

# Top 10 Sexy, Successful, Not So Single Celebrity Women Over 40



By Krissy Dolor. Updated by [Katie Gray](#).

They say that your 40's are the best years of your life! Think women over 40 don't have a place in Hollywood? Take a look at a hit series like *Desperate Housewives*. After reading this list, you'll see that it simply isn't the case. While *The Moviefone Blog* and other sites have continuously come up with 40 actresses over 40 that are killin' it on the big screen, Cupid has narrowed it down to our top 10. We wanted them all to be sexy, successful and usually single, but recently settled down. Why? Because many of our favorite [celebrity](#)

[couples](#) are stars who were notoriously in the tabloids for being single. While there's no doubt that every woman on the list is sexy and successful, let's highlight the celebrities who prove that you don't need a man (or woman!) by your side to make it big.

## See the top 10 powerhouse women in Hollywood:

1. [Jennifer Aniston](#) (47): Though Aniston was constantly singled out as *the* icon for unmarried and over 40 women until recently (which some tabloids didn't necessarily view as a good thing), she continued brushing it aside and continued to make us laugh alongside funnymen like Adam Sandler and Ben Stiller. She continued her comedy streak in *Horrible Bosses*, which included a cast of Jason Bateman, Jason Sudekis and Jamie Foxx. After her divorce from Brad Pitt in 2005, she focused on her career and was a powerful single woman. Now, she is recently married as of 2015, to Justin Theroux. She shows us that being single is *definitely* a good thing, so you can focus on your career and then settle down with the right one!

2. **Halle Berry** (49): Berry a Revlon spokeswoman and a former Miss USA runner-up, as well as one of the few African-American women to have won an Oscar for her role in 2002's *Monster's Ball*. She's been through a lot, including a custody battle with ex Gabriel Aubrey over daughter Nahla, and she hasn't let it slow her down in the slightest. She was married from 2013-2015 to Oliver Martinez, her co-star in their film, *Dark Tide*. Though they announced their impending [celebrity divorce](#), it's not officially over yet and the pair have a son together that they are raising.

3. **Sandra Bullock** (51): This actress won a Razzie for her comedic flop *All About Steve*, an Academy Award for *The Blind*

Side the day after, then went through an excruciatingly public breakup with ex-husband Jesse James, handling it with extreme grace. Need we say more? While her celebrity babies Louis and Laila are the true keys to her heart, she has been dating Bryan Randall, a photographer, since late 2015.

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**4. Courteney Cox (52):** Courteney Cox is famous for her role as Monica Geller on the hit sitcom *Friends*. Though Cox had an estranged [celebrity relationship](#) with longtime husband, David Arquette, she openly supported his decision to check himself into rehab for alcohol abuse and depression. While their future together is long over, the two starred in *Scream 4*, the movie franchise that brought them together in the first place. They raise their daughter Coco Riley Arquette together, and Jennifer Aniston is the Godmother. She has been dating Johnny McDaid of the band *Snow Patrol* since 2013. Cox has been keeping busy professionally as well, she was a director on her sitcom *Cougar Town* and the series *Talhotblond*.

**5. Jodie Foster (53):** Jodie Foster first came to fame in Martin Scorsese's hit film *Taxi Driver* that starred Robert DeNiro. We've all seen Foster on film, but did you know she's a director, too? Check out *The Beaver*, where she co-starred alongside Mel Gibson. She has two sons with her ex-partner Cydney Bernard, and in 2014 married photographer and actress Alexandra Hedison.

**6. Melissa Leo (55):** Melissa Leo appeared on the scene a lot in the 80's and was a regular on *All My Children* and *The Young Riders*. If that doesn't ring a bell, this longtime actress also won a Golden Globe, Screen Actors Guild and an Oscar for best supporting actress in 2010's *The Fighter*. Then, she was alongside Robert Duvall in *Seven Days in Utopia* and Jesse Eisenberg and Tracy Morgan in *Predisposed*. She focuses on her children as well: she has a son with boyfriend John Heard and an adopted son, filmmaker, Adam Leo.

**7. Susan Sarandon (69):** This legendary actress has won an Oscar and a BAFTA award. She was married to Chris Sarandon from 1967-1979, and has had boyfriends like musician David Bowie and Italian filmmaker Franco Amurri. She has three children. Though many have speculated that Sarandon dated ping pong business partner Jonathan Bricklin, it was unclear if they were a pair for awhile. Then, they were the real deal, but broke up last year. But, you never know what the future holds! She was in the Beastie Boy's *Fight for Your Right Revisited*, a Sundance short, a sure sign that she's staying with the times.

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**8. Sarah Silverman (40):** This funny lady keeps it controversial addressing racism, sexism and religion in her comedy stints, but everyone knows that a woman who isn't afraid to speak her mind is sexy. She's had relationships with Jimmy Kimmel and Kyle Dunnigan. You've seen her in *Take This Waltz* with Michelle Williams and Seth Rogen, in *Popstar, I Smile Back*, *Evolution* and other blockbuster hits. As of 2014, she's been dating Michael Sheen.

**9. Marisa Tomei (51):** Brooklyn native, Marisa Tomei has taken over Hollywood. She's starred in hits like *My Cousin Vinny*, *The Wrestler* and *The Lincoln Lawyer*, and you've seen her in *Crazy, Stupid, Love* alongside bigwigs like George Clooney, Ryan Gosling and Julianne Moore. She was recently in *The Big Short*. Tomei has had a longtime on and off relationship with Logan Marshall-Green. She keeps her personal life private, though, and has stated publicly that she doesn't know why women need to have children to be accepted as complete, and she's not a big fan of marriage as an institution.

**10. Robin Wright (50):** After her highly-publicized divorce from Sean Penn, this former soap star threw herself into new projects, including crime thriller *Rampart* with Steve Buscemi and Sigourney Weaver; *Moneyball*, an adaptation of author

Michael Lewis' (*The Blind Side*); and the adaptation of Stieg Larsson's *The Girl With the Dragon Tattoo*. She was engaged to Ben Foster, twice, but they ended their second engagement last August (2015.) The future will only tell if they will reunite again or not!

**Who are your favorite female celebrities over 40 years old? Share your stories below!**

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## **Dating Advice: 5 Uncommon Romantic Gestures He'll Love**



By [Josh Ringler](#)

Relationships can be compared to snowflakes. At the basis of every snowflake is snow, and the basis of a relationship is love. But, just like snowflakes, no two relationships are alike. What separates one relationship from another is the uncommon acts that make each relationship special. [Celebrity couples](#) love to do unusual things that look so loving! So, why don't you follow in your favorite couples' footsteps and use our list of [dating advice](#) to make him fall for you even more!

## **These pieces of dating advice dive into the over-analyzed aspects of your relationship to prevent relationship problems!**

**1. Tickets:** One of the best ways to make a guy happy is to get him tickets to an event. Whether it is a concert, sporting game, or a theatrical production, tickets are an expensively uncommon way to warm your man's heart. At least one of these types of events will make your man happy, and a different date together will definitely heat things up! A great piece of [relationship advice](#) is to keep your relationship happy. The happier, the better!

**2. Picnic:** Here at Cupid we have a lot of date ideas, and one of the most uncommon date ideas that every person will love is a picnic! Food and the outdoors are always a great combination, and having his crush next to him will only make him happier. Find a romantic spot that isn't too populated, grab a blanket, and pick out one of his favorite places to eat. Chipotle, Five Guys, whatever is fun to eat and won't be too messy to clean after!

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**3. Loving mementos:** A loving, yet rarely seen, gesture of love

are little things that come from the heart. Whether it is a picture, drawing, or a nice customized product, in today's world they are very uncommon. While an Instagram photo together, or a Facebook post about your love for him is nice, having something he can look at, hold, or show off to his friends is way better. It shows you care and really took time out of your day to make something for him and it will really be appreciated!

**4. Change up the typical:** Take common things and make them uncommon. If you love to go hiking, find a new spot to go to. If you enjoy walking together, find a more romantic or beautiful place to walk. Finding ways to change up your daily routine is a great way to show you are thinking of ideas to keep the relationship fresh. That's a crucial piece of dating advice; if things get stale, it can get bad quick! Changing up your plans for a different setting, meal, or something like that is a great way to make him fall harder for you!

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**5. Shopping for him:** Most men like to buy things and compliments. While you may not enjoy sitting with him while he is in the Nike store, or looking for a new sports shirt, he will appreciate it. Maybe go into a clothing store and have him try on things you think will look good on him and be sure to compliment him, while being honest with him. He will appreciate the compliments and honesty, and he will love the fact that you are spending time with him, helping him shop. It can be fun for the two of you, and if you go to a mall or shopping center, there will probably be a nice place to eat after!

**Have you done anything uncommon for your man that missed the list? Let us know in the comments below!**

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# Vandal: One of NYC's Coolest Famous Restaurants



By [Josh Ringler](#)

If you've been looking for new and exciting places to eat in New York City, and you've been looking for something a little different than most of the restaurants the Big Apple has to offer, Cupid has a suggestion for you! Vandal, in the heart of Lower Manhattan, could be the location for your next special date night. Plus, you can keep your eyes peeled for [celebrity couples](#)!



# Vandal, one of NYC's many famous restaurants, is an amazing restaurant with great decor and food.

New York City is full of [date ideas](#), from Central Park to the Highline, Broadway to Wall Street, and so many others. Before we get into the food that makes Vandal one of the city's tastiest famous restaurants, let's start with the name, an artistic creation on its own.

Vandal comes from the "vandals" that created art, both inside and outside the restaurant. These are internationally acclaimed vandals, including Icy Grape, Hush, and Apex. The art they created was made specifically for Vandal, and it is amazing. The murals, sculptures, and other artistic creations are just one of the ways that Vandal stands out among others.

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The art inside the restaurant is breathtaking, but with food so amazing, you won't get distracted from the great tastes. The menu is set up in an unique fashion; it's an ode to fast food, but with a much higher quality. The menu is split into four categories: Small, Medium, Large, and Extras.

Consider "Small" the appetizer section. From Sticky Rice Dumplings to Red Snapper Tostadas, the "Small" section is full of flavors and options. The plates look immaculate when served, and we can't imagine a dish that wouldn't taste good. The "Extras" section also offers some tasty vegetables to go along with your meals or appetizers.

If you are looking for more to eat, the "Medium" and "Large" sections of the menu may be the place to top things off for you and your partner. From the Heaven Spot Mini Burger to the

many varieties of Street Pizza the restaurant serves, Vandal offers so many options that your mouth will be watering just looking at the menu.

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If you are looking for something very exciting and different, the Chicken Katsu + Hong Kong Egg Waffles dish is one that is exciting, unique, and unlike almost anything NYC has to offer to your taste buds. For meat lovers, there's also a delicious skirt steak option as well.

Vandal also has a lounge – the restaurant's bar area if you are looking for love! The restaurant recommends making reservations a month in advance, but the wait is sure to be worth it! While the prices are high, the ambiance that Vandal offers outweighs the cost, and your love will not be disappointed!

**Have you visited Vandal and want to recommend a favorite dish? Any other perfect date night restaurant? Let us know in the comments below!**

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## **Relationship Advice: 10 Surefire Ways to Escape the Friend Zone**





By [Josh Ringler](#)

The “friend zone” is one of the most common places to find yourself before a relationship comes to fruition. Trying to get out of that zone can be tough, but with a few pieces of [relationship advice](#), it can be done. This will put you on the track to a great future relationship! Friends can turn into the best of partners, so don’t be afraid to give it a try. Think of all the [celebrity couples](#) that have done it successfully!

## **These pieces of relationship advice will help you escape the dreaded friend zone!**

**1. More talking:** Communication is key to a good relationship. If you are already friends with a possible significant other, talking more is a great way to begin to develop more feelings for each other, and it is a great way to make your friendship stronger before taking the next step!

**2. Hanging out alone:** Flirting is also a great way to get their attention. Whether it is a joke about something more intimate or just low key flirting, an important piece of [dating advice](#) is to test where the joking limit is and work on eliminating it to make an easier transition to a relationship.

**3. Be a flirt:** Flirting is also a great way to get their attention that maybe there is something more. Whether it is a joke about something more intimate or just “low key” flirting, an important piece of relationship advice is to test where the joking limit is and work on eliminating it to make an easier transition to a relationship.

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**4. Get closer (emotionally):** Emotions are the key to a relationship. Bonding more and taking your friendship to the next level can really help them develop stronger feelings for you. A great piece of love advice is to strengthen your friendship before attempting a relationship.

**5. Get closer (physically):** Sitting next to your crush in a group hangout, lightly touching them on the shoulder, or hugs can be a great step in furthering your friendship. Affection shows that you care, and showing that you care is crucial.

**6. Friendly competitions:** Small friendly competitions can be a nice improvement to your relationship. Whether it is in a sports competition, a board game, or a game on your phone, being in a little competition can really add a fun edge to your friendship.

**7. A date for them:** When you begin to bond and see what your crush likes, you will learn their interests. Again, showing you care is really important, so planning a date for them is a fantastic way to incorporate many of these steps into one night!

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**8. Be the “other couple” on a double date:** A sneaky way to see your potential as a couple is to go on a double date with some friends, even if it just as friends. This is something celebrity couples do all the time! The night may go so well that by the end of the night you're be a real couple!

**9. Give a hint:** Hints are an obvious but important way to show that you may have stronger feelings than just friends. Whether it is holding hands or really obvious flirting, giving a hint will paint a picture that is clear to see. A good piece of love advice is to not be afraid to try something new.

**10. Be honest:** An essential piece of relationship advice is to be honest. If none of these other steps work, the only option you may have is to be completely honest and open about your feelings, and that is sometimes the best way to go. It will not hurt your friendship, and they could have the same feelings, too. Don't be afraid to give it a try!

**Did these pieces of relationship advice get you out of the friend zone? Let us know in the comments below!**

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**Kahala Hotel & Resort:  
Vacation Like Celebrity  
Couples on This Hawaiian**

# Getaway



By [Josh Ringler](#)

[Romantic getaways](#) aren't just for your honeymoon! Whether you and your partner have been together for two months, two years, or two decades, planning a trip together can be a really fun and rewarding experience for you. One of the most romantic travel spots for [celebrity couples](#) and new flames alike is the Kahala Hotel & Resort in Honolulu, Hawaii.

**Kahala Hotel & Resort offers a great romantic getaway for all lovers, even celebrity couples!**

First of all, Hawaii is beautiful. Kahala Hotel & Resort capitalizes on that beauty with its immaculate beaches, cabanas, and the view from the rooms. Even in one of their more standard rooms, you'll feel like you're experiencing A-list luxury travel. With sandy beaches, palm trees, and beautiful views of the Pacific Ocean, who wouldn't want to sink their feet in the sand with their loved one by their side?

On top of the beauty of the resort, Hawaii is called "home" by many celebrities, including Ben Stiller, Drew Barrymore, Julia Roberts, Clint Eastwood, Steven Tyler and so many more. While that may make Hawaii a celebrity hotspot, Kahala has been a must-see destination for some of the most famous people in recent history.

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Pop icon Michael Jackson, President Bill Clinton, golf legend Tiger Woods, and many more are all about trips to Hawaii. While places joke about a Hall of Fame of attendees, Kahala actually has a hall full of photos and notes of the celebrity couples and VIPs that have visited their pristine sands.

If you are thinking that this sounds too expensive for you, it is not! Rooms start well below \$500 a night, and there is even a Romantic Celebrations Package that comes with special goodies for your loved one! There are many options to choose from on their website, and the pictures alone will make you crave a Hawaiian vacation.

Couples that are adventurous will fall in love with Kahala. There are free bike rentals, magnificent places to go hiking, and Honolulu is only ten minutes away. If heaven existed on Earth, it probably would be somewhere on the premises of Kahala Hotel & Resort.

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## [Powell Get Away to Hawaii](#)

Animal lovers will also be enchanted by the private lagoon on the resort. It is filled with dolphins! Celebrity couples love to play with dolphins all over the world, and now is your chance to join in on the fun! If you really love dolphins, you can even get a room that overlooks the dolphin lagoon!

If you really want to get romantic, you need to consider the romantic dining experience. Overlooking the starry-light pacific ocean, you and your significant other will enjoy a dinner in a secluded spot all by yourself. If that doesn't sound like the most romantic thing ever, I am not sure what would!

From beaches and pools to shopping and a fitness center, Kahala has everything your love life is asking for in a romantic getaway. If you and your partner are looking for a place to stay, put this place high on your list.

**Have you vacationed at a romantic getaway that Cupid needs to know about? Tell us in the comments below!**

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# **Get Your Love Sky High With An 'IntimacyMoons' Romantic Getaway**







By [Josh Ringle](#)

Whether you are a couple looking to reignite your love or a single person looking to find the love of your life, IntimacyMoons can be your dream romantic getaway. Before you book your flight to Barbados in the fall, let us give you an overview of this amazing opportunity for your love life to grow.

**An IntimacyMoons romantic getaway may be just the piece of [relationship advice](#) you need to rid your love life of all your relationship problems!**

Founder Marissa Nelson has been featured on countless websites and is a prominent source for [relationship advice](#) and sexual wellness. Nelson is on location to help with all of your relationship problems and to offer the best relationship

advice for both your relationship and your sex life. She will be there to help you with everything you might need!

The Crane Resort in Barbados will play host to your romantic getaway, and you should consider yourself lucky to be surrounded in such beauty. The luxurious resort will make you and your love feel like one of the richest [celebrity couples](#) out there. The package will include all the relationship and sexual counseling you need, while also offering a beautiful backdrop full of fun activities. Some of those include snorkeling, cocktail parties, and fun private pools!

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As a couple, you and your partner will learn about letting go of the past, how each of you feel love, how to deal with relationship problems via communication, and sexual intimacy. If your relationship is serious, there is also a talk about marriage and expectations. While some may not need a luxurious vacation to have these discussions, opening yourself up to these discussions with the help of experts could be really eye-opening to your potential problems, barriers, or imperfections. These are things you would probably like to get sorted out before marriage or large advances in your relationship, and IntimacyMoons offers a great chance for that to happen.

Don't be afraid to back away from this trip just because you are single. IntimacyMoons is all-inclusive and is not just for couple. This is a retreat to find love, or to find a deeper meaning in what you already have with your partner! The packages offer different love lessons depending on your relationship status.

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The all-inclusive packages offer many perks for you, including

food, the room, a massage, a luxury post-retreat package, seaside yoga, and so much more. These “enhancement” workshops as they are referred to on IntimacyMoon’s website will definitely help your love life, offer great experiences, and allow you and your love to have some time away together, in an effort to build a stronger relationship!

[IntimacyMoons for Couples](#) heads off to the Barbados from August 25th to the 29th, with everything-included rooms ranging from \$5,339 to \$5,499. [IntimacyMoons for Singles](#) goes soon after, September 1st to the 5th, with their all-inclusive packages ranging from \$3,470 to \$3,810. Both of the higher end rooms offer a better room, with the couples package including a private pool, while the singles package has an ocean view!

**Have you experienced an IntimacyMoons romantic getaway or a similar one? Let us know how it went in the comments below!**

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## **Dating Advice: 10 Things You’re Over-Analyzing In Your Relationship**





By [Josh Ringler](#)

There are a lot of good, bad, weird, and typical things going on in your relationship at any given time. There are some components of a relationship that can be analyzed with no harm, and then others that if over-analyzed can have devastating impacts on the relationship, leading to severe problems. [Celebrity couples](#) have often times failed because of over-analyzing the wrong things, and we don't want that to happen to you. Follow these pieces of [dating advice](#) to stop over-analyzing the things that you shouldn't!

**These pieces of dating advice dive into the over-analyzed aspects of your relationship to prevent relationship problems!**

**1. Social media:** Whether it is your partner liking an interesting new photo, getting a new friend/follower, or

posting an unusual status, don't let social media create relationship problems for you. Don't sit around worrying about their latest update, even if it isn't positive. It could be about school, work or family life!

**2. Opinions:** With an election coming up, opinions matter. But if you're a huge Hillary person, don't let your partner's possible opposing views get in the way. You shouldn't overthink how they feel because everyone is entitled to an opinion. Let them use their first amendment right, whether it is about politics, celebrity couples, or life choices! Compromising is a great piece of dating advice.

**3. Time not together:** As a couple, it is obviously okay for you to spend time apart. Instead of assuming the worst, the space between the two of you shouldn't create any problems. If you over-analyze it, then maybe it will. But, by thinking positive, everything will be fine!

**4. Who they are texting:** It is common to be worried that there could be someone to replace you and take you out of your partner's life. While texting *can* lead to something more, if your relationship is stable and happy, it means nothing. It may be hard to think the optimistic way, but at the end of the day, if you and your partner are together, you shouldn't be worrying whatsoever!

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**5. Partner's feelings:** If you and your partner are together in a long-term relationship, you probably have had doubts about how they feel about you. If they are with you, they care about you and love you. Don't believe what others say about your partner. Thinking otherwise could just undermine your feelings.

**6. Your own doubts:** A really good piece of relationship advice is to believe in your feelings and to not doubt yourself.

While it is natural to have feelings that things may not last, you shouldn't treat every one of these as a reason to end it with your partner. If you are into your loved one and wants things to work, they will as long as you don't over think it!

**7. Fights:** If you and your partner fight, that could indicate a major relationship problem, but if it is a rare occurrence, or over very trivial things, you shouldn't get worked up about them. It is true that they aren't good for your relationship and could turn toxic, but if there are few of them, you should not think about them to the point where you get tired of your partner.

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**8. The past:** Every relationship has their share of past problems, whether it be in the current one or it's a past bad experience. While it is important to be like [Blake Shelton](#) and learn from your mistakes in order to move on, it is also important not to dwell on the subject. Why should your partner date you if all you think about is your previous partner or problems in your relationship from months ago?

**9. The present:** If things at the moment aren't the best, do not fear. It is completely natural for a relationship to hit high points and low points. If you are in one of those low points at the moment, but still feel the sparks and the connection, don't give up! Things can happen that are out of your control that can paint sadness into your love life, but if you stay determined, there is no reason to call it quits.

**10. The future:** If you've been dating for three months, and you have your whole life planned together with your significant other, stop now. While it is great to be optimistic, you need to be *realistic*. Don't over-analyze the future because it could scare your partner away!

**What do you over-analyze in your relationship that we missed?**

Comment below!

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# Resort at Pedregal: Celebrity Couples Love This Romantic Getaway in Cabo



By [Josh Ringler](#)

Cabo is a great travel destination for anybody and everybody. In fact, President Obama even visited recently! Less than three hours by plane from L.A., it should be no surprise that many of our favorite [celebrity couples](#) have vacationed in the

beautiful waters of this unique destination. Whether you are looking for a romantic getaway, or an Oscars celebration location, one of the best hotels to stay at in Cabo, for both love and celebrity sightings, is the Resort at Pedregal.

## **Cabo is a lover's playground and a romantic getaway for celebrity couples. Join in on the fun!**

Combine an ocean, beach, and luxury travel and you get the Resort at Pedregal. Located on a cliffside in Cabo, this resort boasts beautiful views and relaxation. One of the coolest parts of this romantic getaway is the entrance. You and your lover will enter through the only private tunnel in all of Mexico to get to the resort!

When you get to the premises, get ready to look for couples in [celebrity relationships](#)! The resort only has 96 rooms, suites and villas combined. It is a little pricey, but the advantages almost certainly outweigh the costs. Some of the higher-end rooms feature private pools, rainforest showers, and personal concierge services!

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If the rooms are out of your budget, the Resort at Pedregal still offers plenty of [date ideas](#) for you and your partner. Land's End, one of the most famous rock formations in the world, is not far away and neither is the Cabo Marina, home to many of the most luxurious boats on the planet!

If that type of sight seeing is not your thing, the resort has an on-site spa for your ultimate relaxation! Of course, after some time at the spa, there is plenty of beach and sand for you and your love to enjoy together!



For dinner, the on-site and secluded restaurant overlooks the water from a cliff, offering delicious seafood and local cuisine. Try some of the best dishes that Cabo has to offer!

The resort also has many great day excursions, like a whale watching tour and a breezy seaside golf course. The sun will definitely be hot, so cool off in the beautiful waters, full of natural coral reefs.

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A romantic getaway is all about you and your loved one, and the Resort at Pedregal has plenty to offer for your love life to flourish. One of the best packages you can buy is the 'Heart to Heart' package, which is full of benefits like massages, breakfasts, and a view that is incomparable to any other view you'll find in Cabo. To top it off, you'll get a glass blown heart as a memento of your time together on a piece of paradise on Earth!

The Resort at Pedregal in Cabo is a beautiful destination for a romantic getaway and a great destination to spot celebrity couples. Hollywood's elite love it here, and you'll find it the perfect place to express your love with your significant other!

**Have you been to Cabo's Resort at Pedregal? If so, share your experience below.**

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## **Relationship Advice: The Pros & Cons of Breaking Up in a**

# Social Media World



By [Josh Ringler](#)

Social media has become an essential component to life and love in modern society. However, breaking up can be devastating to your life ... and your social media profile. While there are rarely positives in breaking up, looking at [celebrity couples](#) for insight, and our friends' relationships, we can see that there are some pros and cons of breaking up in a social media world. Below are some pieces of [relationship advice](#) about breaking up in this highly-connected world.

**These pieces of relationship advice**

# highlight the pros and cons of ending things in a social media society.

**Pro: Friend support:** A great aspect of social media is the ability to stay connected. Maybe your best friend lives far away, or a close cousin doesn't always talk to you. Well, social media connects you all. A key piece of relationship advice is to have a support network to fall back on should things go bad or problems arise in the relationship. Whether you are part of one of those celebrity couples that get thousands of fan support after a celebrity break-up or just a person who gets a few direct messages from your friends, nearly-instant friend support is a really amazing part of today's social media world.

**Con: Wiping the plate clean:** Getting rid of all the photos, wall posts, and other social media interactions can really be a drag, and can be really sad. You're forced to see the loving moments and the cute things the two of you may have said to each other. While it takes a lot of time, it is definitely the emotional toll that makes this part of ending it in a social media world one of the hardest aspects. Do this soon after your relationship ends, when the feelings are still close to your heart. Don't wait weeks; that is just you asking for more emotional torture, which probably won't help your feelings. A good piece of love advice would be to have a best friend sit with you and do this for you.

**Related Link:** [Five Ways To Cope With A Relationship Breakdown Just Like The Celebs](#)

**Pro: Unlimited options:** While it may be a bummer to remove all of those interactions with your partner from your multiple profiles and pages, social media does offer plenty of options for you to forget about her/him and to move on. Finding a new

profile picture is easy, while there are also ways you can limit your interactions with your new ex. There are plenty of ways to forget about your heart breaker. Try changing your profile picture, your bios, or whatever it takes to make sure you stay happy!

**Con: Partner's presence:** The best thing about social media is constant interaction. However, after a break up, you probably don't want to be reminded of your former partner every second you log into Facebook, Twitter, Instagram, or others. Blocking is always an option, but you should try to be better than that, if you can. I don't recommend posting things just to make your former partner jealous, but you can really use social media to prove to them how much they lost when they broke your heart! Their presence may always be on social media, but you can use that to your advantage. Don't be afraid to see what is going on in their life, just be ready for whatever you may see.

**Related Link:** [Relationship Advice: Mending a Split Like Megan Fox and Brian Austin Green](#)

**Pro: FYI everyone:** Yes, you should be waiting a decent amount of time after a break up before you consider another relationship, but maybe Mr. or Mrs. Right is hiding on your friends or followers list! Deleting all the photos and especially profile pictures is a sign to others that you are available. There is a strong possibility that someone else could be crushing on you, and that they have just been waiting for the right time to talk to you. Well, now is the right time! Who knows, your future marriage partner could be waiting for you right there on your Facebook wall!

**Are you experiencing a break up in a social media world? What pros/cons have you experienced? Comment below!**

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# Dating Advice: 5 Good Reasons to Date Your Best Friend



By [Josh Ringler](#)

There is a common thought prevalent in society stating that you should always marry your best friend. Well, the fact of the matter is, you can't marry your best friend until you date them! While [celebrity couples](#) have highlighted the best and worst of these best-friends-turned-lovers situations, it is entirely possible that you make the most of your situation if you decide to date your best friend. If you aren't sure if you want to give it a try, check out Cupid's [dating advice](#) below!

# These pieces of dating advice highlight some reasons dating your best friend might be a great idea!

**1. Comfort:** A really important part of any relationship is the comfort level that exists between you and your significant other. Comfort levels among best friends are usually really high, which can only help your relationship grow over time. A great piece of love advice is to maintain a clearly defined comfort level so both you and your partner know what the limits are. If those limits are kept in check, there would be no reason for your relationship with your best friend to not be the best!

**2. Easy transition:** If your friendship with your best friend is already a little flirty, or just very comfortable, the transition to dating could be very easy. New friends that decide to date can have a hard time transitioning to becoming a couple because they don't know a lot about each other, and they may not be too comfortable either. All of that leads to a lot of relationship problems, but being best friends means you have already avoided all of that! Smooth sailing into a great relationship is in your future if you go for it.

**Related Link:** [8 Celebrity Couples Who Were Friends First](#)

**3. The obvious is key:** The two of you are already friends, best friends even. That means you and your significant other already know about personal problems, family issues, friend issues, and other important emotional things. The fact that there is an important, caring connection makes falling in love a lot easier, and makes the relationship a lot easier to grow. As best friends, the two of you know the little things in life that may mean more than the big things, and in a relationship, sometimes the small things are just as important!

**4. Communication:** One of the key parts of a relationship is good communication. Relationship problems can sometimes stem from how the two of you communicate. Best friends are mostly good at communicating with each other, and you may even realize the potential love in your pre-relationship communication. If that is the case, you should definitely consider dating your best friend. A good piece of dating advice is to keep a good line of communication open because the better the communication, the better the relationship!

**Related Link:** [Relationship Advice: How to Find Real Love](#)

**5. It won't ruin your friendship:** The biggest reason against dating your best friend is the common misconception that trying to date her/him will ruin your friendship. If there's no cheating or major fights, there is absolutely no reason that an attempted relationship will ruin your friendship. If anything, it will make your friendship a stronger backbone of your new, more intimate relationship. If you are afraid that your friendship could be ruined, talk about it, and you'll find a way to make it all work.

**Did any of these dating advice tips work for you? Comment below!**

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**Dating Advice: 7 Reasons to Get in Good with Your Partner's Family**



By [Josh Ringle](#)

Parents should be important to everyone. Yes, Hollywood may show that [celebrity couples](#) have their in-law problems, on-screen and off, but your future in-laws or just your partner's parents are a huge factor in determining the overall success of your relationship. If you think that their opinion doesn't matter, keep reading for [dating advice](#) reasons as to why their opinion is beyond critical to your love life's success. Think of all the [celebrity exes](#) that became single because of parents' disapproval!

**These pieces of dating advice will explain why parental approval is a**



# must in a relationship.

**1. Parental pressure:** If your partner's parents don't like you, they can begin to plant seeds of doubt into your partner's head. "So, is he really good to you? Are you *really actually* happy with him?" can be questions you hear constantly and that will create problems quickly.

**2. Questioning:** Questioning is one of those many problems. If you start to think about your parents' criticisms of your relationship, you can run into trouble. You want your partner to really feel happy about you in all aspects, and parental approval is a must.

**3. Adds to your relationship:** Over time, your relationship will become layered with inside jokes, memorable places, unforgettable memories, and more. Having their parents like you will only add another positive layer to the relationship and will increase the likelihood of better things to come in the future. A good piece of [relationship advice](#) is to keep the relationship fresh and new, and adding new layers is a great way to do that.

**Related Link:** [Dating Advice: 3 Ways to Master the Art of the First Impression](#)

**4. Discomfort:** Often times, family time is a time that can include significant others. A trip down the shore or to a restaurant can now become a really awkward adventure. Celebrity couples turned celebrity exes became that way because of the discomfort, and you don't want that! An important piece of dating advice is to always make your partner feel comfortable and not out of place.

**5. Take time away from the relationship:** If discomfort is a common trait when there is family time, you could also lose some time together. If your partner's parents don't like you,

you may not be invited places or to dinners, or you might find excuses yourself to not be together because of her/his parents. This will lead to cracks in the foundation of your relationship, and that is never good!

**Related Link:** [Relationship Advice: 10 Strategies to Make Your Good Relationship GREAT](#)

**6. Happiness:** Happiness is the most important part of any relationship. It's important to always make your partner happy as much as you can, if not always. If your partner loves her parents, their disapproval may be a heartbreaking thing for them. If you're respectful, responsible, and kind, their approval (and your partner's happiness) will follow.

**7. Deal-breaker:** Do you want to marry into a family that doesn't like you? It is true that it has happened before, but that doesn't mean it is a good idea. Parental disapproval can be the straw that breaks the camel's back and ruins the relationship. Regardless of which of the reasons ends it, the lack of their parent's thumbs up can really be a disappointing sign that things aren't as good as you thought.

**Did these pieces of dating advice put you on your partner's parents' good side? Comment below!**

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## The 7 Most Hyped Celebrity Weddings of the Last Decade





By [Katie Gray](#)

There's nothing as joyful as when our favorite [celebrity couples](#) say, "I do." [Celebrity relationships](#) are usually more extravagant when it comes to taking vacations, going on dates and giving gifts. When they decide to have a celebrity wedding, it typically becomes an over-the-top, decadent and luxurious affair. When it comes to love and weddings, nobody does it better than the stars. Over this past decade we have seen our favorite celebs tie the knot with all of the pomp and circumstance imaginable.

## **Cupid has compiled the 7 most hyped celebrity weddings of the last decade:**

1. [Kim Kardashian](#) & [Kanye West](#): Keeping up with Kim is what many people are sure to do when it comes to planning a lavish wedding. Kim Kardashian and husband Kanye West tied the knot with all the pomp and circumstance you could imagine! They married at Forte di Belvedere in Florence, Italy on May 24,

2014. Her gown was Givenchy Haute Couture for the ceremony and a Balmain dress for the reception. Their friend John Legend performed and at the rehearsal dinner, Lana Del Rey serenaded the pair to her hit song "Young & Beautiful." Kim has a huge engagement and [celebrity wedding](#) ring from Lorraine Schwartz, an over the top wedding in Europe, and they live in a \$11 million dollar mansion in Bel Air, California. They even had a pre-wedding party at Versailles, a bachelorette party in Paris, France and a lavish honeymoon in Cork, Ireland.

**2. [Prince William](#) & [Kate Middleton](#):** The wedding of the Royals was a real life fairy tale! Millions of people watched this wedding around the world and celebrated. Prince William and Kate Middleton said their vows on April 29, 2011 and wed at Westminster Abbey, which is where most Royals have their ceremonies. The ceremony had 72 million streaming on YouTube, and 36.7 million watching the coverage on television in the United Kingdom. It can best be summed up by the Taylor Swift lyric, "It's a love story, baby just say yes." The beautiful bride wore an elegant gown by Sarah Burton for Alexander McQueen. Thousands of people cheered on the streets as the regal couple stepped out onto the balcony to greet the public. The best part is, they donated a lot of their wedding gifts to their favorite charities!

**3. [Donald Trump](#) and [Melania Knauss](#):** Business mogul, Republican party's current candidate for Presidency, and host of his own show *The Apprentice*, Trump had one of the fanciest weddings of the century when he wed Melania Knauss. The pair married in January 2005 in Palm Beach, Florida in a lavish \$1 million affair. Melania Knauss wore a Christian Dior gown made from 300 feet of satin embedded with 1,500 crystals. She had a 13-foot train that weighed approximately 50 pounds, and reportedly took over 1,000 hours to make. There was a 36-piece orchestra playing music. The couple also spared no expense when it came to details, as they hired Preston Bailey, a floral designer whose fees begin at around \$100,000 to plan

their wedding flowers. It was a star studded affair, some of the invited guests included Oprah Winfrey, Elton John and Usher. Their closest family and friends threw rose petals on them when they said "I do," there were more than 6,000 appetizers of lobster and caviar and truffles, before they had a sit down dinner with lobster rolls, caviar and beef tenderloin, steamed shrimp salad and more. The wedding cake was 200 pounds, five-foot-tall, seven tiers and had 3,000 iced roses on it.

**Related Link:** [8 Celebrity Couples Who Were Friends First](#)

4. [Justin Timberlake & Jessica Biel](#): Lights, camera, action – wedding! These two actors tied the knot on October 19, 2012. Singer Justin Timberlake, and actress Jessica Biel opted for an elegant and private affair. She wore a custom petal pink Giambattista Valli strapless gown with a veil that was embedded with pearls from her Grandmother's tiara from her wedding day. He opted for a sleek and chic Tom Ford suit. The event took place in Puglia, Italy and had guests including Jimmy Fallon, Timbaland and Andy Samberg. Timberlake serenaded Biel as she walked down the aisle. The wedding events cost a reported \$6.5 million dollars.

5. [Blake Lively & Ryan Reynolds](#): Spotted: Blake Lively, of *Gossip Girl* fame, marrying fellow actor Ryan Reynolds in September of 2012 in an elegant and private ceremony. The super private event was held in South Carolina. The starlet and the Hollywood heartthrob tied the knot in an exclusive ceremony that featured the best of everything. Lively wore a Marchesa couture bridal gown that featured hand-draped silk tulle bodice that was detailed with custom crystal and rose gold embroidery. It was about celebrating the love between the pretty pair though, not materialistic things, Lively even told *Vogue* that she actually burned part of her dress with a sparkler during the party while she was watching Florence Welch sing at her reception. However; the celebration was about creating memories that will last for the rest of their

lives! She said that the burn is now her favorite part of the dress and she will cherish the memories that are preserved.

**6. Kendra Wilkinson & Hank Baskett:** June 27, 2009 is the day that *The Girls Next Door* star Kendra Wilkinson and athlete Hank Baskett tied the knot at the Playboy Mansion. This wedding affair was \$1 million dollars, featured a buffet of sushi, mini cheeseburgers, lobster and a strawberry and chocolate wedding cake by Fantasy Frostings. There were lavish flowers everywhere: over 5,000 roses, 2,000 hydrangeas, and 1,200 lavender and white orchids. What happens at the Playboy Mansion, does not always stay there – sometimes it's meant to be enjoyed by many!

**Related Link:** [5 Celebrity Couples Who Live Modestly](#)

**7. Kim Zolciak & Kroy Biermann:** On November 11, 2011, reality starlet Kim Zolciak wed NFL star Kroy Biermann. The two star in their own reality show spinoffs on Bravo TV. She had three wedding dress changes, that equaled \$92,000, and their wedding cake was 11 layers and cost \$14,000. Kim had shared that they didn't spare any expenses, because you only do it one time and they wanted it to be special. Their lavish wedding totaled \$1 million dollars. Guests definitely didn't want to be tardy for this party!

**What have been your favorite celebrity weddings? Comment below!**

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## Dating Advice: 3 Ways to Fall

# Back in Love with Yourself After Getting Dumped



By [Josh Ringler](#)

Getting dumped is no fun at all. Feeling as though you may have lost your chance at love, maybe for the second or third time, can make you feel really down. But, it is important to stay proud of who you are, because there is a reason to love yourself. An important piece of love advice is to love yourself first, and after your heart gets broken, take the time to reevaluate and continue to love yourself regardless. If you need a few ways to fall back in love with yourself, check out these pieces of [dating advice](#)!

# These pieces of dating advice will give you some ways to overcome that heart break and stay in love with yourself.

**1. Love your body:** After a break up, you may think that it was your fault. You might feel like you aren't good enough, but that is the furthest thing from the truth. However, if you feel low on confidence or if you just want to prepare yourself for your next endeavor, a new workout schedule or diet could help you fall back in love with yourself! When [celebrity couples](#) break up, they are always changing their diets and working out to stay positive. Before you try to find love again, consider becoming a better you first.

**Related Link:** [Dating Advice: How to Deal with Heartbreak](#)

**2. Find a hobby:** It is really easy to lie on your bed, eat ice cream, and be sad about your break-up. But, it is just as easy to find a hobby or a new way to use your time wisely! You can start watching a new show, reading a new book, or finding a new favorite music genre. One of the hardest parts of a break-up is to replace the time you would have spent with your now ex. A great piece of love advice is to be proud of who you are and what you can accomplish with your time and talents. Finding a new hobby can be one of those ways! Plus, you might even find someone who shares some of the same interests as you!

**Related Link:** [Relationship Advice: How to Handle Single-Shaming](#)

**3. Stay positive:** Loving your body and finding new interests can only get you so far. A crucial aspect of falling back in love with yourself is your attitude. A bad attitude won't help



a thing, but a positive attitude could go a long way in recovering your self-love. Smiles really do brighten people's days, and they can brighten yours, too, so try to stay cheery when life gets you down. With a positive outlook, you'll realize a lot of things are easier to accomplish and your outlook on your love life will improve.

Are you looking for ways to love yourself again? What has worked for you? Comment below!

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## **Celebrity News: Kristin Cavallari Reveals Her Third Wedding Anniversary Celebration With Jay Cutler**





By [Cortney Moore](#)

Time sure does fly by! It's only been three years since former *Laguna Beach* and *The Hills* reality TV star, [Kristin Cavallari](#), tied the knot with Chicago Bears quarterback Jay Cutler in a [celebrity wedding](#)! In a [celebrity interview](#) with *The Knot*, Cavallari opened up about her third wedding anniversary with the NFL player. "We went to dinner at one of our favorite spots in Chicago called Blackbird, we had a four-course meal and a bottle of wine. I was a happy girl," Cavallari said. Evidence of the joyous occasion was shown on Instagram, where Cavallari posted a photo of herself blowing a kiss at Cutler, captioned, "Happy anniversary to my man!"

**This happy celebrity news has us realizing that reality TV star Kristin Cavallari and Chicago Bears quarterback Jay Cutler know**

# how to make a long-lasting relationship work. Cupid discusses below.

## A Broken Engagement

Prior to the 2013 wedding between Cavallari and Cutler, the [celebrity couple](#) faced their own set of challenges. The couple got engaged in April 2011, but broke it off three months later. However, their split didn't last long seeing as they were back together in December of that year. Cavallari detailed the reasons for their split in her book *Balancing in Heels*, stating, "I always go after what I want in life, with men or otherwise, and I never settle," she went on to add, "If something doesn't feel right, I act on it. It's just who I've always been." Though being apart from the love of her life was difficult, Cavallari was adamant that things "needed to change," and that Cutler would only take her seriously if she ended the relationship. After months of couple's therapy, which she states, "opened up our eyes to the other person's perspective," Cavallari and Cutler were able to get right back on track.

**Related Link:** [Kristin Cavallari Is Reportedly 'Dumped' By Jay Cutler: Wedding Is Off](#)

## A Baby On the Way

A month following their reunion, Cavallari and Cutler announced that they were expecting their first child! Cavallari went on to give birth to their son, Camden Jack, in August 2012. In a statement to [People](#), Cavallari said, "We definitely weren't ready to get married then and so we put everything on hold and we ended up having the baby before." Despite being a busy mother of one at the time, the celebrity couple made their union official on June 7, 2013 and were wed

in Nashville, where they had a “not huge” and intimate ceremony the following day. Cavallari and Cutler went on to celebrate their honeymoon in Italy and traveled along the world-famous Amalfi Coast. According to *The Knot*, Cavallari’s favorite honeymoon memory took place in Tuscany, “we went for a hot air balloon ride early one morning,” Cavallari said, “and it was the most beautiful and exhilarating experience I’ve ever had.”

**Related Link:** [Kristin Cavallari and Jay Cutler Tie the Knot in Nashville](#)

### **More Babies On the Way**

Later on the same year, Cavallari was pregnant with her second child, who was born in May 2014 and named Jaxon Wyatt. Exactly a year later, the couple announced that they were expecting their third child! In November 2015, the pair welcomed their first daughter to the world, Saylor James. “She’s such a sweet, happy baby. And it melts my heart seeing Jay with her,” Cavallari told *The Knot*.

**Related Link:** [Kristin Cavallari: “Motherhood Came Very Naturally To Me”](#)

### **Working Together at Happiness**

Since then, the couple has worked together to raise their three young children. Only time will tell if this celebrity couple will continue to expand their family. Aside from parenting, Cavallari and Cutler are a great celebrity couple that know how to make a relationship work. They show that the road to finding love doesn’t have to be perfect the first time around. With hard work and dedication, happiness can be found as long as you listen to your partner’s needs.

**Are you glad that Kristin and Jay were able to make their relationship work? Share your thoughts below.**

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# Relationship Advice: Prepare for Unexpected Love Like Blake Shelton & Gwen Stefani



By Dr. Jane Greer

Country star [Blake Shelton](#) revealed that his current love, [Gwen Stefani](#), was “the last person” who he expected to have his back after his [celebrity divorce](#) from Miranda Lambert. They’ve only been a [celebrity couple](#) for six months, but already he’s crazy about her. This is a great example of a couple finding love when they least expect it. Sometimes when you aren’t actively looking for it to happen is exactly when

love may find you.

## These pieces of [relationship advice](#) will dive into the unexpected love found between celebrity couple Blake Shelton and Gwen Stefani.

When you are getting over a betrayal or heartbreak, as both Blake and Gwen were after their respective marriages ended, it is hard to imagine yourself in another relationship. At that point, the last thing you want to do is take a chance and risk being wounded again by someone else. But if you can trust yourself in turning to someone who is supportive and there for you, not only can you start anew, but it's even possible that a new romance could blossom.

It can be difficult to talk about what you've been through and share your pain with a friend. A lot of times people want to shut down, and are not always comfortable reaching out and asking for support. They might feel embarrassed, humiliated, or unsure about trusting that the friend won't gossip about their story and private thoughts with someone else. However, you may find that in expressing your situation to a friend, and giving them the chance to offer empathy, you might begin to feel understood in a way that makes all the difference in the world.

**Related Link:** [Famous Couple Blake Shelton and Miranda Lambert Are Divorcing After Four Years](#)

The tendency is to shut down when you've been hurt, but letting yourself remain open can become the first step in the process of healing. They're able to see the best in you, and help bring out that side of you, so that you can move forward feeling stronger and better about yourself. This is a key

piece of [relationship advice](#) of falling in love, which is being made to feel valued, terrific about yourself, desired, and, especially on the heels of losing all that when you are dealing with a break up, it can be an elixir of the heart. In fact, Blake was quoted as saying Gwen saved his life. There is no underestimating companionship – it can feel lifesaving.

While you may have only seen this person in one light – strictly platonic – that can shift as your circumstances and interactions with each other change. If that does happen, it can be a bonding experience and bring you together in a way that feels like a gain, where before you felt only lost and alone. With this in mind it can be positive to share your emotional pain with someone, rather than remaining closed off and keeping the heartache to yourself. It's natural to feel vulnerable if you suddenly find yourself being drawn to this person after everything you've been through, but it is worth it to let the relationship go forward. A good piece of relationship advice is to not be afraid to let these feelings naturally progress.

**Related Link:** [Celebrity Couple Blake Shelton & Gwen Stefani Show Their Love at Billboard Music Awards](#)

The celebrity couple recently sang a duet together on The Voice called, "Go Ahead and Break My Heart." Blake explained that they chose that title and the words to go with it because they are smart enough to know at this point that all relationships will have ups and downs. So why not just put it out there? They've been through it before, and they know there will be good and bad ahead, but right now they are so happy they found each other and they will deal with what's ahead. After a celebrity break-up or any kind of break-up, sometimes you just need someone there for you.

While Blake and Gwen are *singing* about it, it is equally beneficial to *talk* about it. Though it can feel scary, being involved in this relationship, facing your fears and

acknowledging your insecurities can actually make you stronger. While you want to protect yourself and might typically look to keeping these feelings private, if you can instead be honest and genuine with someone you feel has your back, who knows where it might lead you, maybe even to a new love.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://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 at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.*

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## **Relationship Advice: 10 Simple Ways to Be More Romantic**







By [Josh Ringle](#)

Love should be a constant, and in order to keep it that way, you have to work at it. Whether you have been dating for a few weeks, months, or years, it is crucial to continue the romance. The pieces of [relationship advice](#) below will give you some helpful ways to improve your romantic side and to make your relationship even better than it already is!

## **These relationship advice tips will give an upgrade to your romance level!**

**1. Compliments:** A great way to show you really are in love with your partner is by complimenting them. [Celebrity couples](#) do it all the time on social media, and in public, so why can't you? Whether it is their new clothes, new hair style, or just the way they look that day, let them know. It is always appreciated and will only help the love between you two grow.

**2. Help each other:** While compliments may help with confidence problems, helping each other out with other things, like work problems and family issues, can really help, too. An important piece of relationship advice is to continue to show you care and want what is best for your partner. By helping them out, you're helping your love life out, too!

**3. Food:** Special date nights or date ideas are some of the best ways to get more romantic. Who doesn't love a night out? Food makes most people happy, and a fancy meal out, or a new local place, shows that you are trying to keep the love alive and are working on getting more romantic!

**4. Make things together:** Whether it is a meal, a new card game, or a birthday card for a relative, getting creative with your partner is a fun way to keep your romance growing. An important piece of love advice is to make even normal things fun and exciting. Making little things together can be a super way to grow your love!

**Related Link:** [Top 5 Pop Culture Celebrity Couples To Seek Relationship Advice From](#)

**5. Spontaneous adventures:** Another great date idea that can help your romance grow is a random adventure. Always keep things interesting with things like a hiking trip, a beach walk, or random day in the city.

**6. Cheesiness isn't always bad:** Flowers after a rough day, a cute Facebook post, or a mushy-like Instagram post can never make things worse. Cheesy ideas can sometimes backfire, but more often than not, they can show your romantic side and make your love life grow. You shouldn't overdo the cheesier ideas, but every now and then it's a must!

**7. Try something new:** Whether it is new food like the new Japanese restaurant down the street, or maybe just a new date night involving some mini golf, something new is a good way to mix things up. This is a really simple way to keep things

growing. An essential piece of relationship advice is to continue to try new things that the two of you may like so that your relationship grows even more. Never been skydiving? Now's the time!

**8. Break "the usual":** Going along with trying new things, breaking your routine and keeping the love fresh, is a simple-yet-important way to be more romantic. Celebrity couples continue to break their routines and do fun, new things, and you can do it, too!

**Related Link:** [Relationship Advice: 10 Strategies to Make Your Good Relationship GREAT](#)

**9. Surprises:** Little things definitely matter, especially when you are trying to be more romantic. A surprise date night or just a nice little gift can really go a long way in showing your affection for your partner. Surprises are something you shouldn't do too much, but when you do it, make sure it is a gift from the heart!

**10. Public Affection:** PDA, like holding hands, hugs, and kisses, can be a great way to step up your romantic life. You can hold your partner's hand while you're on a walk, or put your arm around him or her while you are at a sports game. It will show you care, and make them feel loved. That's the goal to being more romantic!

**What are some other ways to amp up the romance in your relationship? Comment with your ideas below!**

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# Bad Romance: 10 Toxic Celebrity Relationships



By [Katie Gray](#)

Sometimes love isn't all champagne and caviar, even for our favorite [celebrity couples](#). Sometimes [celebrity relationships](#) have moments that can be a little toxic. In some instances the couples work it out, but in other cases the relationship ends in a split. We can take away [relationship advice](#) from this, though; sometimes things fall apart so better things can fall together.

**Cupid has compiled 10 toxic**

# celebrity relationships:

**1. Chris Brown & [Rihanna](#):** Chris Brown and Rihanna were a favorite celebrity couple for many. Then, in 2008, there were many reports that she was being abused and that the celebrity couple wasn't healthy. Bad gal Riri and Chris Brown ended up splitting, but one thing nobody – including them – denies is that they were passionate about one another.

**2. [Britney Spears](#) & Kevin Federline:** “I’m addicted to you, don’t you know that you’re toxic!” Britney Spears, pop princess, was married to her back up dancer, Kevin Federline. The celebrity couple even produced two [celebrity babies](#). The “Toxic” singer had a reality show when they were married called *Chaotic*. That sums up their relationship, which ended in [celebrity divorce](#). However, Spears moved onward and upward!

**Related Link:** [8 Celebrity Couples Who Were Friends First](#)

**3. Spencer Pratt & Heidi Montag:** *The Hills* was a popular reality show that intrigued many. It made [Lauren Conrad](#) and Audrina Partridge celebutantes. On the show, and in real life, celebrity couple Spencer Pratt and Heidi Montag had the country buzzing about their celebrity relationship. Many people felt that it was toxic, as Pratt and Montag were very dependent on one another. It even damaged her relationship with her then BFF, LC (Lauren Conrad). The couple even released a book entitled *How To Be Famous*.

**4. Eminem & Kim Mathers:** Rapper, Eminem, is known for many things: witty lyrics, emerging from a humble background and his roller coaster relationship with Kim Mathers. The pair were married twice and have a daughter together, which led to a public custody battle that got ugly. The famous white rapper has many lines in his song about Kim, which are not pleasant.

**Related Link:** [Hollywood’s Most Unexpected Couples](#)

**5. Tommy Lee & Pamela Anderson:** Rock artist Tommy Lee and actress and *Playboy* playmate, Pamela Anderson, will go down in history for being an iconic celebrity relationship. The Motley Crue rocker and the blonde bombshell were together in the late 90's and were married 1995-1998. They made a big stir in the media when a sex tape from their honeymoon was stolen from their home and shown for the whole world to see.

**6. Jersey Shore's Sammi "Sweetheart" & Ronnie:** Love at the shore! The *Jersey Shore* couple, Sammi and Ron, proved to be one of the most dramatic celebrity relationships in MTV history. The majority of the episodes featured the two fighting over their problems and trust issues. Sometimes things were good though between the two. Nonetheless; they made for great television!

**7. Tiger Woods & Elin Nordegren:** Famous golfer Tiger Woods was married to model Elin Nordegren. The celebrity couple's world was rocked when it came out that Woods had been having affairs with multiple women. There were several women who came forward. Ludacris even released a song about the event entitled, "Sexting." The professional golfer asked her to re-marry him again, although they split in 2010. She's living in a very nice mansion in Palm Beach. It's like the saying goes, "Don't get mad. Get everything."

**8. Tina Turner & Ike:** Tina Turner is a music legend and icon. However, her marriage to Ike was extremely tumultuous. There is even a film about her life and this celebrity relationship that ultimately ended. It was an unhealthy relationship, as he was addicted to cocaine and would sadly beat her up often. However; everyone can learn from Tina Turner. What doesn't kill us only makes us stronger.

**9. Whitney Houston & Bobby Brown:** Whitney Houston is known for hit songs like "I Want To Dance With Somebody" and "I Will Always Love You." In addition to her iconic songs and thriving music career, her relationship with Bobby Brown was widely

publicized. Her mother even wrote in a book about this relationship and how she feels that he influenced her to use drugs. Although the relationship wasn't healthy, we will always remember Whitney Houston for the beautiful and talented artist she was. RIP!

**10. Dennis Rodman & Carmen Electra:** Carmen Electra famously got her name from music legend, Prince. The actress and model has had a string of famous celebrity relationships. At one point, she married former Chicago Bulls player, Dennis Rodman, when they were intoxicated. Afterward, he filed an annulment. Sometimes your relationship ending doesn't work out, because there is an even better fairy tale ahead for you.

**Which are your favorite celebrity couples? Comment below!**

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## **Relationship Advice: Are Your BF and Best Friend Too Close for Comfort?**





By Dr. Jane Greer

Recent images of [Selena Gomez](#) with [Katy Perry](#)'s boyfriend Orlando Bloom looking cozy together had people talking about whether a [celebrity relationship](#) was brewing, but the women cleared up the [celebrity news](#), quickly promising there was nothing inappropriate going on between them. Selena took to Twitter to endorse Katy's quick response to the pictures. Katy addressed the drama surrounding the two of them, calling it a "dumb conspiracy." While Katy is clearly confident there's nothing going on with them, sometimes remaining secure in your relationship when your partner has close female friends can be challenging.

**This gives us the opportunity for important relationship advice around the following question: Is there such a thing as being too**



# close to your girlfriend's boyfriend, and is there a point when it can and does feel threatening?

When we become close to someone, our natural instinct is to share them with the other people we are close to. Eventually you want to introduce your new boyfriend to your best friend so you can proudly show them how great the other is. You might even end up spending a lot of time together as a group. Sometimes, this can lead to a separate connection between your significant other and your friend. That is all okay to a point.

**Related Link:** [Relationship Advice: Why Are Women Attracted to Unavailable Men?](#)

However, there is a definite line that exists which defines how close the two most important people in your life can get to each other, and that is based on the fact that you are sexually intimate with your boyfriend so there is a clear element of exclusivity that should never be violated by either party. As long as the connection remains about sharing the strong feelings they have for you, it is all good. If there is ever a point when you might feel threatened or begin to doubt their intentions, then follow this [relationship advice](#) tip and start to think about putting boundaries in place. How can you tell if that time has come?

The first red flag is if you start to feel left out. If your boyfriend and best friend develop inside jokes that you are not a part of, or they find reasons to spend time together away from you – even if you are sick or out of town – it is only natural to wonder if something is brewing between them. Another indication of a problem could be if your friend is

admiring you so much that she starts to dress and act like you. If it begins to appear that she almost wants to be you, which can sometimes be flattering, but usually means she is jealous of what you have and might want it for herself, you should absolutely be on guard.

**Related Link:** [Relationship Advice: 5 Ways to 'Affair-Proof' Your Relationship](#)

The best way to gauge when and if that line is being crossed is to trust your feelings and go with your instincts. If it is all positive, and your interactions are supportive and caring, then that is exactly what love and friendship is about. But if you start to feel uneasy, uncomfortable or a sense of competition surfaces from your friend, that is a good time to start setting limits on how much time you spend together as a group, and begin to monitor what you share with your friend so you can build your own sense of identity separate from her, which is a great piece of relationship advice. By doing this, you can protect yourself and not have to worry about being betrayed by someone close to you.

In Selena Gomez and Katy Perry's situation, all is above board. With these tools in place, you can make sure it will be for you, too

*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 at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer on Twitter](#) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.*

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# Relationship Advice: 5 Ways to Break Your Routine and Keep Things Fresh



By [Josh Ringle](#)

Whether you've been in a relationship for a few weeks, many months, or several years, the feeling of something *too ordinary* can become a huge problem. If your love life is beginning to feel like more of a routine than a fun adventure full of love, that needs to change! Below are some pieces of [relationship advice](#) that anyone can use, whether you are part of one of those [celebrity couples](#) or just someone in

love!

## The following relationship advice will freshen up your love life!

**1. What's for dinner?:** Dining out may seem generic, but it's a great [date night](#) to be had. Maybe you and your partner can try new food, or just go to a different place that neither of you have tried before. Food can absolutely make people happy, and it will help your relationship, too. Get spicy food to spice things up!

**2. Take a vacation:** Vacations are one of the best ways to break your routine and make things feel new or fresh. Finding a good place for a getaway will keep the two of you happy, and will make for an enjoyable time together. Remember, a good love tip is to compromise, and that is essential on any decision that affects the two of you! Changing the scenery you are in will give you a nice break from work or school, and it will also break you away from that routine to experience new things together!

**Related Link:** [Relationship Advice: 8 Creative Ways That Older Couples Can Keep the Romance Alive](#)

**3. Come up with new date ideas:** A great piece of relationship advice is to always keep things different and changing in a good way. A good way to accomplish that goal is to come up with new [date ideas](#), like the ones we have here on Cupid's Pulse. Celebrity couples only frequent the places they like, and maybe you are just looking for that place to "become yours" and help improve your freshened relationship!

**4. Surprises:** This may seem like a given, but it is an essential way to improve your love life! We always see dozens of celebrity couples surprise each other with vacations or cars, but acts from the heart don't have to be that glamorous!

Give her a simple bouquet of flowers or tickets to show, and you're all set! It breaks the routine and keeps both of you happy!

**Related Link:** [Relationship Advice: 10 Strategies to Make Your Good Relationship GREAT](#)

**5. A list of things to do:** Consider making up a long list of things to do, places to see, and meals to be had. Go crazy with it! Pick exotic vacations, and local hangouts. An important piece of love advice is to keep making changes to this list until it works for you. A good mix of soon-to-be-completed ideas and ideas to be completed in the future will make you feel like you have a goal that needs to be accomplished!

These pieces of relationship should make loving fun and keep your relationship happy. Did it help you? Comment below!

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## 5 Stars in Open Celebrity Relationships





By [Katie Gray](#)

They say that communication is key! Apparently open relationships are quite common right now with [celebrity couples](#). However; just because someone starts out with an open relationship doesn't mean they can't later on be monogamous. Many [celebrity relationships](#) have started out more casual and open, but have led to monogamous marriages later on. When it comes to [relationship advice](#), it's clear that communication and trust are imperative.

## **Cupid has compiled five stars in open celebrity relationships:**

**1. Hugh Hefner & Playmates:** Hugh Hefner is the iconic founder of Playboy and is probably the most open in regards to open relationships. He notoriously has several girlfriends at one time, and often they would all live together with him in his Playboy Mansion. When he attends red carpet events, he always has a string of pretty girls by his side. Typically his girlfriends are Playmates, meaning they're in his magazine.

The hit reality show, *Girls Next Door*, revolved around his girlfriends: Holly Madison, Kendra Wilkinson and Bridget Marquardt. However; right now he is married to Crystal Hefner.

**2. Robin Thicke & Paula Patton:** Music industry veteran, singer and songwriter, Robin Thicke is married to actress, Paula Patton. He told Howard Stern in an interview that out of respect for his wife, he wouldn't talk about open relationships. However; he didn't deny having one so many people have assumed they sometimes have an open relationship. As long as they're happy in their celebrity marriage, that is all that matters.

**Related Link:** [8 Celebrity Couples Who Were Friends First](#)

**3. Mo'Nique & Sidney Hicks:** Mo'nique, comedian and actress, is married to fellow actor and producer Sidney Hicks. She openly told Barbara Walters that they have an open relationship. Although; many suspect that she doesn't participate in that often. It is clear though, that communication and trust is present and that is what counts.

**4. T-Pain & Amber Najm:** Rapper T-Pain saw a lot of success in the mid 2000's. He is married to Amber Najm, and has said publicly that they don't have an open relationship, but they do sleep with other girls together. Basically, they create things on their own terms.

**Related Link:** [Hollywood's Most Unexpected Celebrity Couples](#)

**5. Francois Hollande:** Celebrities in the entertainment industry are not the only ones who practice open relationships sometimes. Apparently the French President, Francois Hollande, is very open about having a girlfriend, in addition to a mistress. He puts everything out on the table for everyone. It's good he is not keeping secrets or being shady, but some still question his decisions.

**Who are your favorite stars in open celebrity relationships?**

Comment below!

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# Relationship Advice: Reasons Being Nice Doesn't Lead to Love



By [Josh Ringler](#)

Being nice is fundamental to a healthy and successful relationship. It may seem obvious, but it's a very important piece of love advice to keep in mind. That being said, it does not always end in love. Countless [celebrity couples](#) started as



good friends, yet ended up with broken hearts. Some [relationship advice](#) tips are below that may give you a reason to believe that being nice doesn't necessarily result in a new perfect pair!

## These pieces of relationship advice will show you why it is important to be more than nice if you're looking for love.

**1. Nice can be boring:** Celebrity couples have their fair share of drama and it rarely ever comes from being *nice*. While being a good person should be on the forefront of your mind, it may not always add to the relationship and could create boredom. While fighting and disagreements can jeopardize the sanctity of your relationship, being the nicest you can be or just not changing things up will definitely not help either.

**Related Link:** [Relationship Advice: How to Find Real Love](#)

**2. It is expected:** Societal norms state that you are supposed to be nice to everyone, regardless of how you feel about them. If you think that being congenial will instantly make you and your partner one of the next famous couples, take this relationship advice to heart, and make sure to do what is expected of you. Being nice isn't something that you should go out of your way to do; being a good person should come naturally.

**3. Being nice isn't enough:** At the same time, being nice, kind, or generous just may not be enough to make a relationship work. Making your partner laugh and just being there for them emotionally are two of the many other important relationship advice tips. If you find a way to include other ways of making the relationship work, , you will definitely

improve your chances.

**Related Link:** [Relationship Advice: 10 Emotional Stages of Being in a New Relationship](#)

**4. Welcome to the friend zone:** There are two words more fearful to any couples, than almost any other words: friend zone. Being nice can absolutely get you love, but at the same time, it can also lead your prospective partner to believe that you just want to be friends, or are maybe not interested in them “in that way.” If you come across as a pushover, it could be a turn off to the idea of a relationship. It could be even worse by keeping you in the friend zone for good!

**Was being too nice becoming a problem for you? Did you follow these pieces of relationship advice and do more than just being nice? Comment below!**

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## **8 Celebrity Couples Who Were Friends First**





By [Katie Gray](#)

They say that the best relationships stem from friendship. This is all too true for [celebrity couples](#) as well. Many [celebrity relationships](#) started off as friendships first and develop into more from there. This [relationship advice](#) shows us that it's important to communicate and establish a real connection first.

## **Cupid has compiled eight celebrity couples who were friends first:**

1. [Prince William](#) & Princess [Kate Middleton](#): It's well-known that this royal couple were college friends before getting together in a relationship. The rest is history, as their celebrity wedding aired for millions of viewers, and the birth of their two beautiful regal [celebrity babies](#) has been widely publicized. Long live the Royal Couple!

2. **Ryan Reynolds & Blake Lively**: Spotted! Actors [Ryan Reynolds](#) and [Blake Lively](#) actually met on the set of a film and became

close friends. After that, their friendship blossomed into a loving relationship. Who says you can't mix business with pleasure? The pretty pair married in a beautiful [celebrity wedding](#), had a celebrity baby and have another on the way! We can't wait to keep watching their family grow.

**3. Ashton Kutcher & Mila Kunis:** *That 70's Show* stars [Ashton Kutcher](#) and [Mila Kunis](#) were friends and co-stars on the hit retro sitcom. However; they both were in relationships at the time, so they just remained friends. Well after filming ended, the two united as a celebrity couple, married and have a baby daughter together. They show us that the best things in life are worth the wait.

**Related Link:** [Hollywood's Most Unexpected Celebrity Couples](#)

**4. Jay-Z & Beyoncé:** Arguably music's most notable and memorable celebrity couple is [Jay-Z](#) and Beyoncé. They are royalty in the music industry. They married in 2008 after years of friendship and music collaboration. In 2012, they welcomed their celebrity baby, Blue Ivy Carter. It's been noted that as of 2014, the couple have sold 300 million albums together.

**5. Will Smith & Jada Pinkett-Smith:** We love it when our favorite actors unite and show us that a celebrity relationship can last. Notable actors Will Smith and Jada Pinkett-Smith first met in 1995 during her audition for a role on *The Fresh Prince of Bel-Air*. The two developed a friendship and then married and had celebrity babies together.

**6. Marcus Mumford & Carey Mulligan:** Carey Mulligan is most known for her role as Daisy Buchanan in one of the versions of *The Great Gatsby*. It turns out that before she and Marcus Mumford tied the knot in 2012, they had actually been friends for quite some time. In fact, they were childhood pen pals. How cute!

**Related Link:** [5 Celebrity Couples Who Live Modestly](#)

**7. Ryan Dorsey & Naya Rivera:** Fellow actors Naya Rivera from *Glee* and Ryan Dorsey married in 2014 after four years of friendship. Their celebrity wedding was in Cabo San Lucas and they had their son the following year.

**8. Kanye West & Kim Kardashian:** It's no secret that rapper [Kanye West](#), always had his sight set on reality starlet [Kim Kardashian](#). He even says in his lyrics, "I'll admit I had fell in love with Kim, around the same time she had fell in love with him." The married couple were friends for nine years prior to getting engaged in 2014. They are now happily married with a daughter and a son.

**Who are your favorite celebrity couples who started as friends first? Share below!**

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## **Dating Advice: 3 Ways to Master the Art of the First Impression**





By [Josh Ringler](#)

You know, there is an obvious thing about first impressions: You only have one shot at them. A first impression can create one of the newest [celebrity couples](#), or it can ruin your chance love. Many times, we hear of movie stars falling in love on the set, while we also hear about those who just didn't make the most of their premier opportunity. If you're looking to be the next Picasso of the first impression art collection, follow our pieces of [dating advice](#) below. With time and some practice, you can easily master the skills necessary to make a killer first impression!

**These pieces of dating advice will help you master date nights and make the best first impression possible!**

**1. Make the situation comfortable:** If you want to make a good

first impression, you need to first choose the right time and place. If you met the person online and they already know something about you, this could be easy right off the bat. If you suddenly find yourself in conversation at the bar or smooth sailing on a date night, you'll be fine. However, a good piece of dating advice is to keep the conversation comfortable and high level at first. Talking about politics, marriage, or children is probably not the best start right out of the gate. Celebrity couples are great at making their first dates comfortable, even though they have the paparazzi following them around constantly. Take their lead!

**Related Link:** [Dating Advice: First Date Fashion Do's And Don't's](#)

**2. Use body language:** Consider using your body to your advantage. We're not talking about the R rated kind of way, either. Show you're interested in the conversation by keeping eye contact. Simply giving one slight touch may show your prospective partner that you're interested. You want to look like you are open to a conversation, and not too shy or reserved. Be sure to loosen up before the date night, and be prepared to start talking with confidence. Use your body, facial expressions, and emotional instincts to your benefit to start things off right.

**Related Link:** [5 Ways to Have a Stress-Free First Date](#)

**3. Be genuine:** Don't be afraid to be yourself! That should be the first thing on your mind. If you weren't the starting quarterback, a national champion dancer, or an academic stud, he/she probably won't mind. Try to have a good sense of humor, and make light of the things you may not be comfortable with. The other person will appreciate an honest and open person over someone who lies about who they are. "Honesty is the best policy" is not just a thing parents say to their children; it is an important step to making a great first impression.

What are some other ways to make a great first impression? Let us know below!

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## Relationship Advice: Mending a Split Like Megan Fox and Brian Austin Green



By Dr. Jane Greer

After five years of celebrity marriage, Megan Fox and Brian Austin Green had decided to call it quits. However, apparently their differences are reconcilable – the [celebrity](#)



[couple](#) has reunited and is moving back in together. Sometimes it can be very helpful when two people take some time apart to evaluate how they feel about each other, and to sort out what is really important to both of them.

**In the face of baby number three on board, it looks like Fox and Green have decided to join forces to work on their marriage and see if it can, in fact, work on take two.**

Similarly, Patrick Dempsey and his wife recently put the brakes on their [celebrity divorce](#). And you don't have to be married to give love a second chance. Courtney Cox and her boyfriend are back together after calling off their engagement late last year.

**Related Link:** [Megan Fox Reveals Third Pregnancy](#)

There are many things that can drive a couple toward a breakup. Underscoring most separations are feelings of disappointment, anger, and the idea that there was something you couldn't get beyond, some impassable issue, an irreconcilable difference for which there is no clear middle ground or answer. The anger itself can make it impossible to get along, either leading to too much fighting or a cold war distance between you, both of which can bring your sex life to a complete stop. For some people, the decision to end the relationship seems like the only path out of the hopelessness and unhappiness one or each partner is experiencing. Breaking up can appear to be a way out of the stress and on the road to a better place.

That said, love is a funny thing. Just because you aren't getting along doesn't necessarily mean you have stopped loving or feeling attracted to your partner. In addition to that, some space might infuse those feelings with new life while giving you a fresh perspective on what you can and can't tolerate in your life. In other words, even though an end to your connection might seem freeing at first, it might ultimately prove to be complicated, difficult, and lonely. Suddenly those weekend trips to see his mother don't seem like that much of a sacrifice, or the fact that she chooses to go to the gym most nights instead of eating dinner with you might not leave you feeling so abandoned as long as she comes home after. Time apart allows you to evaluate what is important, and can give you the chance to decide if what once felt untenable and unacceptable might suddenly become manageable in the face of what you really have to lose. Taking a break can give you a chance to get a new outlook, while letting the anger subside. You can cool down and bring some objectivity back into your relationship.

**Related Link:** [Are Celebrity Exes Emma Stone and Andrew Garfield Back Together](#)

If your relationship feels like it is at a standstill and is steeped in feelings of resentment and disappointment try this [relationship advice](#): instead of making the decision to end it for good, consider ending it for now. Give yourselves some time apart so you can see that you actually might want to stay together – just as so many celebrities are doing lately.

*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 at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer), and be sure to*

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