

Celebrity Interview: Former 'Bachelorette' Ali Fedotowsky Shares Her Tips on Staying Fit as a New Mom



Interview by [Lori Bizzoco](#). Written by [Noelle Downey](#).

It's no secret that, when it comes to being a new mother, things can get pretty hectic. This sentiment certainly rings true for [celebrity mom](#) and former star of [The Bachelorette](#), [Ali Fedotowsky](#). She recently chatted with CupidsPulse.com about her best survival tips for maintaining work-life balance, how to find time for fitness, and her exciting partnership with healthy snack company, goodnessKNOWS. Plus, she dishes on all things *Bachelorette* and

Rachel Lindsay's search for love so far!

Celebrity Mom Ali Fedotowsky on How She Stays Fit

There's no doubt about it: Fedotowsky is busy! With her recent March wedding and her daughter Molly's first birthday coming up in early July (they're celebrating with a unicorn-themed backyard barbecue!), her life is filled to the brim with the happiest kind of chaos. So how does this reality TV star manage to do it all while also keeping herself sane? "For me, it's about taking little steps to take care of myself," she shares in our celebrity interview. "For example, if I need some time to myself, I tell Kevin. I have an amazing husband who always tells me to go do what I need to do."

Related Link: [Celebrity Baby: Ali Fedotowsky Says She's Ready to Be Pregnant Again](#)

Even when she's not dishing about the latest styles on her thriving lifestyle blog or spending time with her sweet family, Fedotowsky doesn't let herself slack off. Since she became a new mom last year, she has committed herself to staying fit. "Sometimes, I'll do the tree pose while holding my daughter," she admits with a laugh.

She enthuses about her newfound love of yoga in more detail, saying, "Yoga is the best. Yoga is the only thing I do – I'm not a gym person at all. I love how I can do it at home. I love the convenience of it and how it shapes my muscles in ways other workouts don't." Seems that this familiar and fun form of exercise is the perfect mix of convenience and challenging for this busy celebrity mom!

Reality TV Star Reveals Partnership with goodnessKNOWS in Celebrity Interview

Of course, it takes a lot of energy to stay fit and take care of your body. Fedotowsky swears that she has the secret weapon for keeping your energy up: goodnessKNOWS snack squares. The snacks, which combine essential vitamins with a delicious crunchy texture and great taste, are her lifesaver when it comes to eating healthy. “My girlfriends and I are all very conscious of what we put into our bodies,” she reveals, “so we can have a little bit of wine and be naughty but also have the cranberry almond dark chocolate goodnessKNOWS snack squares. They’re only 150 calories for all four!”

In fact, the celebrity mom was so thrilled with goodnessKNOWS and their healthy snacking initiative that she recently took things a step further and partnered with them on a new project for National Yoga Day. “We did a Facebook Live stream. It’s all about yoga and how you can do it at home and how good it can make you feel,” she explains in our celebrity interview. She hopes to show other new moms that they don’t have to be any kind of fitness guru to live their healthiest lives.

Related Link: [‘Bachelorette’ Alum Ali Fedotowsky Gives Birth to Celebrity Baby Girl](#)

Ali Fedotowsky Dishes On the Newest Season of *The Bachelorette*

Every busy mama needs a break, and Fedotowsky is no exception. Just like so many of us, during her free time, she has been keeping up with the current season of *The Bachelorette*. “I love this season and Rachel,” she enthuses. “I think she’s

poised, fun, articulate, beautiful – everything a *Bachelorette* should be!”

Of Lindsay’s reality TV journey so far, Fedotowsky adds, “There are some guys who keep sneaking through the cracks. Like Lee is still there – that’s a questionable decision.” Ultimately, though, the lifestyle blogger believes that Lindsay is destined for love: “Rachel’s not stupid. She knows what she’s doing. I think she’s doing an incredible job opening up her heart!”

To keep up with Ali, check out her lifestyle blog [Ali Luvs](#).

Celebrity Baby: Kim Kardashian & Kanye West Hire Surrogate for Third Child





By [Marissa Donovan](#)

[Celebrity couple Kim Kardashian](#) and [Kanye West](#) have decided to expand their family! Kardashian mentioned wanting more [celebrity babies](#) during an episode of *Keeping Up With The Kardashians* that aired in March. The [celebrity parents](#) are now making it official by hiring a surrogate. Doctors have warned Kardashian that getting pregnant again would be dangerous for her health. According to [UsMagazine.com](#), the surrogate will be paid “\$45,000 total in 10 installments” and will be given additional money if she loses reproductive organs or delivers multiple children.

There’s soon to be another West celebrity baby joining the ranks! What are some options to consider if you can’t naturally have a

child?

Cupid's Advice:

There are many alternatives to bringing a child into your family. Check out this [parenting advice](#) for those wishing to expand their family:

1. Become a foster parent: Take the responsibility of being a child's caretaker. Research programs and their guidelines on how to apply. Check to see if your lifestyle meets their criteria for becoming a foster parent. Training programs to become a foster parent are available if this option feels right for you.

Related Link: [5 Celebrities That Have Been Adopted](#)

2. Adopting from teen mothers: Many young parents lack the financial stability for raising a child. Programs such as [Lifetime Adoption](#) help you find young mothers that are currently searching for loving families to welcome her child.

Related Link: [Celebrity Baby: Kim Kardashian Reveals Plans to Have Third Child with Kanye West](#)

3. Finding a surrogate: Like the [celebrity couple](#) mentioned above, find a service that matches you with women willing to carry your child. Having a surrogate might be the best option for your lifestyle.

Do you have any baby name ideas for Kim Kardashian and Kanye West? Leave your suggestions in the comments!

Celebrity Baby: Ali Fedotowsky Says She's Ready to Be Pregnant Again



By [Melissa Lee](#)

Former *Bachelorette* contestant [Ali Fedotowsky](#) recently spilled to [UsMagazine.com](#) that she and husband Kevin Manno are ready for [celebrity baby](#) number two! The [celebrity couple](#) tied the knot back in March, but are already parents to their one-year-old daughter, Molly. "I wouldn't mind if I was pregnant right now," Fedotowsky says. "We want another baby, and we want them to be close."

There may be another celebrity baby on the way soon! What are some ways to know you're ready for a second child?

Cupid's Advice:

This celebrity couple is already preparing for their second child. Sometimes it can be tough deciding when you and your partner would like to bring another child into the world, but Cupid has some advice:

1. Things are under control: Already having one baby in the house can be chaotic, so making sure you and your significant other are managing is super important. If the two of you feel that you are handling the stress with ease, then it may be time to prepare for a second child.

Related Link: [Relationship Advice: 5 Ways Therapy Can Help Your Relationship](#)

2. Look at your financial situation: What's more expensive than having one child? Having two children! Make sure you two are in a decent financial situation where you will be able to care for your entire family. If this is not the case, there's a possibility that it may not be the right time for another baby.

Related Link: [5 Most Romantic Celebrity Couples](#)

3. Reflect on your relationship: Will a second child bring your relationship happiness, or will it stress you two out even more? Babies can put a strain on relationships since there's so much going on, so if you and your partner are already experiencing troubles, maybe you should work on that before deciding to have another child.

What are some ways you know you and your partner are ready for a second child? Leave your thoughts below.

Celebrity News: Tempers Flare Between Lee & Kenny on 'The Bachelorette'



By [Melissa Lee](#)

On this week's episode of *The Bachelorette*, jealousy proved to be a dominant emotion as fierce competitors Lee and Kenny began to battle it out. In [celebrity](#)

[news](#), [UsMagazine.com](#) reported that Lee initially interrupted a heartfelt moment between Kenny and Rachel Lindsay, this season's *Bachelorette*. By the end of the night, Kenny and Lee had engaged in a screaming match. According to Kenny, Lee had been giving him "shade" and was "super disingenuous," but Rachel ended up giving them both roses.

This celebrity news is evidence that jealousy comes in a lot of forms. What are some ways to deal with a jealous partner?

Cupid's Advice:

Although this conflict is a result of reality television, jealousy exists in a real life. Dealing with a jealous partner can be difficult, but can get easier when it's handled the right way. Luckily, Cupid has some [relationship advice](#) for this situation:

1. Trust: If there is jealousy in your relationship, it most likely exists because there isn't a mutual trust between you two. The first step to dealing with a jealous partner is to enforce trust as much as possible. Do your best to reinforce this by reflecting trustworthy behavior, and your significant other will slowly begin to understand that they don't have as much of a reason to be jealous.

Related Link: ['Bachelor' Celebrity Couple Sean & Catherine Lowe Share 'Foolproof' Marriage Advice](#)

2. Be understanding: If there has never been a breach of trust in your relationship, it's of importance to understand that your partner's jealousy comes from a separate cause, whether it be a previous unhealthy relationship or something as simple as anxiety. Don't get frustrated with your partner and

constantly question why they don't trust you. Instead, work with them, asking what you can do to make them more comfortable.

Related Link: [Celebrity News: ABC Suspends 'Bachelor In Paradise' Production in Mexico Amid 'Misconduct' Allegations](#)

3. Be aware of the healthy/unhealthy line: Jealousy is a natural emotion, so it's understandable if you or your significant other exhibits such behavior. However, you should be aware of when their conduct becomes unhealthy – if they prevent you from going places with other people, if they're texting/calling you *nonstop*, etc. Make sure you recognize if it starts to become obsessive and unhealthy.

What are some of your tips for dealing with a jealous partner? Share your thoughts below.

Celebrity Wedding: 'Bachelor in Paradise' Stars Evan Bass & Carly Waddell Are Married





By [Marissa Donovan](#)

Season 3 [Bachelor in Paradise](#) alums Carly Waddell and Evan Bass tied the knot on June 17th in Mexico. The [celebrity couple](#) initially planned to share their vows on Season 4 of *Bachelor in Paradise*, until the show was recently suspended from filming. According to [Hollywoodreporter.com](#), Bass shared that the [reality TV](#) show guided him to “personal redemption” by meeting Waddell. The two became close on the show by talking on the beach. Let’s hope other alums of *Bachelor in Paradise* can have their own happy ending!

This [celebrity wedding](#) shows that not all time in Paradise is filled with negative drama. What are some unique ways to meet “the one”?

Cupid’s Advice:

Meeting “the one” sometimes happens by chance. Here are some

events you should consider attending in hopes you can bump into your future partner:

1. Attend a “paint and sip”: You do not have to call yourself an artist to enjoy a paint and sip. Go alone and ask people for tips and advice on how to create a stunning painting. You might even get advice from your future partner! Check out venues that will be hosting one soon.

Related Link: [Celebrity News: ABC Suspends ‘Bachelor in Paradise’ Production in Mexico Amid ‘Misconduct’ Allegations](#)

2. Attend a book reading: This is a great way to meet people interest in the same topics you are! A Q&A after the reading or a booking signing is the perfect opportunity to chat with others. You might be lucky enough to strike up a conversation with the right person for you! Search for bookstores in your area that host book readings.

Related Link: [‘Bachelor in Paradise’ Couple Marcus Grodd and Lacey Faddoul Tie the Knot](#)

3. Attend a beach party: Take advantage of the summer heat by going to a beach party. Invite friends along for volleyball games or just to scope out the beach. One of them might introduce you to one of the party guest! Ask friends or check venues that host beach events.

What are some out of the ordinary ways to meet someone special? Leave your ideas in the comments!

Celebrity News: Find Out What

Corinne Olympios Remembers from Night of 'Bachelor in Paradise' Incident



By [Marissa Donovan](#)

In the heat of the [Bachelor in Paradise](#) incident, details on Corinne Olympios's memory of the event have been disclosed. [The Bachelor](#) alum has yet to see the footage from the night of the event. She can only remember her last drink before blacking out. According to an insider who spoke with [EOnline.com](#), female co-stars of the show knew she was very drunk due to her inability to walk. Olympios was also reportedly never notified by *Bachelor in Paradise* producers that she would be having a scripted romance with DeMario Jackson. The source also shared that Olympios has spoken to

producers since the show stopped filming and was not responsible for the complaint they filed.

This celebrity news still has us wondering what actually happened in Paradise. What do you do if your partner becomes too controlling?

Cupid's Advice:

Being in a very controlling relationship can be uncomfortable and unhealthy. Consider this [relationship advice](#) on how to handle a manipulative partner:

1. Attend a couples therapy session: Discussing your partner's behavior will not be an easy task. They may be in denial about how they have treated you, or they may defend their actions. Talking with outsider of the relationship can help you work out issues that you both have. This will hopefully change your dynamics as a couple.

Related Link: [Celebrity News: 'Bachelor in Paradise' Star DeMario Jackson Says He 'Didn't Do What He's Being Accused Of'](#)

2. Inform close friends on their behavior: Letting a close friends know your partner's behavior is for your own state of mind. Not only will you feel better releasing all your emotions about the relationship, but you will also have a resource in case the relationship becomes dangerous. Tell them not to tell your partner about what you have shared and make sure they are in your phone contacts.

Related Link: [Celebrity News: ABC Suspends 'Bachelor in Paradise' Production in Mexico Amid 'Misconduct' Allegations](#)

3. End the relationship: You may feel obligated to be in the

relationship due to the many happy memories and years you've spent together. It's extremely important to acknowledge the moments you have felt sad and helpless. Ending the unhealthy relationship will make you happier and healthier in the long run!

What tips do you have for dealing with a controlling partner? Leave your best advice in the comments!

Find Out About George & Amal Clooney's First Week as Celebrity Parents





By [Marissa Donovan](#)

It's been a week since Amal and [George Clooney](#) became parents to twins. The Clooney family of four spend some time in the hospital before welcoming the twins into their house in England. According to sources who spoke with [EOnline.com](#), George and Amal have hired nurses to help with the twins sleeping schedule for eight weeks. The [celebrity couple](#) have also had help from locals in their community. The community members have been guarding photographer from circling around their home. George and Amal have embraced the challenges of being [celebrity parents](#) to both their daughter and son.

These celebrity parents no doubt have their hands full with their newborn twins. What are some ways to prepare your relationship for

the addition of twins?

Cupid's Advice:

Newborn twins can be overwhelming and can put a strain on your relationship. Here are some tips for helping you stay happy during their arrival:

1. Make a sleeping schedule: Although you might not have at home nurse like the Clooneys, make sure you and your partner work out a sleeping schedule for your children. Reading parenting books can help you strategize how to take turns getting up during the night. Take turns taking naps to avoid being cranky with each other.

Related Link: [Celebrity Baby: George and Amal Clooney Welcome Boy & Girl Twins!](#)

2. Have your parents come over to help: Your parents are probably waiting for you to ask them for help! Spending time with their grandchildren is something they've been looking forward to. Taking them up on an offer or asking for their help will allow for quality time to relax with your partner.

Related Link: [Celebrity Baby News: Beyoncé Announces She's Expecting Twins with Jay-Z](#)

3. Complement each other parenting abilities: Giving each other compliments can increase the love and trust you have for another. Words can insure that you both still deeply care about each other, despite the stress your twins have been causing. Even a thank you can allow the person to know you value them as a partner and a parent.

Do you have any tips for keeping your relationship strong while having twins? We want to hear about your experiences in the comments!

Celebrity Couple News: Kylie Jenner & Boyfriend Travis Scott Are 'Serious'



By [Marissa Donovan](#)

[Kylie Jenner](#) and hip hop artist Travis Scott have been taking their relationship to the next level. On June 12th, the two posted pictures of their matching butterfly tattoos on Snapchat. The [celebrity couple](#) was first spotted together at Coachella back in April. According to sources who spoke with [UsMagazine.com](#), Scott told friends that his relationship with Jenner is the real deal. It's safe to say her on again, off

again relationship with rapper Tyga has finally come to a close.

This celebrity couple are making the transition from casual to serious. What are some ways to know you're ready to make your relationship serious?

Cupid's Advice:

Have you been wondering if you should make your casual relationship serious? Here are some signs you're ready to take it to the next level:

1. You both feel comfortable together: Casually meeting up has always been fun for the both of you. You feel comfortable enough to talk about anything. If you both feel this way, then consider what it would be like if you made the relationship serious.

Related Link: [Celebrity Couple Kylie Jenner & Travis Scott Take Romance to Miami](#)

2. Your friends like the person you're dating: Your friends' approval is a good sign of knowing if you should continue forward with the relationship. Their first impression of the person will most likely be the same as your family. They don't have to be ecstatic about the relationship at first, but close friends can give you insight of what's best for your lifestyle.

Related Link: [New Celebrity Couple? Kendall Jenner & A\\$AP Rocky Step Out for Dinner After 'Flirty' Outing](#)

3. You want to be with each other 24/7: Would you both rather

being seeing each other in person than texting? This is a sign that you are naturally becoming serious as a couple. If distance apart makes you think about each other, you might want to think about becoming serious.

What are your tips to taking the relationship to the next step? Leave your [relationship advice](#) in the comments!

‘Bachelor’ Celebrity Couple Sean & Catherine Lowe Share ‘Foolproof’ Marriage Advice



By [Melissa Lee](#)

Season 17 *Bachelor* contestants Sean and Catherine Lowe have been going strong for nearly four years – a rarity for the *Bachelor* franchise, especially with all the [recent drama](#) surrounding the show. The couple sat down with [okmagazine.com](#) to reveal their “foolproof” marriage advice, which includes attending a marriage group, being committed, and constantly working on their relationship. We wish the best of luck to the Lowes, plus their adorable one-year-old boy, Samuel!

This celebrity couple has come a long way since *The Bachelor*! What are some ways to keep your marriage strong?

Cupid's Advice:

Against most odds, Sean and Catherine Lowe have managed to keep their marriage afloat by working hard to keep committed. If you and your significant other are in a similar position, here are some tips to keep your relationship strong:

1. Problem? Acknowledge it: If there's an on-going issue between you and your partner, don't ignore it – acknowledge the problem by sitting down to have a productive conversation that consists of finding the cause and a solution.

Related Link: [Relationship Advice: How Excitement Drives Your Expectations](#)

2. Don't be afraid of counseling: Sean and Catherine attended marriage counseling to work out their problems (along with thousands of other couples, celebrity or not), and it ended up heavily working in their favor. There's nothing wrong with

seeking help from a professional and it can do amazing things for your relationship, including introducing the opportunity to make your marriage that much stronger.

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

3. Make time together: If you and your partner tend to live busy day-to-day lives, it's important to make time for one another so you're able to simply sit down and spend time together. This one-on-one time could be extremely beneficial. Whether it consists of a date night, watching a movie together, or even just discussing your days before going to bed, forming this routine could improve your marriage.

What are some of your tips to strengthen marriages? Leave your thoughts below.

Celebrity News: Diplo Fires Back After Katy Perry Knocks His Bedroom Skills





By [Marissa Donovan](#)

Diplo is not okay with getting third place by his [celebrity ex Katy Perry](#). In [celebrity news](#), Perry had a live stream interview with *The Late Late Show's* host James Corden and made a list from worst to best on her most recent sexual partners. The DJ responded to article on [Twitter](#) saying that he doesn't remember having sex with the pop singer during their 2014 fling. Perry tried defending the list during the live stream by saying she would sleep with all of them once she ended her many live stream videos.

In this celebrity news, Diplo isn't taking Katy's criticism lightly. What are some ways to keep rumors from affecting your relationship?

Cupid's Advice:

Gossip about your relationship can be hard to hear. Don't let

swirling rumors get the best of your relationship with these tips:

1. Confront your partner: Let your partner know what you have been hearing. You can come together and bring down the rumor or you can let it blow over. Being on the same page with your partner will make it easier to deal with.

Related Link: [Katy Perry's Boyfriend Diplo Welcomes Celebrity Baby Boy with Celebrity Ex Kathryn Lockhart](#)

2. Distance yourself from the rumor starters: Sometime the people who you associate with can be the source of bad relationship drama. Don't let their remarks make you feel insecure about your relationship. Decline hanging out together until you can find a time to confront them about the rumor.

Related Link: [Relationship Advice: Does Time Apart Heal Betrayal?](#)

3. Have a date night: If the rumor is causing tension in the relationship, try a relaxing or fun date night. Once you and your partner both acknowledge the rumors are false you can reconnect once again!

How can you avoid rumors from effecting your relationship? Leave your best [relationship advice](#) in the comments!

Celebrity News: 'Bachelor in Paradise' Star DeMario

Jackson Says He 'Didn't Do What He's Being Accused Of'



By [Marissa Donovan](#)

Despite the recent incident that caused *Bachelor in Paradise* to stop filming its upcoming season, DeMario Jackson is keeping his head held high during sexual assault claims. In [celebrity news](#), Warner Bros. have been examining an incident that reportedly happened between Jackson and Corinne Olympios. Sources from [UsMagazine.com](#) shared that the two had been excessively drinking the whole day. This led to the stars of the [reality TV](#) show to have a moment together in the pool. The rest of the cast are unknowing of the details and are not involved with the investigation.

This celebrity news regarding [Bachelor in Paradise](#) is getting more convoluted by the day. What are some ways to debunk relationship rumors that are hurtful to you?

Cupid's Advice:

Rumors have a good way of changing what actually happened during the relationship. Check out some tips to put a stop to them:

1. Confront your ex or current partner: The first person you should go to is the person connected to the rumors. Tell them exactly what you heard being said. Hopefully this person can be mature and can put a stop to the rumor. If they are not responding to your hurt feelings, then move on to the people spreading the rumors.

Related Link: [Celebrity News: ABC Suspends 'Bachelor in Paradise' Production in Mexico Amid 'Misconduct' Allegations](#)

2. Confront the sources: Speak to the rumor spreaders. Let them know your truth and share how this rumor is currently effecting your life. People often gossip without realizing the impact it has on the person they're talking about. Sharing your side should give them clarity and reshape the rumor to what actually happened.

Related Link: [Celebrity News: Controversial 'Bachelor' Alum Corinne Olympios is Headed to 'Bachelor in Paradise'](#)

3. Speak to those who ask: Instead of making a public statement on social media, tell people who confront you. If

someone cares enough to hear what you have to say, then tell them the truth. The people who don't ask want it to end just as much as you do. Debunking rumors can't always be successful, but time will eventually reveal the integrity of the liars.

How would you deal with a relationship rumor? Give us your best [relationship advice](#) in the comments.

Celebrity News: ABC Suspends 'Bachelor in Paradise' Production in Mexico Amid 'Misconduct' Allegations





By [Marissa Donovan](#)

Looks like there's trouble for [Bachelor in Paradise](#)! The ABC reality TV show is currently in hot water over allegations of misconduct on set. The premiere was scheduled to air on Tuesday, August 8 at 8PM ET/PT. Sources from [EOnline.com](#) revealed that the production of the show has "suspended indefinitely." Rumors have been swirling that the situation involves Corinne Olympios and Jackson DeMario. Many of [The Bachelor](#) and [The Bachelorette](#) alums have already been sent home. This situation has put the show in jeopardy of being canceled. Yikes!

In this [celebrity news](#), not everything is roses in Paradise! What are some ways to keep jealousy out of your search for love?

Cupid's Advice:

Jealousy is often what gets us into trouble while being in a relationship. Consider these steps to avoid this dating flaw:

1. See everyone as your equal: This idea is sometimes challenging due to how we perceive people. It's threatening knowing someone could leave us for someone better. Consider everyone as your equal instead of your competitor. This mind set removes jealousy from your relationship.

Related Link: [Celebrity News: ABC Announces 'Bachelor in Paradise' Season 4 Cast](#)

2. Accept and overcome your insecurities: Acknowledge your flaws and finds ways to overcome feeling ashamed of them. If you do not feel comfortable in your own skin, you will hurt yourself and eventually the relationship you have. It's best to confront your insecurities before it ruins your relationship. Self love is the key to conquering jealousy.

Related Link: [Relationship Advice: Can You Cheat Jealousy?](#)

3. Be confident in who you are: Appreciate all of the amazing qualities you have as a person instead of evaluating someone else. Knowing your worth will help you avoid jealousy and will make your relationship stronger!

What are some great tips for avoiding jealousy? Leave your advice in the comments.

Celebrity Exes: Brandi Glanville Accuses LeAnn Rimes

of Keeping Tabs on Her Relationship



By [Marissa Donovan](#)

It's been years since the drama first started between [Brandi Glanville](#) and LeAnn Rimes. According to [EOnline.com](#), the tension between the two has gotten worse since the [Real Housewives of Beverly Hills](#) alum has made allegations about Rimes' behavior. Glanville believes that Rimes is trying to sabotage her current [celebrity relationship](#) with Donald Friesse. She accused the country singer of stalking the couple on Snapchat. On June 9th, Glanville posted a screenshot on [Instagram](#) to support her claim. Eddie Cibrian showed a text message on [Twitter](#) trying to debunk claims. No comments have been made by Rimes.

Though Eddie Cibrian is really Brandi Glanville's [celebrity ex](#), it's his new love LeAnn Rimes who can't get along with his ex. What are some ways to keep your new and past partners from butting heads?

Cupid's Advice:

It's hard to keep the peace when you have a bad history with someone's ex or current partner. Here are some tactics you can use for less drama:

1. Have an understand and positive mindset: Paranoia and jealousy often happen if a relationship didn't begin on good terms. Try understanding where the other person is coming from and set the tone. If the other person is making cruel remarks then try being the bigger person. If you are talking badly about the other person then stop and reflect on how this will only make things worse.

Related Link: [Brandi Glanville Says Drama Will End When LeAnn Rimes Has Her Own Kids](#)

2. Try team bonding exercises: You need to be trusting and civil if children are involved. Try finding team bonding workshops that will force you to work together instead of working against each other. You may not be best friends in the end, but at least you'll be on civil terms.

Related Link: [LeAnn Rimes and Eddie Cibrian Ready for Children](#)

3. Spend time away from the ex or current partner: Avoiding confrontation might be your best strategy. Spending time together might not work for your situation. Giving each

other space will allow for clarity.

Have you had problems with a ex or current partner? Share your advice on how to deal with the drama in the comments!

Celebrity News: ABC Announces 'Bachelor in Paradise' Season 4 Cast



By [Marissa Donovan](#)

Get ready for Season 4 of [Bachelor in Paradise](#)! Fan favorites such as Raven Gates, Robby Hayes, and Danielle Maltby from [The](#)

[Bachelor](#) and [The Bachelorette](#) will return for another chance at love in Mexico. According to ABC, viewers can expect many surprises such as unexpected guests and unlikely relationships. The first episode will air on Tuesday, August 8 at 8PM ET/PT!

In celebrity news, we're sure there will be no lack of drama in season 4 of *Bachelor in Paradise*! What are some ways to keep drama to a minimum in your relationship?

Cupid's Advice:

Conflict naturally happens when you spend so much time together as a couple. Here are some tips to reduce tension in your relationship:

1. Be upfront and honest while it's happening: Communicate your pet peeves as they come to light, and do not save them for later. Calling out the problem while it's still relevant will relieve you of bottled up emotions that will later build up over time and explode.

Related Link: [Celebrity News: Controversial 'Bachelor' Alum Corinne Olympios is Headed to 'Bachelor in Paradise'](#)

2. Avoid passive aggressive behavior: Petty behavior will become a bad habit in your relationship if you feel the need to hide behind your real emotions. If you or your partner act this way, take a deep breath and evaluate how to confront the problem.

Related Link: [Celebrity News: Amanda Stanton Is Returning to 'Bachelor in Paradise'](#)

3. Don't let the small stuff get to you: You have to pick and choose your battles. Drama is bound to happen, but it's better to let it be over a bigger problem like cheating, then a smaller problem like someone forgetting to do a certain chore. You and your partners feelings are valid. Just consider what you're fighting over.

Who are you excited to see on *Bachelor in Paradise*? Tell us in the comments below!

Celebrity Couple News: 'Bachelorette' Villain Chad Johnson Is Dating Zoe Baron





By [Marissa Donovan](#)

[Bachelorette](#) and [Bachelor in Paradise](#) bad boy Chad Johnson is currently in a serious relationship! Johnson has been swept away by model Zoe Baron. The two connected over Baron asking Johnson for [fitness tips](#). Baron also shared with [ETOnline.com](#) that they've been dating for a few months, but have recently made it official. This [celebrity couple](#) has been taking beach photos together on each other's Instagram accounts. Let's hope this relationship will calm down Johnson's wild ways.

It's a miracle! *The Bachelorette* villain Chad Johnson secured a girlfriend. How can you tell if your new partner has a mean streak?

Cupid's Advice:

Short tempered partners may act differently around you, but

McKenzie and Morena Baccarin Secretly Marry



By [Melissa Lee](#)

In [celebrity news](#), couple Ben McKenzie and Morena Baccarin secretly tied the knot over the weekend! According to [UsMagazine.com](#), the [celebrity wedding](#) took place at the Brooklyn Botanical Gardens in Brooklyn, New York. The [celebrity couple](#) already have a child together, Frances Laiz Setta Schenkan. We're wishing the best of luck to these newlyweds!

This celebrity wedding was

definitely a surprise! What are some benefits to a surprise wedding celebration?

Cupid's Advice:

McKenzie and Baccarin chose to go the discreet route for their wedding. Check out some advantages to having a low-key celebration:

1. It's private: At the end of the day, you and your partner's wedding celebration should come down to the fact that you love one another. By having a surprise wedding celebration, you're only inviting the people you two truly want to share this special occasion with, therefore making it a much more private event.

Related Link: [5 Most Romantic Celebrity Couples](#)

2. It won't be as stressful: Planning big weddings with tons of guests can get super stressful, especially when it gets down to the wire. If you and your partner decide to have a surprise wedding celebration, the pressure won't be half as bad. Together, you'll be able to enjoy both the planning process and the actual celebration so much more.

Related Link: [Relationship Advice: Post-Engagement Advice](#)

3. You'll save money: Less people equals a smaller venue, saving on invitations, save-the-dates, and more! If you and your significant other are on a budget, this might be the route for you. You have the option to have a shorter reception and ceremony, plus you can put that saved money toward the honeymoon!

What are some other pros to having a surprise wedding? Share your thoughts below.

Celebrity Vacation: Kate Hudson Travels to Cambodia with Boyfriend Danny Fujikawa



By [Melissa Lee](#)

In [celebrity news](#), [Kate Hudson](#) has revealed that she is in Cambodia with boyfriend Danny Fujikawa. According to [UsMagazine.com](#), this isn't just your normal [celebrity vacation](#), though – Hudson shared a picture of herself wearing a vest promoting the World Food Programme, the largest humanitarian organization that helps to fight hunger and helps families across the world.

This celebrity vacation has some humanitarian efforts built in! What are some ways to know your partner has the same values that you do?

Cupid's Advice:

Hudson and Fujikawa are clearly passionate about the same causes. Here are some tips to find out if you and your partner are on the same page:

1. Bring up your interests: If there's a particular cause, charity, or moral that you hold near and dear to your heart, don't be afraid to show your passion. Talk to your partner about it and show them how special this is to you – at the end of the day, good communication is always a huge pillar of relationships.

Related Link: [Date Idea: Volunteer and Start a Foundation Together](#)

2. Teach and learn: If your partner is unaware of a specific value (or vice versa), be open to teaching them about it! There's no harm in learning new things in a relationship, and it can even turn into another thing that you two can bond over.

Related Link: [Relationship Advice: Stay True to Yourself](#)

3. Get involved, together: If you end up finding something that you're *both* interested in, take a cue from Hudson and Fujikawa and take it to the next level and get involved first-hand. You never know what could come of it, and it could be a great date idea!

What are some of your tips to sharing the same values as your

partner? Share your thoughts below.

Celebrity Break-Up: Aaron Rodgers Still Isn't Talking to Family Post-Split from Olivia Munn



By [Marissa Donovan](#)

NFL star Aaron Rodgers is continuing his silent treatment with his family, even after breaking up with Olivia Munn. The conflict between the family is said to have been caused by

their dislike for Munn. Sources spoke with [UsMagazine.com](https://www.usmagazine.com) and shared that his family believed Munn was controlling during their three years as a [celebrity couple](#). Since the split, Rodger has been visiting L.A. to hang out with friends. Hopefully the family can reconnect soon!

This [celebrity break-up](#) didn't help matters with Aaron Rodgers' family relations. What do you do if your family doesn't like your partner?

Cupid's Advice:

We all want our family to love and respect our partner as much as we do. Here are some tips to fix the bad blood between your relationship and your family:

1. Spend more time together: The key to showing the best side of your partner is to let others see what you appreciate about them. Make an effort to have a family meal or a game night together. Your partner's charming traits will show during a round of Scrabble or dinner conversation.

Related Link: [Dating Advice: 7 Reasons to Get in Good with Your Partner's Family](#)

2. Discuss problems together in private: Get everyone in the same room and have an open dialogue. This tactic may be nerve-racking, but your family and partner will be able to acknowledge each other's problems and find a resolution.

Related Link: [Relationship Advice: 5 Ways Therapy Can Help Your Relationship](#)

3. Look at the conflict from multiple perspectives: You've heard what your family and partner have to say about each

other. Now let's take every word into consideration. Is my partner controlling? Is my family too closed-minded? If the rivalry can not be fixed and the relationship is putting a strain on your family ties, then you should see other people.

Do you know how to keep the peace between your family and partner? Leave your advice in the comments!

Celebrity Baby: George and Amal Clooney Welcome Boy & Girl Twins!



By [Marissa Donovan](#)

On June 6th, [George Clooney](#) and wife Amal became [celebrity parents](#) to twins, Alexander and Ella! The [celebrity couple](#) discovered they were expecting last February and were very excited when they received the news. Sources told [People.com](#) that the actor suggested that he was going to be momentarily absent on the set his upcoming movie *Suburbicon*. Mr. and Mrs. Clooney will be enjoying the presence of their little boy and girl!

These [celebrity babies](#) were long-awaited, and the tabloids are buzzing. What are some ways to prepare for twin versus a single child?

Cupid's Advice:

Twins come with additional choices to consider when getting ready for children. Consider these [parenting tips](#) before your twins arrive:

1. Buy different outfits instead of matching: It is common to see twins in matching outfits, but this is one fashion style that is often expensive. Your best option for daily outfits is to buy different clothing for your twins instead of matching. This gives them collection of choices to wear. Matching clothes are best saved for family photos and special events!

Related Link: [Celebrity Maternity Style: Find Out How You Can Be Chic During Pregnancy Like Amal Clooney!](#)

2. Select stroller that is best for you: A baby stroller for twins can come in multiple styles. The side-by-side stroller

is a traditional option that has the twins sitting next to each other. A tandem double stroller will have your twins sitting front to back. A double jogger styled stroller has the similar make up of a side-by-side, but are more durable for rocky paths and exercise. Each stroller has their special features, but you need to decide which make the most sense for your lifestyle.

Related Link: [Parenting Tips: How To Cope With Stress](#)

3. Become a list person: Before your little ones come into the world, become a list person. Start writing down your goals in how you plan to organize their nursery, meals, and supplies. Once you have your list of tasks, break them down into categories and each month try to tackle what seems ideal for your current schedule. Once your twins come, you'll already be prepared for their arrival and have a new list ready for parenting them!

Do you have any tips to prepare for twins? Leave your advice in the comments!

Celebrity News: Scott Disick & Kourtney Kardashian Are Not on Speaking Terms





By [Melissa Lee](#)

In [celebrity news](#), it has been revealed that [Kourtney Kardashian](#) and [Scott Disick](#) are no longer speaking to one another. [EOnline.com](#) reports that this is a result of Disick's recent trip to Cannes, where he hooked up with numerous new girls. Kardashian is still allowing her [celebrity ex](#) to see the three kids they have together, 7-year-old Mason, 4 year-old Penelope, and 2-year-old Reign, but there's no doubt that their relationship is strained. Best of luck to these co-parents!

This celebrity news has drama written all over it. What are some ways to keep drama out of your relationship?

Cupid's Advice:

Kourtney and Scott might have been one of the most dramatic

couples Hollywood has ever seen. Here are some tips to keep the drama to a minimum:

1. Keep it private: Constantly posting about your relationship – whether it be the good, the bad, or the ugly – could open the opportunity for other people to get involved. By keeping the social media to a minimum, drama definitely won't be a huge problem, as your relationship will remain between you and your partner.

Related Link: [Date Idea: Laugh Out Loud Fun](#)

2. Communicate: Conflicts or arguments tend to get even worse when there's poor communication. If there's something bothering you, be straight forward! Calmly explain to your partner that there is an issue that you'd like to work on, together. This opens the opportunity to have clear communication and a productive conversation to fix the problem. No drama here!

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

3. Choose to let it go: There are just some arguments that aren't even worth having (like that one about who's turn it is to empty the dishwasher?). Recognize that while conflict can be healthy at times – when it's productive – there doesn't always have to be a fight. Sometimes, you can just validate your partner's feelings, apologize, and move forward.

What are some ways you keep drama out of your relationship? Share your tips below.

Celebrity Wedding: Nelly Explains Why He's Only Getting Married One Time



By [Marissa Donovan](#)

Nelly recently shared his thoughts on marriage and commitment with [People.com](#). "For me, it's more important to die married than to have been married and it didn't work out," he said. The rapper takes marriage very seriously and wants an everlasting romance. Nelly is currently dating Shantel Jackson, but they will not be saying "I do" anytime soon. Time will tell if we hear [celebrity wedding](#) bells for this [celebrity couple](#)!

There's no celebrity wedding planned for Nelly, but if there ever is, it'll be a one and done. What are some ways to know you're in a lasting relationship?

Cupid's Advice:

Have you been dating someone for a long time and find yourself wondering if it will last forever? Check out our [dating advice](#) to see if you're in a lasting relationship:

1. You both bring the best out of each other: Family and friends will be the first to notice a certain boost in your mood when the other person is near. You will even notice that your personal weaknesses will improve when they're around. If you can bring the best out of the person you're dating, there's a good chance it will last forever!

Related Link: [Celebrity Couple News: Pink & Carey Hart Are 'Solid' After Two Breaks from Their Marriage](#)

2. You both enjoy each other's company: Are there rarely dull moments during a [date night](#)? Can small tasks such as doing laundry be less of a chore when you tackle it as a team? Are you comfortable sitting in silence together? If you can answer yes to all of the following questions, you should probably consider taking your relationship to the next step!

Related Link: [Celebrity Couple: 10 Reasons Chrissy Teigen and John Legend are Relationship Goals](#)

3. You have faith in your future together: Cold feet can be common for those who are hesitant to fully give their commitment to the relationship they're in. If you have already overcome obstacles as a couple and promise to help each other

in the future then you probably found your lasting relationship!

Do you know of any lasting relationships worth sharing? Leave your lasting couple story in the comments for us to see!

Celebrity Break-Up: Ben Higgins Is Still Upset Over Split From Lauren Bushnell



By [Marissa Donovan](#)

Last month was a disappointing surprise to season 20 fans of

The Bachelor, as [Ben Higgins](#) and Lauren Bushnell called off their celebrity engagement. According to [UsMagazine.com](#), Higgins recently expressed his feelings about the [celebrity break-up](#). He said, “When you really care about somebody and you really love somebody and that has to end – for whatever reason, even for reasons that either person can’t really explain, it’s just a feeling and you have to go your separate ways – it hurts. It hurts bad.” Bushnell has said the two are friends, but this [celebrity news](#) has us hurting along with the former couple!

This couple is still feeling the effects of their celebrity break-up. What are some ways to cope with a split?

Cupid’s Advice:

Break-ups can take time to heal. Sometimes we can feel helpless on how to deal with the heartache. Here are some tips to help make the split easier to deal with:

1. Listen to music: This is one of the best remedies to a heavy heart. [Brad Pitt](#) also listened to music after getting a divorce with his ex-wife Angelina Jolie. Any music genre is acceptable for coping with a break-up. Start making a playlist!

Related Link: [Celebrity News: Angelina Jolie & Brad Pitt Are Talking Again](#)

2. Binge episodes of Netflix: Cue up your Netflix and search for a hilarious sitcom or a murder mystery. Engaging episodes will distract you from getting upset over the split. Watching an amazing series will give you the comfort you deserve during this difficult time.

Related Link: [Celebrity Break-Up: 'Bachelor' Ben Higgins Sheds Light on 'Tough' Split from Lauren Bushnell](#)

3. Reconnect with old friends: Meeting up with friends you haven't seen in ages can make you feel happier during this upsetting time. Your friends will remind you of fun memories and most likely want to make weekend plans. Having friends around will keep you optimistic about the future.

What are some other tips in helping you cope with a break-up? Leave your advice in the comments bellow!

Celebrity Couple News: Find Out More About Taylor Swift and Joe Alwyn's Undercover Romance





By Melissa Lee

Even after EOnline.com learned about their [celebrity relationship](#) in May, [celebrity couple Taylor Swift](#) and Joe Alwyn have continued to keep their relationship on the down low. The pair have been quite secretive about their visits, especially after Swift's extremely public past relationships. Swift has reportedly been in London with Alwyn, a 26-year-old British film and theater actor, over the past few weeks.

This new celebrity couple is definitely keeping things under wraps. What are some benefits to keep your relationship on the down-low at first?

Cupid's Advice:

New relationships can be super fun, but sometimes it's nicer to keep those moments private. Cupid has some advice on why it

can be beneficial to stay quiet at first:

1. There's minimal pressure: When you keep your relationship private for a bit, pressures from your friends and family won't be as common. Your mom won't be constantly asking when she can meet your partner, and sometimes those low-key nights in seem a bit more fun than going out with all of their friends!

Related Link: [New Celebrity Couple: Taylor Swift Is Dating British Actor Joe Alwyn](#)

2. Say goodbye to negativity: By posting about your relationship on social media, everyone will see your new significant other – and let's face it, not everybody will be happy for you. When your relationship is on the down-low, you don't have to worry about people's negative comments bringing you down.

Related Link: [Celebrity Break-Ups: Taylor Swift's Ex Calvin Harris is Collaborating with Her Nemesis Katy Perry](#)

3. Oversharing won't be a problem: Relationships are usually only meant for the two people involved. If your relationship becomes public after constantly posting about it, oversharing can become a fast issue. Special dates or moments may get ruined after you share it with all 500 of your "closest friends".

What are some of your reasons to keeping your relationship quiet at first? Share your thoughts below.

Celebrity News: Controversial 'Bachelor' Alum Corinne Olympios is Headed to 'Bachelor in Paradise'



By Melissa Lee

In [celebrity news](#), Bachelor season 21 contestant Corinne Olympios has recently announced that she will be heading to the upcoming season of *Bachelor in Paradise*! According to [Entertainment Tonight](#), Olympios had been hinting at her appearance in the upcoming season of *Paradise*, even joking that she already had plans involving a fake boyfriend. Many people recall Olympios' dramatic behavior (anyone remember "make American Corinne again"?) throughout *The Bachelor*,

making her a fan favorite even post [celebrity break-up](#) from Nick Viall.

In this celebrity news, Corinne is sure to stir up some drama in Paradise! What are some ways to keep drama out of your relationship?

Cupid's Advice:

Everyone experiences relationship problems at some point, but drama is a whole other story. Cupid has some advice on how to keep the drama to a minimum:

1. Act rationally: When there is a problem arising, it may be hard not to completely freak out. Instead of demanding an immediate explanation, it can be more beneficial to communicate efficiently and understand each other's point of views. Try to act calmly and focus on having a productive conversation.

Related Link: [Celebrity News: 'Bachelor' Break-Out Star Corinne Olympios Opens Up About Nanny & Promiscuous Behavior](#)

2. Reflect on your communication: A lot of the time, conflict can arise when a person feels that they're not being understood. Remember that your partner isn't a mind reader, and that the best way to communicate is to simply explain what's bothering you.

Related Link: [Celebrity News: 'Bachelor' Villain Corinne Olympios Parties in Miami After Nick Viall Split](#)

3. Take responsibility: Sometimes it's better to pick and choose your battles rather than fight it out every day. After

hearing your partner's concerns, it may be more beneficial to simply apologize and validate their emotions instead of denying that anything's wrong.

What are some ways you avoid drama in your relationship? Share your thoughts below.