

# Celebrity Wedding: Amy Schumer Marries Chris Fischer in Surprise Wedding



By [Carly Horowitz](#)

Amy Schumer and Chris Fischer tied the knot on Tuesday! According to [EOnline.com](#), the [celebrity wedding](#) took place in a private waterfront home in Malibu. Schumer and Fischer only went public as a [celebrity couple](#) two days before their wedding via an Instagram post of them kissing. Although, rumors of Schumer and Fischer being together have been stirring around since November. Some individuals whom were in attendance at the celebrity wedding were [Jennifer Lawrence](#), [Jake Gyllenhaal](#), [Jennifer Aniston](#), Larry David, Judd Apatow, and David Spade.

# **This celebrity wedding was a surprise! What are some benefits to making your wedding a surprise?**

## **Cupid's Advice:**

Your wedding is a very special occasion. Sometimes, it can make it even more special if you celebrate it in an intimate, surprising manner! Here are some good aspects regarding surprise weddings:

**1. There is less pressure:** When you are planning a surprise wedding, there won't be any expectations of how it should go. The guests or the public in general has no idea what to even expect since it is a surprise. Therefore, your wedding doesn't have to live up to anything crazy.

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**2. You only have to rely on select people:** When keeping your wedding a surprise, you won't have to worry about people who you don't really want contributing giving you input. Since you will only be notifying a select number of people in the first place, you will be able to conduct your wedding peacefully with just the right amount of outside input.

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**3. It is exciting!:** Even though a surprise wedding is not traditional, you have to admit that it is pretty cool. Not everything has to be a big production. What better way to spend your wedding than in a secluded area with your closest family and friends. Once the word gets out, everyone else will have something surprising to be excited about!

Do you have any surprise wedding stories? Comment below!

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# Celebrity Break-Up: Jennifer Aniston & Justin Theroux Announce Separation



By [Carly Horowitz](#)

In [latest celebrity news](#), [Jennifer Aniston](#) and Justin Theroux have officially announced that they are separated. The former couple was wed secretly in August 2015. Now, this [celebrity break-up](#) was also kept until wraps until yesterday. According

to [UsMagazine.com](http://UsMagazine.com), the duo released a statement, saying, “In an effort to reduce any further speculation, we have decided to announce our separation. This decision was mutual and lovingly made at the end of last year.” The former [celebrity couple](#) wanted to release the truth despite false speculation. “Normally we would do this privately, but given that the gossip industry cannot resist an opportunity to speculate and invent, we wanted to convey the truth directly. Whatever else is printed about us that is not directly from us, is someone else’s fictional narrative.” Aniston and Theroux seem to have had a pretty peaceful celebrity break-up, as they also stated, “We are two best friends who have decided to part ways as a couple, but look forward to continuing our cherished friendship.”

## **This celebrity break-up comes after much speculation. What are some ways to keep your break-up just between you and your partner?**

### **Cupid’s Advice:**

One of the worst things that can happen during a break-up is that other people get involved. Cupid has some ways to keep your split between you and your partner:

**1. Don’t post:** In order to keep your break-up just between you and your partner, it is definitely a good idea to refrain from posting anything on social media that could cause break-up speculation. Posting nasty comments will only make you look bad.

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**2. Stay in contact as friends:** If you think it would be a healthy idea to stay friends with your ex, then go for it. This will also decrease speculation of a break-up because you and your partner will still be acquaintances.

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**3. Keep intimate facts to yourself:** Even if the word of your break-up does get released when you were trying to keep it a secret, you can still decrease the false information that is out there by refraining from revealing intimate details regarding the break-up. You don't need to explain to anyone the reason why you broke up if you don't want you. Keep it short and simple, and just let people know that it is over, but that everything is okay.

**What are some other ways to keep your break-up just between you and your partner? Comment below!**

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## **Celebrity News: Kristen Bell Shares The Secrets to Her Healthy Relationship With Dax Shepard**





By [Jessica Gomez](#)

In [celebrity news](#), [Kristen Bell](#) shared her marital wisdom with Instagram on Valentine's Day, according to [EOnline.com](#). Bell shared a post of a letter with [relationship advice](#) she had been asked to write for her newlywed friends. Grab a tissue, here is what she wrote: "Vulnerability always begets connection and intimacy. Stay vulnerable with each other. In 10 yrs when the dopamine has waned, remember: Life is a crazy ride. It is a privilege to go through it with a partner. Take necessary separateness. It will make your marriage better. Loving someone despite their faults, failings, or character defects is the most powerful loving thing you can do. Rejoice in what makes the other person happy, and allow them their individual interests. Know that everyone is doing the best they can with what they've got. So get a bigger emotional tool box to fix your problems." Aw, Kristen Bell is bae – Dax Shepard sure is lucky!

# In celebrity news, Kristen Bell is giving us her secrets to a successful relationship. What are three things that add to a healthy relationship?

## Cupid's Advice:

There are many things you can do to help your relationship become healthier. Some things work better than others, while others work for some couples better than others. Nevertheless, here are three things to do for a healthier relationship:

**1. Be honest:** Being honest is a two way street. Being honest with one another is crucial. Trust is key to making a relationship work. Lies hurt and even ruin relationships. Being honest builds trust and makes the bond between you and your significant other even stronger. It can sometimes be hard to be honest at all times, but the benefits are worth it.

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**2. Encourage and compliment each other:** Sweet things and encouraging words go a long way. Supporting each other is another crucial element to making relationships work. As for complimenting, you should always make each other feel special. Never stop making your loved one feel special – flirt and push one another ahead!

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**3. Spend quality time together:** Snuggle, do things you both love doing together, and try new things. Cuddling is great because physical contact and connection is important. In fact,

being held for an extended period of time releases serotonin, elevating your mood. Spending quality time is important for every relationship. As time passes, sometimes couples spend time together but not quality time. Spice things up and do different things or do those things you really enjoy – try to do that at least once a week.

**What are ways you keep your relationship healthy? Share below!**

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## **New Celebrity Couple: ‘Full House’ Star Jodie Sweetin Is Dating Mescal Wasilewski**







By [Jessica Gomez](#)

In [celebrity news](#), there's a new [celebrity couple](#) in town! *Full House* star Jodie Sweetin is dating Mescal Wasilewski, according to [UsMagazine.com](#). A source confirms that the new celebrity relationship began in November. As a Valentine's Day post, Sweetin took to Instagram a collage of photos with her beau, captioned: "Find someone who you can share this kind of love with ... Someone who doesn't just show you they love you one day a year ... Who isn't afraid to look silly when they tell you they love you ... Who doesn't judge you for past mistakes, but who wants to build a better future together ... Who builds you up and never makes you feel small ... Who supports your dreams and hopes and desires, and also has those of their own. Who doesn't put a price tag on your love ... Who holds your hand when you're scared and doesn't run away ... Who loves you, not in spite of your weirdness, but because of it ... Who makes you a priority in their life, no matter what," she continued. "Who doesn't hold you hostage with their love, but whose side you don't want to leave because you're happier when you're with them ... who makes you get shy when they look at you, because the rest of the world stops. That's the kind of love we all

deserve. Anything less isn't worth it." How sweet!

## **In this celebrity couple news, Jodie Sweetin is moving on from a series of bad relationships. What are some ways to know you're choosing someone who will treat you right?**

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

There are many things that are signs showing that someone will treat you right. Sweetin was right on the money with all she said on V-Day via Instagram. Here are three signs to be optimistic about:

**1. They make you feel both safe and special:** Having someone that treats you the way you should be treated is a wonderful thing. Not everyone can provide that for their lover. Being comfortable with your partner and feeling like they wouldn't do anything to hurt you is a comforting feeling. Trust is what leads to these feelings.

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**2. They respect your differences:** This is important! It's great to have things in common, that's one of the many things that build a bond. However, having differences is okay, as long as you both respect each other's dissimilarities. Variation can be good when you both have boundaries and don't judge one another. This also leads to a more open relationship, which is a good thing.

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**3. They support you any way they can:** Your partner should be your cheerleader. We can all use a support system, and having someone that encourages your dreams, aspirations, and decisions is a magnificent thing to have. Don't think that everything needs to be encouraged and supported, that's not the case. We do not want to support negative behavior. We do however need our loved ones to be there for us.

**What are some ways you know your partner is right for you? Comment below!**

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## **Romantic Getaway: Justin Bieber & Selena Gomez Sneak Away to Laguna Beach**





By [Carly Horowitz](#)

This past weekend, [Justin Bieber](#) and [Selena Gomez](#) ventured on a much needed [romantic getaway](#) to Laguna Beach, California. According to [EOnline.com](#), the [celebrity couple](#) stayed at the Montage Hotel in a low-key fashion. In [latest celebrity news](#), Bieber and Gomez “took a walk on the path in front of the resort that overlooks the ocean. It was a cloudy day, [so] they didn’t spend too much time outside.” Multiple fans spotted the couple and reported their findings. Hopefully Bieber and Gomez enjoyed their quick romantic getaway!

**A mini romantic getaway is just what the doctor ordered. What are some ways to keep the spark alive in your relationship?**

**Cupid’s Advice:**

A nice getaway, even if it is just for a day, is always beneficial to help keep your relationship fun and exciting. If you don't have the time or money for a romantic getaway, there are still many options of things to do in your relationship that will help keep your fiery love alive:

**1. Relive activities from the beginning:** How did you and your partner meet? At a bowling alley, in high school, at a bar? Wherever it is, take a day to go back to this place or even just discuss with your partner how amazing it felt to fall in love with them for the first time. Reminding yourself of the reasons you fell in love with your partner in the first place will definitely help to add kindling to the fire.

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**2. Surprise each other:** Come home from work with a package of your partner's favorite candy! Do little surprising things that will help to remind your partner how much you care for them. You can even do something as simple as leaving a small, sweet note for them on their desk or in their jacket pocket. What a nice surprise!

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**3. Keep yourself in check:** When you are in a relationship, sometimes it is easy to let yourself go a little bit. Although, try to refrain from that for both the well-being of yourself and your partner. By keeping yourself looking good and healthy, this will transfer into you having a good and healthy attitude about your relationship.

**What are some other ways to keep the spark alive in your relationship? Comment below!**

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# Celebrity News: Prince Harry Asks Ed Sheeran to Perform at Royal Wedding to Meghan Markle



By [Carly Horowitz](#)

In [latest celebrity news](#), Prince Harry has made a special request for Ed Sheeran to perform at his [celebrity wedding](#) to Meghan Markle. According to [UsMagazine.com](#), the royal [celebrity couple](#) will tie the knot at noon this upcoming May 19 at St. George's Chapel in London. We are not sure at

exactly which part of the wedding Sheeran will perform during. Rumor has it that Elton John may possibly perform at either the celebrity wedding ceremony or reception as well, as it has come to our attention that John rescheduled some performances that were originally during the weekend of the celebrity wedding. What an exciting array of singers!

## **In celebrity news, Prince Harry & Meghan Markle will be having some very special music at their wedding. What are some ways to incorporate music in your wedding?**

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

The goal is for your wedding day to be as magical as possible. The incorporation of music can help that dream become a reality! With all of the hustle and bustle of planning a wedding, the little details of adding music into certain spots can be overlooked. Luckily, Cupid is here to remind you of some cool ways to incorporate music into your wedding:

**1. Don't forget about pre-ceremony music:** You want to get your guests in the wedding mood right when they walk in the door. Play some background music while your guests arrive to help set the mood for the ceremony. Choose some of your favorite love songs or some instrumental pieces that you genuinely enjoy!

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**2. Choose dinner music wisely:** In order for people to converse over their meal, the music that is played during the meal portion of your wedding should not be the craziest. Set the

mood with some Indie songs if that is something that you are into! Or go with the classical wedding music during this time.

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**3. Live music!:** Live music is always a great idea at the wedding reception. Search for a band or group that is good at performing the type of music that you wish to have at your wedding. Remember that the music really sets the tone for your wedding. If you are having trouble figuring out which music will go best during certain parts of your wedding, don't be afraid to consult with your closest friends or even the bartender or whoever you have chosen to perform the live music- everyone will have unique ideas! Maybe even browse through Spotify to help brainstorm about what type of music would be best. Overall, the music that will really be overpowering on your wedding day is the sound of your loving heart which beats for your partner.

**How did you incorporate music into your wedding? Comment below!**

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## **Celebrity Couple Tom Brady & Gisele Bundchen Kiss in Costa Rica After Super Bowl Loss**







By [Jessica Gomez](#)

In [celebrity news](#), [celebrity couple](#) Tom Brady and Gisele Bündchen were spotted in Costa Rica sharing a loving kiss, days after Brady's loss at the Super Bowl, according to [UsMagazine.com](#). He even joked about it on Instagram when he posted a photo of the couple smooching Sunday. "This Sunday's outcome is a lot better than last Sunday's! #losingstreakstopsatone," he captioned. Adorbs!

**This celebrity couple isn't letting the Super Bowl loss affect their relationship. What are some ways to keep negative life events from putting a damper on your relationship?**

**Cupid's Advice:**

It happens. When we are involved in negative circumstances, we tend to misplace our emotions and take out our frustrations on our significant other at times, which isn't okay. Cupid has some advice on how to get around it:

**1. Remember what you're mad at:** Breathe and think. It's easier said than done, but it works. When we become angry, we can lose sight of what or who we're really mad at, which can lead us to take it all out on those closest to us, like your lover. When surrounded by negativity, clear your head by taking about 10 deep breaths – in and out. Then remember that you're not mad at your partner, and that they deserve your fairness and respect.

**Related Link:** [Gisele Bundchen Consoles Husband Tom Brady After 2018 Super Bowl Loss](#)

**2. Do something with your significant other:** It will help take the edge off. When you create a happy place with them, then outside negativity should not be able to reach you there. Also, building positive memories is always a good thing! Be sure to remain mindful of the energy you give out in your happy place because if you're being negative, then what's the point?

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**3. Blow off steam:** Chill with your friends. Sometimes when surrounded by the bad, we need to kick back and have some time with our friends. We sometimes also need space from our partners, so this works for both. Don't let bad energy or vibes bring you down, go and have a good time!

**How do you avoid taking things out on your partner? Comment below!**

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# New Celebrity Couple: Camila Cabello & Matthew Hussey Are Dating



By [Jessica Gomez](#)

In [celebrity news](#), it's official – Camila Cabello and Matthew Hussey are dating and happy. The [celebrity couple](#) were spotted being all love dovey during their bae-cay. A source opened up to [EOnline.com](#) about this surprising relationship a couple days after the love birds were spotted during their [celebrity vacation](#). “It wasn't something she expected, but she knew of him and really enjoys his work,” said the source. “She has

been following him for a while and was a fan, but it took her by surprise that she has gotten to know him on a deeper level.”

## **This new celebrity relationship took Camila by surprise. What are some ways to remain open when in a new relationship?**

### **Cupid’s Advice:**

New relationships need to be nurtured, but at the same time, you don’t want to rush. Cupid has some [dating advice](#) on ways to be open in your new relationship:

**1. Be honest:** It is important to be honest in a relationship from the start. This is when you’re building trust, and trust is earned by being righteous and truth-telling. It’s always best to be upfront. If not, things tend to build up, causing problems and the both of you closing up and not being open with each other. Don’t be afraid to share your feelings – just remember there’s a difference between being a blunt person and a rude one.

**Related Link:** [Jennifer Lopez Gushes Over Alex Rodriguez](#)

**2. Communicate effectively :** It’s important to try understanding as much as you want to be understood. Talk to your partner about your feelings in a straight forward and clear manner – no beating around the bush. Also, be aware of your body language and timing. Non-verbal cues give can give away a whole different meaning than you’re trying to convey. As for timing, being aware is essential because sometimes situations transform into a worse one due to wrong timing.

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[Happy' Since Dating Lesley Murphy](#)

**3. Learn as much as you can about each other:** As your relationship blossoms, so should the both of you. By getting to know one another, your relationship will evolve – the faster you do, the faster it blossoms. Not to say that you should rush, but there's not much harm in learning each other's ways at a rapid pace. When you learn someone's ways, you can be a better partner. In order for you both to learn from one another, you have to be open to it.

**What are some ways you have stayed open with a new partner? Share with us below!**

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# **Hailey Baldwin Applauds Kylie Jenner for Handling Celebrity Pregnancy In a 'Mature Way'**





By [Carly Horowitz](#)

[Kylie Jenner](#)'s close friend, Hailey Baldwin, shows her admiration for how Jenner handled her [celebrity pregnancy](#). According to [EOnline.com](#), Baldwin says, "I think it was a really mature way for her to have handled this whole thing being 20 and welcoming a child into the world is not an easy thing for anybody, so I mean she's going to be the best mom ever." [Celebrity baby](#), Stormi Webster, is blessed to come into this world with so many people that are ready to love her with open arms!

**This celebrity pregnancy wasn't confirmed until Kylie's daughter was born. What are some ways to put your child first during pregnancy?**

**Cupid's Advice:**

It is immensely important to care for your child even before they come out of the womb. Follow your doctors instructions, read baby books, and get some advice from Cupid! Here are some ways to put your child first during pregnancy:

**1. Eat well:** You are now consuming nutrients for both you and your baby. You want to make sure that whatever you put in your body, you would want to put into your baby's body as well. Make efforts to eat a healthy and balanced diet whenever it is possible. It's definitely okay to satisfy those cravings though! Just make sure you are still consuming an abundance of healthy foods to get the vitamins and nutrients to your baby.

**Related Link:** [Celebrity Baby News: Kylie Jenner Plans to Keep Motherhood Journey with Stormi Private for Now](#)

**2. Rest:** Taking care of your body when you are pregnant means taking care of your baby's body too. Be sure to engage in relaxing activities like yoga, deep breathing, stretching, or maybe even get a massage! The more calm and relaxed you are, the more calm and relaxed your baby will be.

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**3. Alter your public pregnancy date:** When people ask you when you are due, take your official due date and add two or three weeks to that. Then, you won't have people bombarding you until after you have already had a couple weeks to settle into this whole new mother thing. This will also help to relieve stress on your baby and produce valuable mother and child time for the beginning of their life.

**How did you put your child first during your pregnancy?  
Comment below!**

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# Celebrity Couple News: George Clooney Opens Up with the Sweetest Statement About Wife Amal Clooney



By [Carly Horowitz](#)

In [latest celebrity news](#), [George Clooney](#) reveals just how much his wife, Amal Clooney, means to him. According to [UsMagazine.com](#), Clooney stated on Thursday, "I met someone who her life meant more to me than my life. And I'd never had that experience before." Clooney also mentioned in a 2013 interview



after he met Amal, “I thought she was beautiful and I thought she was funny and obviously smart.” Clearly it was love at first sight! After their [celebrity wedding](#) in Venice, Italy in 2014, things have been spectacular. The [celebrity couple](#) greeted their twins Alexander and Ella this past summer and seem to be doing great.

## **This celebrity couple is no doubt going strong. What are some ways to make your partner feel valued?**

### **Cupid’s Advice:**

It is always important to make your partner feel loved and special. It is especially meaningful to keep up this effort as the years go by in your marriage. There are many ways to make your partner feel valued, and there are different ways for different people. Cupid is here with some suggestions on how you can make sure your partner is feeling as if they are on cloud nine:

**1. Tell them how much you appreciate what they do:** It can sometimes become routine that you just expect your partner will do certain things like make dinner, take out the trash, or pick the kids up from school. But how often do you take the time to verbalize how much this means to you? Even for just little everyday things, tell your partner how much you appreciate what they do. Gratitude is the best attitude!

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**2. Suggest a coffee date:** If you two have busy schedules and only get to see each other at the end of the day, plan to meet up during the day or during your lunch breaks for a nice quick

coffee and sandwich. It will elevate the mood of the both of your days. Then you both can go back to work feeling happy and loved.

**Related Link:** [Celebrity Couple News: 'Bachelorette' Alum Dean Unglert Is 'Incredibly Happy' Since Dating Lesley Murphy](#)

**3. Take time to try out some of their interests:** Is your partner really into cooking? Soccer? Whatever it is, make an effort, if you haven't already, to show interest in what they love most. Go to the local field on Sunday afternoon and ask your partner to teach you some soccer tricks! Whatever it is, make sure your partner knows that you care about their interests.

**How have you made your partner feel valued? Comment below!**

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## **Celebrity Divorce: 'Modern Family' Star Julie Bowen Files for Divorce from Husband Scott Phillips**





By [Jessica Gomez](#)

In [celebrity news](#), Julie Bowen filed for divorce from husband Scott Phillips on Tuesday, according to [EOnline.com](#). It was revealed less than a week ago that the former [celebrity couple](#), who was married for 13 years, separated. However, Bowen listed their separation date as December 17. She marked irreconcilable differences as the reason for their parting and is asking for joint legal and physical custody of their three children, according to the documents that *E! News* obtained.

**This celebrity divorce after 13 years of marriage is very unfortunate. What are some ways to know it's time to move on from a marriage?**

**Cupid's Advice:**

Some of us may try to fight off a divorce for as long as possible... but honestly, that's just a waste of time. Cupid has some suggestions on signs that can mean it's time to move on:

**1. You're worried about what your kids, friends, or family will think:** Staying together for your children isn't a good idea. And staying together for the sake of dodging judgment from family and friends is even less of a good idea. Those you love don't usually want you to be unhappy, and neither do your children. Kids want parents who are happy and love them. You can go your separate ways, but still be a family. Build a friendship when possible, don't continue building an unhappy marriage. Your friends and family will just need to accept it. You are the one living with this decision, not them.

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**2. You've tried counseling and gave it all you've got, but it's still not working:** If you gave it your biggest shot, but you guys are still not coming together the way you should, then it may be a sign that it's time to go. Staying in an unhappy marriage is unhealthy for you. As long as you can look back and say "I gave it my all," there's no shame in knowing it's time for a divorce. Time to take action. All you can do at the end is try, if that doesn't work then there's nothing to do but what's in your best interest.

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**3. You no longer respect nor trust your spouse:** Trust and respect are both key things to have in a marriage. Sometimes we can gain that sense of trust and respect back, but sometimes we can't. If you don't see yourself ever trusting or respecting your spouse again, then it's safe to say that your marriage has hit its end point. Being married to someone that is not the same person you married happens sometimes, and it sucks. It really does, but instead of dwelling on it, start

making moves.

**Related Link:** [5 Communication Keys Every Relationship Needs](#)

And just as a last piece of advice: do not continue in an abusive marriage – whether it's physically, mentally, or emotionally abusive! An abusive relationship is one of the biggest signs it's time to leave. Seek help if needed.

**What are some ways you knew your marriage or relationship was over? Share below!**

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**Celebrity Baby News: Kylie Jenner Plans to Keep Motherhood Journey with Stormi Private for Now**





By [Jessica Gomez](#)

In [celebrity news](#), [Kylie Jenner](#) plans on keeping her life with [celebrity baby](#) Stormi low-key, at least for now. The 20-year old reality TV star and makeup mogul kept her pregnancy on the down-low and demands that her motherhood journey be kept private as well, according to [UsMagazine.com](#). “She is extremely protective and she is very focused on trying to keep motherhood private for right now,” a source said. “All Kylie wants is for her privacy to be protected right now and is pretty demanding about that at this time.” The source also adds that Kylie is in no hurry to get engaged to beau Travis Scott, so we guess there won’t be any [celebrity wedding](#) bells ringing there for a while.

**In this celebrity baby news, it begs the question – is it okay to post photos of your child on social**

# media? What are some factors to consider?

## Cupid's Advice:

Whether you want to post photos of your child on social media or not, the decision is up to you. It's all up to preference, as long you understand the loss of control that takes place on your end once you upload a photo on the web. Here are some factors to consider:

**1. It will always be on the web:** When you post photos of your little bundle of joy, they will permanently be on the internet. This concerns some people, while others don't find any harm in it. Think it through and decide whether or not this factor plays a role in your preference, considering that these photos are of your child and they will one day grow older and potentially see them.

**Related Link:** [Khloe Kardashian Reveals How She Hid Her Pregnancy & How She Told Tristan](#)

**2. Cyber safety risks:** Do I want everyone to see this? Unless your social media account is private, the photo is available to pretty much the whole world. So think about what you're posting and consider whether you care who sees it or not. Cyber safety is one of the biggest concerns for parents considering it has been suggested that approximately 50% of photos on Pedophile sites come from the social media pages of parents.

**Related Link:** [Kim Kardashian Is a 'Very Hands-On Mom' with New Celebrity Baby Chicago](#)

**3. Some photos may either be misjudged, misappropriated, or both:** On social media, everyone has an opinion. This makes room for people to sometimes misjudge what they see or think

they see on a photo. Misappropriation also happens often, especially with memes. You never know if one your photos will fall victim to this. People all the time take photos and turn it into a post relating a totally different message, good or bad. If you're fine with this because of your care-free attitude then that's fine, but others may want to stray away from this.

**What kinds of photos do you think should be posted and what photos shouldn't be? Comment below!**

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## **Celebrity News: What Reese Witherspoon Learned After Leaving an Abusive Relationship**







By [Karley Kemble](#)

[Reese Witherspoon](#) usually keeps her personal life out of the public eye, but in the latest [celebrity news](#), the actress is opening up about her past. In an interview with *O Magazine*, Witherspoon sat down with Oprah Winfrey and Mindy Kaling in a [celebrity interview](#) to talk about their new movie, *A Wrinkle in Time*, reports [EOnline.com](#). The women also talked about the current state of Hollywood, the #MeToo and Time's Up movements, and Witherspoon briefly delved into her past abusive relationship. When she finally ended the relationship, Witherspoon said, "It changed who I was on a cellular level, the fact that I stood up for myself. It's part of the reason I can stand up and say, 'Yes, I'm ambitious.' Because someone tried to take that from me." We certainly admire her courage and bravery in such a sad situation.

**In this celebrity news, Reese Witherspoon opens up about an**

# abusive relationship. What are some things you can do if you find yourself in an abusive situation?

## Cupid's Advice:

Abusive situations are very serious and can be challenging to leave. If you or somebody you know is struggling with any sort of abuse, here are three things to do:

**1. Acknowledge:** Victims usually blame themselves or minimize the reality of the situation. Abuse isn't always broken bones or black and blue bruises. It takes form of sexual assault, verbal intimidation and threats, too. Acknowledging that your situation is an abusive one does not define who you are, it is a step closer to getting out of it.

**Related Link:** [Celebrity News: Reese Witherspoon Reveals She Was Sexually Assaulted by Director at Age 16](#)

**2. Talk:** Once you open up to somebody about your relationship, overcoming it becomes easier. Whether you confide in a family member, friend, or anonymous hotline, you are taking a huge step in your path. Don't be afraid to talk about what you're going through. The National Domestic Violence Hotline has amazing, trained people to talk to 24 hours a day, so call them anytime: 1-800-799-7233.

**Related Link:** [Source Says Sarah Hyland Will Bounce Back From Alleged Abuse](#)

**3. Use a safe computer:** It's important to keep your well-being at the front-lines. Computer usage is easily monitored, so you want to ensure your abuser has no access to your searches. The National Domestic Violence Hotline's website has some very informative information about how to reduce your "tech footprint" to reduce the chance of your abuser finding your

cries for help. Deleting your history, cache, and cookies are all starters, though the website has more detailed tips for your benefit.

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# Celebrity Baby News: Kylie Jenner Reveals the Name of Her Daughter, and Twitter Reacts



By [Karley Kemble](#)

If you thought you were going to have to wait awhile for [Kylie Jenner](#) to announce her new [celebrity baby](#)'s name, you're in for a real treat! In the latest [celebrity news](#), Jenner took her big reveal to social media on Tuesday night, reports [UsMagazine.com](#). Accompanying the precious post was a simple caption: "Stormi Webster" with an angel emoji. The Kardashian and Jenner families are known for their unique baby names, and Twitter users were certainly quick to come up with puns related to the newest celebrity baby. One user wrote "Somebody just said: It will be Stormi with the chance of Reign in the North of Chicago. I said: wait what[?] They replied with: it was a Dream." Too funny! We can't wait for more news about Stormi Webster!

**This celebrity baby's name was highly anticipated. What are some ways to honor your family's heritage when it comes to naming your child?**

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

It's an awesome idea to pay homage to your relatives when naming your new generation. Cupid has some ideas for you:

**1. Use a maiden name:** Maiden names make beautiful first names! If your maiden name is too masculine or feminine, use a variation that fits your style. Nicholson or Nicholas can easily become Nicole, Michaels can become Michaela. The possibilities are endless, you just have to get creative!

**Related Link:** [Celebrity Baby News: Surprise! Kylie Jenner Gives Birth to Baby Girl with Travis Scott](#)

**2. Middle names matter:** If you are set on a first name that

has no relation to your family, consider tying your child's middle name in! You can use the same middle name as a parent, grandparent, or even great-grandparent, or even use their first name. That way, there is a direct familial connection, which will certainly be appreciated.

**Related Link:** [Celebrity Baby News: Source Says Kylie Jenner's Pregnancy with Travis Scott 'Definitely Wasn't Planned'](#)

**3. Use a combo:** Perhaps you want your child to have connections to both sides of the family. This can be done a variety of ways. You can combine two names as a hybrid first name, use one as a first and another as a second, or put a hyphen between the two! No feelings will be hurt when you make a clear effort to bring together both families!

**We want to know: how did you honor your family's heritage? Share below!**

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## Celebrity News: Gisele Bundchen Consoles Husband Tom Brady After 2018 Super Bowl Loss





By [Carly Horowitz](#)

In [latest celebrity news](#), Gisele Bündchen comforted her husband [Tom Brady](#), quarterback for the New England Patriots, after his team lost to the Philadelphia Eagles in the 2018 Super Bowl. Although many Patriots fans were distraught, Bündchen maintained a positive attitude as she posted a picture of herself hugging Brady on Instagram with the caption: "Congratulations Eagles for winning the Super bowl, what a game that was! Congratulations Patriots for giving your best and to my love, we are incredibly proud of you because we are able to see every day all the commitment, sacrifice and hard work that you have devoted to become the best in what you do. We love you!" According to [EOnline.com](#), even though the Eagles won the game 41-33, Brady set a record! He now has the most passing yards ever in a Super Bowl game and in any postseason game.

**In this celebrity news, Gisele is**

# there for Tom in the good times and the bad. What are some ways to console your partner after a disappointment?

## Cupid's Advice:

When your partner is going through a loss or disappointment, it is part of your relationship duty to help them get through this tough time together. Empathy is key when it comes to relationships. Cupid has some ideas on how to help give solace to your partner:

**1. Be present:** This may seem obvious, but sometimes people have the tendency to flee when bad circumstances arise. Be there for your partner, and listen to everything that they have to say. Instead of trying to change how they are feeling, simply listen and be there for them. Let them vent, and give them copious amounts of love.

**Related Link:** [Our 10 Favorite Celebrity Couple Athletes](#)

**2. Distract them:** Once you have given your partner time to let out how they are feeling, make efforts to try and shift the energy. Even though you probably can't take away their disappointment or sadness completely, you do have the capabilities to alter their mind onto something else for the time being. Think of some things you can do that would be special for your partner: cook their favorite dinner, watch their favorite movie together, or go out for a fun [date night](#).

**Related Link:** [10 Valentine's Day Date Ideas Inspired by Celebrity Couples](#)

**3. Be okay with space:** Everyone copes differently. If your partner is the type of person who needs time to themselves in

order to get over a disappointment, let them have that. Try not to bombard them while trying to help when they just need some space to themselves. Sometimes it is hard to tell if your partner truly wants space or if they do want you to comfort them. Really try to listen to your partner and get a feel for what they need.

Also, never underestimate the power of hugs!

**How have you consoled your partner after a disappointment? Comment below!**

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## **Celebrity Break-Up: Sarah Silverman Announces Split from Michael Sheen On His Birthday**







By [Carly Horowitz](#)

According to [UsMagazine.com](#), Sarah Silverman announced her [celebrity break-up](#) from Michael Sheen on his birthday without realizing the unfortunate timing. Comedian Silverman was able to make light of the situation as she took to Twitter to reveal what she did: “The joke here is I just realized I posted our breakup tweet on his actual birthday and I can’t believe what a dick I am,” she wrote. “Can u believe it?? He said I wasn’t THOUGHTFUL. Jerk... Anyway, Happy Birthday, Michael...” This former [celebrity couple](#) dated for almost four years.

**After four years, Sarah and Michael experienced a celebrity break-up. What are some ways to know it’s time to give up on a long-term**

# relationship?

## Cupid's Advice:

Sometimes you can get so secure in a long-term relationship that it just seems easier to stay with your partner because it is comfortable. But even relationships that have lasted long may be due for a split. How do you know when? Cupid is here with some advice on how to know if your relationship may be ready for a change:

**1. You only communicate when you have to:** If you are in a long-term relationship, it may seem as if you already know so much about your partner. You may lose that curiosity that was fluttering in the beginning of your relationship. Therefore, you only talk to them when necessary. If you realize this is happening, you can work to change it, but if it feels too forced, that's when you know.

**Related Link:** [Celebrity Break-Up: Lena Dunham & Jack Antonoff Split After 5 Years Together](#)

**2. Time with each other is scarce:** In relation to the point mentioned above, sometimes you can get so close to your partner that you stop going out of your way to make time for cute dates and just special time together in general. Again, you can work to change this, but you need to make sure that your partner is in on it, too. Be open and communicative, and make the effort if you feel as if your relationship is worth saving.

**Related Link:** [Celebrity Break-Up: How Jennifer Lawrence & Darren Aronofsky's Age Difference Led to Their Split](#)

**3. You're just not happy:** It is painful when you really do love your partner but you are just not happy in your relationship anymore. It takes maturity to realize this. If

you discern that you are simply not happy anymore, bring it up to your partner and see if they are on board for making changes in your relationship. Although, sometimes the best change of all is to take time for yourself and realize your true capabilities outside of this long-term relationship.

**How do you know when it's time to end a long-term relationship? Comment below!**

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## **Celebrity Wedding: John Stamos & Pregnant Caitlin McHugh Tie the Knot**





By [Jessica Gomez](#)

In [celebrity news](#), [celebrity couple](#) John Stamos and Caitlin McHugh got married! According to [UsMagazine.com](#), the [celebrity wedding](#) took place on Saturday at the Little Brown Church in Studio City, followed by the reception at Stamos' home in Beverly Hills. The magical day will be one of many considering McHugh is pregnant with the happy couple's first [celebrity baby](#).

**This celebrity wedding was one for the books. What are some ways to honor your unborn child at your wedding?**

**Cupid's Advice:**

In today's day and age, there's no shame with being a pregnant bride! Cupid has some ideas on ways to give some recognition to your little bundle of joy:



# Surprise! Kylie Jenner Gives Birth to Baby Girl with Travis Scott



By [Jessica Gomez](#)

Congratulations to [celebrity couple Kylie Jenner](#) and Travis Scott on officially becoming parents to a new baby! In [celebrity news](#), Jenner gave birth to a baby girl this past week, according to [EOnline.com](#). At that time, Mom [Kris Jenner](#) and sister [Kim Kardashian](#) were seen at the hospital along with Travis Scott and Kylie's best friend Jordyn Woods. The [celebrity baby](#) has not yet been named. As the world knows, Jenner kept her pregnancy on the down low, making this news even more relevant. "I'm sorry for keeping you in the dark through all the assumptions. I understand you're used to me

bringing you along on all my journeys,” Kylie said via Instagram on Sunday. “My pregnancy was one I chose not to do in front of the world. I knew for myself I needed to prepare for this role of a lifetime in the most positive, stress free, and healthy way I knew how. There was no gotcha moment, no big paid reveal I had planned. I knew my baby would feel every stress and every emotion so I chose to do it this way for my little life and our happiness,” she explained. “Pregnancy has been the most beautiful, empowering, and life-changing experience I’ve had in my entire life and I’m actually going to miss it. I appreciate my friends and especially my family for helping me make this special moment as private as we could. My beautiful and healthy baby girl arrived February 1st and I just couldn’t wait to share this blessing. I’ve never felt love and happiness like this I could burst! Thank you for understanding.”

**Well, this celebrity baby news wasn’t just a rumor! What are some reasons to keep your baby news to yourself for a while?**

#### **Cupid’s Advice:**

There are a few reasons that you may want to keep your pregnancy under wraps for a while, just like Kylie Jenner and many others. Cupid has some reasons as to why:

**1. You have a stressful pregnancy:** You just don’t need nor want the stress. If you have a sensitive pregnancy where your health and the one of your baby depends on you taking it easy, then hiding your pregnancy could be an option for you. If we feel like outside factors can cause us stress during a critical time, then as mothers-to be we must cut out those factors. Sometimes people can become over bearing when it

comes to receiving baby news – so if you're around those kind of peeps, you know what it is.

**Related Link:** [Khloe Kardashian Reveals How She Hid Her Pregnancy & How She Told Tristan](#)

**2. You're superstitious and don't want to jinx it:** This may not be logical to everyone. However, if it's logical to the mother-to be, then that's enough – it's her body and her baby. Sometimes certain people find reassurance and comfort in not telling people right away due to fear of a miscarriage or something going wrong. At the end of the day, as long as the baby news is delivered later rather than never, it should be enough.

**Related Link:** [Kim Kardashian Is a 'Very Hands-On Mom' with New Celebrity Baby Chicago](#)

**3. Judgy peers:** Whether these peers are at school or work, or are your neighbors, friends, or fam, sometimes they're just not the easiest people to deal with. At times, we may be surrounded by people who judge or gossip, and that can lead to you wanting to keep your pregnancy low-key. During pregnancy, drama should be avoided, so there's no shame in doing what you have to do.

**These are just a few reasons why you someone may hide their pregnancy. What are some reasons you or someone you know hid a pregnancy? Comment below!**

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**Celebrity Couple News:**



# Jennifer Lopez Gushes Over Alex Rodriguez



By [Carly Horowitz](#)

In [celebrity couple news](#), [Jennifer Lopez](#) recently made it crystal clear that she is very happy in her relationship with Alex Rodriguez. According to [EOnline.com](#), Lopez said, "He's so supportive." Rumors are swirling that this [celebrity couple](#) may be pondering the idea of a [celebrity wedding](#) soon. When asked if the engagement rumors have truth to them, Rodriguez replied, "Jennifer's amazing. It's nice, it's nice. You're gonna make me blush now! Now I'm sweating. No, she's an amazing girl."

# In celebrity couple news, rumors are swirling that J. Lo and A-Rod may be hearing wedding bells soon! What are some ways to know your relationship is ready for marriage?

## Cupid's Advice:

Marriage is a big step to take, but when you're with the right person, it is so easy and natural. Cupid is here with some ways to know if you are ready to tie the knot:

**1. If their snoring is music to your ears:** If you find that you admire the annoying or even gross things that your partner does, that is definitely a sign that you will be able to spend a lifetime with them.

**Related Link:** [Royal Celebrity Wedding: Princess Eugenie Is Engaged to Longtime Boyfriend Jack Brooksbank](#)

**2. You're good at compromising:** You will clean the dishes if they take out the garbage. If you and your partner have an honest relationship where you can discuss things openly and make sure that both of your needs are taken into consideration, then that is a good sign as well.

**Related Link:** [Celebrity Couple Miley Cyrus & Liam Hemsworth 'Have Zero Plans' for a Wedding](#)

**3. You fantasize about life after you get married:** Yes all of us love to picture how amazing our magical wedding day will be, but if thinking about what comes after that makes you just as happy, then it is safe to say that your relationship is ready for marriage. Thinking about buying a house, starting a family, and growing old together should make your heart

flutter.

What are some other ways to know if your relationship is ready for marriage? Comment below!

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# Celebrity Break-Ups: Charlie Puth Says Selena Gomez Romance Messed Him Up



By [Carly Horowitz](#)

In [latest celebrity news](#), Charlie Puth reveals that his short

relationship with [Selena Gomez](#) had a significant impact on him. According to [UsMagazine.com](#), Puth explains that his [celebrity break-up](#) with Gomez fuels the energy behind his song "We Don't Talk Anymore." Puth further elaborates, "You gather up a bunch of emotion with the life shovel, throw it in the life bucket, mix it up. And she evoked such good emotion on that song, it was a pleasure working with her. That's why I'm always happy to sing it, even though it came from a dark point in my life."

## **Even celebrity break-ups leave a lasting effect on their victims. What are some ways to cope with a recent break-up?**

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

Time can't measure the amount of feelings you may have for someone in a relationship. Also, you may carry the effects from a break-up for years to come. Luckily, Cupid has some advice on how to cope with a recent break-up so that you can respectfully accept what happened and become better from it:

**1. Change up your workout regimen:** When you exert energy from working out, endorphins are released in your brain. This helps to fight stress and heighten your happiness level. Take this post break-up time to better yourself and your body. Go to the gym with your friends and do some fun workout routines together! Remember to not overwork yourself though. Do just enough so that you feel happy and healthy.

**Related Link:** [Celebrity News: The Weeknd Hangs Out with Justin Bieber's Ex Post-Selena Gomez Split](#)

**2. Write it out or talk it out:** When emotions are bottled up

inside of you continuing to boil and you don't let them spill out, it can be very detrimental to your overall well-being. It is healthy to get out how you are feeling. Identify your feelings in order to get past them. If you don't feel comfortable talking to anyone in your life about your personal post break-up feelings, start a journal. Write down your thoughts and feelings. Let it all out- so then you have more room in your heart to let love in.

**Related Link:** [Celebrity News: Miranda Lambert Throws Shade at Celebrity Ex Blake Shelton With Key Lyric Change](#)

**3. Go outside:** Fresh air has the power to boost your mood and self-esteem. This is a simple way to clear your head post break-up. It is easy to stay in your bed all day and sulk about what is going on your life. Make an effort to try to get outside at least once a day for a few hours. Smile and realize that this world is so beautiful!

How have you coped with a recent break-up? Comment below!

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**Celebrity News: Sarah Jessica Parker Says Time Apart is Beneficial to Her 20-Year Marriage to Matthew Broderick**





By [Jessica Gomez](#)

In [celebrity news](#), Sarah Jessica Parker explains how having busy schedules helped her 20-year marriage to Matthew Broderick. According to [UsMagazine.com](#), Parker appeared on an episode of *Girlboss Radio with Sophia Amoruso*, expressing how time apart was beneficial to the [celebrity couple](#). “I know this sounds nuts, but we have lives that allow us to be away and come back together,” Parker said. “His work life takes him here, and mine takes me there. In some ways, I think that that’s been enormously beneficial because we have so much to share in a way,” she continued. And the actress had some insight as well: “Anytime that any relationship is hard, it’s the point in which you’re deciding, ‘Is this worth the investment getting through whatever that thing is?’”

**In celebrity news, time away truly does make the heart grow fonder.**

# What are some ways that distance can actually help your relationship?

## Cupid's Advice:

Sometimes in a relationship, you do need space. Sometimes we like it, sometimes we don't – but that's how it is! Here are a few ways relationships can benefit from space:

**1. It can boost your individual growth:** When in a relationship, we can sometimes lose sight of who we are as an individual. Many times this is due to the compromises we have to make and our focus on “couple goals,” more than individual goals. Time apart will help because you'll get alone time. During this time, give some thought into where you want to go in life. Think of you, the individual. You can also learn some new things about yourself. As humans, we are constantly changing, and having space for yourself provides the environment and alone time to recognize something about yourself – which leads us to #2...

**Related Link:** ['The Bachelor' Star Catherine Giudici Reflects on 4-Year Marriage to Sean Lowe](#)

**2. You can learn something new, like a hobby:** And bring it back to your relationship. If you both learn new things while having time apart, it can be an exciting experience to share it with your partner after. Doing new things while there is space between you two helps because you learn things that are concentrated around your personal preferences and interests. You're doing two things: enjoying your time alone while learning and bringing something new that can even maybe spice up the relationship.

**Related Link:** [How Jessica Biel & Justin Timberlake Keep Their](#)

## [Marriage Strong](#)

**3. It can increase trust and decrease insecurities:** If you're going to have time apart, you obviously have to trust each other. And if you don't trust each other, then you have to build that trust – and time apart is a way to do so. You can also gain a new perspective on the relationship. The independence you'll receive can actually make you more confident since you'll be focusing on yourself. Trust us, like we said before, some time apart can make the heart grow fonder.

**What are ways giving each other space has helped your relationship? Share below!**

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# **Celebrity Couple News: 'Bachelorette' Alum Dean Unglert Is 'Incredibly Happy' Since Dating Lesley Murphy**







By [Jessica Gomez](#)

In [celebrity news](#), handsome [Bachelor in Paradise](#) alum Dean Unglert is doing well in the love department! According to [UsMagazine.com](#), Unglert claims that he's "incredibly happy" and in a good place in life right now, best since he left the show. And he's thinking long-term! Unglert spoke about his new romance with Lesley Murphy, a fellow contestant on *The Bachelor Winter Games* on Tuesday. They've been active on social media, liking each other's photos – cute! The [celebrity couple](#) also took a trip to the Sundance Film Festival in Park City, Utah, on January 19 and were seen holding hands.

**This *Bachelor* Nation celebrity couple seems to be happy so far! What are some ways to know you've met your match?**

**Cupid's Advice:**

Being with someone new is exciting, especially when you think they're a great match! Cupid has some tips on how to suspect you've met yours:

**1. You have tons in common:** It's obviously okay to have some differences, but when you have all that stuff you want to have in common, it's great. You just vibe really well. Being interested in a lot of things builds a connection. The things you should look out for to have in common are values, morals, ambitions, and sense of humor!

**Related Link:** [Shailene Woodley Makes Relationship with Rugby Player Ben Volavola Instagram Official](#)

**2. You feel safe and comfortable with them:** This is something great to feel with someone! You feel comfortable being yourself with them, silences aren't awkward, and you're just at ease around them. You don't feel like you're walking on eggshells around them. This is what you need to build a secure home together in the long run, so this shows that there possibly is a future with that person, which brings us to #3...

**Related Link:** [Lady Gaga & Fiance Christian Carino Share Kiss Backstage at Grammys 2018](#)

**3. You see a future with them:** Sometimes we date Mr or Ms. Right Now for the moment, but sometimes that "now" part disappears. When you see a future with a person, that says something. Yeah, sometimes we can make a mistake and think someone is the one when they're not – It happens. However, you have to be able to see them fit into your future really well if they are your perfect match. If the thought of them in your future excites you and makes you feel like bright days are ahead for the both of you together, then that's a really good sign!

**What are ways you realized your partner was your perfect match? Comment below!**

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# Are Nikki Bella & John Cena Calling Off Their Celebrity Wedding?



By [Karley Kemble](#)

Uh oh, there could be another celebrity couple calling it quits! In a newly released trailer for season three of *Total Bellas*, Nikki Bella and John Cena are shown sharing an emotional moment together, with Bella asking Cena, “So, we really want to call this off?” According to [EOnline.com](#), the [celebrity couple](#) could very well be talking about canceling their upcoming [celebrity wedding](#). Cena and Bella

have been together since 2012. We'll have to tune into the episode to see how it pans out, which unfortunately isn't until later this spring!

## **Things aren't looking great in terms of John & Nikki's upcoming celebrity wedding. What are some reasons to call off your engagement?**

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

Sometimes, things don't go according to plan. Relationships end, engagements are called off – that's just the way it goes. Check out Cupid's advice:

**1. You're having major problems:** It's normal for any relationship to have their share of differences. However, there is a difference between a small tiff and frequent blowups. If do not feel there will be any chance at reconciliation or forgiveness, perhaps you should consider breaking off your engagement.

**Related Link:** [Relationship Advice: Keep Your Relationship Strong When You Share Home and a Workplace](#)

**2. You don't want to be an inconvenience:** If you are having doubts about marrying your partner, but don't want to cancel your wedding for the sake of inconveniencing others, that is a very telling sign! You shouldn't feel pressured to get married, and should know with every fiber of your being that this is a step you want to take. Don't succumb yourself to unhappiness just to satisfy others.

**Related Link:** [Psychologist Breaks Down Relationship Fears in](#)

[New Book, 'Love Me, Don't Leave Me'](#)

**3. You're worried this could be your only chance:** Listen here, if you are only with your current partner because you are afraid nobody will ever love you again, you are completely wrong! Do not marry somebody because you don't want to be forever alone. In fact, this actually shows that you are not ready to take the next step in your relationship.

**Have you ever called off a wedding? How did you know it was the right thing to do? Share your story below.**

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## **Celebrity News: Gordon Ramsay Lost 50 Pounds to Save Marriage to Wife Tana**





By [Karley Kemble](#)

Anyone on a weight loss journey has an individual reason why they want to get fit. For some, it's to build self-confidence, or to shred for a wedding. For celebrities like Gordon Ramsay, it's to save his marriage. In the latest [celebrity news](#), Ramsay was motivated to lose over 50 pounds after seeing a photo of himself with his wife Tana, reports [UsMagazine.com](#). Shocked by how overweight he was, Ramsey wondered how his wife stayed around, because she was "better-looking and more gorgeous" but "getting in bed with a fat f-k." Balancing his busy schedule with his personal life was challenging, but once he started to put his goals at the forefront, he started to see success on the scale! We're so glad that the [celebrity couple](#) is still going strong.

**In this celebrity news, Gordon Ramsay wanted to get fit for his**

# wife. What are some ways fitness can help your relationship?

## **Cupid's Advice:**

You may not think fitness has anything to do with your relationship, but Cupid has news for you! Check out Cupid's Advice and see how being in shape impacts your relationship with your spouse:

**1. Lowered stress levels:** Any form of physical activity helps clear your head. Whether you participate in a spin class, go for walk, or do some yoga, all have the ability to significantly reduce your stress levels. The rush of endorphins cause you to feel happier, which transfers over into your relationship, too!

**Related Link:** [5 Surprising Foods Your Favorite Celebrity Chefs Love to Hate](#)

**2. More confidence:** Sure, some days you would rather do anything else than work out, but have you ever regretted a good sweat afterwards? Our guess is probably no! In fact, your self-confidence will certainly be higher. When you feel good about yourself, you feel more worthy of attention and worthy of love.

**Related Link:** [Famous NY Restaurant: Black Tap is the Latest Obsession in Burgers & Flashy Milkshakes](#)

**3. Higher energy:** Building your stamina gives you more energy to do things you love! You'll be more eager to agree to a romantic late-night stroll, or early morning sunrise hike! You will also have more stamina for cardio-related bedroom fun (wink, wink!)

**How has fitness impacted your relationship? Leave us a comment below!**