

# Movie Review: Dance along to 'Mamma Mia! Here We Go Again'



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by [Haley Lerner](#)

In this entertaining comedy, which releases in theaters on July 20, 2018, 10 years after the events of *Mamma Mia!*, Sophie (played by Amanda Seyfried) is pregnant with her fiancé Sky's child on the Greek island of Kalokairi while running her mother's villa. But, Sophie is unsure she can do it all by herself, so she enlists the guidance of her mother Donna's friends and former bandmates, Tanya and Rosie (played by Christine Baranski and Julie Walters, respectively). Throughout the movie, Sophie learns more about Donna (played by Meryl Streep, with Lily James as Young Donna) and how she met each one of Sophie's dads (Pierce Brosnan, Stellan Skarsgård and Colin Firth) and raised her daughter bravely on

her own, without a mother's guidance. Of course, things are turned upside down by a surprise visit by Sophie's grandmother, Ruby Sheridan (played by Cher).

***Mamma Mia! Here We Go Again* is all about the love between family and the true connection of a mother's bond with her daughter. Keep reading for our [movie review](#) and some tips on how to manage the stress of a first pregnancy:**

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

Yes! This fun musical romantic comedy is filled with fun ABBA songs that will make you want to dance out of your seat. The romantic storylines and bond between a mother and daughter will truly make you fall in love with the movie.

#### **Who to take:**

Seeing this movie is the perfect [date idea](#) for you and your special someone. The movie is romantic, but also tons of fun! Grab some popcorn and a soda and cuddle up with your beau in the theater for this exciting rom com.

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

Being pregnant with your first child is incredibly stressful. Cupid has some tips to help make it easier for you:

**1. Reach out for help:** You don't need to struggle alone in your pregnancy! Reach out to your close family and friends, just like Sophie did. They can help you get through all the rough patches and lend you the advice you need for raising

your child.

**Related Link:** [Movie Review: Check Out the Ultimate Game of 'Tag'](#)

**2. Prepare in advance:** Before actually giving birth to your baby, make sure everything at your home is ready for your bundle of joy's arrival. Make sure your baby's room is all setup, you've got plenty of diapers and you know the route to the hospital. It's never too early to start nesting!

**Related Link:** [Movie Review: Adrift](#)

**3. Take a breath:** We know, having your first child is definitely scary. But take a deep breath and realize that you don't have to be a perfect parent right away. It's okay if you make mistakes, you're only human. You worrying so much is a clear sign your child is going to be raised in extremely caring hands!

**Have any more tips on having your first child? Comment below!**

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## **Expectant Parents & Celebrity Couple Amanda Seyfried and Thomas Sadoski Turn Movie Premiere Into Date Night**





By [Delaney Gilbride](#)

In [celebrity news](#), parents-to-be Amanda Seyfried and Thomas Sadoski turned the premiere of their new movie *The Last Word* into an affectionate date night. The engaged [celebrity couple](#) arrived at the red carpet event at ArcLight Hollywood in Los Angeles absolutely glowing! The actors co-star in the movie, Shirley MacLaine, spoke to [EOnline.com](#) about the couple on set claiming she wasn't "sure when [Seyfried] was acting with [Sadoski] and when it was real and that's what [she] enjoyed in the movie. It ended up with a baby." The duo met in 2015 on the set of an off-Broadway production entitled *The Way We Get By* and rekindled their relationship on the set of *The Last Word* in September; not even two months later the couple announced their engagement and Seyfried was seen sporting a baby bump! When speaking with [EOnline.com](#) about their [celebrity baby](#), Sadoski claimed that besides your typical daddy-to-be nerves, he "couldn't be more excited."

**This celebrity couple isn't wasting**

# a date night opportunity! What are some ways to turn ordinary activities into dates?

## Cupid's Advice:

It's hard to plan date nights with you boo when the two of you have busy schedules. What are some ways to incorporate date nights into your everyday regimes? Cupid's here to help you out with some [dating advice](#):

**1. Turn a work-outing into a date night:** If your boss makes plans for you and your co-workers to go out after a long day of hard work, there's no need to be bummed out! Invite your honey along and turn it into your own little outing. This way you'll make your boss and your boo happy.

**Related Link:** [Celebrity Couple News: Kristen Stewart & Girlfriend Stella Maxwell Attend Chanel Pre-Oscar Dinner](#)

**2. Turn "running errands" into a fun time:** Running errands by yourself can be time consuming and tedious. So, why not turn it into something fun you can do with your honey? While out doing errands you can spend some quality time with your partner and discuss your day; you can even go for a bite to eat since you're already out of the house!

**Related Link:** [Celebrity Break-Up: Katy Perry & Orlando Bloom Break Up After 10 Months Together](#)

**3. Double date:** Of course we have to make time for our friends as well, so why not incorporate a date night in there? This way you and your friends will be able to spend quality time together while your partners can enjoy the night out as well. It'll make everyone happy!

**Do you and your boo find new ways to make date night happen?**



Comment below and let us know your ideas!

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# Celebrity Baby: Amanda Seyfried Is Expecting First Child with Thomas Sadoski



by Kayla Garritano

Baby alert! Amanda Seyfried is expecting her first child with fiancé Thomas Sadoski. According to [UsMagazine.com](http://UsMagazine.com), Seyfried revealed the [celebrity news](#) when she debuted her baby bump in a sheer black mini dress at the launch of Givenchy's new fragrance, *Live Irrésistible*, on Tuesday, November 29, where

she is a spokesmodel for the brand. This surprise came within a month of announcing her [celebrity engagement](#) to Sadoski.

## **This [celebrity baby](#) is surely a surprise! What are some ways to cope with an unexpected pregnancy?**

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

Pregnancies can come as a surprise, but the excitement of having a child with the one you love is always a great feeling. We want to make sure that you and your partner are prepared for this baby to be:

**1. Remind yourself of your relationship:** If you're like Seyfried and her new fiancé, you are in it for the long run. You're about to get married and spend the rest of your lives together. The baby may have come a little earlier than you wanted to, but it doesn't mean you're not prepared. You and your partner are happy and preparing for a future!

**Related Link:** [Actress Nia Long Talks Surprise Pregnancy](#)

**2. It's a miracle:** Babies are miracles. You are lucky enough to create someone, which is something that people wish they could do but don't have the chance to. Remind yourself that this is a blessing sent into your life, and even if it didn't happen when you planned, it was special enough to happen.

**Related Link:** [Expert Relationship Advice: Three Questions Crucial to Co-Parenting Success](#)

**3. Talk out your nerves:** Of course you're going to have so many emotions and so many questions running through your head. Feel free to talk to your parents, your friends, and even your spouse about the worries you have. You will be sure to feel better and have some questions answered, preparing you a

little more for your baby.

How have you coped with an unexpected pregnancy? Comment below!

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# Amanda Seyfried Steps Out After Celebrity Break-Up from Justin Long



by Abbi Comphe

Celebrity couple Amanda Seyfried and Justin Long have called it quits after being together for more than two years. A source told [UsMagazine.com](http://UsMagazine.com) that this [celebrity break-up](#)

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happened a few weeks ago. The source explained, “They had different schedules and different lives, they just grew apart.” These two will now be making solo appearances. It’s too bad this celebrity relationship didn’t work out. They shared a \$1.9 million apartment in New York City.

## **We’re really sad about this celebrity break-up. What are some ways to keep from growing apart as a couple?**

### **Cupid’s Advice:**

It can be challenging to stay together when you both have such difficult schedules and things going on in your life. Cupid has some dating advice on how to stay close even with your busy lives:

**1. Date night:** Every week you should pick a day to go out and spend with your significant other. No phones, no friends, just you two. Go to the movies, enjoy a nice dinner, or even a romantic walk on the beach!

**Related Link:** [Helena Bonham Carter Breaks Silence on Split from Celebrity Ex Tim Burton](#)

**2. Surprise one another:** Surprise your significant other! For example, when you know they have had a long day at work, take time out of your day to cook them dinner and set up a bubble bath for them! They will surely appreciate it!

**Related Link:** [Celebrity Exes: Chris Brown is Happy with Custody Battle Results](#)

**3. Be Happy:** Don’t let one another go to sleep mad. Whether you are mad at each other or just after a long day of work,

talk things out. Make sure that you both feel content when you go to sleep.

There are many ways to keep a relationship from growing apart! Give some more advice below!

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## Relationship Movie 'While We're Young' Features Ben Stiller Reliving His Youth



y [Courtney Omernick](#)

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As a childless couple in their mid-forties, it seems that all of Josh (Ben Stiller) and Cornelia's (Naomi Watts) friends are starting to settle down and have children. While Josh is teaching a class in New York, he encounters Jamie and Darby, a young couple full of life in their relationship and love. After Josh and Cornelia befriend Jamie and Darby and start "living" again, Josh slowly starts to suspect that Jamie might be using him for his professional connections.

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

This relationship movie is a bit of a chick flick with a twist. And if that's what you're looking for, than look no further than *While We're Young*. This movie is also packed with amazing actors such as Ben Stiller, Naomi Watts, Amanda Seyfried, Adam Driver, and more!

### **Who to take:**

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

### **How can you pump some life back into your relationship?**

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

Especially if you've been with the same person for quite some time, you can eventually get stuck into a routine with them. It may seem to you like the desire you had for them when you first started dating isn't there anymore. You've lost that spark, or connection. Well, if you want to revive what you deem a dead relationship, check out our advice below.

- 1. Take a look at yourself:** Do you know how *you're* contributing to the lull in the relationship? Nobody wants to admit that they're personally responsible. You may think that it's much easier to blame someone else. However, before you start playing the blame game, take a look in the mirror.

**Related Link:** [Relationship Advice: 3 Ways to Handle Unmet Expectations in Marriage](#)

**2. Don't think about what's fair:** You'll probably have to practice guiding your partner to a better relationship. It's unrealistic that it will come naturally. It's not fair, and it's going to take some work on your part, but it's what will save your relationship.

**Related Link:** [Is It Okay to Hoop Up With Your Ex?](#)

**3. Be positive:** Too often, we provide our partners with negative reinforcement. Now, it's time to change that. Be sure to thank your partner for doing the dishes, compliment them, and smile at them. These small gestures will go a long way.

**How have you pumped some life back into your relationship? Comment below!**

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## **Celebrity Couples: What True Love Looks Like**





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y Jared Sais

The start of a new year gives everyone a renewed sense of hope, and with this thought in mind, I decided to consider three celebrity couples who are happy in love.

**Amanda Seyfried and Justin Long:** These lovebirds have become a paparazzi favorite lately. In many photos, the couple appears surprised at their picture being taken. You'll see their eyebrows and eyes raised and their mouths just a bit open. Note that surprise is one of the seven micro-expressions that people make to indicate an emotion.

In another recent photo, we see the actress leaning towards her man, either for a kiss or to whisper something to him. This behavior shows how comfortable they are with each other. When people feel comfortable, they tend to get even closer into your "personal space bubble." It's an easy way to identify if two people are dating or just really close friends.

**Related Link:** [Amanda Seyfried and Justin Long Bond Over Her Dog](#)



As a side note, when flirting, if you're talking to someone you're interested in, whisper something every once in a while so the person has to lean in to hear you. It's a great trick for getting closer and making a move.

Notice Seyfried's eyes in many photos of the couple. They're often locked on Justin's lips; this is what desire looks like. As she gives a slight grin and looks at her man's wanderlust smile, there is nothing but attraction and lustfully gazing eyes. Likewise, the actor has a very loving smile with deep eye contact, which tells me he is very romantically invested in the blonde beauty.

You can also see the lack of space between them in the photo above and other photos, which indicates a romantic relationship or at least a very close trusting relationship.

**Drew Barrymore and Will Kopelman:** We have something special here: best friends *and* lovers. They have a dynamic that many couples strive for. You can tell they are truly happy in many of their photos; the facial expression of smiling is categorized as high cheeks, crows feet in the corners of the eyes, and raised outer corners of the lips. Sometimes, this body language is easier to see in photos than in live action. But knowing the difference between a true smile and a fake smile can make the difference between catching someone in a lie or knowing if your partner is truly interested in you.

When people are comfortable with someone, they usually talk with the cup in their hands; put the cup down and continue to use their hands in a conversation; or put the cup to the side of their body. In a picture of Barrymore and Kopelman at a sporting event, we see the actress talking with her cup in her hands, showing us that she's very comfortable in her husband's presence. She also leans in towards him, putting her weight on him – another sign of trust and love.

**Related Link:** [Drew Barrymore Goes Public with Second Pregnancy](#)

**Heidi Klum and Martin Kirsten:** You'll often see this pair walking at the same pace with locked hands or their arms around each other. This body language is considered mirroring each other, and all signs tell you that their relationship is going strong. They are a very real couple; they run together and share that interest. There's nothing better than an early run and coffee in the morning with your loved one.

Listen up, guys: Real man wear pink or hold their woman's purse. Yes, Kirsten often holds his girlfriend's purse, showing us what a gentleman he is. He is confident with himself and their relationship. Plus, it reveals just how close they are as a couple.

**Author's Note:** If you're looking for more in-depth non-verbal tricks, I will be holding a class in the New York City area. The class focuses on everything non-verbal, including confidence building, how to become a better flirter, how to spot flirting that is directed your way, how to find quality men/woman, fashion tips and tricks, and etiquette coaching. Please email me at [jaredsais@gmail.com](mailto:jaredsais@gmail.com) for more information and to sign up. Tickets are going fast, and there is a 20-person limit! See you there.

*[Jared Sais](#) is co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love.*

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## **Amanda Seyfried and Justin**

# Long Bond Over Her Dog



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y Kristyn Schwiep

Justin Long and Amanda Seyfried bonded over her dog. The new couple, who announced they were dating earlier this month, took her Australian shepherd, Finn, on a walk. According to [UsMagazine.com](http://UsMagazine.com), the new couple took her dog to a nearby park, where they relaxed on a blanket and let Finn play. "They recently started hanging out more, going on date-like activities. They're both busy...but they're seeing where it goes," said a source.

**How do you incorporate pets into your dates?**

**Cupid's Advice:**

Taking pets on your dates is a cute way to spend time with both your pet and your partner. So what are some dates you can

go one with both your partner and your pet? Cupid has some advice for you:

**1. Picnic:** Going on a picnic is a romantic and classic date. You can also bring your pet with you. This is the perfect simple and sweet date for both you, your partner, and your pet. While you and your partner are enjoying your picnic your pet can be playing with their favorite toy.

**2. Hiking:** If you and your partner like exercising, hiking is the perfect date for you. You and your partner will get your exercise in for the day, you get to spend time alone, and you can bring your pet along too. It's the perfect date.

**3. The beach:** Take your pet and partner to the beach. You can enjoy the sand and water with your partner and let your pet splash in the waves, fetch frisbees, and roll around in the sand.

**How have you incorporated pets into your dates? Shares your stories below.**

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## **Amanda Seyfried and Justin Long Are Dating**





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y Petra Halbur

According to reports, Amanda Seyfried and Justin Long are now a pair. The two attended an event for Seyfried's film, *Lovelace*, on July 30. "Justin came alone and stayed close to Amanda all night," a source confided to [UsMagazine.com](http://UsMagazine.com). "They weren't making out or anything like that, but they were just inseparable during the event. He hung out when she talked with others." On August 10, Long tweeted, "Adjectives don't do justice to Amanda Seyfried's fearless + transformative perf in *Lovelace*."

**How do you keep the status of a new relationship under wraps?**

**Cupid's Advice:**

Sometimes it's best to keep your relationship quiet for a while before announcing it to friends and family. But how do you do this without outright lying? Cupid has some ideas:

**1. Keep off social media:** It's astonishing how many people fail to understand that when you tweet something or post something on Facebook, *everyone* can see it. So, make sure to keep your relationship OFF-line.



**2. Avoid groups:** You and your partner will probably find it difficult to conceal your relationship if you two are hanging out in a group of mutual friends. Doing so will also require active deception which will lead to hurt feelings when you eventually announce your relationship to your social circle.

**3. Home dates:** Keeping a relationship under wraps doesn't mean that you have to put romance on hold- you just have to keep such activities away from the public eye. Movie night, romantic dinners, snuggle time and ... other activities can (and sometimes should) all take place behind closed doors.

**How did you keep your relationship under wraps? Tell us below.**

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## **Star-Casted Romantic Comedy, 'The Big Wedding'**





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y Meghan Fitzgerald

*The Big Wedding* has a vamped up cast, including Diane Keaton, Robert De Niro, Susan Sarandon, Robin Williams, Katherine Heigl, Amanda Seyfried and Topher Grace. This new romantic comedy directed by Justin Zackham is about a modern family attempting to remain sane for the weekend of Alejandro (Ben Barnes) and Missy O' Connor's (Amanda Seyfried) wedding. Don (Robert De Niro) and Ellie Griffin (Diane Keaton) are a long divorced couple who are playing "happy" for their adopted son's wedding. Alejandro's biological mother is also in attendance, after deciding to fly halfway around the world. Not only does she not approve of divorce, but she also doesn't know that Alejandro's foster parents are adopted. The Griffin family tries to keep their cool as they are bombarded with the past, present and future throughout the weekend.

**Should you see it?:** This movie will be one for the books. One that people will remember for years to come. With this cast, how could you not see it? With the soft hues of humor intertwined with an old and new story of love, you can not miss it. It has the dysfunctional family attempting to keep it together, old romance, comedy, and a real story.

**Who to take:** All people who enjoy Rom-Com's should without a doubt see this movie. It has Katherine Heigl in it: Queen of Rom-Com city. *27 Dresses*, *The Ugly Truth*, *Life as We Know It*. The list goes on and on. Do you love the humor of Diane Keaton, Robert Williams, and Robert De Niro? Than you need to see this movie as soon as possible.

**Related:** [Hayden Panettiere and Wladimir Klitschko Engagement](#)

**How do you avoid wedding chaos?**

**Cupid's Advice:**

It seems that wedding chaos is inevitable if your family is the slightest bit dysfunctional. Any wedding malfunctions are common, even if it seems drastic and not normal. To keep the slight malfunctions from turning into complete chaos, you need a leader. A person to put everyone in line, to keep calm and organized. Cupid has some more advice on this:

**1. Keep the bride calm:** As much as men can say they have equal part involvement as the bride, they're wrong. Most women have been thinking about their wedding since they were young. They have been checking over the table arrangement, moisture of the cake, songs played at the reception...all since day 1. They know their wedding like the back of the hand, and if a slight problem occurs; the bride must remain calm.

**2. Unwanted guests:** At some wedding, unwanted guests may arise. Ex-husbands, old friends, abandoned family members; they all could pop in at any moment. With these unwanted guests showing up at your perfect wedding, chaos may loom. The best thing to do here is stay perfectly calm, and have a responsible and unbiased adult exit them out of the venue. No chaos if there are no unwanted guests.

**Related:** [Add a Little "Luck O the Irish" to Your Wedding Day](#)

**3. Caterer/flowers:** Check in with your caterer constantly days

before your wedding. Make sure they have the right times, addresses, and menu. Chaos will emerge if there is no food at the wedding. The same thing goes along for flowers. It is necessary to keep in contact with your florist and be aware of what you ordered, how much you ordered, the colors, and anything else essential.

**Have you ever been to a wedding resulting in chaos? Share your experience below.**

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## **Amanda Seyfried Discusses Remaining Friends With Her Ex**



Amanda Seyfried covers the March 2012 [Glamour](#) Magazine and is

uncensored when it comes to dishing on her personal life. The actress, who may star as porn actress Linda Lovelace in the upcoming biopic *Lovelace*, admits that the next guy she commits to may be the one she decides to have kids with, and if not, there's always her ex-boyfriend British actor, Dominic Cooper. "My God, yeah. He was my last real boyfriend. We still joke about having kids, like, 'If it doesn't work out with other people, we might as well just have a child.' And there's a part of that that feels...possible."

## **What are the advantages to staying friends with your ex?**

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

Who says you can't be friends after a breakup? Some people may think it's best to forget about your ex, but here are a few benefits to staying on good terms with your old flame:

**1. Friends with benefits:** Everyone has their wants, but you can't get them from everywhere. Depending on the terms of the split, it may be convenient for you to get what you want from your ex while looking for something new. Be careful not to get confused in the process.

**2. Don't burn bridges:** If your relationship ended on good terms, try to keep it that way. You never know who you may need in the future to talk to when you could use a quick "cheer-me-up."

**3. Patch it up:** Maybe your breakup didn't end so well. But, reaching out to your ex may be just what you need to help you move on. Most of the time, when you receive closure from a past relationship, it makes it a lot easier to be cool with your former love.

**Are you still friends with your ex? Share your comments below.**



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# Ryan Phillippe and Amanda Seyfried Vacation Near Reese Witherspoon's Wedding



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eese Witherspoon and ex-husband Ryan Phillippe could have stumbled across each other this past weekend, reports [RadarOnline](#). Witherspoon, who was married to talent agent Jim Toth on Saturday, had her wedding at her Ojai, California home. Phillippe and new girlfriend Amanda Seyfried were vacationing at the expensive San Ysidro Ranch near Santa Barbara, a mere 30 minutes from Witherspoon's home. Phillippe and Witherspoon share two children together: Ava, 11, and Deacon, 7. The two finalized their divorce in 2007.

**What are ways to tell that your ex is jealous of your new relationship?**

**Cupid's Advice:**

Even when all seems to be said and done in an ended relationship, it's possible for leftover feelings to resurface. Here are a few ways to find out if your ex is jealous:

**1. He wants to see you:** Even if the two of you agreed to be friends after your relationship ended, there's still a line between being friendly and clingy. If your ex contacts you more often now that you're in a new relationship, it may mean that he's jealous.

**2. Ask mutual friends:** If you share mutual friends, ask your friends if your ex has been mentioning you more than usual lately, or if your ex seems to be moody. A bad attitude and a need to bring you into the conversation is a sure way to tell if your ex is jealous.

**3. His dating tendencies:** If it seems that your ex is taking a long time to move on from your relationship, it may mean that he still has feelings for you. While your ex just may not be the type to rush into a new relationship, his repeated avoidance of the dating scene may be cause for concern.

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**Is Ryan Phillippe Having A Baby with His Ex-GF?**

CHRISTINE BARANSKI    PIERCE BROSNAN    DOMINIC COOPER    COLIN FIRTH    ANDY GARCIA    LILY JAMES  
AMANDA SEYFRIED    STELLAN SKARSGÅRD    JULIE WALTERS    WITH CHER    AND MERYL STREEP

# MAMMA MIA!

— HERE WE GO AGAIN —

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fter Alexis Knapp who was formally linked to actor, Ryan Phillippe, was spotted leaving a Los Angeles Coffee Bean with an obvious baby bump, rumors began to fly that that she may be carrying the *Cruel Intentions* star's child. According to [RadarOnline](#), Ryan Phillippe's mom hasn't heard anything about the prospect of a new grandchild. "If she is pregnant I'm sure it's not my son's. Good luck to her. I haven't been made aware of it if it involves him though," said Susan Phillippe. Phillippe already has two children with ex-wife, Reese Witherspoon, Ava, 11, and Deacon, 7. He has most recently been connected to *Red Riding Hood* star, Amanda Seyfried.

**How do you support your partner in the event of an unplanned pregnancy?**

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

With the terms "Baby Daddy" and "Baby Mama" going mainstream, unplanned pregnancies are all too common. In the event that

this occurs, it's important to support your partner both emotionally and financially:

- 1. Attend Lamaze classes and doctor's visits together:** This is an excellent way to show support for your partner and look after the health of your unborn child.
  - 2. Set money aside:** This may be a good time to set money aside for the unborn child's future needs. This could be the beginning of a college fund.
  - 3. Talk it out:** There are about to be many changes in your life. Plan them out carefully and communicate fully with your partner.
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## Amanda Seyfried Admits to Dating Ryan Phillippe





*Red Riding Hood* actress Amanda Seyfried has finally confirmed dating rumors circulating around her and actor Ryan Phillippe, reports [UsMagazine.com](http://UsMagazine.com). In the April issue of *Elle Magazine*, Seyfried discussed both her budding relationship with Phillippe and the end of her relationship with *Mamma Mia!* costar Dominic Cooper. Seyfried and Cooper split when she found out that Cooper and his previous girlfriend were still together. "I was just kind of foolishly thinking that the two of them were done and Dom and I were involved. But we weren't really as involved as I thought. So I got my heart broken pretty hard," says Seyfried. "And then it took a long time for us to break up again. After that, it's really hard to open myself up to a new person. Really hard."

**How do you trust in love again after being heartbroken?**

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

Heartbreak is arguably the hardest thing to deal with, but there are ways to ensure that you move on. Here are a few tips:

**1. Visit your family:** Spending time with relatives may be the

first step you need to take in order to cure heartbreak. Family almost always has the ability to brighten your day.

**2. Spend time with friends:** Even if you don't re-enter the dating world, going out with friends can help ease you back into a more social lifestyle.

**3. Take it slow:** If you get an anxious feeling when you think about being in a relationship, then you probably aren't ready. Give yourself some time, and eventually you will feel confident enough to put yourself out there again.

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## Ryan Phillippe and Amanda Seyfried Rekindle Their Romance







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fter much talk of their romance dying out, Amanda Seyfried and Ryan Phillippe seem to be working things out. According to [People](#), the two were seen at the Grey Goose Pre-Oscar bash at L.A.'s Soho House. Although the two were definitely together, Seyfried did seem a bit uneasy, a source says. Although it seems the two are back and forth, "When it's good, they're really good together."

### **When is your relationship good enough? Cupid's Advice:**

Every relationship is different, and each couple has its ups and downs. Sometimes, it's difficult to assess the condition of your connection. Cupid has some tips to help you figure out when your relationship is good enough:

- 1. You are genuinely happy:** Although there are always hard times, the good times should outnumber the bad.
- 2. It doesn't feel like work:** Sometimes we get so caught up that our relationships begin to feel like chores. When it starts to feel like a second job, you may want to begin to start rethinking things.
- 3. You don't constantly need reassurance:** If you feel like you

need to be constantly convinced to stay in your relationship, it may not be good enough.

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## Ryan Phillippe Ditches Amanda Seyfried to Hit On Rihanna



While most thought Ryan Phillippe and Amanda Seyfried were destined to become serious, it turns out it was just a fling. A friend told [UsMagazine.com](http://UsMagazine.com) that the duo are just friends who are going on dates sometimes. "At one point, there was a chance it would develop into something more serious, but it never did. There's no commitment," Phillippe's friend said.

Aside from this, Phillippe was caught hitting on Rihanna Saturday; she kindly turned him down, a witness reports. The actor seemed undisturbed, leaving a house party later that night with a brunette.

**Does dating around make you a player?**

**Cupid's Advice:**

There's a fine line between dating around and being a player. Cupid has a few ways to tell the difference:

**1. Strength in numbers isn't always a good thing:** When trying to identify a player, think of Barney Stinson from the show "How I Met Your Mother." Stinson is the textbook definition of a player due to the number of partners he attempts to hook up with on a regular basis.

**2. Being single means taking time for you:** It's okay from time to time to flirt and meet a few attractive members of the opposite sex, but trying too hard all the time makes you a player. Just because you're single, doesn't mean you always have to look for a new partner. Let it happen naturally.

**3. Trust your gut:** If you're picking up signals that indicate he/she is leading you on, then trust yourself and ditch them. The best way to stop a player is by simply avoiding them.

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**Amanda Seyfried and Ryan Phillippe Spotted at Cozy**

# Breakfast Date



Ryan Phillippe and Amanda Seyfried have been spotted together again, *People* reports. The pair were first seen at Kate Hudson's Halloween bash in October. Now it appears the duo have gotten more serious about their relationship and have taken it public, eating breakfast together at Los Angeles's Joan's On Third. Phillippe also stopped by the set of Seyfried's new movie, *Now*, where the two took a walk together during a break in filming. **What are casual type dates to go on at the beginning of a relationship?**

## Cupid's Advice:

The great thing about starting a new relationship are all of the fun, quirky dates that come along with it. Low-key, zero stress and an opportunity to get to know a potential partner better; it's a win-win:

**1. Outdoor fun:** When you first start to see someone, sometimes getting outside in an open environment can be less stressful than sitting inside a stuffy movie theater. Spend some time in a local state park and go hiking for an afternoon.

**2. Hit the lanes:** There's a good chance neither of you have picked up a bowling ball in quite a few years. Spend a Saturday afternoon alongside some young families laughing over the fact that you've been bowling more gutter balls than strikes.

**3. Movie madness:** If you clicked over the same love for a TV series or movie genre, hit up Netflix and spend a weekend afternoon with a movie marathon. Or play it old school and do a movie run to your nearest Blockbuster, making sure to pick up your favorite munchies on the way.

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## **New Celebrity Couple: Amanda Seyfried & Ryan Phillippe**







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n the middle of a seemingly endless parade of celebrity breakups, it's nice to hear some good news for a change! [Us Weekly](#) reports that a new couple may be in the works – apparently sparks were flying between Amanda Seyfried and Ryan Phillippe over the weekend. The two were reportedly spotted getting cozy at not one, but two Halloween parties! Seyfried, 24, and Phillippe, 36, chatted at Kate Hudson's annual Halloween soiree and at a party hosted by CAA's Todd Feldman in Beverly Hills. According to a witness at Hudson's bash, Seyfried, who wore a dog costume, was acting "flirty" all night. "She was listening to [Phillippe] and talking close but no making out... She seemed intrigued by him." Phillippe, who was dressed as Star Wars character Obi-Wan Kenobi, was in "a good mood. He looked cute and was smiling a lot." Although the two actors have yet to comment on their relationship status, when x17 recently asked Seyfried if they were a couple, she coyly answered, "You never know."

**How can you tell if someone's interested in you?**

**Cupid's Advice:**

**1. Watch his body language:** When you first meet him, if he



keeps his body turned towards you, leans forward and maintains eye contact, he's interested and probably wants to see you again.

**2. He likes what you like:** By showing interest in what you like and do, he's trying to establish common ground. If he suggests going to a concert of a band you like or playing your favorite sport together, he definitely wants to get to know you better.

**3. He stays in contact:** We've all been there: you hit it off with a great guy and then never hear from him again. If he really wants to continue the relationship past the first date, he will get in touch with you somehow, whether through a phone call, text, IM, or Facebook message.

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## Are Amanda Seyfried & Dominic Cooper Together Again?





Last May, [Perez Hilton](#) online reported that Amanda Seyfried (*Letters to Juliet*) and Dominic Cooper (who co-starred with Seyfried in *Mamma Mia!*) were taking a break after Cooper did some major partying Lindsay Lohan. Now, it seems that they are at least casually, dating again.

### **What causes couples to take 'breaks' in their relationships?**

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

Relationships tend falter after a certain point, but when you ask the two involved, both have trouble indicating one thing: why. Cupid has some reasons why, as well as tips to help break the cycle:

- 1. Lack of maturity:** Neither party is ready to handle the immense responsibility of commitment. Rethink where you want your relationship to go, and take it from there.
- 2. Fear of change:** Things seem to be going great without a label – why shake things up? If you think this anxiety is holding you back, sit down and communicate your feelings. This may be something the other person is struggling with as well.

**3. Baggage:** Regardless of how “over” it either of you may be about prior relationships, past baggage can sometimes resurface and get in the way. To remove your previous hang-ups, be open with your partner. Working through your concerns can make your bond stronger.