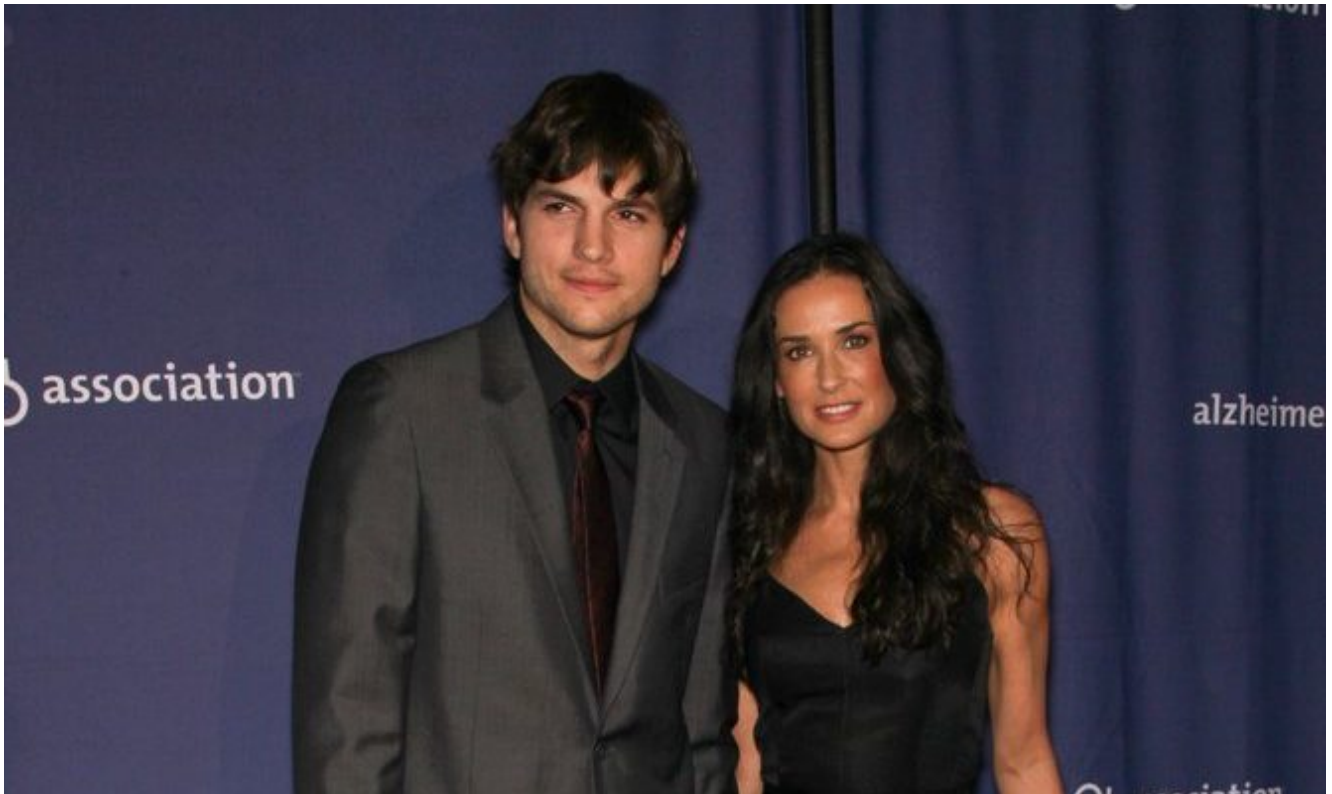
2. Don't be awkward: If you happen to unexpectedly run into your ex at a club or restaurant, don't avoid them or make the situation uncomfortable. Take a deep breath and say "hello". Yes, it may be awkward at first, but it could lead to a surprising civil and friendly conversation.

3. Keep in touch: Once the two of you have gotten past the bitterness of your previous relationship, keep in touch with one another. Exchange phone numbers or e-mail addresses (if they've changed since you broke up) and make sure to check up on each other every once in a while.

How do you become friends with your ex after a bad breakup? Tell us your story below.

Ashton Kutcher's Alleged Mistress Hires a Lawyer





A 23-year-old woman, who is accusing Ashton Kutcher of cheating on wife Demi Moore with her last Friday, has hired a top Hollywood attorney. according to [RadarOnline](#). "She is due to meet with an attorney tonight (Tuesday). She is freaking out," one of her friends said. As a result of the alleged cheating, *Star* magazine is preparing to hit the newsstands Wednesday September 28 with a sensational report about the couple's marriage being "officially over." "Ashton and Demi have separated and the marriage is over," a source close to the couple told *Star*. "The relationship ended because of Ashton's serial cheating. It's a painful time for Demi."

What are some signs to look for when you think your mate may be cheating?

Cupid's Advice:

You have a good feeling that your partner is cheating, but how do you know for sure? Here are some common signals:

1. Work habits change: If your significant other is suddenly working late or at odd hours, you may want to look into the

real reason behind it. It very well may be career-related, but it's best to make sure.

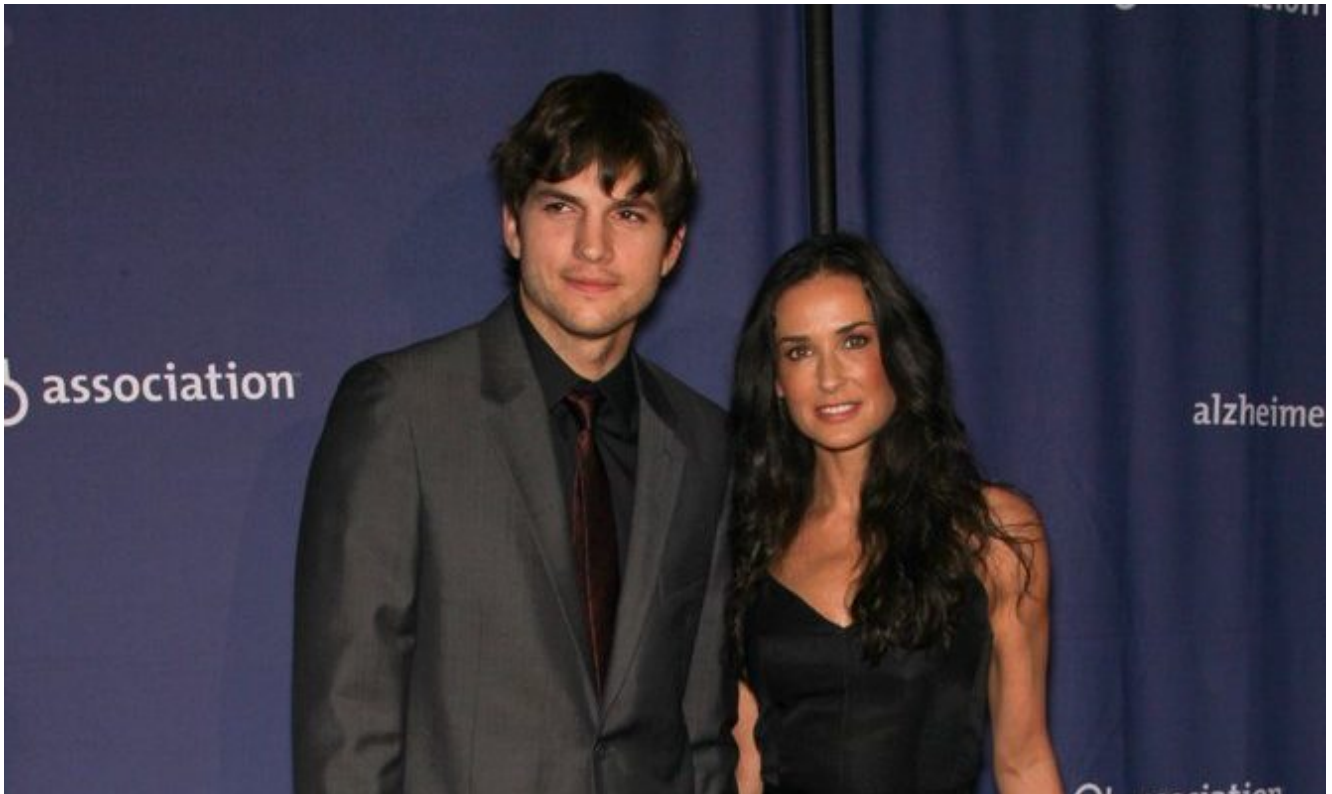
2. Privacy: If your significant other demands more privacy, there may be a reason. If he begins password-protecting his computer, hiding his credit card bills or isn't comfortable allowing you to use his phone, you should make sure to ask why.

3. Behavior changes: If your lover is spending less time with you, and more time on the phone or they can't account for where they've been, question them. If you're immediately accused of being too suspicious, and your questions are never answered, then something is definitely wrong.

Share with our readers if you know other signs that mean your partner is cheating.

Keyshia Cole and Basketball Star Husband Renew Vows in Hawaii





R&B singer Keyshia Cole fulfilled her dream of a destination wedding on Sunday when she and Cleveland Cavaliers player, Daniel Gibson renewed their vows in Hawaii. UsMagazine.com reports that Gibson wanted to make his wife's wishes come true so he flew all of her family members out to the tropical island for her ideal ceremony. The bride was so excited as she tweeted throughout the day, "This is so beautiful! I'm so glad we're taping this so you all can see!" The couple is recording for their new reality TV show *Family First*, which premieres in February of 2012.

What are some reasons to renew your wedding vows?

Cupid's Advice:

Every girl dreams of her wedding day, but sometimes those plans get thwarted due to unforeseen circumstances. Renewing your vows allows for you to have the wedding you always wanted:

1. Dream location: Many women dream to have their wedding in exotic locations, but they can't afford the traveling costs

for themselves and/or their families. Renewing vows gives you a second chance to say “I do” in your dream destination.

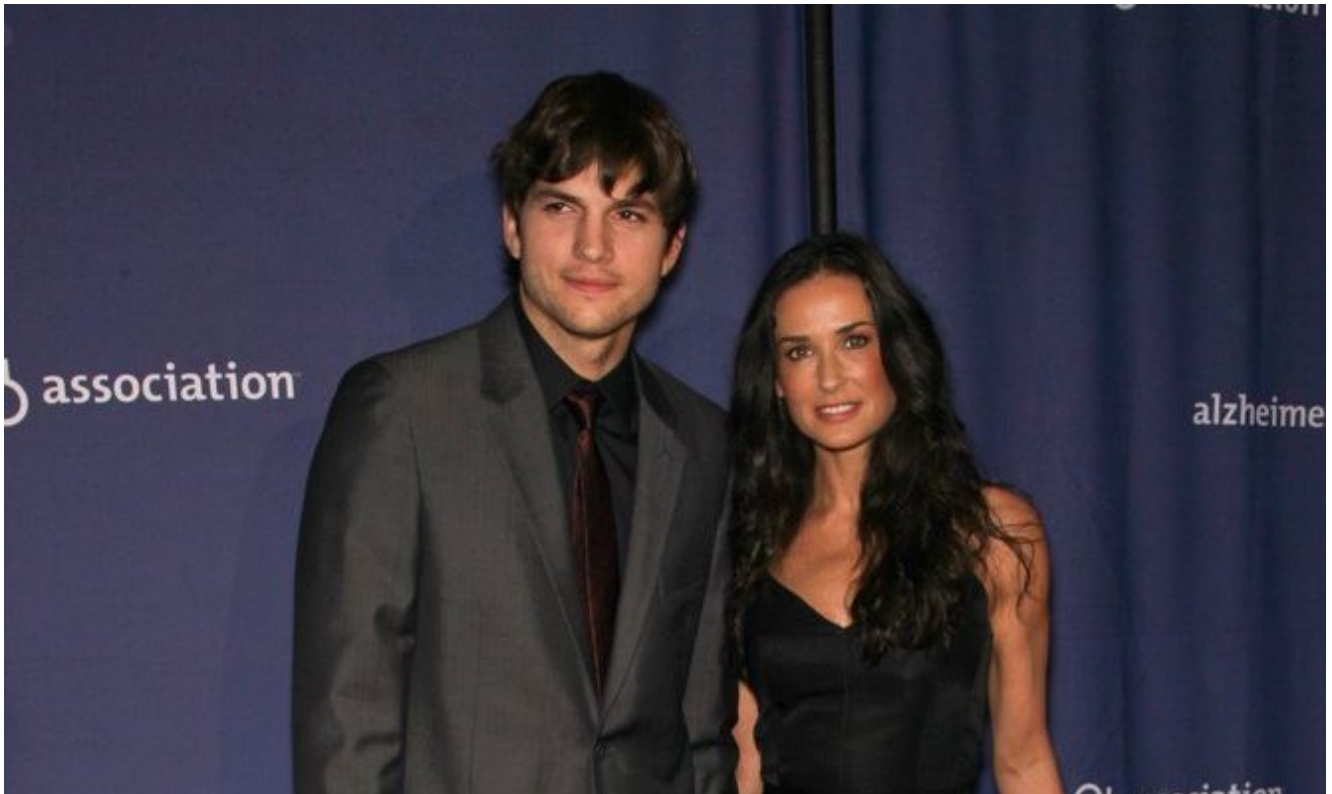
2. Family and friends: If you didn't get a chance to invite all of your family and friends and throw a true celebration, now's the time to have an amazing time partying with those you love.

3. Reminder: It's common for marriage to become more of a routine than a relationship. Saying “I do” again is a nice reminder of the love you and your partner have for each other.

What are some reasons you have for renewing your vows? Let us know below!

LeAnn Rimes Says She's a Mom (Not a Stepmom) When it Comes to Eddie Cibrian's Children





LeAnn Rimes says she's no evil stepmother. In fact, you can drop the "evil" *and* the "step." Rimes took to her blog to discuss her dislike toward the term "stepmother." She said she treats her husband's two sons like they are her own, according to UsMagazine.com. After reassuring the public that she doesn't want to take the place of the kids' mother, Rimes wrote that she hopes Glanville will remarry so that they can all be one big happy blended family.

What are some ways to bond with your partner's children?

Cupid's Advice:

Marrying someone who has children from a previous relationship can be intimidating. After you've established your role in your new family, try to get to know the children and vice versa. It may take some time, but it'll be worth it.

1. Establish your role: Let the children know your role in their family. It's easy to cross the line from parent to friend, but make sure you pick a definitive side.

2. Make them feel comfortable: Less is more. Try not to engage

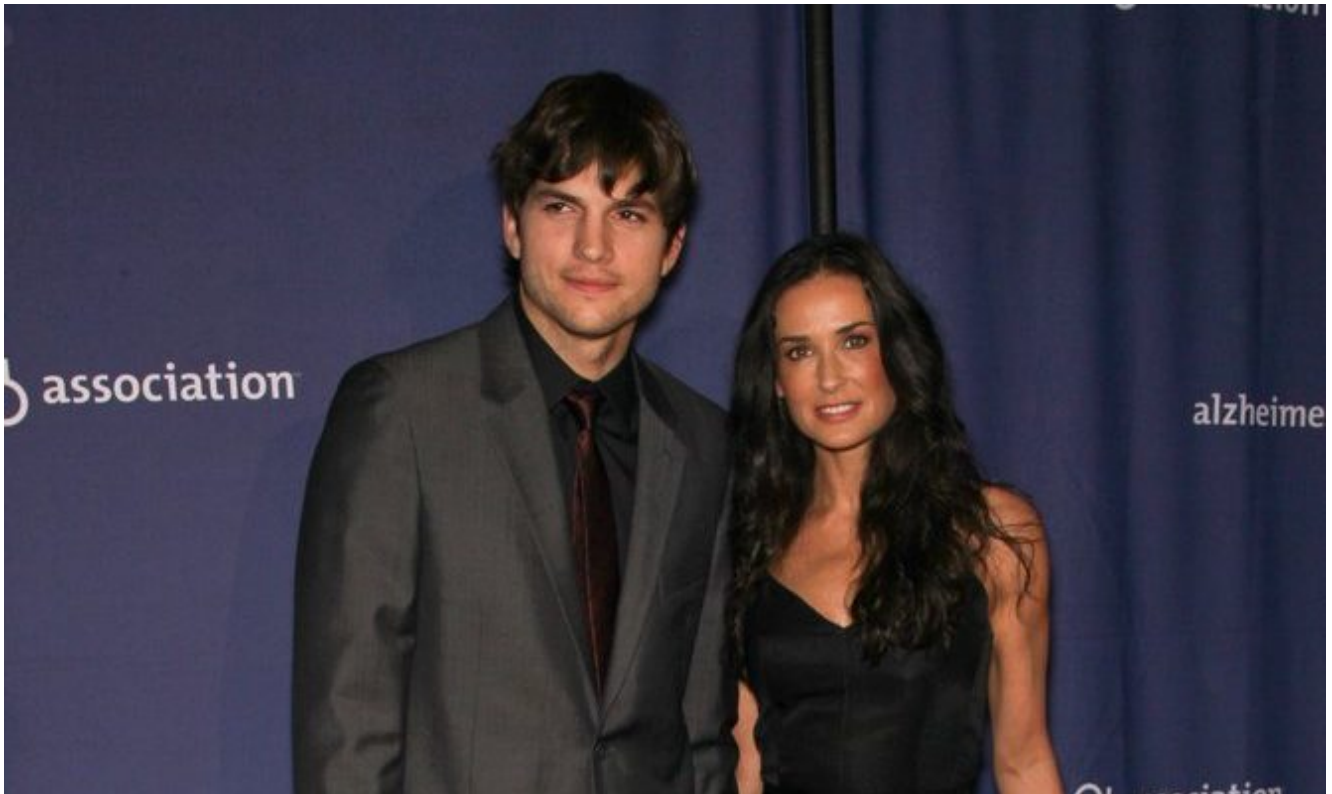
in every activity they are involved in. Start by showing interest in what they like and slowly progress into asking to join them in an activity.

3. Give them something new: Don't try to take over their biological parent's spot in their lives. Make them love you for something different. Be yourself, and everything will fall in place.

How do you bond with your stepchildren? Share your thoughts below.

Is Ashton Kutcher Cheating on Demi Moore?





The rumors are flying that *Two and a Half Men*'s latest newcomer Ashton Kutcher has been cheating on his wife of six years, actress Demi Moore. Although the tabloid news has yet to be confirmed, some recent Twitter behavior from each half of the duo is causing some speculation, according to [People](#). The day before their wedding anniversary, Moore chose to share a quote from Greek philosopher Epictetus, which reads, "When we are offended at any man's fault, turn to yourself & study your own failings. Then you will forget your anger." While the actress chose someone else's words to voice her emotions, Kutcher took the opposite approach and decided not to post anything at all on his wedding anniversary. This may actually speak volumes, because the actor is known to be very active in showing his love for his wife via social media.

How do you gracefully deal with infidelity rumors in a relationship?

Cupid's Advice:

1. Regroup: Before acting at all, take a deep breath. You can potentially make things worse than they already are if you

react badly to something that ends up not even being true. Let the news sink in before you even speak to your significant other about it.

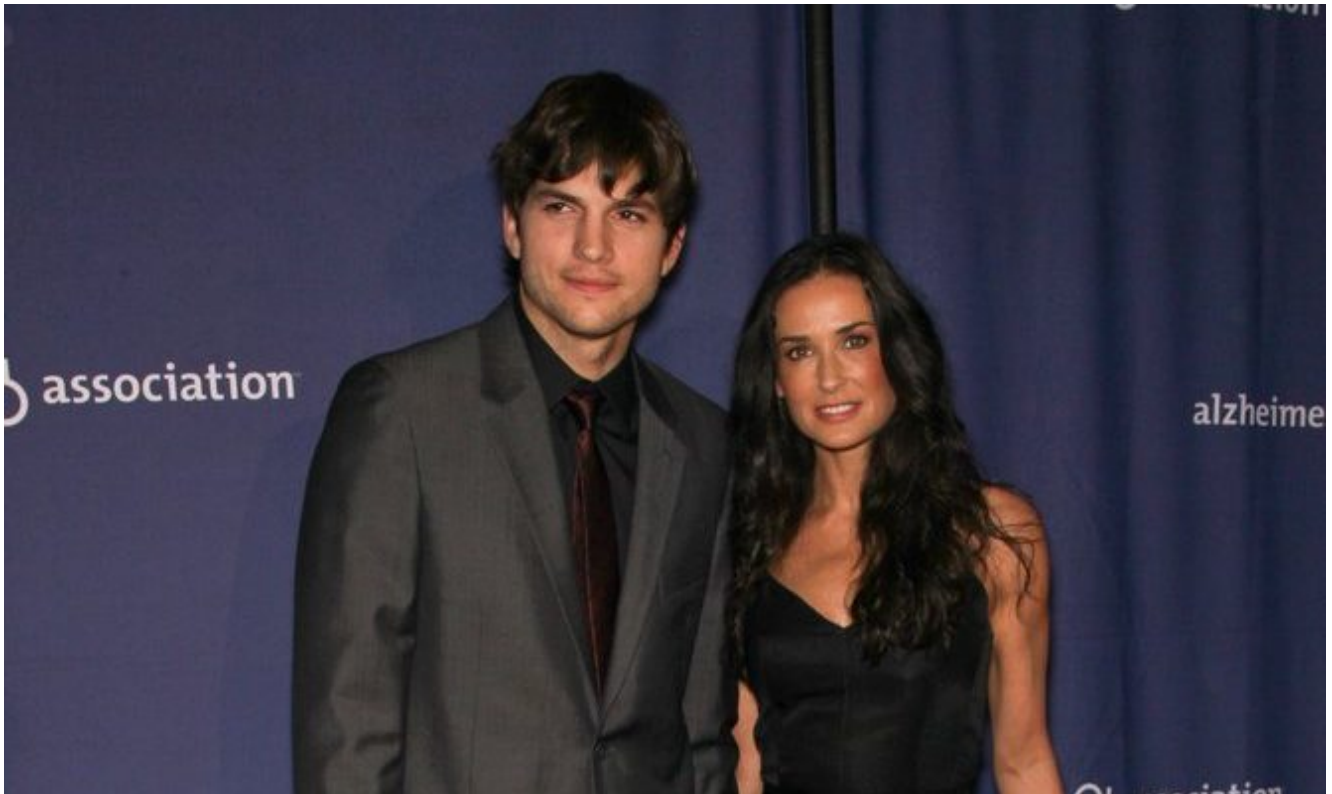
2. Get the facts: Don't go public with your emotions until you're sure you've gathered all sides to the story. Avoid taking the rumors you hear as fact and simply confront your partner about it, and then hear him or her out before acting.

3. Find support: Social media is probably something you want to stay away from after you've begun dealing with cheating allegations. Instead, find someone you trust to confide in, like a family member or a friend. They may be able to point you in the right direction.

How did you deal when you heard rumors your partner was cheating? Share your thoughts below.

Naomi Watts Says She Seduced Liev Schreiber





Actress Naomi Watts isn't afraid to make the first move, reports [People](#). In an interview with *More Magazine*, Watts revealed that sparks flew from the moment she and future partner Liev Schreiber met at the Metropolitan Museum of Art's annual costume ball several years ago. After chatting and flirting for a short while, the two exchanged numbers. "We spoke on the phone for several weeks and emailed," said Watts, who was in Los Angeles at the time. "And then I made up some excuse to come to New York and the rest is history."

As a woman, how do you make the first moves on a man?

Cupid's Advice:

Breaking gender roles and making the first move can be tough, but it's not impossible. Here are a few tips to help you make it work:

1. Show your interest: Your date may be just as nervous as you are about making the first move, so make sure he knows that you're interested. After flirting, try saying something like, "I wanted to see that movie!" Your date may suggest that you

see it together.

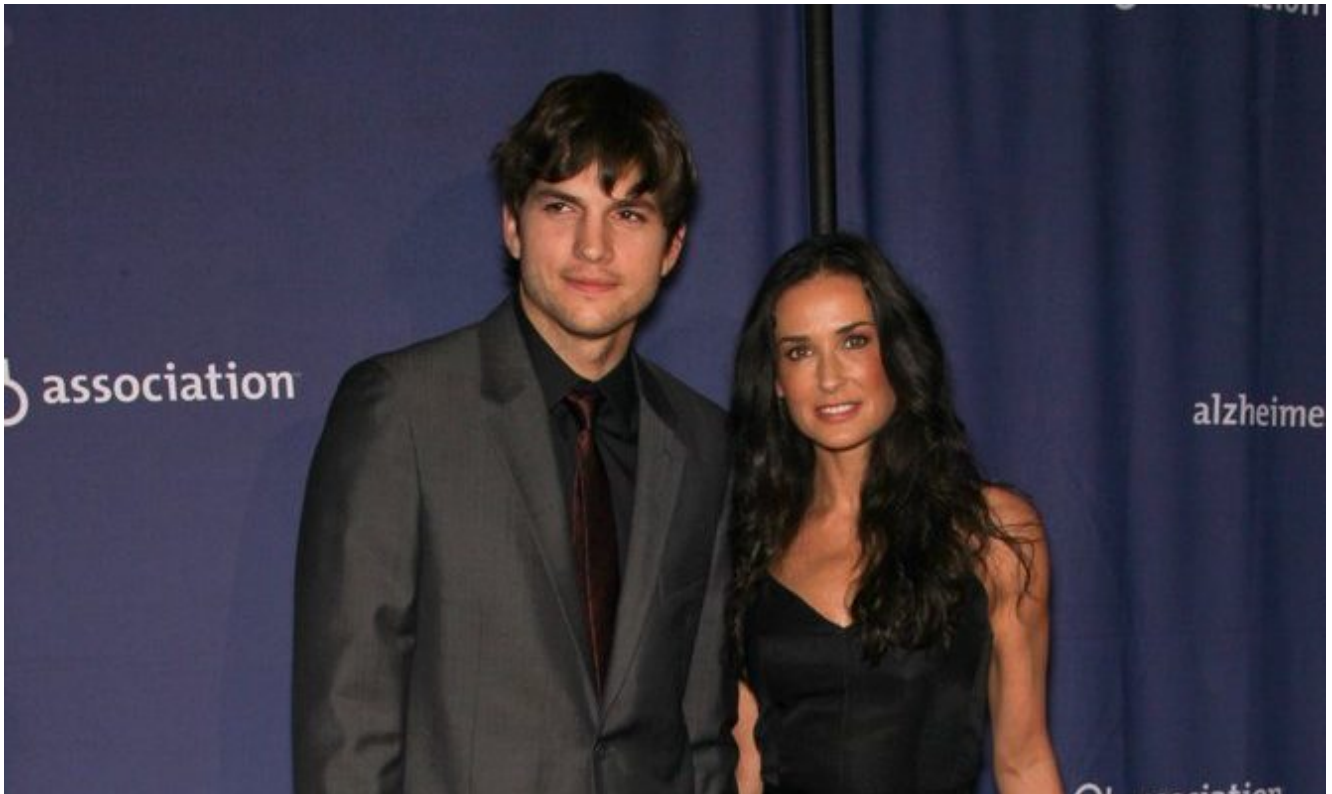
2. Go on a group date: If asking your love interest on an actual date is too forward for you, try asking him on a group date. Having mutual friends with you will make you both more at ease.

3. Be confident: If making the first move has you overly anxious, your discomfort will be apparent. Boosting your confidence will make asking much easier, and it will also make him interested.

Have you ever made the first move? Feel free to share your experience in a comment below!

Prince William Discusses Queen Elizabeth's Wedding Advice





It seems as if people are still talking about the unforgettable royal wedding that took place on April 29, 2011, between Prince William and Kate Middleton. The royal couple did not plan their big event alone, however. Middleton took inspiration from Princess Diana's wedding and William took advice from his grandma, Queen Elizabeth. According to UsMagazine.com, the Prince was happy to have the Queen's help. Although he revised her original recommended guest list, he did take to heart her suggestion on what he should wear on the big day.

How do you include your family in your wedding planning process?

Cupid's Advice:

Weddings aren't just for the bride and groom anymore. Families everywhere want to be a part of the big day. Instead of turning into bridezilla, thank them for their help by including them in the small stuff:

1. Suggestions aren't final: Allowing your family members to

make recommendations lets them feel helpful, but it doesn't mean that you have to say "yes" to every one.

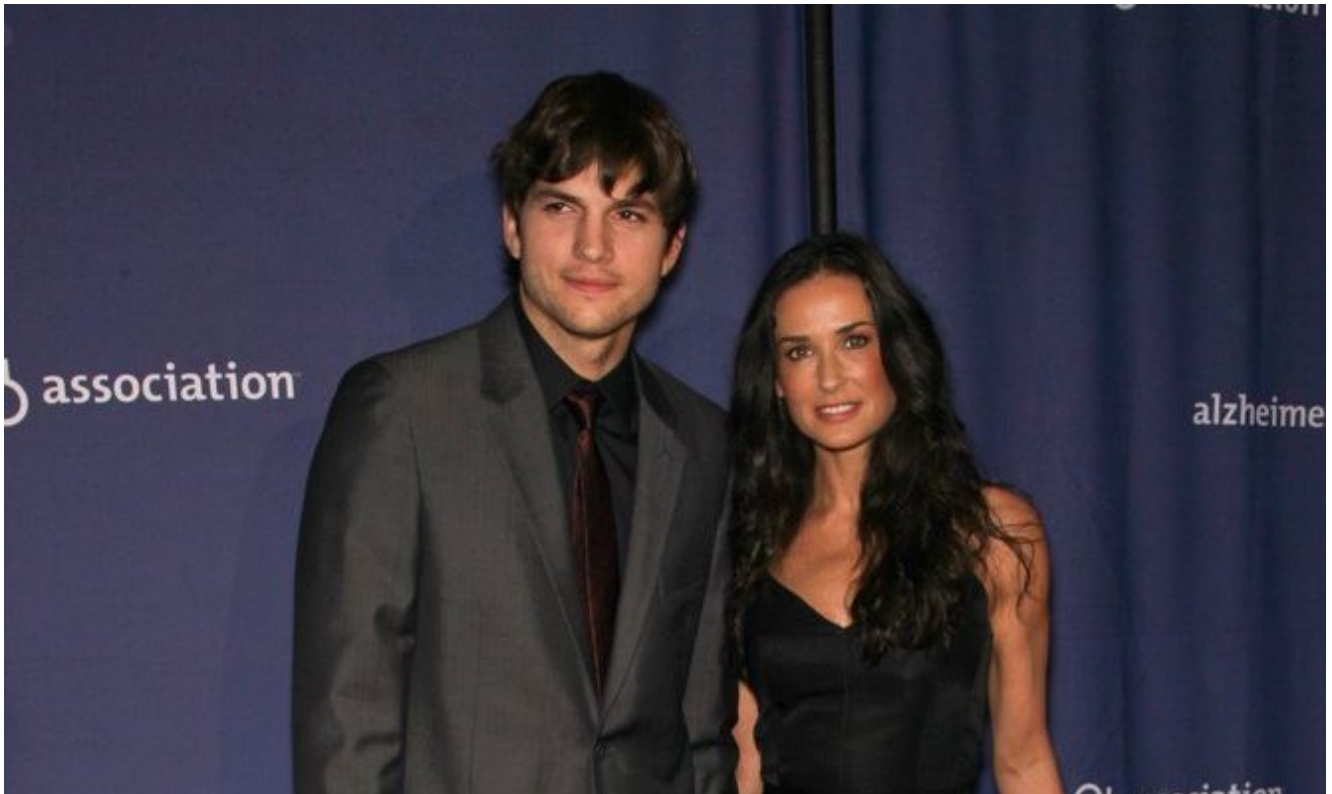
2. Designate jobs: Having help when you need it is valuable. Give jobs to each family member, whether it's making decorations or helping you fill out thank you cards. Be grateful for their willingness to pitch in.

3. Let them participate: Bring your friends and family along for support to less intimate parts of the wedding planning process. Things like food tasting, choosing save the dates, and visiting venues are great options.

Has a family member tried to take over your wedding? Share your experience below.

Marriage Counseling Sessions with Taylor and Russell Armstrong Will Air on 'The Real Housewives of Beverly Hills'





Taylor and Russell Armstrong's marriage counseling sessions, which were taped months before Russell's suicide, will air on *The Real Housewives of Beverly Hills*, [RadarOnline](#) reports. "Bravo has done major editing of the show, to be sensitive to the fact that Russell killed himself. However, the decision was made to air the footage of the therapy sessions," a Bravo insider says. "Viewers will see the two of them with their marriage counselor, Dr. Charles Sophy, as well as individual sessions with Taylor. Russell's one-on-one sessions will not air. Taylor is completely supportive of the decision, and thinks it will help battered women to make the decision to leave an abusive relationship, just like she did."

What are some ways to work on your marriage before calling it quits?

Cupid's Advice:

If you can't imagine life without your spouse, although your marriage is falling part, take the following steps before you give up:

1. Counseling: Visit a marriage counselor, and talk out your problems with someone who won't take sides and can view the situation objectively.

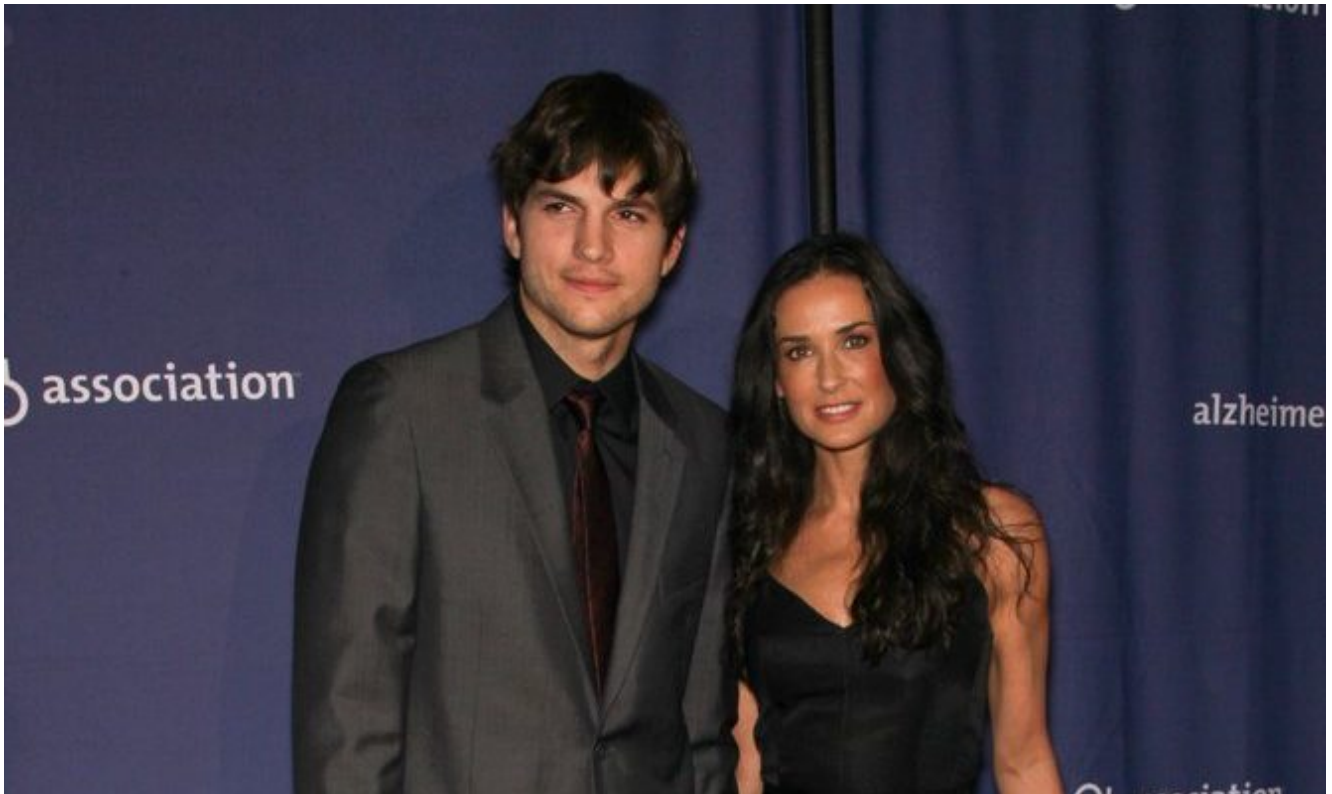
2. Take a break: Take a month to sort out your feelings and figure out what major issues need to be solved in your current relationship.

3. Discuss it: Committing to open communication where anything in fair game is the best way to get every issue or problem you're having out in order to fully comprehend what you will have to tackle to re-build your relationship.

Share with our readers if you know other ways to work on a failing marriage.

Justin Bieber Plans "Titanic" Date For Girlfriend Selena Gomez





Teen sensation Justin Bieber went all out in the romance department for girlfriend Selena Gomez for their date Friday night. The couple's first destination was the Nokia Theater, where they watched fellow Disney star, Demi Lovato in concert. [People](#) reported that they then headed to LA's Staple Center, where Bieber rented out the entire arena so he and Gomez could watch the critically acclaimed movie, *Titanic* without any interruptions. Bieber shelled out a whopping zero dollars to rent out the popular arena, as the Staple Center management gave it to him free for selling out the center three times. His romantic gesture proves why all the ladies have "Bieber Fever."

How do you vamp up the everyday movie date?

Cupid's Advice:

For those a little short on cash, renting out a whole arena probably isn't your best option. However, switching up the movie venue or watching a different type of movie is sure to spice up the usual "dinner and a movie" routine:

1. Outside the movie theater: When the idea of the movie theater gets a little boring, consider a drive-in movie or watching a movie in the park. It allows for a more intimate and relaxed setting.

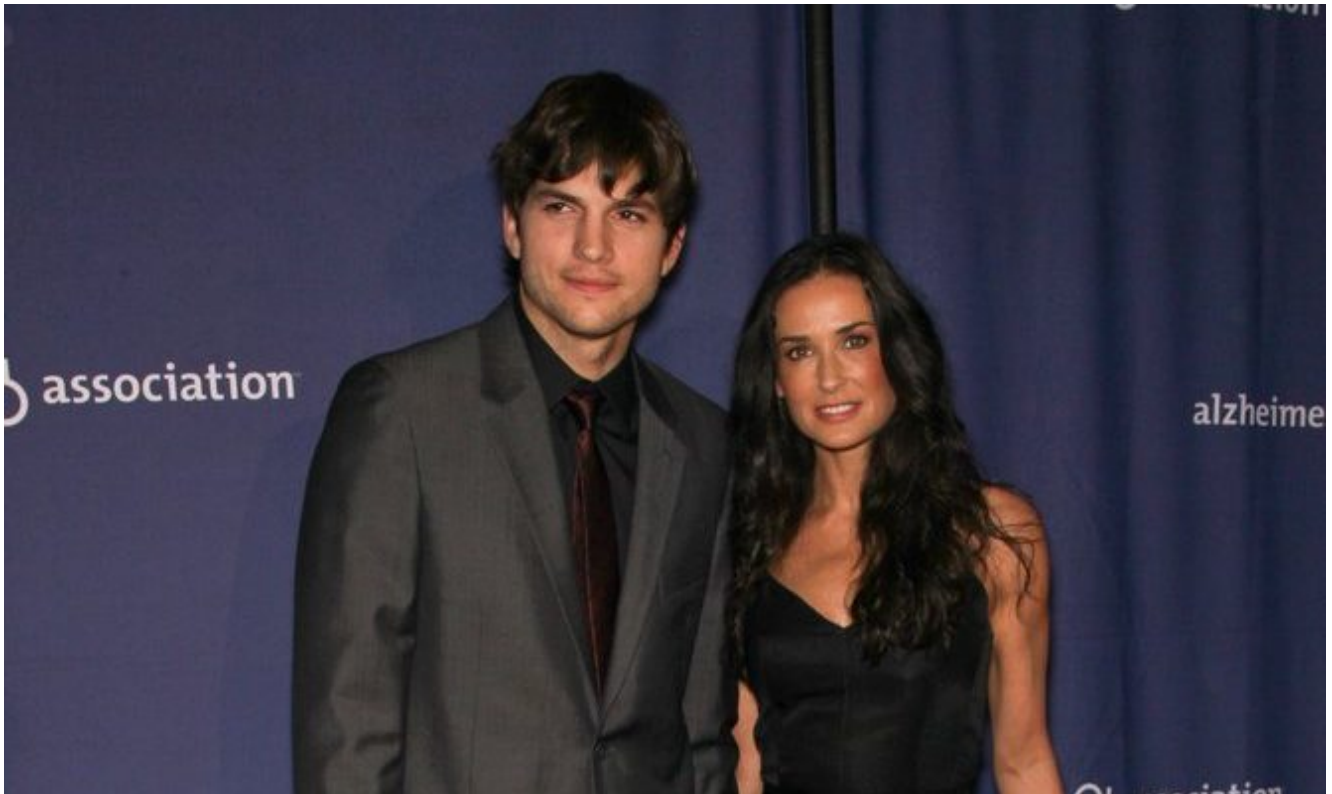
2. Classics: Sometimes rushing to get tickets to the latest blockbuster can be a little stressful. It doesn't hurt to wait until next week to see it. In the meantime, rent some classic movies in the genre of your choice and snuggle up at home.

3. Choose at random: If you find you and your partner are unsure of what to watch, choose something you both wouldn't normally see. Spontaneity can lead to the discovery of wonderful things.

How do you spice up your movie dates? Let us know by commenting below.

Molly Sims and Scott Stuber Tie the Knot in Napa Valley





Molly Sims and producer Scott Stuber officially said “I do” last Saturday in Napa Valley, California, according to [People](#). The model-turned-actress and Stuber dated for a year and a half before getting engaged last May. They exchanged vows in front of family and friends, which included Josh Duhamel and Fergie.

Where are some romantic locations to get married?

Cupid’s Advice:

So now that he has finally proposed, what next? The wedding of course. If you’re still not sure exactly where to have the ceremony, Cupid has some suggestions:

1. Maui, Hawaii: If you’ve always dreamed of having a wedding on a beach, then consider heading off to Maui, Hawaii. Have a romantic wedding by the ocean with palm trees and the sun setting in the background.

2. Dalhousie Castle – Scotland: If you’re searching for a place outside of the states, then make sure to check out this

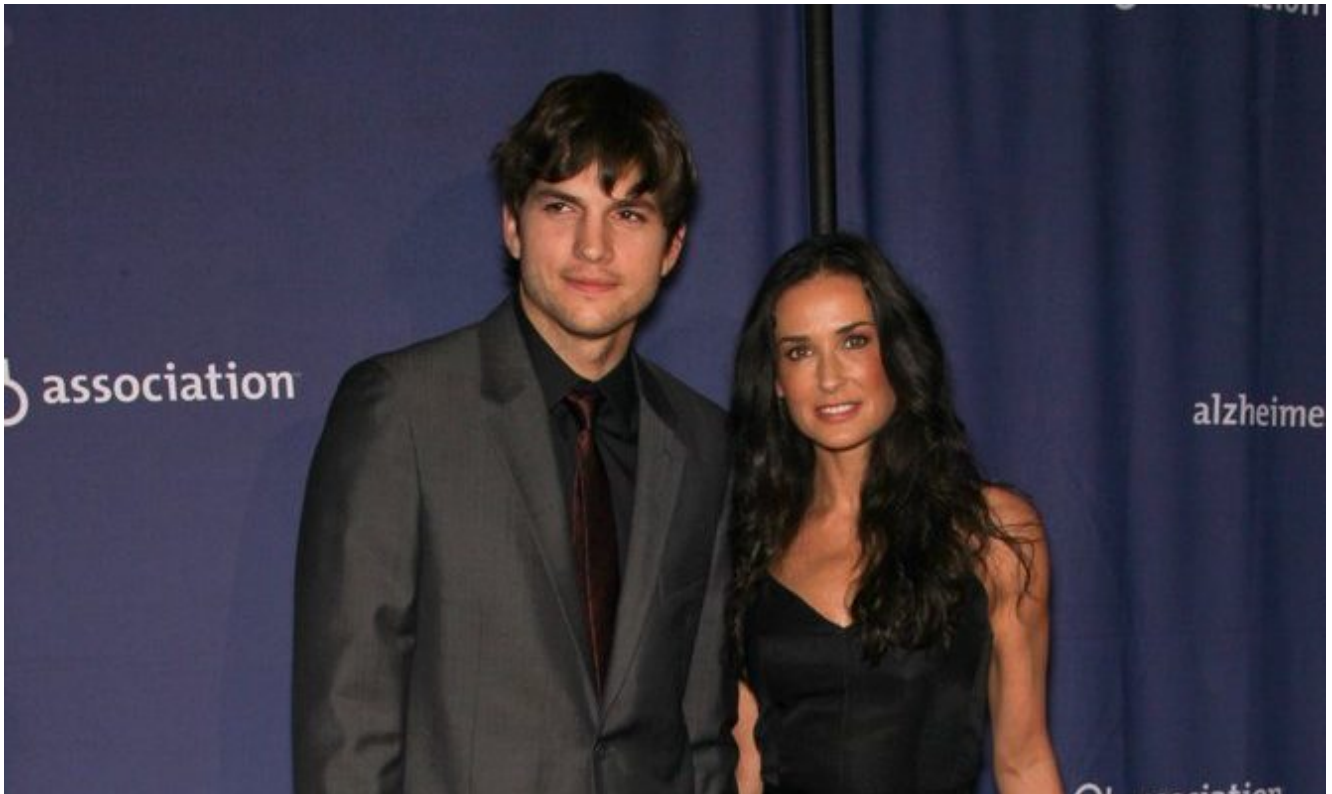
13th-century castle that's been converted into a luxury hotel. You'll definitely feel like royalty as you tie the knot with your beloved here.

3. Legion of Honor – San Francisco, California: If you're a west coaster, the Palace of the Legion of Honor is the place for you to get married. With amazing views of the Bay and the city of San Francisco, including exhibits featuring the arts, you won't regret your decision.

If you know other romantic locations to get married, share with our readers by commenting below.

Jesse James and Kat Von D Call It Quits, Again





Why can't these two end their relationship without looking back? After a six month engagement Jesse James and Kat Von D ended their relationship in July, only to get back together one month later in August. Now according to UsMagazine.com, Von D took to Facebook to confirm the break-up. So, until next month, the on-again off-again pair are done for good.

How do you know when your relationship is over for good?

Cupid's Advice:

Sometimes, you just have to let go. Ending a relationship is never easy, but you can't ignore the signs that point towards Breakupville:

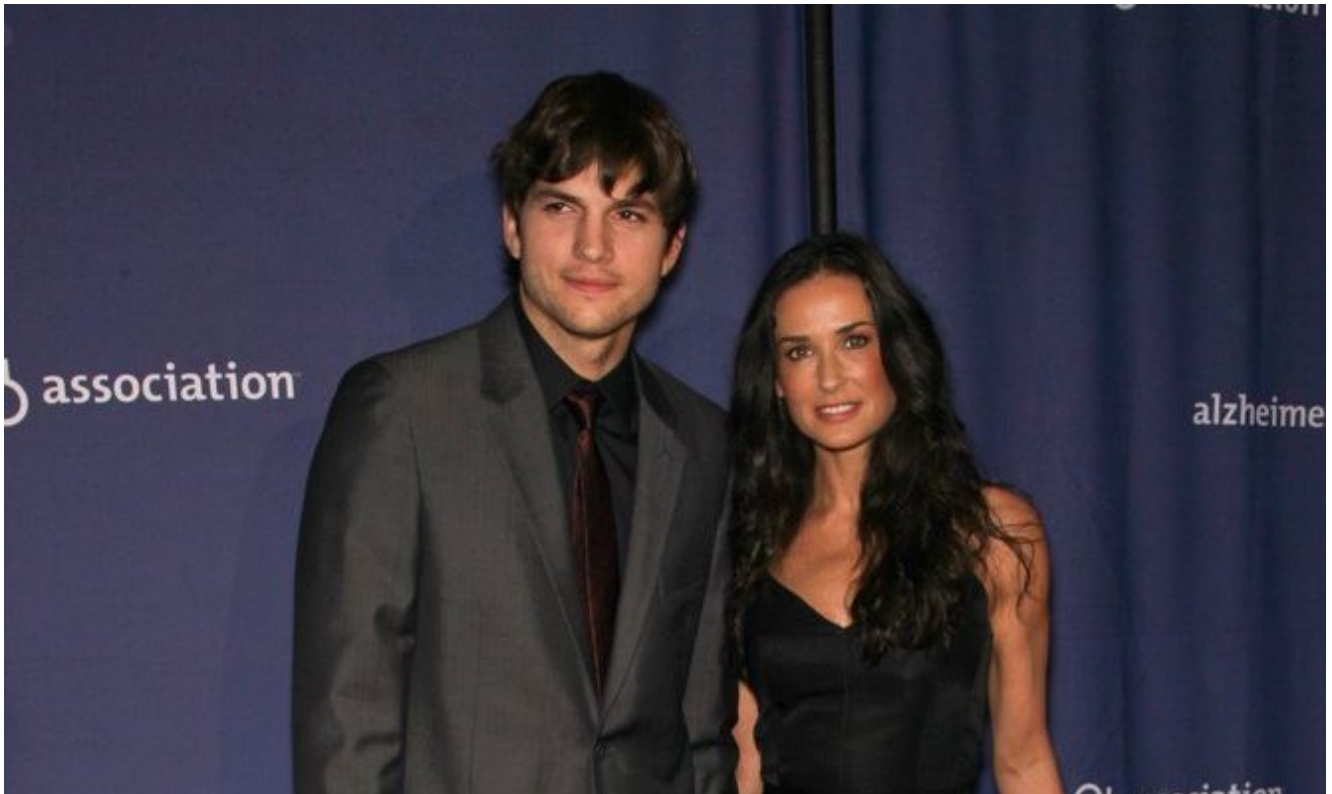
- 1. Your relationship is unstable:** If your friends and loved ones can't keep up with your relationship status, it's time to call it quits.
- 2. No change:** When neither of you are trying to change what is wrong in the relationship, than there's no point in keeping the relationship going.

3. It's okay to let go: Sometimes we can become familiar with a person and become scared to move on. The thing is, if moving on means being happy, than a little fear is worth it.

How did you get over your fear of being lonely? Share your thoughts below.

RHOBH EXCLUSIVE: Taylor Armstrong's Life Coach, Melanie Mar Answers Our Questions





By Ashley DelBello

Last Monday night, the world was introduced to Melanie Mar on *The Real Housewives of Beverly Hills* (RHOBH). As we all saw, she was giving life coaching advice to Taylor Armstrong and helping her through her marriage woes to her now late husband, Russell. We published an interview with Melanie the day after the episode aired, where she offered advice for both couples looking to strengthen their relationship and singles searching for Mr. Right. This week, Melanie shares insight with us that answers our burning questions about the Armstrong's, what it was like to work with Taylor, and what type of counsel she gave to her over the past six months.

We loved watching you on the show. Can you tell us a little about your history with the Armstrong's and how you came to be Taylor's life coach?

I've known the Armstrong's for about a year now. We met through mutual friends. Initially I was brought into the RHOBH to help resolve the marital problems of both Russell and Taylor. However prior to filming, Taylor privately disclosed personal details (since made public) within the marriage which

made it unprofessional for me to counsel them as a couple on the show. It was my opinion and suggestion that I would be most beneficial as Taylor's life coach.

How long have you been a coach to Taylor?

Our first session began in March. I found her to be very forthcoming and open. This is an incredibly important characteristic as it enables me to assist the person with understanding what they want and don't want in their lives and relationships. Once I have established that, we can begin the process of putting in place the actions needed for change. Pain indicates change is needed or change is in progress.

What were you doing to help Taylor and her marriage? What were your sessions like?

As with all my clients, I begin with educating a different way to communicate within relationships. I teach the biological differences of men's and women's brains and why they think and feel things differently. Ultimately, if a relationship is beyond repair I then have to progress onto alternative options available for that individual or couple and help them to make the best rational, logical decision depending on their circumstances.

Related Link: [A Reminder About Relationship Mistakes to Avoid](#)

On the episode it appeared that you were trying to help Taylor with her marriage, not sway her to leave like the rest of the women were convincing her to do. Can you tell us more about that?

I work with what I have. If someone tells me they will do anything to make their marriage work, then I will do my utmost to give them all the tools, information and support necessary to make it possible. If someone tells me they want to leave their marriage, I will give them all the tools, information and support to make it possible. I cannot tell anyone what to

do – they have to tell me what they want to do and my job then is to assist them in getting there.

According to reports, Taylor and Russell were also being counseled by psychiatrist Dr. Charles Sophy. Did you work with him?

I have not worked with Dr Charles Sophy. Unlike psychiatrists, I am not licensed to prescribe medication. What I teach is a form of cognitive behavior therapy. I am working with the left lobe of the brain responsible for making logical decisions. Most people regret something they have said or done when it has come from a state of being irrational, emotional or illogical. I help people deal with conflict in their life, whether it's with loved ones, friends, co-workers or family, in a rational way.

What counsel do you provide someone who is not only having relationship and communication problems, but domestic violence issues as well?

My advice to anyone suffering from domestic violence is to contact the experts who specialize in domestic abuse cases.

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

How is Taylor now? Are you still her life coach?

I have not seen Taylor since the funeral, but she knows I am here for her when she is ready to talk privately.

What are some reasons a person would hire a life coach?

Everybody needs to talk to someone during trials – it is unhealthy to suffer in silence. However, most people, particularly women, who share their intimate problems do so with several people. This causes more confusion because everyone is giving different and uneducated advice. I am unbiased and am certified in what I do. My coaching is based on scientific studies. I teach specific tools to enable my

clients to take control of their life, to get what they want by knowing what they don't want.

If someone wanted to hire you to coach them in the same way you did Taylor, what would that look like? What's the process?

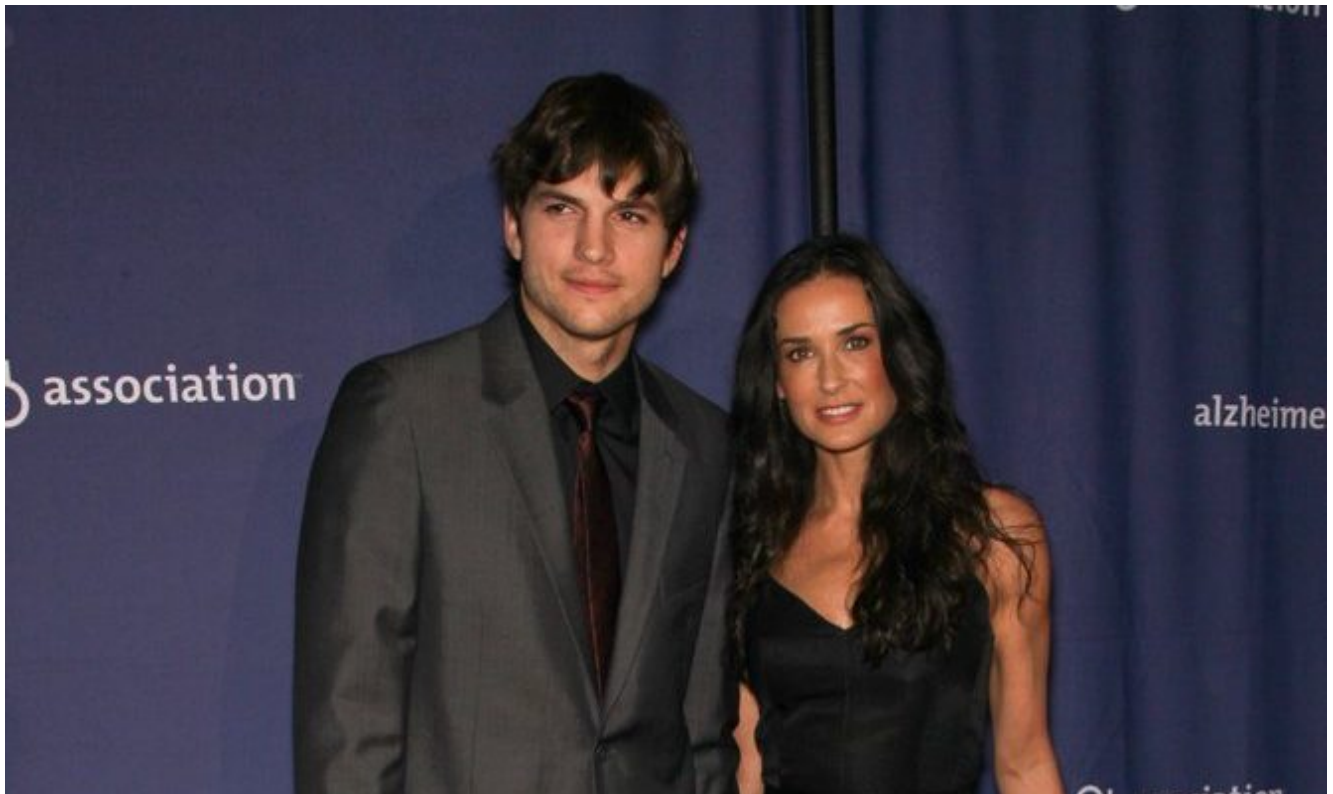
My first session with a client starts with me explaining my qualifications, who I am and what I do. I give a brief background into the brain and why men and women do, say and behave in certain ways. I ask what their particular problem is and then begin teaching the behavior modification techniques. In each session after that, we continue working together on their issues, implementing the tools and following up on their progress. I end every session with a "contract" for that individual or [couple](#), something that they are verbally agreeing to do or stick with.

What other services do you offer?

Other than coaching, I offer complete makeovers. As a former runway and photographic model, fashion and style are paramount to me. I am a big believer in the thought that when you look good, you feel good. I think first impressions do count and, whether you are on the market for a new relationship or a new job, making the best of yourself never is a bad thing. I garner great joy from helping others transform themselves and seeing their confidence soar.

Visit Melanie's Mar's Facebook page or contact her at info@melaniemar.com if you're interested in learning more about she helps others in their lives and relationships. A complete overview of her services can be found at www.melaniemar.com.

Kris Humphries Bonds With Scott Disick



After his highly publicized marriage to Kim Kardashian, Kris Humphries has formed a close friendship with Kourtney Kardashian's man, Scott Disick. According to [People](#), Disick has been a great help in giving Humphries tips on how to win over the Kardashians. Their bromance became even stronger when the two spent quality time together in New York. "Scott and I are becoming closer because we're hanging out a lot in New York. We're just all about living life," said Humphries. Khloe's husband, Lamar Odom, is also full of advice on how the newlywed can find his place within the Kardashian family. As Humphries works to impress one of America's most famous families, it seems that he's found a close friend with his almost brother-in-law while living in the Big Apple.

What are some ways to bond with your partner's family?

Cupid's Advice:

When you commit to someone, you're also committing to being a part of the family. It's always a good sign if you find yourself spending time with their family when your partner isn't around. Here are some ways to bond:

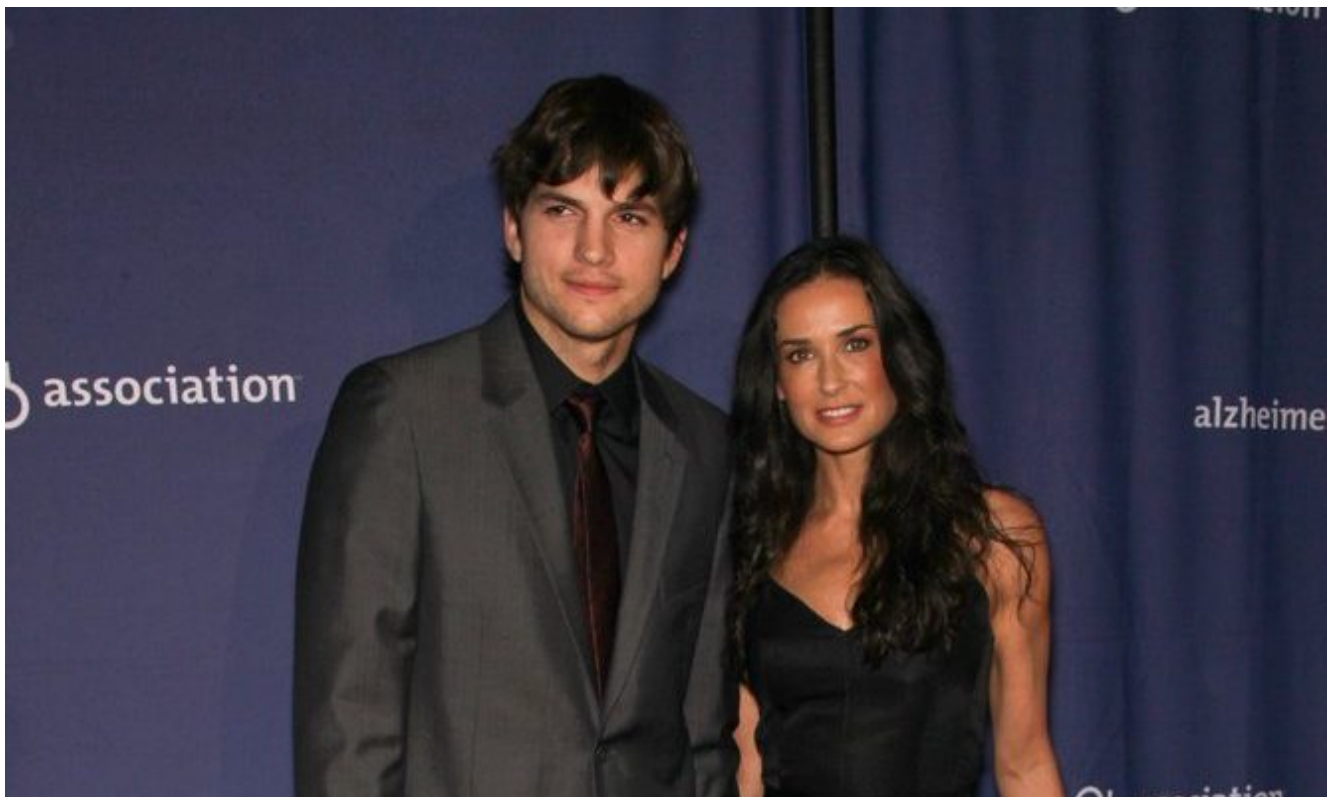
1. Get social on social media: Before you even meet the family, don't be afraid to find them on Facebook and Twitter. They'll really appreciate your friend request and/or tweet. Not only is it a great way to break the ice for when you meet in person, you'll also be less nervous.

2. Play a game: Playing sports or a board game with the family can be a lot of fun. It's a good way to relax the mood into one of lightheartedness.

3. Ask questions: People love to talk about themselves. Also, if you feel like you need advice on the family dynamic, sometimes, all you need to do is ask.

How can bonding with the family make you closer to your partner? Share your thoughts below.

**Dave and Odette Annable Will
Celebrate One-Year
Anniversary at Wedding**



To celebrate one year of marital bliss, Dave and Odette Annable plan to head to attend their friend Beaver's wedding. "Marriage is going well. It's officially four puncture wounds with a steak knife to the kidney – I can survive. I figured that out in the first year of marriage," he said jokingly to UsMagazine.com at the *What's Your Number?* premiere in Westwood, CA, last Monday. Dave said that he and Odette, whose anniversary is October 10, generally plan to follow the tradition of buying a paper gift. "I actually just asked her, 'Wait, how do we do this? Do you get me something?'" he said. "'Should we get pizza? What's the deal?'" So long as he buys a gift, Dave said he'll be in the clear.

What are some ways to make your first anniversary extra special?

Cupid's Advice:

1. Recreate the magic: To celebrate your anniversary, why not head back to where it all began? Reminiscing will allow you both to remember again why you fell for each other in the first place.

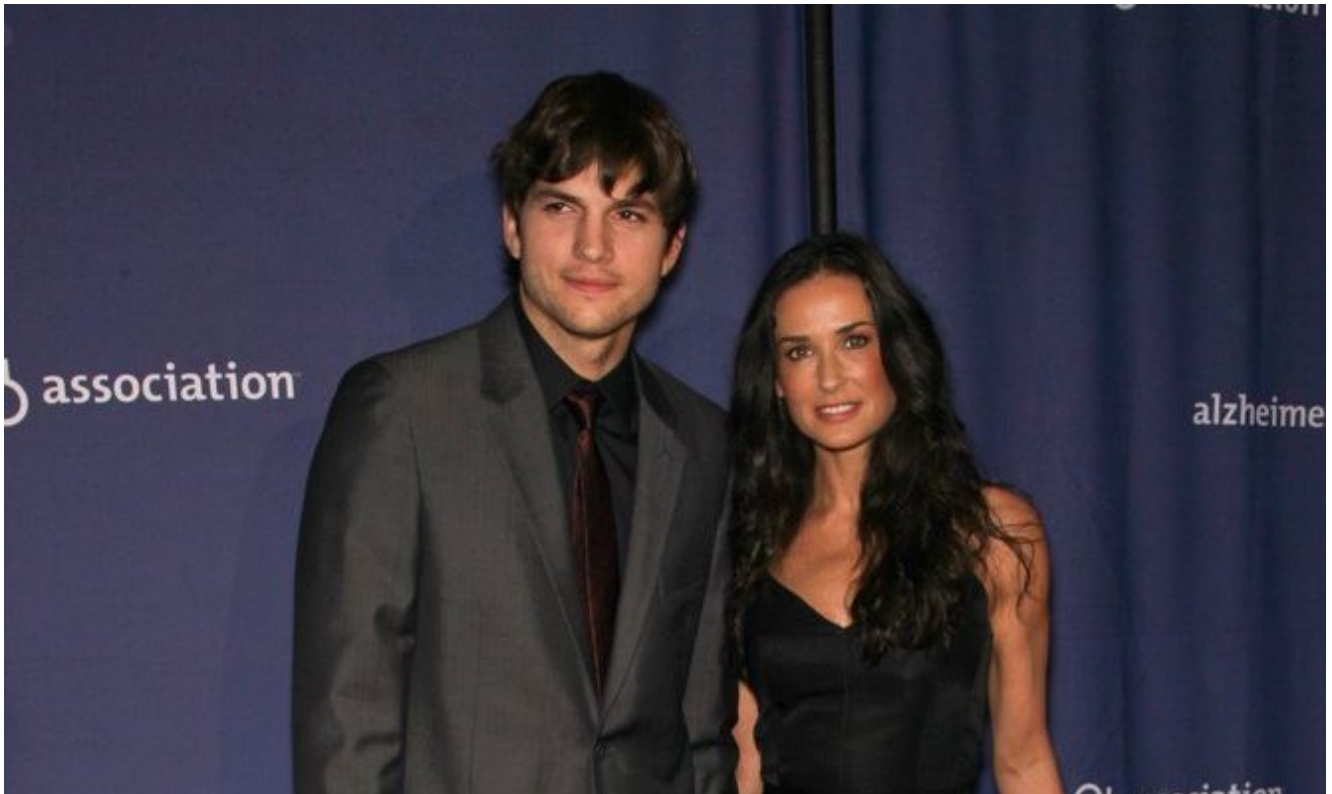
2. Celebrate: Whatever you do, make sure it's something fun and unforgettable. You'll want to have something you can tell your friends and family for years to come.

3. Out of the ordinary: If you're generally on the move, then perhaps a night in would work ... just make sure to light some candles and crank up the jazz music.

How did you celebrate your first wedding anniversary? Share your experiences below.

Kailen Rosenberg Shares Expert Love Advice and Discusses Celebrity Relationships: "It's Much More Than Matchmaking to Me"





By Deana Meccariello

[Kailen Rosenberg](#) is a nationally-respected matchmaker and relationship expert who has helped many stars establish celebrity relationships throughout the years. She has a gift for bringing you back to the person you really are deep-down inside and helping you to shed the hard-coated exterior that society has forced you to wear. Given her background, it's no surprise that she's best described as a "love architect." So what is a *love architect*? It's someone who comes into a person's life, whether they are married or single, to help find cracks in their foundation (which is where the idea of an "architect" came from) that are in need of strengthening and repair.

As Rosenberg explains, "Whether you look at it spiritually or psychologically, I'm helping to mend areas that need truth and awakening. I come in and find those areas that need work, and then I help my clients come to their own truth. They discover which parts haven't been solid and built in a healthy way. Once that's done, they can finally have the relationship and love that they've always wanted and deserve."

Related Link: [Expert Dating Advice: 5 Signs He's Mr. Now and Not Mr. Right](#)

Kailen Rosenberg Discusses Being a Dating Expert on Reality TV Show *The Bachelor*

As proven by the many romance-focused reality TV shows of today, singles are finding it harder than ever to find a partner. Rosenberg can attest to that, having served as a matchmaker and relationship expert on season three of *The Bachelor*. “I worked behind-the-scenes in regards to seeking out the right bachelorettes for the show. I actually interviewed Bob the Bachelor,” she reveals.

Reality TV or not, the dating expert can shine a light in the dark corners of an individual’s personality and help them truly find what – and who – they are looking for. She explains, “When most people come to me, they look pretty darn amazing in person and on paper. They believe that they like who they are, and in many ways, when we’re talking about the ego, they *do* like who they are.”

Rosenberg expands on this expert love advice and adds, “However, they come to me believing that the issue isn’t really about them but rather about finding the right person. During my beginning assessment process, people begin to realize that they never knew who they were and that they became the person they were told to be or taught to be by society. Therefore, they’re not only attracted *to* the wrong people, but they’re also *attracting* the wrong people.”

With this thought in mind, her first priority is to teach people who they truly are. “After I finally introduce and match my client with their true self, then we can get down to who this person should be dating. We’ve put over 200

marriages together and haven't had one divorce, which is just crazy and unheard of," she shares. "I think it's because these people are connecting on a genuine level that most people never have the opportunity to experience."

Related Link: [Top 10 Things to Know Before Hiring a Matchmaker](#)

Revealing how important her work is to her, Rosenberg gushes from the other end of the phone, "It's much more than matchmaking to me."

The relationship expert knows that, in order to find love, her client must be a healthy-minded person. They have to be in a place where they are self-aware and know that what they've been doing isn't working. This kind of acknowledgement tends to set the mind for positive experiences, whether they're an everyday person or a celebrity. For example, a radiant and successful woman with everything going for her, like Jennifer Aniston, will still have problems keeping a man if she doesn't have this mind set.

In fact, speaking of Aniston, Rosenberg says, "I do have clients that know her and say she's lovely. However, there is a very apparent trend in her love life. She is darling, and there is so much to like about her, but there is something going on with her, something that she needs to pay attention to. She needs to get down to the reality of what it is that she is doing. What is surfacing in her relationships after a certain level of intimacy, and what unhealthy pattern she keeps accepting into her life? I really think that's what it comes down to for her."

The Highs and Lows of Celebrity Couple Clients

Celebrity relationships, media, and technology can be a dangerous mix. Rosenberg says that there are people, like Kim

Kardashian, who are being followed around by a camera and dealing with sensationalism in every aspect of their love lives. Then on a real-world level, we have people using Facebook, Twitter and other social networking platforms to post every detail about their relationships – from happy pictures of the good times to angry rants detailing a harsh fight or break-up.

Related Link: [Use Your Five Senses for a More Fulfilled Love Life](#)

“The reality is that they’re publicizing who they are as well as their personal relationships, and when you act this way, people are going to look at you and scrutinize you – the good *and* the bad,” the dating expert explains. “As a couple, you need to be a team and understand that all that matters is what you and your partner know to be the truth.”

Rosenberg then adds, “If there is something that is triggering a pain or disconnect from the outside based on what you read or see, that’s something that you have to look within to understand. Couples need to be grounded in what love is really meant to be and not the attention it can bring.”

Another fascinating component of the relationship expert business is what she refers to as a “life remodel.” This particular piece caters to – but is not limited to – people in Maria Shriver’s position. For people who have been cheated on and are struggling with a messy divorce, Rosenberg can bring a person back from the ashes and help them move on. “In a case like Maria’s, there are always signs. We always have life poking at us with the truth, and it is up to us whether or not we want to see it,” she says.

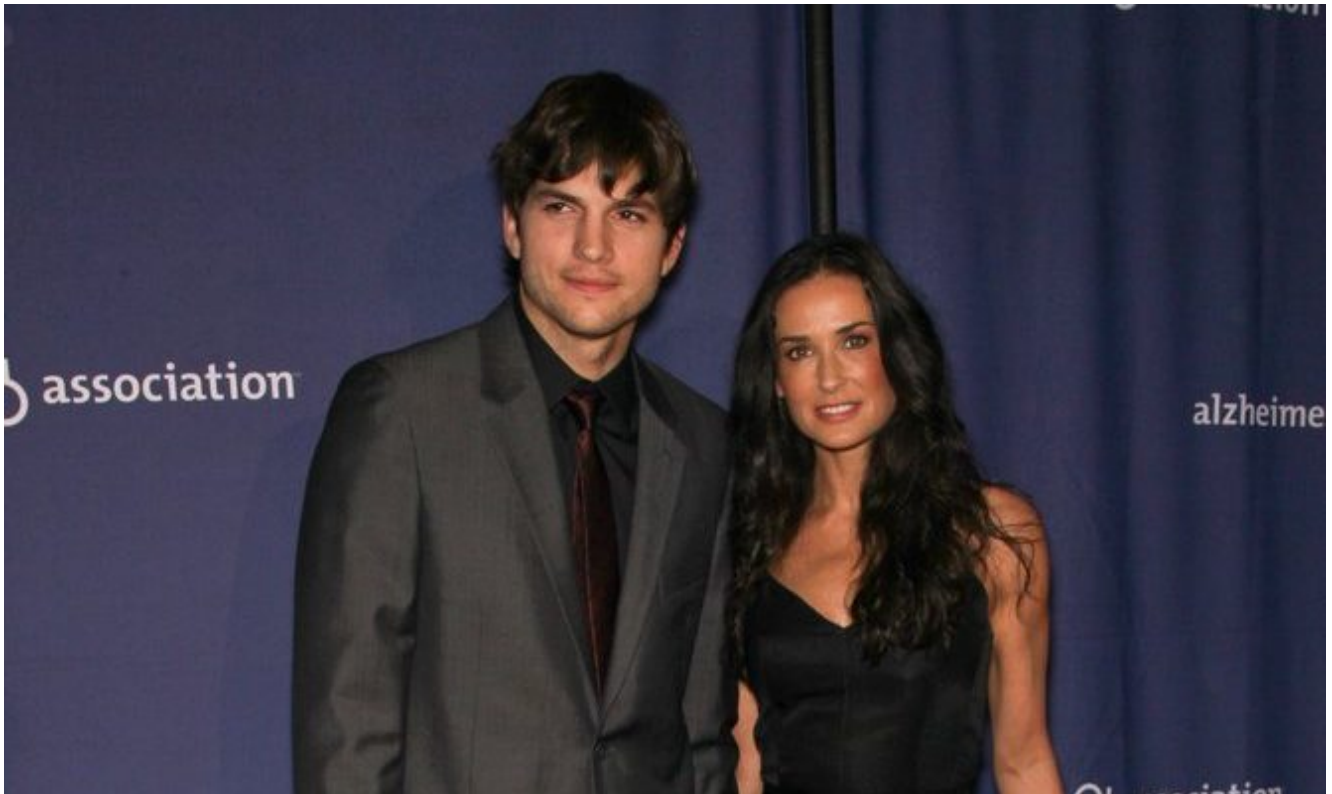
However, this mindset is easier said than done. “Sadly, most times, we choose to turn a blind eye to things that are not good for us, and eventually, it comes crashing down. Then, we no longer have power or control,” says Rosenberg. “I think

someone in Maria's situation would have to ask, 'Were there signs? How far back? Why did I choose to ignore them?' It is important for Maria to forgive herself and, as hard as it may sound, to forgive Arnold. The most amazing thing is that sometimes, from the deepest trenches of pain, we can end up finding the most amazing love we've ever had."

It always goes back to your past. "You have to look at your view on relationships, including that of your mother and father. What was your vision of love, and what is it now?," Rosenberg asks. "Focus on what loving you means as well as what is still good and precious in your life. Surround yourself with people who are truthful."

Ne-Yo Gets Set to Tie the Knot and to Welcome Second Child





On top of Ne-Yo's recently announced engagement, he and longtime girlfriend Monyetta Shaw are planning to welcome their second child into the world in October. While waiting for their new born to greet the world, Shaw is spending her time opening a second boutique in Atlanta's Buckhead district, Emaralyn and Ester. When Ne-Yo's first child was born, he gushed via twitter saying, "She's healthy and happy. Feels like I'm in luv for the first time," and "Welcoming that lil' girl to the world last night defined for me what 'willing to kill and die for' truly means. My world, my life, all hers."

It looks like this second baby will bring nothing, but happiness, too.

How do you balance pregnancy and an impending marriage?

Cupid's Advice:

1. Set a date: Decide whether or not you want to be pregnant on your wedding day. Many women have varying beliefs about the order of events. However, once you make up your mind, everything else will fall into place.

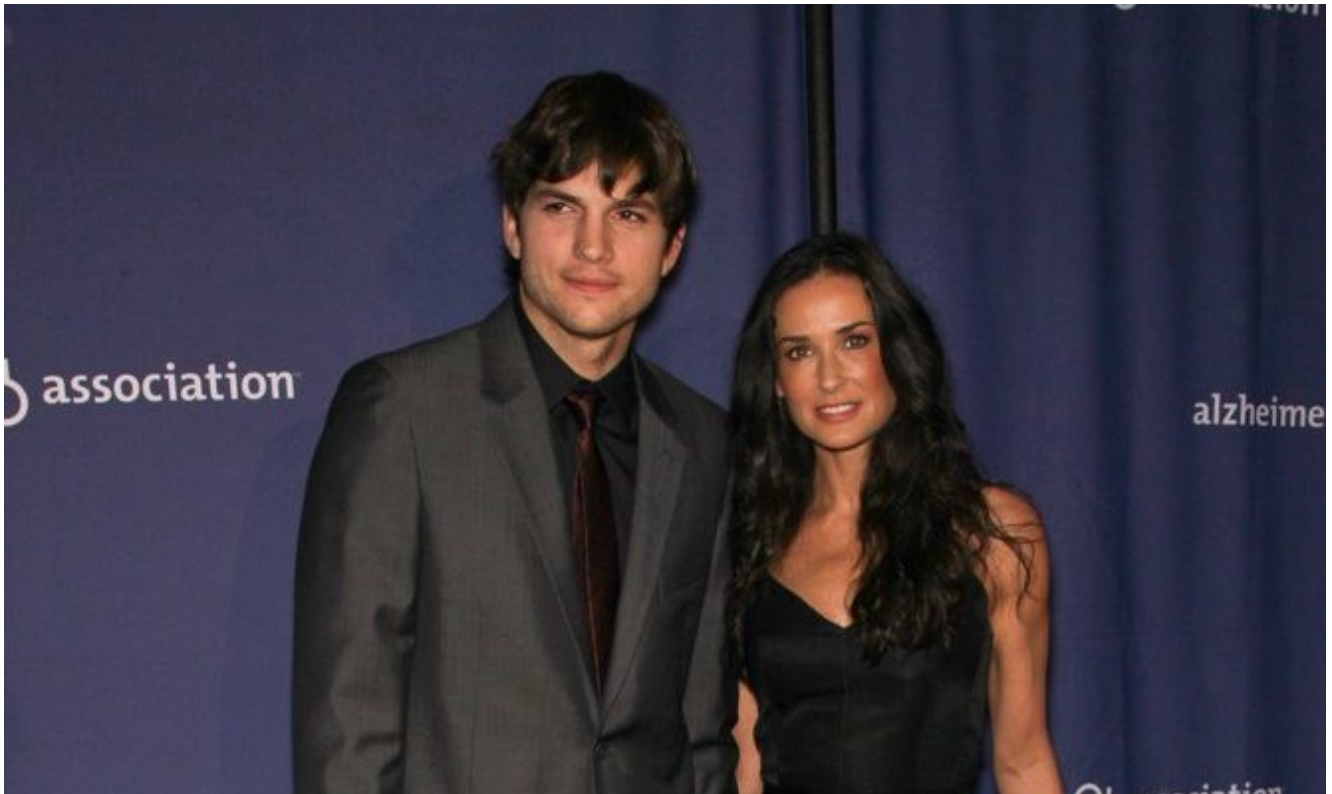
2. Know your priorities: Whether you're getting married while pregnant or waiting for the baby before you tie the knot, never let the stress of planning a wedding affect the health of your baby. Your wedding will last one day, but you'll cherish your baby's life most likely for the rest of yours.

3. Less is more: Don't spend too much money celebrating your nuptials. It may be a better idea to have a smaller affair, and use the extra money to set up a bank account for your new child. Setting your son or daughter up for his/her future is the ultimate wedding gift you can give yourself.

How did you deal with pregnancy before marriage? Share your thoughts with a comment below.

Emily Deschanel Welcomes First Child on Vegan Diet





Bones star, Emily Deschanel and her husband David Hornsby of *It's Always Sunny in Philadelphia* have officially welcomed a baby boy, Henry Hornsby, into the world. According to [People](#), the actress maintained a completely vegan diet throughout her entire pregnancy. The couple could not be happier with the birth of a healthy first child.

What changes should you make to your diet during pregnancy for the sake of the child?

Cupid's Advice:

When you're expecting, you have to be extra careful about everything, especially when it comes to your diet. Here are some key changes to make:

1. Abstain from alcohol: This is an obvious one. If you're pregnant or even think you might be pregnant, consume absolutely no alcoholic beverages.

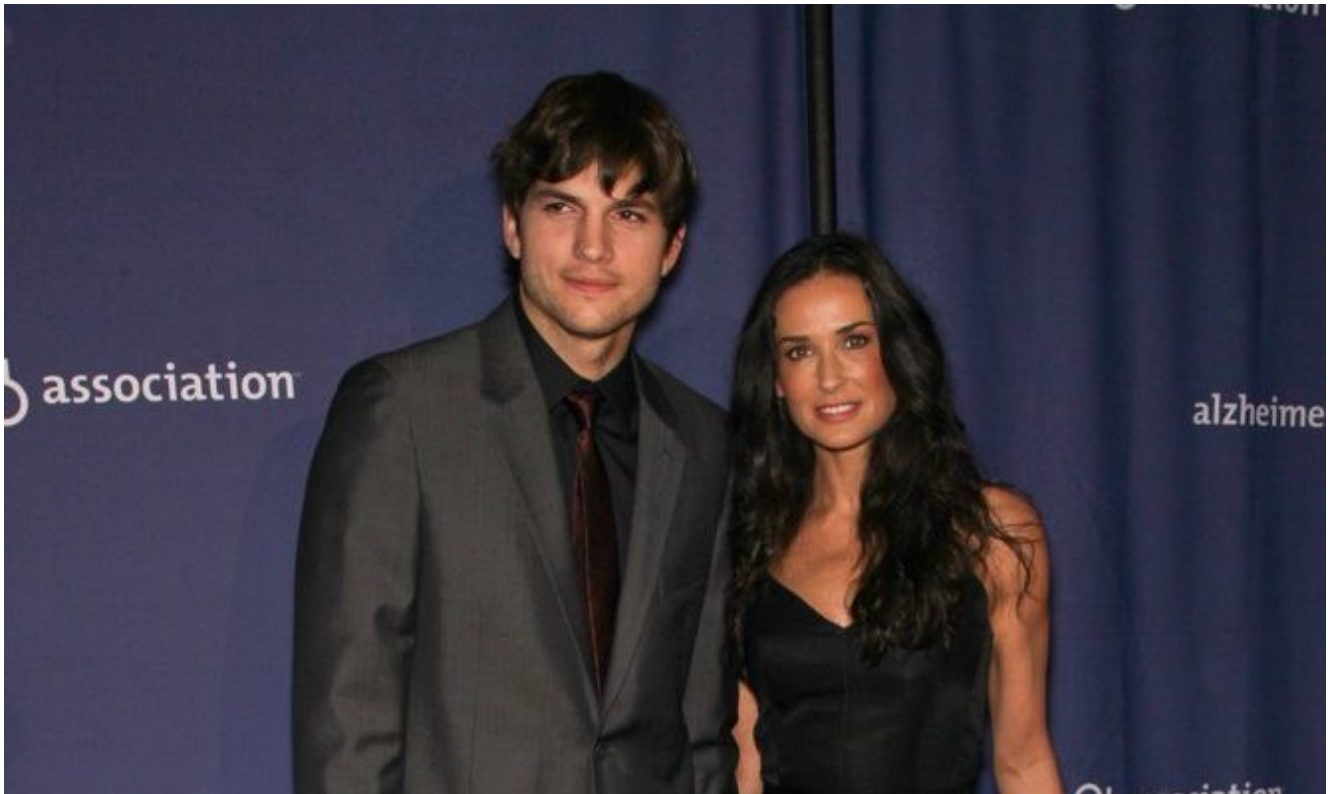
2. Take pre-natal vitamins: Pregnant women need higher amounts of certain substances, such as folic acid. Talk to your doctor about the best vitamin regimen for you and your baby.

3. Avoid fast food: Though you may crave tons of crazy foods during your pregnancy (it's okay to give in sometimes), you should maintain a healthy diet of whole grains, vegetables and lean proteins.

What types of foods would you recommend that pregnant women eat? Share your thoughts below.

The Real Life 'Desperate Housewife' Michaela Salahi Says Love with Journey Neal Schon Is True





D.C. Housewives star Michael Salahi tried to prove that true love never dies. Sadly, it was at the expense of her current ex , Tareq Salahi. Now, Michael and Journey singer Neal Schon have picked up right where they left off after the rocker invited the reality star couple to his concert in Virginia not long ago. [E! Online](#) reports that the pair have had a secret relationship via phone up until their recent reunion, as the two had met nearly 15 years ago originally.

The love-struck couple are excited to have finally revealed the nature of their relationship to the media. Schon exclaimed, "I'm very happy, very happy after waiting for her for 15 years." Salahi admitted to dating both Schon and her ex-husband back in the late 90's. However, after being diagnosed with Multiple Sclerosis, she decided upon a more settled lifestyle with her now ex. The two both remember the night of the concert as a whirlwind of emotions that ended in Michael going home with her husband out of respect, but then packing up her belongings and heading out not even two weeks later.

How do you prove you're in love to family and friends?

Cupid's Advice:

It's important not to try too hard when trying to make your relationship believable. Everyone has different ways of expressing love, so it should come off naturally:

1. Too much PDA: A lot of kissing and unnecessary touching is not the best way to prove your love. It makes it seem as if you're trying too hard. A quick peck here and there is cute, but try to keep your hands to yourselves.

2. Body language: It's is easy to know how a couple feels toward each other by observing their body language. Make sure to lean into your partner when speaking to them. A few coy smiles and longing gazes won't hurt either.

3. Declare it: Telling your friends and family that you love your significant other is always a sure way to let them know how you feel. They may not be able to notice the subtleties of love between you and your partner, but a verbal message comes across loud and clear.

How do you prove your in love to your friends and family? Tell us your story below