

# Who Gets the Dog Post-Relationship and Love?



By Jacqueline Newman

A couple of years ago, a lovely woman named Sara came into my law office for an initial consultation. One of the first things she said to me was, “All I care about is Molly. I do not care about the money – I need her to be with me.” Now, this is not uncommon as many of my clients who have fallen out of a relationship and love feel that protecting their children is their number one concern. I asked the client, “Who would you say is the primary caretaker for Molly?” Her response (again, very typically was) “I am the one who takes care of her daily needs. I feed her, I wash her, I take her to the doctor, I take her to the park, I set up her play dates – I do absolutely everything for her.” When I asked her about her

spouse, Linda's, relationship with Molly, she responded, "She does love Molly and will play with her occasionally, but she does not care for her the way that I do." Sara then whipped out her heart shaped keychain that had a picture of Molly ... her little pug puppy.

In the days when a dog was just a dog and slept on the rug by the bed instead of in the bed, I would have explained to Sara that courts treat animals like any other personal property.

**Now in the pet-centric society that we live in, courts are trending toward looking at animals differently and applying similar standards to those used when determining custody of children when people fall out of their relationships and love.**

A court will often consider who the primary caretaker of the pet is and will look to the "best interests" standard when determining custody.

The advice I gave to Sara is similar to the advice that I would give any parent. I said, "If you want to be awarded custody of Molly, you need to be able to show a court that you are and have been during the marriage, the primary caretaker for the puppy." The history of caretaking plays a large role in custody determinations and it is logical to think the same mindset will apply in a pet custody fight. I told Sara to keep a journal of the times that she takes Molly to the vet and a detailed list of what she does to care for Molly. If the judge needs to select one party to have Molly reside with, Sara

needs to be able to show that her pup will thrive best in her care.

Typically if there are young human children within the marriage, I find that most parents agree that the dog will follow the children. When the children are packing up to spend the weekend with one parent, the dog packs up his dog bones, too. This way the children are not deprived of time with their pet and it aids in their transition between homes. Even when children are not in the picture, people can also share custody of their pets and set up a specific access schedule. Expenses for the pet can also be shared (which can be quite significant when you factor in doggy day care and veterinarian expenses – Molly needs to have her organic high fiber dog food!).

Up next... prenupts for pups!

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## **Lady Gaga: Does Her Celebrity Engagement Ring Raise the**

# Bar?



By Dr. Jane Greer

Singer and superstar Lady Gaga got engaged to her longtime boyfriend Taylor Kinney on Valentine's Day weekend. The [celebrity engagement](#) involved Kinney giving Gaga a one-of-a-kind huge heart-shaped engagement ring that includes a T and S for their initials. We could all see it sparkling on her finger when she sang at The Academy Awards recently. It harkens back to young love when everyone would write their initials in a heart, and it's both romantic and lavish.

**What Lady Gaga's Celebrity**



# Engagement Ring Means for Other Couples

So, what does the magnitude of her celebrity engagement ring mean for everyone else – her followers and fans? Does it raise the bar, and possibly make non-celebrity couples who are now getting engaged feel that they have to do something extraordinary and unique in order to make their partner feel special?

**Related Link:** [Latest Celebrity News: Lady Gaga Takes the Polar Plunge with Fiancé Taylor Kinney](#)

Getting engaged is a big deal – and not just because of the ring. There are so many pieces of love advice to consider as you figure out the best way to make it exceptional for both of you. Of course, there is no denying that the ring has become symbolic of the whole event. When it comes to Lady Gaga's celebrity engagement, that has certainly been something the press has been focusing on. She and her ring are both distinctive and seem to suit each other perfectly. While that is wonderful for her, it is important to keep in mind that we are all original and rare, so what might be perfect for her won't necessarily be right for your non-celebrity couple status. Your ring can be remarkable without having to be a showstopper.

The idea that an engagement ring has to be original, handmade and/or very expensive can skew what everyone hopes for, and if those expectations are too high, you might end up missing the point of what you are actually doing – which is pledging your love to each other and agreeing to spend your lives together. I have seen many women who were let down by the engagement ring they received because it wasn't the size, style or stone they had wished for. The engagement ring speaks to commitment and endurance, and the willingness to go the distance with your partner.

With that in mind, try to keep what you envisioned realistic to the man you are with, the resources he has, as well as his interest and taste in jewelry. Just because he doesn't design it or get you as big a ring as your girlfriend may have received, that doesn't mean you are loved less. Whatever ring you receive will be testimony of his relationship and love and the desire to share his future with you. So when he pops the question and holds out the much-anticipated ring he chose for you, it can usher in excitement rather than disappointment. Keep it about for better or worse, rather than for bigger or worse.

**Related Link:** [Lady Gaga Celebrates Celebrity Engagement with Taylor Kinney's 'Chicago Fire' Family](#)

The bottom line is that an engagement ring does not have to be the only one of its kind, over-the-rainbow-fabulous to symbolize the love you share for each other and the commitment you are making to each other. For Lady Gaga it is a huge diamond heart, for you it might be something else, possibly not even a diamond but an emerald or a ruby. In the end, though, you both hope the ring will lead you to the same place – bringing in a life full of love and adventure together.

*Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to [Dr. Greer](mailto:askdrjane@drjanegreer.com) at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy.*

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# Hollywood Couples: Stars Who Dated Their Friend's Celebrity Ex







# Terri Seymour Jokes About Simon Cowell's Son Dating Her Daughter!



By [Rebecca White](#)

Terri Seymour is famously known for dating Simon Cowell for six years before their [celebrity break-up](#) in 2008. However, the *Extra* correspondent has moved on since then: She announced her celebrity pregnancy with boyfriend Clark Mallon in September and is excited to welcome their daughter into the world later this week. In our exclusive celebrity interview, the TV host opens up about her relationship with her ex and her celebrity baby news.

# Terri Seymour Talks About Celebrity Ex Simon Cowell

As fate would have it, Seymour is due around the same time that Cowell celebrates his son Eric's first birthday. The celebrity exes have remained close friends since their split, and the actress is even Eric's godmother. Of course, the possibility of these two celebrity kids falling in love has been discussed among their closest friends. "Simon's joked about that. He's told me they will date, so we'll see what happens," she says with a laugh. "Eric is the most adorable, well-behaved little baby, so I'm sure he'll grow up to be a lovely young man."

It's no surprise that she often wonders how Cowell ended up with such a sweet baby. "I've said to Simon before, 'I can't believe he's your child!' because he's been so good since he was born," the star gushes. For her daughter's sake, she adds that they'll "just have to make sure he doesn't get on the naughty side!"

**Related Link:** [Simon Cowell Shares Photo and Gushes About Newborn Son](#)

Clearly, the celebrity exes have maintained a close friendship, despite their relationship and love life not working out so many years ago. "I think sometimes, when you're in a relationship with somebody and you become such good friends, if you don't have a terrible break-up, it makes it easier to remain friends," Seymour shares in our celebrity interview. "If you have a terrible split, then that's probably not going to happen."

Cowell has even said that he will be the godfather of Seymour's baby girl, although the TV host has yet to confirm.

# TV Host Reveals Difficulties During Her Celebrity Pregnancy

A pregnancy can be hard on anyone, even more so if you have systemic lupus like Seymour does. “I had a lot of sickness in the first seven months – I felt sick the whole time basically,” she divulges. “Now, I’m just feeling very tired and getting ready for the big day.”

While her lupus had nothing to do with the sickness she felt, her doctors are still monitoring her and the baby closely. “They won’t let me go past my due date because of it,” the actress says. “They’re talking about maybe inducing me a little bit early.”

While preparing for a baby is a great bonding experience for a couple, it can also test their partnership. “Pregnancy is really hard on a relationship and love. I think it can be very stressful,” Seymour explains. “It can be hard for the guy, I think, when his wife, partner, girlfriend, whoever, is going crazy with all these hormone changes. We can be quite testy on them, like I’ve been for the last couple months! Towards the end, though, it just brings you even closer together.”

**Related Link:** [Simon Cowell Is Having a Baby with Socialite Lauren Silverman](#)

Now that they’re in the homestretch, the famous couple is focusing on getting their daughter’s bedroom ready. “The nursery is really cute with a little bit of pink,” the celebrity mom-to-be says. “It’s got this very light-colored and fluffy cloud-like rug. We’re just doing the accessories now, like pillows, baskets, and toys. We’re trying to make it all cozy.”

It’s easy to see that the *Extra* correspondent and her celebrity love can’t wait to become parents. “I’m definitely most excited about meeting our daughter for the first time,”

she reveals. “By the time you come to the end of your pregnancy, it feels like it’s been going on forever, so you just want to meet your healthy, beautiful, new baby. I’m excited about becoming a mom. It’s going to be life-changing.”

Still, the host isn’t going to let parenthood slow her down. In fact, she’s already got a new project in the works: “I’m designing a diaper bag because I’ve had terrible trouble finding a beautiful, cool bag,” she explains. “I’m really excited about that. I’m hoping it’s going to be ready when I have the baby because I still don’t have one!”

*You can keep up with Terri on Twitter @terriseymour and [www.instagram.com/officialterriseymour/](http://www.instagram.com/officialterriseymour/).*

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## **Carmen Milian Talks Reality TV Show and Dating Advice in Exclusive Celebrity Interview: “Love Can Conquer All”**







By [Sarah Batcheller](#)

The encouraging, protective, all-powerful role of momager is becoming ever more prominent in the most glamorous celebrity families, and Carmen Milian is no exception to the population of fabulous moms taking over the entertainment industry. Mother to singer and actress Christina, hairstylist Danielle (who just announced that her third [celebrity baby](#) is on the way!), and chef Lizzy, the family matriarch has a lot of fame on her plate, as seen on the hit reality TV show *Christina Milian Turned Up*. Milian is not only a successful businesswoman; she happily raised her three equally-successful daughters following her divorce. In this exclusive celebrity interview, the celebrity mom describes life and love under her roof.

## **Exclusive Celebrity Interview with Reality TV Star Carmen Milian**

Milian reveals that filming their reality TV show was a good experience for her family. "It actually brought us closer,"

she explains. “We worked out some underlying issues throughout filming that we were able to resolve, and I think we came out better in the end by finally dealing with them.”

The mother of three also had a lot of favorite moments, but unfortunately, many of them won't be seen by audiences. “There were a lot of beautiful scenes that we shot that they didn't use. The footage showed us joking around and being silly or even a lot more lovable. I wish people could have seen that,” she says. “We also filmed an episode for Viva Diva Wines, which Christina and I own along with our partner Robyn Santiago. It was a charity event that we supported, and our wines were such a great hit!”

**Related Link:** [Christina Milian Talks New Reality TV Show, Viva Diva Wines and the Status of Her Love Life](#)

In regard to her high-profile business venture with her daughter, Milian makes it sound like a match made in heaven. “I love being Christina's partner!” she gushes. “I feel like we understand and respect each other's roles now better than ever. We work better side-by-side than when I work *for* her.” She then adds, “Our relationship has remained pretty much the same. The partnership is based on the same work ethic and trust that we've always had.”

The entrepreneur likes to add a familial aspect to everything she does. Even while working, her children and grandchildren are at the forefront of her mind. Making it sound easy, she divulges her secret to balancing it all: “My grandkids are team players. They know that sometimes they have to be quiet while I'm on a business call, but they don't mind because those calls usually come while I'm in Toys “R” Us, at the park, or at Chuck E. Cheese. I spoil them plenty, so they are fine with me working while we play. I try not to text or email during my time with them though because I don't want them to feel ignored. “

# Celebrity Mom Shares Dating and Relationship Advice

Milian is looking forward to this year, as she intends to make it a noteworthy one in terms of her relationship and love life. She believes that this is her time, saying, "The truth is that I used to date back in the day after my divorce, but it's been a while. Dating is the one thing I wish I would've taken more time for in the past, but it's never too late, and that is my intention in 2015."

**Related Link:** [Reality TV Star Christina Milian Talks About Her New Partnership and Being a Celebrity Mom](#)

She also has some dating and relationship advice for other single mothers looking for someone special. "Be open to it," she insists in our exclusive celebrity interview. "Date as many frogs as you like, but only introduce your kids to a few princes. Hopefully, one of them will turn out to be your king!"

When it comes to the season finale of *Christina Milian Turned Up*, which airs this Sunday, Mar. 1, viewers have a lot to look forward to. "They are definitely going to see our worst sides at the beginning of the episode. They'll see that my family is in no way perfect," she candidly shares. "But at the end, everyone will see how we work through our issues and that love can conquer all."

The reality TV star reassures fans that the closing of the first season of *Christina Milian Turned Up* doesn't bring a halt to the family's success. Christina will be dropping a hit single next week and is appearing in the Hulu series titled *East Los High*; Danielle is an avid blogger for *Latina Magazine* and has a line of hair extensions in the works; and Lizzy is a private chef and has just begun writing for *Latin Kitchen*.



Catch Carmen on the exciting season finale of Christina Milian Turned Up on E! this Sunday, Mar. 1 at 10/9c!

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# Relationship Author Susan Anderson Explains Common Patterns in 'Taming Your Outer Child'



By [Sarah Batcheller](#)

If you've ever spent a day using retail therapy to calm what's upsetting you, then the [self-help relationship book](#) *Taming*



*Your Outer Child: Overcoming Self-Sabotage & Healing Your Life* is for you. Relationship author Susan Anderson uses her expertise in psychotherapy to pinpoint the cause of behavior she's named the Outer Child, and she attributes these actions to our fear of abandonment. In relationships especially, fear of being left causes us to act out irrationally and push our partners away, even when we don't mean to. Analyzing our Outer Child allows us to prevent such behavior in the future. Read on for more of Anderson's fascinating love advice on how to tame the Outer Child!

## **Love Advice From Expert Relationship Author**

**We love the concept of the Outer Child, the counterpart to the all-too-familiar Inner Child. What inspired you to explore this idea in your new self-help relationship book?**

My primary area of expertise is abandonment, and I've developed a program to help people heal from the primal wound. The biggest problem that many people have is that they develop patterns out of abandonment that affect their next relationships. It also impacts how they eat, drink, and shop; it gives rise to a whole host of bad behaviors. The Inner Child is about healing, but the Outer Child is about acting out. It's the part that shows on the outside, like a wart or a mole. Therefore, one of the most important parts of helping people overcome the Outer Child is helping them overcome self-sabotage.

**Would you say that every person has an Outer Child and the degree in which it acts out varies or that some people have no Outer Child at all?**

Everyone has an Outer Child because everyone has a way of looking for fulfillment. Not everybody can have deep personal

fulfillment at every level, so everybody has little guilty secrets. For instance, they may pop a piece of candy in their mouth when they're feeling a moment of emptiness. We're all imperfectly human in that way.

**Related Link:** [Why We're Wired to Sabotage Our Relationships](#)

**Is there a correlation between having experienced abandonment and the intensity of Outer Child behavior?**

Yes. Abandonment is primal, so it's really the root of everything – it's that first fear we have. If you have a more fresh experience with abandonment, something that still throbs, then you will have lots of Outer Child behavior.

A very common pattern is the tendency to be attracted only to the unavailable, and when someone comes along who is available, you have no chemistry and you don't feel a connection. This is particularly common pattern among celebrities; they have a very difficult time because they're very eligible and everybody wants to be with them. They struggle to feel connected with someone who is actually available.

The way this connects to abandonment is complicated but interesting. First of all, there's the fear of abandonment. If you get attached to someone, you risk losing them. So if you're going after people who are unavailable, you're constantly trying to have a relationship, but you're never really having one. You're trying to avoid the pain of really losing someone. The only problem is that, while you're pursuing someone like this, it's usually a very emotional and difficult experience.

Secondly, when you go through abandonment, the feelings are so horrible that you can't wait to get better, so you try to find ways to get rid of those feelings, maybe by meeting a new person or tackling a big project. Since abandonment is a wound and scar tissue forms over the wound, that area becomes numb,

so you can't feel love unless it's in the form of insecurity. If you're with somebody who's totally available, you can't even feel that. The only thing you can feel is when somebody makes you feel like they're going to leave you any minute or that you're not good enough. Then, you *think* you're attracted to that person.

## **Susan Anderson Presents Compelling Dating Advice in Self-Help Relationship Book**

**How does the Outer Child play into compatibility or incompatibility in a relationship? For example, if two people have similar Outer Child tendencies, could that make them more or less compatible?**

In the ideal relationship, two people's adult selves would be very sweet to each other's Inner Children. The Inner Child is the vulnerable part of a person, so in a relationship, we should be very sensitive, kind, caring, and understanding towards each other. But what happens in a lot of relationships is that the Outer Children get into a power struggle because the Outer Child is always trying to create problems and has control issues.

**Related Link:** [Ways to Remain Confident in Your Long-Term Relationship](#)

**In your book, you mention the Emotional Pendulum: Fear of Abandonment versus Fear of Engulfment. Can you give us some examples of how the Outer Child acts out as a result of these two opposing feelings?**

It's a very natural to have those two opposing feelings. The Outer Child has a tendency to act them out, so when you feel the fear of abandonment, the Outer Child aims your emotional suction cup at your partner and scares them away, or it gets

stiff and angry. On the other hand, when your partner is available, you now feel the engulfment. The Outer Child acts that out by leaving, being cold, being critical, or shutting down. The pendulum swings between the two.

**Finally, we'd love to ask you for some dating advice! How can acknowledging the Outer Child help someone find love?**

When you realize how much your Outer Child has been interfering, you realize that you need to do some healing. This involves developing a relationship between your adult self and your Inner Child. When these two are in alignment and there's a caring, nurturing relationship going on, that sets the tone for you to be able to relate well to someone else. It also keeps the Outer Child out of the picture.

*For more information on Susan, visit [www.outerchild.net](http://www.outerchild.net) and [www.abandonment.net](http://www.abandonment.net). Don't forget to pick up a copy of Taming Your Outer Child!*

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## **Dating Advice for Dealing with a Jobless Boyfriend**







By Maggie Manfredi

There are multiple common sayings when it comes to the relationships and love: “love is a two way street,” “what’s mine is yours;” and “love is patient; love is kind.” But, what happens when your main man is stagnant and jobless? Are you expected to do all the heavy lifting? How do you know how to approach the topic with sensitivity, honesty and love?

**Cupid believes that you have every right to confront your jobless boyfriend. In fact, we have some valuable dating advice to help you navigate through this tough situation.**

**1. Talk it through:** First things first, talk to your partner. One of the main reasons to be in a relationship and love is to have that person you can talk to and that you trust. Be brave,

but not brash when you move to bring up your boyfriend's jobless status. Ask questions that will help him to open up. For example, ask, "If you could have any job in the world, what would it be?" Or, "What and who inspires you?" Not only will you learn more about your beau, but this might open their eyes to different career paths that they had not thought of before. Help them visualize an opportunity, and then you can take the steps toward making it a reality together.

**2. Motivate and keep moving:** The hardest thing about being unemployed is finding the motivation to get up and apply to jobs, and it can be hard to watch someone you love not able to take initiative in the situation. This is especially true if you are taking care of your man and providing for the both of you. Consider this love advice, and make sure you are supporting him in his quest for employment by not letting him sit and complain all day. Remind him to be proactive in a tactful way. A man with dreams is sexy, and a man with a job? ... Also very sexy.

**Related Link:** [Relationship Advice: How To Keep The Spark in Your Relationship After Valentine's Day](#)

**3. Work and play hard:** If your guy is totally comfortable sitting on your couch and not contributing to your relationship and love, then maybe it's time to hit the town with your ladies. Happy hour is made for the working girl, so take full advantage. However, if your jobless boyfriend is making an effort to find work and do right by your relationship, then make sure you are both going out and enjoying life together. It is easy to let the stress of bills, careers and aging get in the way of having a good time. Make sure to continue scheduling date nights to keep the spark alive.

**4. Be patient and kind:** Life is a wild ride with bumps and road blocks. You and your partner need to feel love, especially if he has been laid off or is struggling to find

something to be passionate about. Be patient if they are doing some soul searching, and when they face rejection, be kind and understanding. There's no doubt that the road will not be perfectly paved, and as their partner, it's important to be there as they try to navigate.

**Related Link:** [Relationship Advice: 5 Basic Workouts To Do With Your Partner](#)

**5. No excuses:** Cupid wants to make one thing perfectly clear: DO NOT MAKE EXCUSES FOR LAZINESS. A lazy partner now will be a lazy partner in the future, and this is not an ideal attribute in your soul mate. Everyone is allowed to make mistakes and to be unsure; but if your partner comes across a problem and doesn't want to solve it, then they might not be the best fit in a partner after all.

Work hard at your job, and work hard at your relationship. Your jobless boyfriend might need a little help to change his title, but with a little patience and a lot of love, you may see him make something of himself. Don't let him couch surf any longer, and if he makes excuses, it might be time to excuse yourself from the relationship.

**Have a different perspective on this relationship scenario? Share with us below!**

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# **Best Dressed Celebrity Couples During Awards Season**









Kanye West and Kim Kardashian

This celebrity couple is known for being extremely fashionable. It's no surprise that the Wests, who were seen at the Grammys participating in some serious PDA, looked photo ready in their designer duds. Photo: Janet Mayer / PRPhotos.com

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## Relationship Movie 'Focus' Features Will Smith as a Con Artist





By [Courtney Omernick](#)

In the new relationship movie *Focus*, Nicky Spurgeon (Will Smith) is a con artist who takes a girl named Jess (Margot Robbie) under his wing. Nicky and Jess become romantically involved, and with Nicky's profession, which includes lying and cheating, he decides to end the relationship. The two reunite three years later.

### **Should you see it:**

If you're sick of the standard chick flick, but enjoy a relationship movie with a twist, then you'll love *Focus*! The film is jam packed with action, suspense, and romance.

### **Who to take:**

This film would be great to see with your friends, family members, or significant other.

### **How can you tell if your significant other is cheating?**

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

Relationships and love are meant to last. But, unfortunately, they can end prematurely due to one, or both, parties deception or cheating. Sometimes, it can be easy to pin point when the person you're with isn't being faithful. However, most of the time, we don't see the signs. Find out what to look for below!

**1. Excuses:** If your significant other is usually ready to hang out but now constantly makes different excuses as to why he/she can't see you, they're probably cheating.

**Related Link:** [Find Out Why Ellen Barkin Called Off Celebrity Engagement to Ben Emmerson](#)

**2. Different routine:** Usually, your partner comes home, has dinner, and walks the dog. Now, he/she comes home, takes a shower right away, and tries to read a magazine to "unwind." If they're starting to switch up their routine for no apparent reason, they might be unfaithful.

**Related Link:** [Mandy Moore Ditches Wedding Ring & Spends V-Day with Minka Kelly Amid Celebrity Divorce News](#)

**3. Their looks have changed:** Has your partner recently lost a lot of weight? Did they buy a new wardrobe? Are they starting to dress up all the time when they usually dress down? They might be "cleaning up" to impress their fling.

**How did you know your significant other was cheating? Comment below!**

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# Their Lips are Sealed: 5



# Celebrity Couples That Kept a Secret



by Molly Jacob

What's juicier than a best kept secret? Sometimes we like to keep things to ourselves, and celebrities are no different. With all the celebrity gossip that follows anything anyone famous does, we don't blame people in Hollywood relationships who like to keep their lips sealed.

**From secret baby daddies to secret weddings, see what celebrity**

# couples have kept a secret!

**1. Hilarie Burton and Jeffrey Dean Morgan:** The *One Tree Hill* star not only managed to keep her relationship with *Grey's Anatomy* actor Jeffrey Dean Morgan a secret, but also a baby bump! Burton and Morgan's relationship apparently moved along very quickly in 2009, so no one knew they were together (but this celebrity couple has stayed together ever since). Because she managed to avoid the spotlight after finding out she was pregnant, fans were shocked to find out she was expecting. In March 2010, she gave birth to their son, Augustus. She continued to be tight-lipped about the birth and name of her son until months later, even as the celebrity gossip swirled around them.

**2. Leighton Meester and Adam Brody:** These two lovebirds kept their romance a secret! A source revealed in February 2013 that the two were dating, and they had been close ever since working together in 2011 on the set of the film *The Oranges*. In November 2013, a source confirmed that the duo had gotten secretly married. This news came out only three months after their engagement went public, something else they were super secretive about. Being in a Hollywood relationship often comes with a lot of gossip and speculation, so these two probably wanted to keep their relationship as drama-free as possible.

**[Related: Leighton Meester and Adam Brody Secretly Marry](#)**

**3. Jude Law and Samantha Burke:** Although these two aren't a celebrity couple anymore, this duo kept a secret back in 2008. Law, known for his scandalous affairs, had a secret, brief fling with model and aspiring actress Samantha Burke. She found out she was pregnant soon after, and conducted a DNA test to determine that Law was the father. Burke gave birth to Sophia, their baby girl, in September of 2009. Although he is no longer in their lives, Law did make a statement in 2009 that he would be supportive of both mother and daughter.







Interview by [Sarah Batcheller](#). Written by Jenna Bagcal

We've all been on dates that have flopped miserably. Maybe they've even made us think, "What did I do wrong?" or "Why wasn't he into me?" In this exclusive celebrity interview, *Dancing with the Stars* (DWTS) professional dancer [Karina Smirnoff](#) and her best friend and manager Lindsay Rielly remind readers that these dating disasters happen to the best of us. In their new book *We're Just Not That Into You: Dating Disasters From the Trenches*, which came out on Feb. 10, these ladies, along with some of their famous friends, share their perspective about relationships and love and prove that what seems like a bad date now may turn into a hilarious story that you'll learn from later on.

# Karina Smirnoff and Lindsay Rielly Share Dating Advice and Disasters

Sure, Smirnoff is well-known for her moves on the dance floor, but even winning the mirror ball trophy doesn't make you immune to heartbreak – which is why she decided to share the good, the bad, and the ugly in her new book. According to Rielly, the title of the book is a tongue-in-cheek reminder to women that “it's not that *he's* not into us. It's a mutual thing!” Their main goal was to remind people that “dating is ultimately fun, not something that you have to dread because of your previous experiences.”

**Related Link:** [Exclusive Celebrity Interview: Antonio Sabato Jr. Shares His Best Relationship and Love Advice for Valentine's Day](#)

Embodying this mindset, these two women have not let dating flops get in the way of their positive outlook on relationships and love. Smirnoff's best piece of dating advice is simple: “Open your mind and your heart. Instead of thinking, ‘Oh my god, I gotta go on another date,’ go with good energy. Great things might come out of it! And the least you're gonna do is enjoy yourself.”

The best friends ultimately describe the writing process as “fun” with intense and challenging moments at times. “To be honest, I loved every second of it! It was a lot of work though,” Smirnoff says in our exclusive celebrity interview. “Once we started remembering the dates and the details, we looked like Bruce Almighty. Remember when he was God and he was answering emails to everyone? At the end, I just wanted to say yes to all! But writing a book is very liberating and empowering too – I didn't expect to feel that way.”

In addition to dating stories from Smirnoff and Rielly, *We're Just Not That Into You* includes contributions from their

girlfriends and other celebrities, including *DWTS* contestants Leah Thompson, Maria Menounos, and Ralph Macchio as well as fellow professional dancer Cheryl Burke.

## Why Men Will Enjoy This Book About Relationships and Love

While the book is geared towards women, Smirnoff and Rielly share that men may also enjoy reading it. “Our publishers read the book, not expecting to love it, and said that neither of them could put it down. It’s the type of book that, if their wives had it, they would steal and read in private,” they explain.

**Related Link:** [How to Keep the Spark in Your Relationship After Valentine’s Day](#)

No need to worry, guys: You’re not to blame for *every* dating disaster. “There are stories where we laugh at our own behavior,” Smirnoff says. “There were definite situations where we were the catalyst of our own downfall. But that’s the whole point: It’s not like all guys are bad and all girls are good. We’re all good, and we’re all bad...sometimes at the same time.”

Of course, the authors have their fingers crossed that some of their exes check out their new book about love. “I’m personally hoping that at least one specific person reads it. I think that he might learn something about his love life by reading his story,” says Rielly.

“I just hope someone picks it up and asks, ‘Why were you talking about me?’” Smirnoff adds with a laugh.

## Professional Dancer Shares What’s Next for Her in Exclusive Celebrity Interview

With her new book being released and other secret projects in

the works, Smirnoff will not be returning for the next season of *DWTS*. After being on the show for “an incredible decade of her life,” the dancer says that she felt it was time to move on and explore new opportunities. “There are a lot of exciting things coming up!” she shares.

**Related Link:** [Dating Advice: How to Date and Get the Best Results](#)

Some of her favorite memories from the show are the relationships that she formed with other professional dancers and her celebrity partners. “I developed real friendships – friendships where you call each other, where you see each other whenever you’re in town,” she reveals. “I still have that relationship with a lot of my partners, including Ralph Macchio, Jacoby Jones, and J.R. Martinez.”

Speaking of Martinez, one of her favorite seasons was season 13 when she was partnered with the former U.S. Army soldier and actor. She explains, “I love the military. Being partnered with J.R. was very powerful for me because I got to experience some of his world firsthand. I got to experience his story – what he went through and how he came out of it. That was a very important season for me personally.”

*You can keep up with Karina on Twitter @Karina\_Smirnoff. Check out We’re Just Not That Into You on Amazon!*

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## **Relationship Advice: How to Keep the Spark in Your**



# Relationship Valentine's Day

# After



By Molly Jacob and Jennifer Ross

Now that the beautiful romance of Valentine's Day has passed, you may think it's time to return to ordinary life. Even though it's technically no longer the season of relationships and love, that doesn't mean your love ends! For the rest of the year, spread your love continuously, especially in your relationship. Not sure how to do that?

**Cupid has some relationship advice for how to keep the spark in your**

# relationship all year long!

**1. Express your feelings:** One of the best parts about this day of love is when you take the time to tell your partner how you really feel. Who says you can't do so all year long? While your significant other of course knows that you love him or her, sometimes we all need a little validation. Just by saying, "I love you," in the most unexpected moments, such as when they're eating dinner or brushing their teeth, has a lot of meaning.

**Related Link:** [Expert Dating Advice: Valentine's Day Tips](#)

**2. Send love notes:** Valentine's Day cards are wonderful ways of expressing your feelings about relationships and love on paper, so why not keep those going throughout the year? Just slip a note somewhere sure to be noticed later by your sweetheart. Many card stores have all sorts of blank cards or customizable stationary for you to send your message. If you can't write like the greeting card writers can, don't fret! You can steal great quotes from your favorite songwriter or poet, as long as you give credit where credit is due.

**3. Go on romantic dates:** Think about how much fun you had sharing a lovely meal with your significant other out on the town on the 14th and plan something like that again. You might have spent a pretty penny this Valentine's Day, but don't think you have to do so on every date. Think a quiet afternoon at a cafe or lunch at your partner's favorite pizza joint. The key here is to appreciating each other in public and sharing a delicious meal, too.

**Related Link:** [5 Celebrity Couples Who Celebrate Valentine's Day in Style](#)

**4. Make an appointment:** We often get so caught up in our busy lives that we take alone time with our loved one for granted.

Just how Valentine's Day is a day of the year that you devote to your partner, create a specific time each day that you plan to spend with him or her. This can be a time that you talk about your day, discuss your relationship and love, or just do something together, such as make dinner. This sacred, alone time can strengthen the intimacy in your relationship.

**5. Seek advice:** If your Valentine's Day date was a complete flop, don't let that stop you and your partner from fighting to keep the love alive. Sometimes life's hardships can distract you from focusing on the love and goodness in your relationship. Seek advice from other couples that have stayed together and passed the test of time. They are full of valuable relationship advice about keeping the spark in your relationship, even after years of being together.

**How do you keep the spark in your relationship after Valentine's Day? Share with us below.**

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## **10 Famous Couples We Can't Wait to See Support Each Other At the Oscars**







Page 1 of 10



Chrissy Teigen and John Legend

The soulful singer-songwriter and his wife, who has been in the media for her humorous crying face, most recently appeared



at the Grammys on Feb. 8. Legend and Common will be performing the Oscar-nominated song 'Glory' from the movie 'Selma.' Fingers crossed that they take home the golden statue! Photo: Janet Mayer / PRPhotos.com

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# Divorce Attorney Jacqueline Newman Offers Relationship Advice: “You Want to Be Divorcing a Happier Spouse”



Interview by [Lori Bizzoco](#). Written by Emma L. Wells.

Jacqueline Newman has an impressive career as a family law attorney in New York City, so it's no surprise that she knows a thing or two about how to best handle a divorce. For starters, she encourages couples to stay away from social media. Saying negative things about your ex could affect more than just your relationship; it may also impact their career, as future employers may Google them and not realize that it was a former spouse who called them a cheat or a liar.

## Jacqueline Newman Shares Relationship Advice for Couples During Divorce

It's also important to remember that your words will be around long after your divorce proceedings end. "Nowadays, children learn to tweet before they learn to walk," the divorce attorney explains when sharing some relationship advice. "You're making a footprint that's going to be there forever. You're saying bad things about your spouse because you're caught in the moment, but your kids may see this one day."

**Related Link:** [Making Special Occasions Comfortable for Children After Divorce](#)

If you're thinking of splitting from your husband, there are several steps you should take. "One of the first things I ask my clients when they sit down in my office is, 'Are you sure you want to get divorced?'" Newman shares. She points out that this process is far from fun and shouldn't be undertaken unless you're 100 percent sure you want out of your marriage.

If your answer is yes, now, you have to decide *how* you want to get divorced. There are three basic options: litigation, collaborative law, or mediation. You need to figure out what process is best for you and what kind of divorce attorney you

want to hire. “You want to be with an attorney who you feel you can say anything to. If you’re not comfortable talking to them, then you’re not giving them the tools and position to really protect you,” she reveals.

While a good personality fit is the number one quality to look for in an attorney, the second thing you need is a person who can think strategically. “You need someone who’s going to look at the big picture and figure out the best way to get you to your goals,” she adds.

**Related Link:** [Facing a Divorce? Don’t Take the Adversarial Approach](#)

Newman also encourages her female clients to become familiar with their spending habits. “Women are not always aware of their finances before getting divorced,” she explains. “Pay attention to your lifestyle.” It will empower you to know what’s going on and help you control the outcome of your divorce.

Her best relationship advice for those going through a divorce is simple: “You want to be divorcing a happier spouse.” She says it’s important to maintain a civil attitude – especially if children are involved – and make sure everyone has what they want in the end. If you want to look at [celebrity divorces](#) for inspiration, it may be tough. “If they’re really smooth and amicable, you never hear about them,” she divulges. “The best divorces are the ones you find out about after the fact.”

## **Prenuptial Agreements Aren’t Only for Celebrity Couples**

Believe it or not, you don’t have to be a celebrity couple or have a lot of money to have a prenuptial agreement. Prenups are the biggest part of Newman’s practice, and there are many

situations that require one. For instance, if it's your second marriage and you have children from your first marriage or if you own your own business, then a prenup is necessary. As the divorce attorney explains, you should get a prenup "if you have assets that you want to be very clear are going to stay yours after a divorce." She adds that laws are constantly changing and that it's good to guarantee what's going to happen in the event of divorce.

**Related Link:** [Divorce Expert Advice: Kindness No Matter What](#)

Apart from providing security, prenups can be good for your relationship and love. "Not only do they help assure the wealthier spouse that they aren't being taken advantage of, but they teach couples to have difficult conversations about money," she shares. "You shouldn't look at prenups as asking for a divorce."

As far as her own ten-year marriage goes, Newman believes that her job actually *helps* her relationship and love. "I think, on some level, it strengthens my marriage because seeing people at their worst, seeing what they will do, gives me perspective on how little it matters if he doesn't unload the dishwasher," she says. "I fight all day long at work, so I really don't fight that much at home. I get it out of my system. You can't have a lot of drama in both parts of your life!"



*Jacqueline Newman joined Berkman Bottger Newman & Rodd, LLP in 1998 and is now the managing partner of the firm. Ms. Newman's*



*practice consists of litigation, collaborative law and mediation. She specializes in complex high net worth matrimonial cases and negotiating prenuptial agreements. Newman has appeared as a commentator on various television shows and has been quoted as an expert in numerous publications, including Glamour Magazine, Crain's New York Business, U.S. News and World Report, Woman's Day and The Huffington Post. For additional information, check out her website, <http://www.nycdivorcelawyer.com/>*

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## Dating Advice on How to Meet Someone for Valentine's Day



By April Davis

With Valentine's around the corner, you may feel a lot of pressure to find the person who's right for you. Relationships and love are something that few people put much effort and energy into finding.

**Many think that if you just sit back, then it will just happen when it happens. The problem is that it won't happen while you're sitting on the couch. Here's some dating advice you can use to meet your Valentine.**

**1. First thing's first – Get rid of the idea that Valentine's day is the deadline.**

It can be a checkpoint, but not a deadline. It's a process to find the person you can spend the rest of your life with and there are steps involved. It's not like buying a car where you can go to the dealer and give your preferences on features, color, etc. Remember it will take some time and effort to meet the one for you and there are a billion possible matches for you, but it can be a lot of fun in the meantime if you're open-minded.

**2. Wear red.**

When you're out and about at social gatherings or just any given day at work or the grocery store, take advantage of the Winter seasonal colors and wear red. This will attract attention to yourself and it's sexy. Also, research has shown that people are more attracted to both women AND men who wear

red.

### **3. Get out and be seen.**

Your future King or Queen isn't going to find you in front of your TV at home. Get online and find all the singles events, happy hours, business networking events, nonprofit fundraisers, etc. and get them on your calendar. This dating advice can save you a lot of worry, so be proactive. These places are full of professionals and many of them are going to be single. The places you go to meet people don't all have to be singles events. When you are at these events don't forget to smile and try out your refined conversation skills. One trick to open the door for conversation at an event, go up to someone you'd like to meet, have a drink in your hand, and say, "Cheers". Most anyone will respond positively.

### **4. Learn how to make a connection with someone while in conversation.**

This really is a skill set and not everyone knows how to do it. One thing you can do to start improving in this area is to initiate conversations with anyone you meet. Don't wait to only talk with people you're attracted to or want to date. It's smarter to be friendly and practice connecting with anyone you meet.

If you're in the elevator, smile, say hello, and make a comment to the other person sharing it with you. Maybe you can notice something about their bag, hair, or what they're wearing. Throw out a compliment to the person working behind the counter. Ask your server at a restaurant a question such as, "Where are you from?" These are all ways to start a conversation and will help you to build your confidence when it's time for you to chat it up with someone you are interested in.

### **5. Make a list of things you've always wanted to do, and do it.**







By [Rebecca White](#)

Do you ever wonder what married celebrity couples do for Valentine's Day, especially if they're apart due to work obligations? Well, we got the inside scoop from one of our favorite stars! In an exclusive celebrity interview, Antonio Sabato Jr. shares that his relationship and love life is better than ever and discusses what he'll do for his wife this weekend.

## Antonio Sabato Jr. Talks Valentine's Day Plans in Exclusive Celebrity Interview

In honor of the romantic holiday, the former *Dancing with the Stars* contestant learned how to cook for his wife Cheryl Moana Marie Nunes on *Flip My Food* with Chef Jeff Henderson. Although

the actor won't be home for the special day, he plans to use the skills he acquired on the show when he returns and has "some surprises going to the house for her."

**Related Link:** [5 Celebrity Couples Who Celebrate Valentine's Day in Style](#)

When the reality TV star learned what Chef Jeff wanted to make for the famous couple, he couldn't resist the invitation to go on his show. "Everything was delicious, and the dessert was incredible," Sabato raves. "He makes everything taste amazing. I don't ever eat salmon, and the way he made it was amazing. I love his food, his recipes, and his show."

The actor not only learned how to cook the perfect meal for his wife, but he also took home some new cooking skills that he didn't have before. The *Fix It & Finish It* host shares that you need to "take your time; be careful not to overcook your ingredients; and put passion behind your food."

## Reality TV Star Shares His Best Relationship and Love Advice

If you are still unsure of how to spend your Valentine's Day and what to give your significant other, consider this dating advice to save your relationship and love life. "Knowing what your significant other likes and what is special to her is the way to have a great Valentine's Day," the former model says. "Know her favorite restaurant, her favorite food, her favorite flower, or her favorite movie. Then, surprise her and be a gentleman about it."

**Related Link:** ['DWTS' Star Antonio Sabato Jr. on Dancing with His Wife: "It Will Be So Special For Us Both"](#)

Or you can impress your partner on the dance floor this weekend. The actor may even showcase his dancing skills. "I get to dance with my wife all the time and have had many

dances with her since the end of *DWTS*,” he reveals in our exclusive celebrity interview. “I always take my time with her to heart.”

If you’re still in a bind, use this celebrity couple’s favorite date night as your inspiration. Sabato divulges that they like to go to a theater where “you can order food and drinks during the movie in reclined seating and just have an amazing time.” Sounds like a good date to us!

*You can keep up with Antonio Sabato Jr. on Twitter @antoniosabatojr and his website, [www.antoniosabatojronline.com/](http://www.antoniosabatojronline.com/)*

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## **Relationships and Love Are Overrated**







By Brian Worley

While “Virginia is for Lovers,” Valentine’s Day is all about celebrating your lover. However, relationships and love are overrated. Don’t stress out if you are among the more than half of the single population in the U.S. that will be celebrating this romantic holiday solo, because you are not alone. According to a report on Bloomberg.com, you are one of the 124.6 million single Americans that will not be contributing to the \$13.19 billion annual spend on roses, candy, candlelit dinners and stuffed cupids. Take this dating advice, and put love on hold, if not only for the amount of money you can save!

**The average consumer spends \$116.21 on Valentine’s Day, so pocket the cash and follow these sexy, single and ready to mingle tips that could**



**potentially leave you with Cupid's arrow piercing your heart or a bunch of mental memories of another night on the town where you have the time of your life and can still keep searching for that relationship and love.**

**Here are the 5 Ways to throw a Singles Party that Rocks:**

**1. Invitees:** It is all about the singles. Invite single friends only and each person needs to bring a new single friend. Make sure there are an equal number of guys and gals to mix up the fun. So where do you find these singletons? Your social network – Invite people in your social circle on Facebook or maybe you have common friends but you don't know them. Now, is your chance to branch out and invite them.

**2. Décor:** Forget about pink and red. A little played out isn't it? Well this year try turquoise and orange. Let's think a little bit more about that décor. A star is defined as a bright point of light in the sky or a five-sided drawing that is meant to resemble the points of light in the sky. So you can have star shaped sugar cookies – green with vanilla icing packaged up as a parting gift. Or, do the whole party around the opposites of what people think. For example, – Not roses...Rather thistle- Not chocolate...Bring out the steak.

**3. Playlist of music:** Just forget all those love songs and bring out the real fun jams! Such as "All the Single Ladies."

**4. Food / Beverages:** Keep it fun and flowing. The opposite of chocolate is vanilla so why not add some vanilla touches. And, make sure the food is fun – Gourmet Grilled Cheese sandwiches

are easy to make and always a big hit.

**5. Invitation:** And, don't forget about the invite. How about setting the theme in advance by sending the party goer a puzzle piece and they then have to find the person that has the other piece of the puzzle.

They say, 'the grass is always greener on the other side' which seems to be more accurate on Valentine's Day than any other holiday. As you throw yourself into the perfect singles soiree, think about all your couple friends in a relationship and love eating overpriced dinners because technically love is in the air. Follow these fun pointers and next Valentine's Day, you may just find yourself on the other side of the fence receiving a dozen of the 196 million red roses produced to show how much you are loved!

*[Brian Worley](#) is the co-founder of Your-Bash and TV's favorite event planner and LA's man about town. Worley is known for his over the top and memorable style and has been the voice of everything from E!'s Party Monsters Cabo, to WE TV's Platinum Weddings, to The Style Channel's Big Party Plan Off. From American Idol Parties, to the Oscar Pre-Show and Grammy After Party, Worley says the key is to NOT go with tradition.*

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## **5 Celebrity Couples Who Celebrate Valentine's Day in Style**



By Brittany Stubbs and Molly Jacob

While flowers and chocolates are nice, in Hollywood, Valentine's Day is usually done a little different. Although there are many ways to show your love, check out how some of our favorite celebrity couples are doing it! Celebrity love is definitely in the air this season, and there's no better way to show it than with extravagant gestures. If you need some romance inspiration, check out the five famous couples below:

## Celebrity Couples Who Celebrate the Day of Love in Style

**1. Kim Kardashian and Kanye West:** Kimye has gone overboard with V-Day celebrations in the past few years. Last Valentine's Day, Kim received 1,000 roses from Kanye, which she showed off on her Instagram account. West also has shown

his love to Kardashian with some serious bling. In 2013, the rapper gave his sweetheart a \$73,000 bracelet from Cartier's Panthere Collection. The stunning bracelet featured a diamond-encrusted panther motif with emerald eyes and an onyx nose, completed with a black cuff and a white-gold trim.

Although Kardashian loves her bling, she admits that Valentine's Day presents don't have to include a huge price tag to be special. In an interview with *Gotham*, Kardashian said, "Valentine's Day is all about showing the people around you how much you love them, so the gifts that come from the heart are always the most special. One year, Mason [Kourtney Kardashian's son] gave me the most adorable Valentine's Day card that he made himself, and it is still one of the best gifts I've ever received."

**Related Link:** [Love Advice: 3 Signs He's the Right Guy to Be Your Valentine](#)

**2. [Lauren Conrad](#) and William Tell:** Conrad and Tell, one of our favorite celebrity love stories, will be celebrating their third anniversary this Valentine's Day. The celebrity couple were introduced to each other by mutual friends on the day of love in 2012 and have been lovey-dovey ever since. Last year, Conrad showed her love to her then-fiancé on Instagram by posting an adorable engagement photo with the caption, "Happy Anniversary to my favorite Valentine. I love you dearly xo." This is their first Valentine's Day as a married couple, so we're excited to see what this day of love and joy brings them!

**3. Kate Middleton and Prince William:** Valentine's Day isn't always about spending the time with your lover. In 2013, Kate Middleton and Prince William celebrated the day of love in style by doing something they love: helping others! The Duchess Of Cambridge visited Northolt High School, a London high school, and officially opened the school's ICAP Art Room after receiving a lovely floral arrangement. Middleton has



been a patron of the art room since 2012. William spent Valentine's Day morning in Datchet, Berkshire with Prince Harry, delivering sandbags to communities affected by flooding

This wasn't the first Valentine's Day the royal couple has spent apart! In 2012, William was on a tour of duty in the Falklands during the 14th of February, but he still managed to send her a card and flowers despite his being 7,000 miles away.

**Related Link:** [5 Valentine's Day Celebrity Engagements](#)

**4. Brad Pitt and [Angelina Jolie](#):** This power couple has shown their celebrity love on Valentine's Day by celebrating with some laughter. In 2013, Pitt gave his lover vegan, gluten-free, sugar-free mints for Valentine's Day, a loving joke since he's always teasing Jolie that she has bad breath. Although he could easily buy her something fancy (which we assume he did along with the gag gift), this gift shows the couple's unique, playful side, which is always in style!

The couple doesn't always make a joke about the holiday, though! In 2010, Jolie gifted Pitt with a 200-year-old olive tree worth \$30,000. The tree was planted at their French home, the Chateau Miraval, where it joined an olive grove, vineyard, and more.

**5. Jay-Z and Beyonce:** Is anyone surprised that this "Drunk in Love" couple would celebrate the Day of Love in anything less than amazing style? Last Valentine's Day, Jay-Z bought his wife a \$2,300 Tacori bracelet. The bracelet's intertwined gold and silver design is said to represent their union, and it can only be unlocked by a private key. Jay-Z reportedly gave Bey her gift a few days earlier than the 14th because she was so eager to receive it.

Last year wasn't the only year the rapper surprised his wife with an extravagant gift. In 2009, Jay-Z bought Beyoncé a platinum cell phone worth \$24,000 for Valentine's Day. We

can't wait to see how this superstar celebrity couple celebrates V-Day this year.

How do you plan on celebrating Valentine's Day in style? Let us know in the comments below!

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## Discover 'The Old Fashioned Way' in Ginger Kolbaba's Newest Book About Love



By [Sarah Batcheller](#)

Ginger Kolbaba believes in the power of old-fashioned romance,

which is why she's written her latest book about love, *The Old Fashioned Way: Reclaiming the Lost Art of Romance*. Setting itself apart from many other self-help relationship books, it's a helpful guide to a timeless, everlasting love. It's based on the screenplay *Old Fashioned* by Rik Swartzwelder, which is being released in theaters over Valentine's Day weekend. In a world where relationships are consumed by ambiguity, pride, and various shades of gray, Kolbaba enlightens readers to the ways lovers thrived in simpler times. As a result, her fascinating book about love details how you, too, can achieve an old-fashioned romance.

## **Love Advice from Self-Help Relationship Author**

**You encourage readers not to constantly long for “the good old days” because for all we know, these days could be even better! So what do you think is unique to today's dating scene that older generations may not have experienced back in their 20's and 30's?**

We have access now to different organizations that give us information about potential partners and help us connect with other people in a positive and healthy way. That's a big one – because a hundred years ago, everyone lived on farms or in small communities, so basically, who you went to school with was who you connected with...unless it was someone's cousin's cousin's friend who was visiting from out of town. We have a larger ability to meet people from all over the world.

**Related Link:** [Date Idea: Live Out Your Fairytale](#)

**How do gender roles play into relationships, whether positively or negatively?**

Well, first of all, let me say that I am, at heart, a feminist. I remember once that my mother-in-law said that

women were great as companions or as people to step alongside men. She said women should never be doctors; they should be nurses, teachers, or any other supportive role to the real roles that were for men. She and I really bumped heads on this idea.

In relationships, there are significant differences that we can't ignore. We were created in a certain way, and a lot of times we try to push against that instead of flow with it. Science shows that men and women view situations differently. Men tend to be more visual, whereas women tend to be more relational; men tend to compartmentalize more than women do. If something isn't on their screen in that moment, they're not seeing it. But with women, if they get a speeding ticket that day, that means their dress doesn't fit and they're too fat and they're a failure at their relationship. If we understand these differences in relationships, then we don't try to make the other person exactly like us.

Furthermore, a woman's response in an argument is typically to get angry right away and then calm down a little bit after looking at the whole situation from a discerning point of view. The man, though, can deal with a situation immediately, but then, after he processes it emotionally, he gets angry, which is when the woman can step in and be there for him.

## **Ginger Kolbaba Discusses Her New Book About Love**

**You mention that statistically speaking, couples who live together before marriage are more likely to divorce. Why do you think that is?**

This goes so much against the grain of what we think is rational. Wouldn't you think, "If I move in with this person, then I'm really going to get to know them and make a wise decision about whether I want to be with them for the rest of



my life"? But statistics and research have shown over and over that there is more divorce and even more abuse that occurs for couples who cohabit before they get married. I think that, when we decide to try it out and give ourselves this test, we're putting divorce on the table from the get-go. We may not transition over mentally. Basically, we go from a commitment to a covenant; we feel like there is no out, and we're all in. When we're living together, we think we can get out, so a lot of times, we carry that same mentality into our marriages.

**To shift gears, the movie *Old Fashioned*, whose creation led to the writing of your book, is being released alongside *50 Shades of Grey* over Valentine's Day weekend. In your opinion, what does having these two movies side-by-side say about relationships and love today?**

Well, after I saw the screening of *Old Fashioned*, I realized that the movie leaves you with this sense of hope and this feeling of, "Oh my gosh, that's how I want to be treated!" This movie shows what love is. Now, I haven't seen *50 Shades of Grey*, but I've read the book, and I know it doesn't make you say, "Oh, that would make me feel like someone really cares for me." So what these two movies going head-to-head has to offer is that people can see two different viewpoints of relationships and love. Now, both show very extreme versions of love, but *Old Fashioned* is closer to the way people actually *want* to be treated.

**Related Link:** ['50 Shades of Grey' Star Jamie Dornan Shares Unsexy Secret](#)

**Speaking of Valentine's Day, what is your love advice for couples looking to celebrate the holiday in a fun and romantic, maybe even old fashioned, way?**

People should let go of the expectation that it has to be perfect because it's Valentine's Day. I want to be treated

like that every day! I've known couples who have gotten into huge arguments because of trying to plan big, romantic dinners and buying huge gifts instead of just enjoying each other's company and doing something wonderful with each other. People set the expectations too high.

My friend Jonathan got married a couple of years ago, and for the first Valentine's Day, he went all out. He got her a huge present and took her to an expensive dinner and did all these things. The next year, he did all these things, except he didn't get her a present, and what did she decide to focus on? The missing gift, of course. He came into my office and said, "I don't know what to do. I almost don't want to celebrate it anymore!" Don't end up focusing on a misplaced expectation instead of each other.

*Learn more about Ginger on her website, [www.gingerkolbaba.com/home.html](http://www.gingerkolbaba.com/home.html) and pick up a copy of The Old Fashioned Way today. Be on the lookout for future self-help relationship books from the author!*

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## Relationship Expert Shares Hot Valentine's Day Gifts





By Kris Schoels

*6 million – The number of people who expect or are planning a marriage proposal.*

*1.9 billion – The amount people will spend on flowers alone.*

*53% – Women who would end their relationship and love if they didn't get something for Valentines Day*

With these statistics, it's no wonder we get crazy about a seemingly harmless day in February. As a relationship expert, I think Valentine's Day should be about managing expectations and making sure you both are on the same page about gifts and celebrating.

**Here are some ideas for Valentine's Day presents...and a few things you should never get for the girl in**

# your life!

## **1. Gym membership or workout gear: Is that ever a good idea?**

I say yes, but only if your partner is already into working out in the first place. Have a Pilates lover? Get her a class pack to her favorite studio. Significant other running in a marathon late this year? Buy her some running clothes. Dating someone who is not into the gym or fitness at all? This is not the time to introduce them to the fitness scene. I can guarantee it will cause some hurt feelings and self-doubt.

**Related Link:** [Dating Advice for How to Manage Valentine's Day Expectations](#)

## **2. What about jewelry (or any item that isn't a ring) in a small box?**

I am just going to put this out there: If they do not already have a ring on their finger, girls want to be engaged! You don't have to be a relationship expert to figure this one out. If you have been together a while, they will probably (even if you have told them you are not going to) think that you are going to propose on Valentine's Day. Do NOT, under any circumstances, give them a gift in a small box *unless* it is an engagement ring.

## **3. Go the traditional route and give flowers.**

Maybe some people will disagree with me, but I feel like you can't ever lose with flowers. All girls love flowers, and it doesn't matter to me if they are straight from the grocery store or arranged by the best florist in town. Flowers bring a smile to anyone's face.

## **4. What about lingerie?**

I'm on the fence about lingerie, as I think it's more of a



gift women get for the men in their life. I say, if you are a guy, stick to a nice silk robe instead of a lacy and racy underwear set. Robes are safe – they're pretty, useful, and appreciated.

**Related Link:** [Love Advice: 3 Signs He's the Right Guy to Be Your Valentine](#)

#### **5. Avoid a gift certificate.**

These are not personal enough and seem like a cop out. Save them for other occasions, even birthdays – but not the most romantic day of the year.

#### **6. Don't have money to spend?**

Cook a nice meal for her (or together) and give her a sweet love note. You don't have to spend money to make a girl happy; just some time together and attention is enough for your relationship and love.

*Founder, blogger, wife, Kris Schoels began The Chic Wife based on the idea of creating an ongoing dialogue inspired by the unique juxtaposition of her peanut farm-life upbringing to her now married, everyday city lifestyle. Beyond her blog, Schoels has been seen on The Today Show, Insider Edition, Access Hollywood, Dr. Oz, Hallmark Channel, Fox&Friends, The Better Show, just to name a few while also having been featured in Shape, Self, Martha Stewart and OK! Magazine with her chic tips and budget tricks.*

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## **5 Valentine's Day Celebrity**

# Engagements



By Maria Darbenzio and Molly Jacob

Valentine's Day is the holiday of relationships and love, so what better way to celebrate than getting down on one knee, popping open the ring box, and asking your partner to spend a lifetime with you? While some may find proposing on VDay to be cheesy, these celebrity couples do not agree.

## Check out these five Valentine's Day celebrity engagements:

**1. Christina Aguilera and Matthew Rutler:** On Valentine's Day last year, the singer revealed her celebrity engagement to her film producer boyfriend by tweeting a photo of a massive

diamond on her left hand. This celebrity couple met on the set of *Burlesque* in 2010, as she was going through a divorce from Jordan Bratman (a divorce that, ironically enough, was finalized on Valentine's Day in 2011). Looks like Rutler "Ain't No Other Man" in Aguilera's eyes!

**Related Link:** [Christina Aguilera Welcomes a Baby Girl with Matt Rutler](#)

**2. Dave Annable and Odette Yustman:** In 2010, Annable, most known for his role on *Brothers and Sisters*, proposed to his co-star girlfriend of two years. He proposed at the place they first fell in love and had their parents waiting for them at the hotel restaurant. The actress was surprised by the proposal and excited that she got to share it immediately with her parents and future in-laws. This celebrity engagement did not last long – the twosome got married eight months later!

**3. Vince Vaughn and Kyla Weber:** For this couple, the engagement had been discussed months before it actually happened. Little did Weber know, her comedian boyfriend did not want to pass up the opportunity of proposing on Valentine's Day. Not only was it a romantic holiday, but it was also a date that he said he would always remember. In 2009, Vaughn got down on one knee and proposed to the Canadian real estate agent. She said yes, and this celebrity couple is now married with two children.

**Related Link:** [Dealing with a Valentine's Day Breakup](#)

**4. Harrison Ford and Calista Flockhart:** Actor and producer Ford decided to take his relationship with Flockhart to the next level in 2009. Prior to that Valentine's Day, this celebrity couple had been together for seven year. When Ford asked her to marry him, it's reported that she was taken by complete surprise.

**5. Christina Applegate and Martyn LeNoble:** The *Anchorman* star and her Dutch bassist beau got engaged on Valentine's Day in 2010. This celebrity love story gets sweeter. According to the



*Daily Mail*, Christina gives credit to LeNoble for saving her life after she had a double mastectomy in 2008. The celebrity couple wed three years later in February 2013.

**What are your thoughts on a Valentine's Day proposal? Share in the comments below!**

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## **Relationship Advice: The 8 Best Budget-Friendly Valentine's Gifts**



By Jude Bijou MA MFT



Lots of us, particularly males, fret about what to do for Valentine's Day. Need some relationship advice? Chocolate and roses are nice, but not exactly creative or even heartfelt.

## **Sexy lingerie or a romantic dinner may be fun, but is this what she really wants?**

I talk to many clients who express genuine anxiety about Valentine's Day, and this is what I tell them: Don't get caught up in peer pressure or commercialism associated with Valentine's Day. Instead, think of it as a time to honor your love partner, and to let this person know you value, respect, and admire him or her. With that as your intention, giving the "gift" is actually very easy. Best of all, it won't cost you a cent.

## **Take some relationship advice and use these 8 gifts that will win the heart of your Valentine.**

- 1. Put it in writing:** Write a list of qualities that you appreciate about your loved one, and put those words in a card, poem, or a short video of you reading the list.
- 2. Stir up memories:** Jot down 5 or so of your favorite, most precious memories of your partner and the time you've spent together, and convey them verbally.

**Related Link:** ['Single Ladies' Star Denise Vasi Shares Her Valentine's Day Plans](#)

- 3. Grant a wish:** Put yourself in your lover's shoes and think of a chore or an activity that would bring a smile or ease some stress. Then make it happen.

**4. Spend some time:** Arrange an outing to a favorite place you share, maybe a hike or a stroll around a special neighborhood. Or just take the evening off from your normal routine and cook a favorite dinner.

**5. Be emotionally generous:** Refrain from making negative jokes about Valentine's Day or your loved one's views about the day. Regardless of how you feel, only say positive things.

**Related Link:** [Valentine's Day Advice: Nine Gift Ideas for the Frugalista](#)

**6. Lend an ear:** Set up a cozy place to talk and ask your loved one questions about life, dreams, wishes, and feelings. Offer to "just listen" while he or she talks and shares. Don't interrupt.

**7. Clean the slate:** Valentine's Day is as good a day as any to let go of any grudges you're holding and to accept your loved one, flaws and all. This will help you genuinely say, "I love you just as you are."

**8. Fall in love anew:** Allow yourself to fall in love again. Conjure memories and feelings of a time you were full of feelings of love for your Valentine, and keep your focus there. Recall the way you felt when you first met.

*Jude Bijou, MA, MFT, is a respected psychotherapist, professional educator, and workshop leader. Her theory of Attitude Reconstruction® evolved over the course of more than 30 years working with clients as a licensed marriage and family therapist, and is the subject of her award-winning book, **Attitude Reconstruction: A Blueprint for Building a Better Life**. Learn more at [www.attitudereconstruction.com](http://www.attitudereconstruction.com).*

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# Love Advice: 3 Signs He's the Right Guy to Be Your Valentine



By Molly Jacob and Suzanne Casamento for Galttime.com

Valentine's Day is like the New Year's Eve of relationships and love. There's all this pressure to have an amazing evening, maybe even the date of a lifetime. That's thanks to the amazing Valentine's Day dates in unrealistic rom-coms. But before you get all caught up in all the hype, it's important to consider who you're going to spend the holiday with this year. So instead of settling for just anyone's company, set

yourself up for success by spending Valentine's Day with the right guy.

## **Are you still in the market for a Valentine? Here are some signs he's the right guy to be your Valentine's Day date:**

**1. He gives you butterflies:** Yes, that reference rings middle-school bells, but thankfully, butterflies don't disappear once you become an adult. When it comes to spending Valentine's Day with someone, he should be someone you really like. First and foremost, because you want to enjoy it, but also because you don't want to spend such a big holiday with someone you're not truly interested in. It could be misleading and ultimately hurtful for your date. With relationships and love, if you are not excited about your date, you can be sure that that's a warning sign you may not go on many other dates with him.

**Related Link:** [5 Celebrity Couples Who Got Engaged on Valentine's Day](#)

**2. He treats you with respect:** This love advice sounds like a total no-brainer, but many of us have felt the *whoosh* of butterflies around a guy who doesn't even know we're in the room. In order to have a spectacular Valentine's Day celebration, it's important that he's equally as crazy about you. Determine his level of interest by the way he treats you. Does he call and text you often? Does he listen when you speak? Does he ask questions about you? Does he remember details about what you say? Those are all signs that he respects you.

If you're still not sure after answering those questions, flip them and ask yourself the following questions. Do you always



have to contact him first? Does he seem distracted when you talk? Does he only talk about himself? If someone disappoints you on a regular date, rest assured he will disappoint you on love's biggest night of the year, too.

**Related Link:** [How to Get Through Valentine's Day Being Single](#)

**3. He knows how to have fun:** When it comes to a big holiday like Valentine's Day, fun is definitely the "it" factor that will take an ordinary date over the top. Sure, V-Day is all about relationships and love, but don't let that take precedent over just having a good time. Choose a date who is relaxed, positive, and can make you laugh. Whether you enjoy a romantic dinner, go ice-skating, or see a play, your Valentine's Day celebration is only going to be amazing if your date is someone you have fun with when you're out (or if you stay in). Dinner at the best restaurant in town is good, but a date who makes you laugh will elevate your chocolate mousse from tasty to downright dreamy.

If you find that none of your prospects fit the date criteria above, ditch the date idea and plan an evening doing something you love. Don't let cheesy rom-coms make you think you have to spend this day with someone just so you're not alone. Don't worry, Valentine's Day will come again next year.

**Cupid's wants to know about your Valentine's Day plans! How did you know your date was the one to spend this holiday of love with?**

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# Hottest Celebrity Couples

# Celebrating Their First Valentine's Day Together





Cameron Diaz and Benji Madden

This Hollywood couple got real serious, real quick. From their first appearance together in May to their whirlwind wedding in December, Cameron Diaz and Benji Madden are head over heels for one another. Happy Valentine's Day to these newlyweds!

Photo: FAMEFLYNET PICTURES