New Celebrity Couple: Sophia Bush & Grant Hughes Get Cozy in Masks as They Step Out in Malibu Together





By Alycia Williams

In latest <u>celebrity news</u>, former *One Tree Hill* star Sophia Bush was spotted with Grant Hughes on a casual date in Malibu, California. According to *EOnline.com*, the two were holding hands as they took a walk in the neighborhood in face masks. They were even pictured stopping for a warm embrace.

In celebrity couple news, Sophia Bush is getting cozy with her new beau, Grant Hughes. What are some ways to grow your bond in a new relationship?

Cupid's Advice:

New relationships are so much fun, but there's always a rush to get that deeper connection. If you're in a new relationship and looking to grow your bond, Cupid has some advice for you:

1. Introduce them to your family: When you bring your partner to meet the people who are closest to you, your family, it brings you two closer. It tells your partner that you're serious about your relationship and that you're in it for the long haul.

Related Link: Ask the Guys' Guy: How Do I Know My Boyfriend is Serious About Me?

2. Spent time getting to know each other: In new relationships, you don't know everything about your partner. The more time you spend just talking and asking each other random questions, the faster you will know everything about one another. Knowing your partner inside and out will only build a foundation for a long-lasting relationship.

Related Link: New Celebrity Couple? 'Bachelor' Alum Nick Viall Confirms He Had Dinner with Rachel Bilson

3. Make memories together: When you look back on some great moments you've had and your significant other was there experiencing those great times with you, you will be able to reminisce. Whether it's taking a vacation or even going to an amusement park together, looking back on the good times you

spent together will bring you two closer together.

What are some ways you would grow your bond in a new relationship? Start a conversation in the comments below!

Celebrity Break-up News: Brian Austin Green Confirms Split from Megan Fox After 10 Years of Marriage





By Alycia Williams

In latest <u>celebrity news</u>, pictures of Megan Fox and Machine Gun Kelly have surfaced, which has led many to suspect issues within Brian Austin Green and Fox's marriage. According to *UsMagazine.com*, Green shares in his podcast that he has split from his wife of ten years. Despite this <u>celebrity break-up</u>, Green expresses that he will always love Fox, but that they've been trying to be apart since the end of 2019. He got choked up as he explains that he would rather be apart from Fox then be at odds, since they're best friends and have children together.

In celebrity break-up news, Brian Austin Green and Megan Fox are calling it quits. How do you know your relationship is beyond saving?

Cupid's Advice:

Relationships are bound to go through up and downs, which makes it hard to know when you should let go. For some clarity on when your relationship is beyond help, Cupid has some advice for you:

1. Is your partner being faithful?: If your partner truly loves you, they won't be unfaithful. If they are cheating on you or being dishonest, then they don't respect you enough to tell you that they don't want to be with you. And, in that case, there is no point trying to fix the relationship because you deserve someone that respects you enough to be faithful.

Related Link: Celebrity Break-Up: Kenya Moore's Husband Marc Daly Reportedly Had Multiple Affairs Before Split

2. Are you happy?: Your partner is supposed to make you happy. So, if you feel that that you've been unhappy lately, then that's a sign that something isn't working out. You should get

to the bottom of your unhappiness, and if your partner is at the root of your unhappiness, then it's time to part ways.

Related Link: <u>Celebrity Divorce</u>: <u>Sarah Palin's Husband Files</u> <u>for Divorce After 31 Years of Marriage</u>

3. Do you love being around your partner? In a loving relationship you guys would never want to be apart and you'll always want to be around each other. If you find yourself trying to get as far as possible from your partner and not spending a lot of time together then you shouldn't try to save the relationship anymore.

How else do you know your relationship is beyond saving? Start a conversation in the comment below!

Celebrity News: Brian Austin Green Shares Cryptic Post After Wife Megan Fox is Spotted with Machine Gun Kelly





By Ellie Rice

In the latest <u>celebrity news</u>, Megan Fox was spotted hanging out with rapper, Machine Gun Kelly, leading many to suspect a rift between her and husband, Brian Austin Green. According to *People*, Green posted a cryptic message on social media and was seen out and about without his wedding ring. The pair have had a rocky relationship, so this wouldn't be their first split. After meeting on set in 2004, the duo went on to have three kids together! We hope these two can work things out.

In celebrity news, Brian Austin Green came forward with a cryptic post, potentially referencing his wife Megan Fox after she was spotted with another man. What do

you do if you suspect your partner is being unfaithful?

Cupid's Advice:

Infidelity can plague and ultimately ruin a relationship especially if one partner finds out about the other's bad behavior. If you suspect your significant other of cheating, Cupid has some advice for you:

1. Talk to them about it: Before you draw any conclusions, you need to have a chat with your partner. Something you may have seen or heard could have been misinterpreted or only a portion of the full story. While this is an extremely emotional situation, it's important that you leave your aggression at the door. Go into the conversation with a level head and open mind in order to understand the weight of what your partner has to say.

Related Link: Relationship Advice: The Case of Elon Musk: Connecting Instead of Clashing

2. Analyze the situation: Once you've heard your partner out, it's up to you to decide what to do with that information. Take some time to think about the situation and your feelings for this person. Is this something you're willing to work through? Can your relationship move past this? Once trust is broken in a relationship it can be very difficult to get back to where you both were. Even though you may love this person, you need to put your mental health first. Decide if this relationship is worth repairing or if it's a better decision to move on.

Related Link: <u>Celebrity Exes: Megan Fox Finally Confirms Past</u>
Romance with Shia LaBeouf

3. Find your support network: If you've decided that your

relationship cannot move forward after infidelity, it's important that you have a support network to help you through this time. Dealing with a cheating partner comes with a lot of hurt and feelings of betrayal. Surround yourself with friends and family and always save time for self-care. This group of people will be there to help you through every step of your breakup and when you're ready, they'll be by your side when it's time to date again!

What would you do if your partner was cheating? Start a conversation in the comments below!

Ian Somerhalder Gushes Over 'Superwoman' Wife Nikki Reed in Birthday Post





By Alycia Williams

In <u>celebrity couple news</u>, Ian Somerhalder publicly wished his bride a "happy birthday" in a very sweet social media post. According to *UsMagazine.com*, Somerhalder published a birthday post for *Twilight* star Nikki Reed expressing to his followers how much he loves his wife. In the caption of the of the post, he says, "You're the only person I know who can be a full time mom, while running your own company while keeping numerous other jobs ON TOP of devoting your time and energy to my chaotic life work -foundation etc. The list goes on...YOU are superwoman."

In this celebrity couple news, Ian Somerhalder professes his love to his wife Nikki Reed on Instagram for her birthday. What are some

ways to make your partner feel special in public?

Cupid's Advice:

Wanting the best for your partner is natural. To make your partner feel special in public, Cupid has some advice for you:

1. Take it to social media: When you're looking to get anything across to the public, social media is the way to go. Letting a large amount of people know that you love your partner through a post on Instagram or a loving tweet is a great way to make your partner feel like one of a kind.

Related Link: <u>Hilary Duff Shares Heartfelt Tribute to Matthew Koma on Engagement Anniversary</u>

2. Make grand romantic gestures: In order for your partner to feel special in the public, you have to get the public's attention, and what better way to do that than doing something big? Whether it's a getaway vacation, a surprise birthday party, or a marriage proposal (if you're ready), it's sure to make your partner feel special.

Related Link: <u>Celebrity Couple News: Lamar Odom Is Engaged to</u>
Sabrina Parr

3. Don't be afraid to defend them: Nothing feels better than knowing that your partner has your back. So, when your partner needs a little back-up, don't back down. Stand up for them to anyone who may not be treating them right. That'll keep your partner feeling special.

What can you do to make your partner feel special? Start a conversation in comments below!

Celebrity News: 'Friends' Star Matthew Perry Is Getting Back Into Online Dating After Molly Hurwitz Split





By Alycia Williams

In the latest <u>celebrity news</u>, *Friends* star Matthew Perry is getting back into online dating after his <u>celebrity break-up</u> from Molly Hurwitz. According to *UsMagazine.com*, Perry is on the dating app Raya and is messaging girls and getting back into online dating again.

In celebrity news, Matthew Perry gets back on dating apps after his break-up with Molly Hurwitz. What are some benefits to online dating during the pandemic?

Cupid's Advice:

Dating online can be really nerve racking. There are perks to online dating during the pandemic, and Cupid has some advice for you:

1. There's already something to talk about: When talking to someone new, it can be difficult to find something to talk about, which just makes things awkward. Since new developments are happening every day with the pandemic, this can be used as something you know you have in common. You can both talk about how the pandemic is affecting you, which can lead to great conversation.

Related Link: Relationship Advice: Susan Trombetti Talks Love & Dating Amid COVID-19

2. There's more time to get to know each other: Most of us are home all day while in quarantine. This means that you have time to really get to know someone. Thanks to modern technology you can talk to someone through text, facetime, social media, or maybe even zoom. That way, by the time you both finally meet up the anticipation is built and you both are excited to see each other.

Related Link: Dating Advice Q&A: Is It Okay to Start a Relationship via Social Media?

3. There's no pressure: When dating someone new, in person you may feel pressure to have a connection with that person. When

dating online you don't have to waste your time talking to someone you're not interested in. That way your able to find someone that you have a connection with quicker and have more time with that person.

What are some perks to dating online during the pandemic? Start a conversation in comments below!

Celebrity Divorce: Judge Rejects Mary-Kate Olsen's Emergency Divorce Filing from Olivier Sarkozy





By Ellie Rice

In the latest <u>celebrity news</u>, Mary-Kate Olsen and Olivier Sarkozy are headed for divorce. According to *UsMagazine.com*, Olsen's emergency divorce filing was denied because of its "non-essential" categorizing. Olsen cited that she was afraid Sarkozy would force her out of their living space as her reasoning behind the emergency filing. The pair had been married for five years prior to the split, after meeting back in 2012. We hope these two are able to peacefully go their separate ways!

In celebrity divorce news, Mary-Kate won't be a single woman for a while yet, as her divorce filing wasn't deemed essential. What are some ways to navigate the

transition from married to single amid a divorce?

Cupid's Advice:

Going through a divorce signifies a time for new beginnings and change. If you're curious about how to move forward and navigate this transition, Cupid has some advice for you:

1. One step at a time: Feeling comfortable in this new chapter of your life will take some getting used to. It's important that you acknowledge what went wrong and understand your emotional needs. Divorce is a serious and final solution to a relationship that isn't working out. By recognizing what led to its demise, you will be able to learn from it and move forward with your life. Seek professional help or group therapy if you are having trouble figuring your path out!

Related Link: Celebrity News: Mary-Kate Olsen's Transformation From Tabloid Queen to Happy Homebody

2. Build your support network: Surrounding yourself with loved ones and people you care about is crucial during this period of adjustment. There is nothing more powerful than the love of your friends and family, especially when moving on from a former lover. They will be there for you throughout this process to help you move on and live your wonderful life. Not only will your network be supportive while you're going through pain, but also when you feel ready to embark on the dating world once again! Don't be afraid to lean on these people and let them know just how you are feeling.

Related Link: Relationship Advice: Does Marriage Change Your Feelings?

3. Find what makes you happy: Look at this new period of your life as a time for yourself. You're unattached from a

relationship and all of the emotional constraints that come with it. This change doesn't have to be seen as a negative if you're able to find happiness within yourself. Start finding activities or things that bring you joy. Whether that's meditation, cooking, or spending time outside, it is all up to you!

How would you navigate this transition? Start a conversation in the comments below!

Celebrity Couple News: Kim Kardashian Needs Space From Kanye West





By Ellie Rice

In the latest <u>celebrity news</u>, Kim Kardashian has reportedly had enough of quarantine with husband, Kanye West! According to *UsMagazine.com*, Kardashian desperately needs space from her man as he is more focused on work rather than helping her with their three children. After six years of marriage, we hope West can compromise some of his time for the sake of his leading lady!

In this celebrity couple news, Kim Kardashian feels like she needs some space from husband, Kanye West while in quarantine. What are some things to do when feeling suffocated by your partner?

Cupid's Advice:

Feeling like you need a little break from your partner is normal. If you're curious about what to do when you're feeling like this, Cupid has some advice for you:

1. Let them know: Your partner may not understand that they are making you feel suffocated, so letting them know should definitely be your first step. Sit them down and express how you're feeling so they understand how their actions are affecting you. People show love in different ways, so be honest with them about what makes you feel comfortable and supported. If you are requesting changes from your partner that they don't feel they can make, it's time to move on. Staying in a relationship that is emotionally suffocating will not benefit either of you or your mental health.

Related Link: <u>Celebrity Parents: Kendall Jenner Jokes on</u>
<u>Social Media About Starting a Family</u>

2. Make a change: Similar to Kim K, maybe you just need some space from your partner. Try taking a break by spending time with your friends and family, rather than just your significant other. Have a girls night or grab dinner with your parents! By minimizing the annoyance and anxiety you're feeling at home, you'll start to feel better about your partner. Encourage them to do the same by hanging out with their friends or loved ones. It's healthy for any relationship to take time away from each other to focus on the other people in your lives that you care about.

Related Link: <u>Celebrity News: Tristan Thompson 'Isn't Giving</u>
Up' On a Future with Khloe Kardashian

3. Practice self-care: Focus on yourself! Take time every day to give your mental health some attention. If you're feeling trapped and suffocated by your partner, then spending time alone can be a great refresher. Whether you are into meditation, face masks, or a bath with a glass of wine, you need to find something that makes you feel happy and relaxed.

What steps would you take to feel less suffocated in your relationship? Start a conversation in the comments below!

Celebrity Couple News: Hilary Duff Shares Heartfelt Tribute to Matthew Koma on Engagement Anniversary





By Ellie Rice

In the latest <u>celebrity news</u>, Hilary Duff posted a series of

Instagram photos honoring her husband, Matthew Koma, to celebrate the anniversary of their engagement. The pair had been dating three years prior to the engagement and share a daughter together. According to *UsMagazine.com*, the happy couple met back in 2015 while Koma was producing one of Duff's music albums.

In this celebrity couple news, Hilary and Matthew are reflecting on the day they got engaged. What are some ways to make your engagement personal and memorable?

Cupid's Advice:

Aside from your wedding day and the birth of your child, getting engaged is one of the most special days of your adult life. If you're curious about how to make it memorable, Cupid has some advice for you:

1. Capture the moments: Whether you are the one proposing, or you've just been proposed to, capturing this special moment is so important. Hire a photographer or enlist a friend to help make this time extra special and something you both can always look back on. If you've just been proposed to, take pictures of the ring and the two of you, so this day can last forever. You can show the pictures at your wedding, and take a page of out Hilary Duff's playbook and reminisce on social media!

Related Link: Relationship Advice: How Important Are Similarities For A Happy Marriage?

2. Share the news: One of the beauties of social media is its

ability to quickly spread information. Family and friends from all over the world can be reached at the click of a button. Share the news of your engagement across your platforms, only when you're ready of course, so everyone you love can celebrate with you! Call your friends and family as their excitement for you will be out of this world. Years from now you will all be able to reminisce on the happiness of this occasion.

Related Link: <u>Hilary Duff Says Aaron Carter's Love</u> Declarations Are 'Uncomfortable'

3. Plan your party: Throwing an epic and memorable engagement party is a right of marital passage. The best way to celebrate your love is by being surrounded by all of your friends and family. Invite your loved ones, cater some delicious food, and dance the night away! This is a night that you will never forget, with all of the people who love you the most.

What are some ways you would make your proposal memorable? Start a conversation in the comments below!

Celebrity Break-Up: Kristin Cavallari & Jay Cutler Reach Temporary Child Custody Agreement





By Ellie Rice

In the latest <u>celebrity news</u>, Kristin Cavalleri and Jay Cutler's divorce grows more complicated by the day. The pair announced their split last week after being together for over a decade. According to *EOnline.com*, Cavallari was blindsided by the divorce filings even though the pair have reportedly been having issues in recent months. They have now reached a temporary custody agreement which allows them both time with their three children. We hope these two can work it out and go their separate ways!

In celebrity break-up news, Kristin and Jay have at least agreed temporarily on how to take care of their children amid their split. What are some ways to compromise

when it comes to your kids in a relationship?

Cupid's Advice:

Once you become a parent, having to put your children's needs in front of your own is a must. If you're looking for ways to do that while maintaining a healthy relationship, Cupid has some advice for you:

1. Set up a plan: In order to keep your relationship strong while trying to parent, it's important that you are always communicating. Having open and honest lines of communication with each other will allow you to work as a team. Set up a plan to establish what is happening for the weeks or months ahead. By doing this you'll be able to see what kinds of scheduling conflicts or personal events are taking place and who needs to cover what. Organization is key! Not only will this eliminate stress, but you will feel more connected to your family unit.

Related Link: <u>Celebrity Parenting</u>: <u>Kristin Cavallari Says Jay</u>
<u>Cutler Is the 'Stricter Parent'</u>

2. Think of your partner: If there's something coming up that your partner has really been looking forward to, be sure you are listening to them and acknowledging their desires. Make a compromise and offer to take care of the kids so they are able to do their thing. In the future, your partner will definitely offer to do the same. Even if it means that you're missing something you may have wanted, it's important to think of your relationship.

Related Link: Relationship Advice: Does Marriage Change Your Feelings?

3. Respect their decisions: Before having children, think

about some of the awesome experiences you'd like to check off your bucket list with your partner. Once children enter your life you'll be compromising a lot of time and money for years to come. Take this into consideration when family planning and try enjoying yourself for a little longer! Once you welcome children into your lives, make a plan with your partner for a vacation a few years ahead. Setting up a timeline will give you both something wonderful to look forward to with your kids.

What kinds of compromises do you make in your relationship? Start a conversation in the comments below?

Celebrity Baby News: Anderson Cooper Welcomes 1st Child Via Surrogate





By Ellie Rice

In the latest <u>celebrity news</u>, Anderson Cooper welcomed his first child via surrogate! Sharing the exciting news this past week through his Instagram account, Cooper announced the birth of his son, Wyatt Cooper. According to *UsMagazine.com*, the name Wyatt was chosen in honor of the Cooper's late father. We wish these two nothing but love and happiness in their future!

In celebrity baby news, Anderson Cooper is a proud new dad to a baby boy! What are some ways to prepare your life for a child?

Cupid's Advice:

Becoming a parent is a joyous and momentous occasion that many look forward to in their lives. If you're looking for ways to prepare for this next step, Cupid has some advice for you:

1. Make sure you're ready: The first step in gauging your preparedness for pregnancy is checking in with yourself. Taking care of your mental and emotional health is crucial before having a child. If you feel ready to become a parent and prepared for all of the wonderful yet challenging years ahead, then go for it. For those not quite there yet, take your time. This is not something to rush into! Many women invested in their careers or still exploring their lives have frozen their eggs, so do some research if you feel that might be an option for you.

Related Link: Relationship Advice: Susan Trombetti Talks Love & Dating Amid COVID-19

2. Financially prepare: Babies are expensive! During your pregnancy planning, be sure that you are taking a realistic look at your finances. You want to feel comfortable and supported while going through this process, so be sure to save. Once your baby is born, consider opening an education fund for them. As they grow up, continue putting money into the account so once college rolls around you will all be ready!

Related Link:_Single Celebrity Parents: Balance Your Career & Parenting Like Sandra Bullock

3. You have support: It's important that while you are going through this exciting time, you have built a support network. Whether that is through your partner, friends, or family, be sure that you have people to lean on during this process. Having loved ones to turn to and be by your side is definitely a key part of preparing for a child.

What are some ways you'd prepare for a child? Start a conversation in the comments below!

Celebrity Interview:
Hollywood's Most Sought-After
Hair Colorist Michael Canale
Talks Tips for At-Home Hair
Care and His New Hair Line





By **Hope Ankney**

Michael Canalé is an American hairstylist, colorist, and the creator of Canalé Hair Care Products. Yet, he's mainly famous for being the most sought-after hair specialist in Hollywood.

Being a part of the entertainment industry for years, his hands have worked magic on the likes of Reese Witherspoon, Jennifer Aniston, and Kate Hudson. In fact, Canalé is responsible for "The Rachel" look on Aniston that dominated the widely successful, early 2000s sitcom *Friends*. But, he's recently decided to branch out and start his own line of hair care products to further help others outside of his grasp. On top of that, he has spoken out about the importance of self-care and how to maintain your color during this time of quarantine.

In our exclusive celebrity interview, we chat Michael on his rise in the industry, advice over safe hair coloring tips, tricks to try at home, and his new hair line Canalé.

How did all of this start for you? Was there a specific moment you remember that caused you to want to become a hair colorist?

I was a biology minor and have always been on the chemical side of the industry. Early in my career, the colorist where I worked did not show up to the salon. The makeup artist asked me if I wanted to learn how to color hair with him. So, he taught me how to identify the right color for each type of complexion. He also showed me 3 techniques that I have expanded over time, making my own numerous techniques while retaining those 3 main concepts.

You've worked with very well-known clientele over the years. Jennifer Aniston.... Kate Hudson.... Are there any stories you can tell us about your favorite experiences with some of them?

I am a colorist, and I work by myself. It was amazing to see Jennifer blow-dry her own hair as well as any stylist! Heidi Klum was the only person that ever made me blush just by her looking at me. I am honored to work with a lot of my actresses, trusting me to color their hair during their pregnancies, like Kate Hudson!

You've been voted 14 years in a row by *Allure Magazine* as being the "best of the best" and even received praise from *Vogue*. You have such a prolific career. What advice do you have for young children or even young stylists who want to get into the field?

Learn from the best, work with the best, and never let them down. Make the master stylist proud. Remember to keep the health of the hair, use what the client naturally has to achieve — what they desire. Work with their natural base color and their hair consistency to enhance their overall look.

With the state of the world right now and everyone being at home due to quarantine, what are some at-home hair coloring tips for our audience?

Between seeing your colorist and seeing them again, do not do anything that will ruin your hair. While quarantined, you can use concealers like spray and powders that cover grey. This lasts until you wash it out. Another option is demi or semipermanent. Demi will last up to 2 weeks while semi can last up to 6 weeks when using the right hair products. Both will keep your hair color intact while waiting to see your hairdresser again. If you choose to dye your hair, remember hairlines grab darker, so try to stay lighter around the hairline. You will have to purchase 2 different boxes of color. For example, if you are doing your base medium brown use light brown around your hairline. Also for brunettes, try a color bath with the remainder of the hair color! Use a base color, you can add water and shampoo to the remaining color in the bottle and lather it into the ends of the hair to refresh it for the last

5 minutes of the process.

From your perspective, what are the hair color trends at the moment?

Roots are in! Try to preserve or prolong your hair color. I recommend using a color and shine-boosting gloss. All of my New <u>SIGNATURE GLOSSES</u>, can really refresh and enhance color for both highlights and base colors. The <u>SUNKISSED GOLD</u> for warmer skin tones and <u>COOL BLUE</u> for cooler skin tones will brighten up your blonde while <u>MIDNIGHT BLUE</u> cools down any brassy tones on blondes or brunettes. They last up to 2 weeks, the results are amazing! I am currently providing samples to my clients in my Canalé At Home Personalized Color Kits. The glosses will be made available in June for the Summer and can currently be pre-ordered on my website <u>www.colorbycanale.com</u>.

Self-care in any way can be something that makes someone feel great about how they look or feel inside. How important do you feel it is to practice self-care on your hair while being isolated during this pandemic?

Take care of yourself and your hair! Get up in the morning, take a shower, wash, and style your hair. Use boar bristles, not metal for your brushes, and avoid hot tools. Add oils to your conditioner. My new REPAIRING Hair Oil restores natural luster, hydrates, and deeply conditions dry, damaged, and color-treated hair. Just add 3-5 drops of oil to a tablespoon of Canalé SOFTEN or SOFTEN PLUS Conditioner for a deep conditioning treatment. I am also providing these samples to my clients in my Canalé At Home Personalized Color Kits. They will be made available in June and can currently be preordered on my website www.colorbycanale.com.



Michael Canalé. Photo: Courtesy Anderson Group Public Relations

Can you tell us a little bit more about your product line, Canalé?

People would come to me and ask, "How can I keep my hair looking fresh until I see you again?" So, I created a product line that is proven to maintain and restore the integrity of treated hair from the inside out and the outside in! Canalé CLEANSE Shampoo for all types of hair is the mildest shampoo that fully cleans the hair without fading color. SOFTEN <u>Conditioner</u> for finer hair, rebuilds the hair shaft and brings back the luster of the hair. SOFTEN PLUS Conditioner, rebuilds the hair shaft plus adds moisture, perfect for thick, unmanageable hair. Canalé hair products have two supplements, one topical and one ingestible. NOURISH topical vitamin foam is applied to the root of the hair and feeds the hair follicle with key nutrients. It is applied after Cleanse shampoo and expands the hair shaft adding volume. It is the most technologically advanced product in line. The ingestible vitamin REPLENISH feeds the hair, skin, and nails all-natural, vegan, superfood, blue-green algae and other key nutrients that help stimulate the hair with a patent on cellular absorption by Targeted Medical Pharma.

Healthy, shiny hair that is what everyone wants!

How did the idea come about to create the products for Canalé? Was there a specific amount of time you waited before pursuing it?

In the past, I represented brands like *Kerastase* and *Shu Uemura*. Although I loved these products, I still felt something was missing. I made it my personal goal to develop the most holistic healthy hair care system. I partnered with Dr. David Silver and worked together to scientifically formulate a product line focusing on getting and keeping hair healthy while maintaining and extending hair color, improving the fullness of hair, and bringing out the natural shine.

What do you think is the greatest opportunity you've had while having the platform you do as such a renowned hair colorist?

I truly enjoy making people happy. Creating the trend, while working to bring out my client's personal best. The right color is an accessory, use it to your advantage. People can always tell my work, enhancing a person's natural complexion and eye color, this trend never goes out of style. I have appreciated the opportunity to share my work over the years with multiple generations of the most powerful woman, true icons, and inspirations.

The hairstyles we have can be so empowering. The way one plays with theirs can be such a creative outlet. Why do you think that is?

Hair is personal. It is an expression and extension of ourselves and our personality. It is who we are and who we inspire to be. With the latest hair color trends, individuals are empowered and encouraged to take risks. Using temporary dye or hair makeup is so fun!

Voted "Best-of-the-Best" by Allure Magazine 14 years in a row and touted by Vogue as "not only really good, he's really

fast," Canalé personally travels between locations in Rancho Santa Fe, San Francisco, Dallas, New York, Washington DC and Beverly Hills, making sure that each of his clients gets the hands-on attention they need to look and feel their very best. With over 30 years' experience, Michael Canalé is a rare talent and truly among the best in the industry; his work has been published in Allure, Vogue, Vanity Fair, Women's Health, Elle, Marie Claire, Redbook, Glamour, and New Beauty, to name a few.

Celebrity Baby News: Gigi Hadid & Zayn Malik Are Expecting First Child





By Ellie Rice

In the latest <u>celebrity news</u>, Gigi Hadid and Zayn Malik are reportedly expecting their first celebrity baby together. This exciting news came as a shock to fans who have been following their on-again-off-again relationship. According to *UsMagazine.com*, Hadid has always had her eye on motherhood and starting a family with Malik. We can't wait to see what the future holds for these two!

In celebrity baby news, this beautiful couple are expecting. What are some ways to strengthen your bond as a couple before welcoming a child?

Cupid's Advice:

It's important to strengthen your relationship and cement your

love for one another before welcoming a child into your lives. If you're looking for ways to do this, Cupid has some advice for you:

1. Explore: Once you begin your pregnancy journey, the next few years of your life will be chaotic and full of sleepless nights. Take this time before that happens to travel, adventure, and check some things off your bucket list! These experiences will strengthen your relationship and bond with your partner, so when the time does come, you will both be rock solid in your commitments.

Related Link: Celebrity Couple News: Gigi Hadid and Zayn Malik Love Wearing Each Others Clothes

2. Enjoy: As wonderful as parenthood is, at times you will definitely miss being able to have one-on-one time with your partner. Take this into consideration before you start your pregnancy and really enjoy your relationship. Make time for date nights and fun days out and about! This will really strengthen your relationship because you are taking the time to deepen your bond with each other.

Related Link: Celebrity News: Is The Weeknd's New Album All About Bella Hadid?

3. Embrace: If you have any lingering issues or built-up problems within your relationship, now is the time to solve them. Not only will this strengthen your relationship, but it will also eliminate any doubts or stress you have before embarking on this journey. Seek professional help or couples therapy if you feel that will be more beneficial to your relationship. Remember that open and honest communication is the best method when strengthening your bond.

What are some ways you would strengthen your relationship in this situation? Start a conversation in the comments below!

Celebrity Exes: Jessie J Shares Sweet Birthday Tribute to Channing Tatum Weeks After Split





By <u>Hope Ankney</u>

In the latest <u>celebrity news</u>, Jessie J. wished <u>Channing Tatum</u> a happy birthday over the weekend. Just weeks after these <u>celebrity exes</u> called it quits, *EOnline.com* states that the "Domino" singer took to social media to give Tatum ta big 40th birthday shout-out. "Happy 40th birthday to this special man

right here," Jessie wrote alongside a photo of Channing in the water. "I am so grateful you were born, and even more grateful that we met." She even shared a video of him in the water with the caption, "Keep living your BEST life."

These celebrity exes seem to be taking the high road. What are some benefits to keeping a civil relationship with your ex?

Cupid's Advice:

Everyone knows how difficult it can be to stay on good terms with an ex. It's possible, but it can take a while to get to a point where you're both balanced enough to have some sort of friendship outside of the relationship. If you're figuring out the pros and cons of taking the high road with an ex, don't worry. Cupid has some <u>love advice</u> on the benefits that staying civil with your ex can bring:

1. Someone to confide in: No one else was apart of the relationship other than your ex. So, if you're having a difficult time healing or moving on in other relationships, they can be the perfect person to confide in. They know parts of you no one else does, and that can be very beneficial in the long run.

Related Link: <u>Celebrity News: Jenna Dewan Opens Up About Love,</u>
<u>Divorce and Healing in New Book</u>

2. Beneficial for the kids: If you and your ex have children together, it is very good to try and keep a civil relationship with their other parent. It can be difficult enough to split your kids up between the two of you, but it will be a lot better for everyone if you're able to still act as that family unit around your children.

Related Link: Celebrity Exes: JLo and Diddy Reunite for a Good Cause

3. The work environment: Sometimes, you find that splitting up can be sticky for more reasons than one. If you both work around each other, the work environment can get awkward and tense real quick. If you're able to find a common ground to stand on with an ex, it can make both of your work spaces that much more bearable. Trust me, your coworkers will thank you.

What are the benefits you've found while staying civil with your ex? Let us know down below!

New Celebrity Couple: Is Victoria Fuller Quarantining with Former 'Bachelor' Chris Soules in Iowa?





By Ellie Rice

In the latest celebrity news, *Bachelor* Nation's Victoria Fuller is rumored to be quarantined with her new man, former *Bachelor* Chris Soules in his hometown in Iowa. According to *UsMagazine.com*, the speculation intensified when the pair posted similar photos of a plowed field to their Instagram accounts on April 21. We love to see new relationships blossom during this uncertain time!

Bachelor fans are really trying to figure out what's happening with Chris Soules and Victoria Fuller. What are some reasons to keep your relationship under wraps at first?

Cupid's Advice:

Navigating the rocky waters of the dating scene can definitely

be challenging and once you've found someone, you won't want to let go! If you're debating whether or not to go public with your new relationship, Cupid has some advice for you:

1. Listen to your partner: There are two people in your relationship and you always have to remember that. Even though you may have strong feelings towards a certain subject, your partner's opinions should be taken into account as well. Allow them to share their thoughts on publicizing your relationship or keeping it under wraps so the two of you are on the same page. If you are still exploring each other and your emotions, that's definitely a reason to keep it private.

Related Link: Relationship Advice: Susan Trombetti Talks Love & Dating Amid COVID-19

2. Think about the family: Take a new relationship slowly and move at your own pace. If you're not ready to share your relationship with your family, that is okay! Maybe they weren't too fond of your ex and that's left you wary of introducing them to someone new. Or they can be a bit overprotective and might scare off a new partner. Whatever the case may be, remember this is your life and you make the decisions.

Related Link: Exclusive Celebrity Interview: Former 'Bachelor' Chris Soules Says His Dating Life is "Relatively Non-Exsistent"

3. Not ready for the friends: Aside from family, your friends are probably the most important people in your life. Introducing them to someone new is a big step step for everyone! At the end of the day, all they want is for you to be happy and feeling loved, but sometimes gaining their approval is quite the feat. Avoiding judgement or potentially disapproving friends are definitely reasons to keep your relationship a secret for a while.

Would you keep your relationship a secret from your loved

Celebrity Couple News: Kate Beckinsale Defends New Relationship with Goody Grace





By Ellie Rice

In the latest <u>celebrity news</u>, Kate Beckinsale had to defend her new relationship with singer, Goody Grace from internet hate this past weekend. According to *UsMagazine.com*, an Instagram user tried to throw shade at Beckinsale and her rumored new beau, but she clapped back and stood up for her man. Beckinsale's dating choices have been a cause for controversy because of her past dating much younger men. We love to see a strong woman taking charge of her relationships!

In celebrity news, Kate Beckinsale isn't afraid to stand up for her relationship. What are some ways you can stand up for your partner in situations that call for it?

Cupid's Advice:

Just as it's important to stand up for yourself, you should feel confident protecting your partner as well. If you're wondering how to do that, Cupid has some advice for you:

1. To the family: If your family has a lot of critiques for your significant other or hasn't always been fond of your relationship, it's time to change their mind. Instances related to family are definitely one of the leading situations where you would need to stand up for your boyfriend or girlfriend. Don't be afraid to take charge of the situation and explain that this conversation will not continue unless you can be on the same respectful page. Explain to them how your partner makes you feel and the love you have for them. It might just take standing your ground for them to back down and understand your boundaries.

Related Link: Relationship Advice: Susan Trombetti Talks Love & Dating Amid COVID-19

2. With your friends: Just because you joke around or vent about your relationship doesn't make it okay for your friends to do the same. If you feel like they are continuously

crossing the line with their comments about your partner, then you need to have a conversation about it. Your friends just want the best for you so they may be coming from a place of worry or ignorance to their actions. Reassure them that their love for you is validated, but their behaviors have gone too far. Open and honest conversations are the best solution.

Related Link: New Celebrity Couple: Pete Davidson & Kaia Gerber Are Dating

3. With themselves: If your partner is constantly getting down on themselves and expressing doubts with their own abilities whether personally or work related, stand up for them. Everyone feeds into negativity at certain points in their lives, so having an awesome support system is crucial. Let them know how incredible you think they are and help boost their confidence!

How would you stand up for a loved one if the situation called for it? Start a conversation in the comments below!

Celebrity Marriage: Michael Buble's Wife Luisana Lopilato Defends Their Marriage After Fans Slam Him for Elbowing Her





By Ellie Rice

In the latest <u>celebrity news</u>, Michael Buble's wife, actress Luisana Lopalito, defends the singer after a video of him appearing to elbow her creates a stir on social media. According to *UsMagazine.com*, the actress took to Instagram to address the claims and deny any sort of marital abuse had taken place. The pair met in 2009 and share three children together.

This celebrity marriage is strong, despite fan speculation. What are some ways to keep rumors about your relationship from affecting it?

Cupid's Advice:

Rumors spread quickly and inaccurately all the time. If they are factoring into your current relationship, Cupid has some advice for you:

1. Address it with your partner: Sit down with your partner and openly talk about what's going on. Maintaining transparent and honest communication is crucial for any successful relationship. If the rumors that are hearing about your relationship are completely false, then talk them through with your partner and then brush it off. Unsubstantiated claims and falsehoods should not come between you two.

Related Link: Relationship Advice: How Important Are Similarities For A Happy Marriage?

2. Ignore it: If you and your partner have determined that the rumors are false and have no basis, then just start ignoring the hate! If you don't give something the power to affect you, it won't. Trust your partner and continue having conversations about your feelings to ensure you're both on the same page. Nothing can stand in the way of a happy and healthy relationship unless you let it.

Related Link: Relationship Advice: Susan Trombetti Talks Love & Dating Amid COVID-19

3. Talk to those spreading them: If you know who has been saying these things and spreading misinformation around about your relationship, definitely confront them. Have an open and honest conversation with them about what's been happening and why. Enter the chat level-headed and calm as this doesn't need to become a screaming match! Hopefully you will both find closure and answers to why this has been a part of your lives.

How would you deal with these types of rumors? Start a conversation in the comments below!

Celebrity Exes: JLo and Diddy Reunite for a Good Cause





By Ellie Rice

In the latest <u>celebrity news</u>, friendly celebrity exes JLo and Diddy reunited 20 years after their split! The pair were seen dancing and chatting on Instagram Live for Diddy's Dance-a-Thon Fundraiser that ended up raising over \$3 million dollars. According to *UsMagazine.com*, the money was being donated to an organization called Direct Relief, which supports healthcare workers in poverty stricken areas. We love to see this pair reunite for such an awesome cause!

In celebrity news, celebrity exes JLo and Diddy reunited on social media for his dance-a-thon fundraiser. What are some ways to know you're ready to be friends with an ex?

Cupid's Advice:

Rekindling any sort of relationship with an ex is tricky, whether getting back together or developing a friendship. If you think you're ready and want to be friends with an ex, Cupid has some advice for you:

1. Your feelings are platonic: If you feel as though you have completely moved on from any lingering emotions and heartache that one was, a friendship could be your next step. Understand yourself and your heart first and foremost and only embark on this path if you are truly ready for it. You don't want to fall right back into romantic love and wind up heartbroken again, so take it slow!

Related Link: Celebrity News: Diddy Navigates Life as a Single Father After Kim Porter's Death

2. You've set boundaries: Understand that even though you are developing a friendship with this person, they are still your ex. The history that you share with this former partner was once very intimate so make sure you are setting boundaries for yourself and them. Sit down with your ex and establish the do's and don'ts of this newfound platonic union.

Related Link: <u>Fashion Tips: Fashion Takeaways From Icon</u>
Jennifer Lopez

3. You've moved on romantically: If you've been with or at least thought about being with other people since the split, this is a sign you are ready for the path of friendship. Feeling yourself move on romantically from your previous relationship is a wonderful and freeing experience so be sure that you're ready for this interesting step. Many people won't develop a friendship after a breakup because they still have lingering feelings for their former partner, but if you miss this person in a platonic way, go for it!

Would you begin a friendship with an ex? Start a conversation in the comments below!

Celebrity News: Gavin Rossdale Says Quarantine Coparenting with Gwen Stefani Has Been a 'Dilemma'





By <u>Hope Ankney</u>

In the latest <u>celebrity news</u>, Gavin Rossdale and <u>Gwen Stefani</u> have had a challenging time co-parenting their three sons together during isolation. According to *UsMagazine.com*, Rossdale says that it is hasn't been easy to align their schedules to ensure their kids are staying safe between the two of them. "I think it's ok for now," he continued, "but it's a really big dilemma for parents and kids with split custody."

In celebrity news, these exes are having a tough time co-parenting their children together in quarantine. What are some ways you can spend time with your kids

during this period of isolation?

Cupid's Advice:

With the lockdown, it has caused kids to be home more than usual since schools have let out. That can get boring rather quickly, so it is important to try and keep your children as engaged as possible. But, it can be harder than you think to not run out of activities to do with them. If you're having a hard time coming up with new ideas to do with your children right now, don't worry! Cupid has some parenting advice on ways to freshen up this isolation period for both you and them:

1. Zoom family calls: Whether it be with their other parent or just members of the family, it can be fun to get the kids talking to others outside of just you. It gives them an outlet to socialize with people, and they can even do certain activities with them through the screen! I'm sure their grandparents would simply love to just color with them over the call!

Related Link: <u>Celebrity News: Blake Shelton Says It's 'So Fun'</u>
<u>Having Gwen Stefani's Kids Around</u>

2. Tie-Dye: Tie-dying can be a quick way to freshen up the activities you do with your children. If you're tired of being cooped up in the house, this gives you the perfect opportunity to get outside. The supplies can easily be bought at the store or online, and you can get to work on creating some cool patterns. Not only will this give them an opportunity to engage with art, but they'll even have a fun shirt to rock afterward!

Related Link: Parenting Tips: The Benefit of Kind Words

3. Create an original story: A great thing to try with kids is to have them create their own story. You can buy blank

storybooks off the internet easily, and then your kids can begin filling them in! Once they're finished, you can add a quirky bio/photo of the author and have a new story to read that is unique to them! Not only that, but it can act as a cute souvenir to keep as they get older.

What have you done to spend time with your kids during isolation? Let us know down below.

Celebrity News: Former 'Bachelor' Peter Weber Breaks Silence on Kelley Flanagan Dating Rumors





By Ellie Rice

In the latest <u>celebrity news</u>, former <u>Bachelor</u> Peter Weber and Kelley Flanagan have sparked dating rumors after the pair were spotted together in her hometown, Chicago. Speaking openly on Nick Viall's podcast, "The Viall Files," Weber explained that while they are not currently dating, he would love for it to happen in the future. According to <u>UsMagazine.com</u>, the pair have been quarantined together in her apartment along with <u>Bachelorette</u> alum Dustin Kendrick.

In celebrity news, Peter and Kelley aren't dating, but they may be on their way to dating! What are some ways to get to know someone well before jumping into dating them?

Cupid's Advice:

Getting to know someone before you dive into a relationship is crucial. If you're looking for ways to get to know a potential partner, Cupid has some advice for you:

1. Explore your feelings: If this is a potential partner that you've met on a dating app, try keeping it virtual for a while. Continue talking via texting and phone calls to build a layer of trust before you jump into a relationship. By getting to know each other on this level, you can be open and honest without it getting physical or too much too soon. Be aware of your emotions and move forward when you are ready.

Related Link: <u>Celebrity News: Clare Crawley Is Announced as Season 16 'Bachelorette'</u>

2. Hang out in groups: If you're not ready for a one-on-one date with this person, try a group setting. Invite them on an outing with your friends and their significant others or vise versa. Getting to know them while enjoying time with friends will create a more comfortable and relaxed setup. Your friends can also weigh in on their thoughts about them!

Related Link: <u>Celebrity Break-Up: 'Bachelor' Peter Weber & Madison Prewett Split After Finale</u>

3. Go on an adventure: Get to know this potential match by going on dates with them. Go for a hike or hit the beach! Explore the outdoors while enjoying each other's company. Spending actual time with someone and getting to know them on this level will help you decide if you see a future with them. Just because you are going on dates with them doesn't mean you are committing to anything, so be sure you are taking everything at your own pace.

How would you get to know someone before dating them? Start a conversation in the comments below!

Celebrity News: 'Bachelorette' Clare Crawley Explains Why She Kept Dress from Juan Pablo Galavis Breakup





By Ellie Rice

In the latest <u>celebrity news</u>, soon to be *Bachelorette* Clare Crawley shared a throwback picture with fans on Instagram. Posting to her story, Crawley revealed that she kept her

iconic finale dress from her breakup with Juan Pablo Galavis. According to *EOnline.com*, she held onto the dress for its custom design and because that scene was the most empowering moment of her life. Fans may remember this dramatic episode as Crawley stood her ground and told Galavis exactly how she felt about him. We love a woman who isn't afraid to speak her mind and can't wait to see her journey for love unfold next season!

In celebrity news, Clare Crawley talks about keeping her dress because she wore it during the most empowering moment of her life. What are some ways to remain empowered in your relationship?

Cupid's Advice:

Every relationship comes with challenges, but it's important to understand your worth and voice your opinions. If you're looking for ways to feel empowered in your relationship, Cupid has some advice for you:

1. Stay vocal: Always communicate with your partner openly and transparently. Voice your feelings to them so you are both on the same page about where you stand in your relationship. Don't be afraid to initial hard conversations and always stand your ground. Being forthcoming and honest will create a consistently healthy environment where you will feel empowered and appreciated.

Related Link: <u>Celebrity News: Clare Crawley Is Announced as Seaon 16 'Bachelorette'</u>

2. Keep your independence: Even though you are in a committed

relationship and sharing a lot of things with your partner, that doesn't mean that everything has to be done together. It's important to keep your individuality when in a relationship so you are growing personally and together. Be sure you're making time for your friends and hobbies as these are important aspects of your personal life.

Related Link: <u>Celebrity News: Former 'Bachelorette' Andi</u>

<u>Dorfman Calls Juan Pablo Season 'Stupidest Thing I've Ever</u>

Been a Part Of'

3. Learn to say no: Don't be afraid to say *no* to things in your relationship. If you feel overwhelmed and like you're spreading yourself too thin, speak up. Your partner may not realize how much they are asking of you, so it's important to set healthy boundaries.

How do you stay empowered in your relationship? Start a conversation in the comments below.

Celebrity Couple News: Ben Affleck Is 'Very Supportive' of Girlfriend Ana De Armas





By Ellie Rice

In the latest <u>celebrity couple news</u>, Ben Affleck and Ana de Armas are still going strong! Their new relationship took off after costarring in their upcoming psychological thriller, *Deep Water*. According to *UsMagazine.com*, these two are quarantined together and enjoying exploring their feelings for each other. We hope to continue to see more of this blossoming relationship!

In celebrity couple news, this new duo is happy and quarantining together. What are some ways to know you're ready for a serious relationship with your new partner?

Cupid's Advice:

Sometimes finding the one can be a challenging journey. If

you're unsure about seriously committing to a new partner, Cupid has some advice for you:

1. You see a future: If you look at your new partner and can envision a life together, this person is worth making a commitment to. Building a future with someone is a special part of life that every couple wants to commit to, but finding the right person can be a challenge. Be sure you are moving at your own pace and taking things slow, as these next steps will be huge for your relationship.

Related Link: Celebrity News: Ben Affleck Had Breakdown While Filming Scene About Broken Marriage

2. The feelings are there: Before you commit to a new partner, be sure that you feel ready. If you are undeniably physically attracted to this person, make sure you are emotionally there as well. Don't be afraid to ask for open and transparent communication from your partner about where they stand with their feelings. You both want to be on the same page so your relationship can flourish in a natural and healthy way.

Related Link: <u>Celebrity Exes Ben Affleck and Jennifer Garner</u>
Have 'Underlying Tension' Coparenting

3. You've got babies on the brain: If you have baby fever like never before, and keep viewing this person as a potential father for your child, maybe that's a sign he is worth committing to. Seeing this person in that light should speak a lot to their values, morals, and what they care about in life. If you are both on the same page with your feelings towards each other, take this next step and commit. You never know where it can lead, so go into it confidently and put your best foot forward.

How do you know when you're ready for a serious commitment? Start a conversation in the comments below!

Celebrity News: Clare Crawley Is Announced as Seaon 16 'Bachelorette'





By **Hope Ankney**

In the latest <u>celebrity news</u>, a <u>Bachelor</u> alumnae was announced as the new Season 16 <u>Bachelorette</u>! According to <u>UsMagazine.com</u>, Clare Crawley is officially continuing her journey to find love. The 38-year-old <u>reality star</u> revealed herself on <u>Good Morning America</u>, stating she had only found out two days prior. She told Lara Spencer, "[It was] So unexpected. I cannot believe it. I mean, six years later. What

is happening?" Crawley makes history being the oldest Bachelorette to lead the show. Rachel Lindsay was previously the oldest with her season when she was 32. Crawley made her first appearance in 2014 on Juan Pablo's season and is famously known for telling him off when he didn't propose to her. She went on to join the franchise three more times with Bachelor in Paradise and The Winter Games, where none of her relationships kept a spark.

In celebrity news, there's a new *Bachelorette* in town! What are some unique ways to go about finding love?

Cupid's Advice:

Finding love in this modern dating scene can seem almost impossible. With the many dating apps, the insensitivity that's come with technology and social media, and knowing that traditional ways of finding love are sometimes too unrealistic to play out, it can look pretty bleak out there for all the single folk. But, there are still some unique ways to find love that doesn't rely on apps or constant worrying over social media. You might not get the opportunity to land yourself on a reality show to find love, but Cupid has some love advice on original ideas on finding love yourself:

1. Ask your friends for set-ups: I know that blind dates can seem terrifying and over-dramatized in film and media, but bringing back this model of finding others can actually work to your advantage. In fact, most young people do find love interests based on their friends. So, if you want to shoot your shot and trust a friend, ask them to help set you up with someone they know. Don't give them any pressure! Just tell them that you're open to anyone new, so they aren't stressed to find you the perfect date.

Related Link: <u>Celebrity Wedding</u>: 'Bachelorette' <u>JoJo Fletcher</u>
& <u>Jordan Rodgers Get Engaged ... Again</u>

2. Live your life for you: When you begin to start getting to know all the facets of who you are, and you live for yourself and no one else, you'll go down a healthy life path. Doing what is right for you means you will be around jobs, places, and near people who further align with your life plan. You'll have a much better chance of meeting a soulmate because they will also have a similar life path.

Related Link: New Celebrity Couple: 'Bachelor' Kaitlyn Bristowe & Jason Tartick Announce Relationship

3. Use Uber as often as possible: Not technically a social media, this ridesharing service can actually connect you with others you might never meet elsewhere. When you choose the option to UberPool, you are meeting new people that you could have a connection with. It's like a sort of speed dating that can end the moment you arrive at your location.

What are some unique ways you've found love? Let us know in the comments below!

Celebrity News: Ben Affleck Had Breakdown While Filming Scene About Broken Marriage





By Ellie Rice

In the latest <u>celebrity news</u>, Ben Affleck was caught in a deeply emotional moment while filming his latest flick, *The Way Back*. According to *UsMagazine.com*, the actor felt parallels between his character's struggles with addiction and his own personal life. Affleck has openly acknowledged his battles with sobriety and how they have affected his career, children, and life with ex-wife Jennifer Garner.

In celebrity news, Ben Affleck is experienced some emotions about his past personal trauma while at work. What are some ways to function at work when you're going through tough times in your relationship?

Cupid's Advice:

Every relationship goes through challenges and each person will handle them differently. But when you start to feel those struggles affect your work life, Cupid has some advice for you:

1. Separate the two: Take time in the morning to reflect on your relationship and the struggles you are currently facing. Give yourself a few moments to really think about the problems you are having with your partner. Once you are finished, channel your energy solely into your work for the day and do your best to keep your focus locked in on it. By separating the two, you are distracting yourself and productively redirecting your efforts.

Related Link: <u>Celebrity Exes Ben Affleck and Jennifer Garner</u>
Have 'Underlying Tension' Coparenting

2. Take a walk: If your relationship is starting to affect your ability to do your job, then changes need to be made. Start by taking your work breaks outside. Go for a walk or just get some fresh air to allow your body to relax and refocus on the task at hand.

Related Link: Relationship Advice: How to Cope with a Loved One Who Is an Addict

3. Have lunch with your coworker: Spend some quality time with your friends at work by going out to lunch. By taking a break from your job and socializing over a meal, you will be able to stay healthy and in the company of others.

What are some ways you deal with challenges in your life? Start a conversation in the comments below!

Celebrity Couple News: David Beckham Shares Why He Fell in Love With Spice Girl Victoria Beckham





By Ellie Rice

In the <u>latest celebrity news</u>, A-list couple David and Victoria Beckham's love seems endless. This past weekend, Victoria shared a sweet video of the pair from back in the day. With David explaining that there wasn't just one thing he loved about Victoria, but instead "the entire package", these two have a relationship to be envied! According to *UsMagazine.com*, not only are the Beckhams a dynamic duo in love, but they're also dynamic as parents to their four

In this celebrity couple news, the Beckhams are more in love than ever. What are some ways to keep the love alive after so many years together?

Cupid's Advice:

Showing appreciation for your significant other is one of the keys to long-lasting relationship success. Cupid has some other tips for those looking to have a partnership like the Beckhams:

1. Try new things: Get out and experience life together. Build memories by trying new things. Book a reservation at the new restaurant in town and make time for weekly date nights! Or, visit the new trampoline park in town on Adult Night. Get crazy!

Related Link: <u>Celebrity Parenting</u>: <u>Victoria Beckham Shares How</u>
<u>Motherhood Affected Her Body Image</u>

2. Express yourself: Let your significant other know how much they mean to you with words of affirmation. By telling your loved one how special they are, they will continue to feel it.

Related Link: <u>Celebrity Couple News: Eva Mendes Reveals Ryan</u> <u>Gosling's Secret Talents in the Kitchen</u>

3. Surprise them: Don't let the adventure fade! Surprise your partner with a trip or new experience in order to reconnect spend quality time together.

What are some ways you keep the love alive in your

relationship? Start a conversation in the comments below!