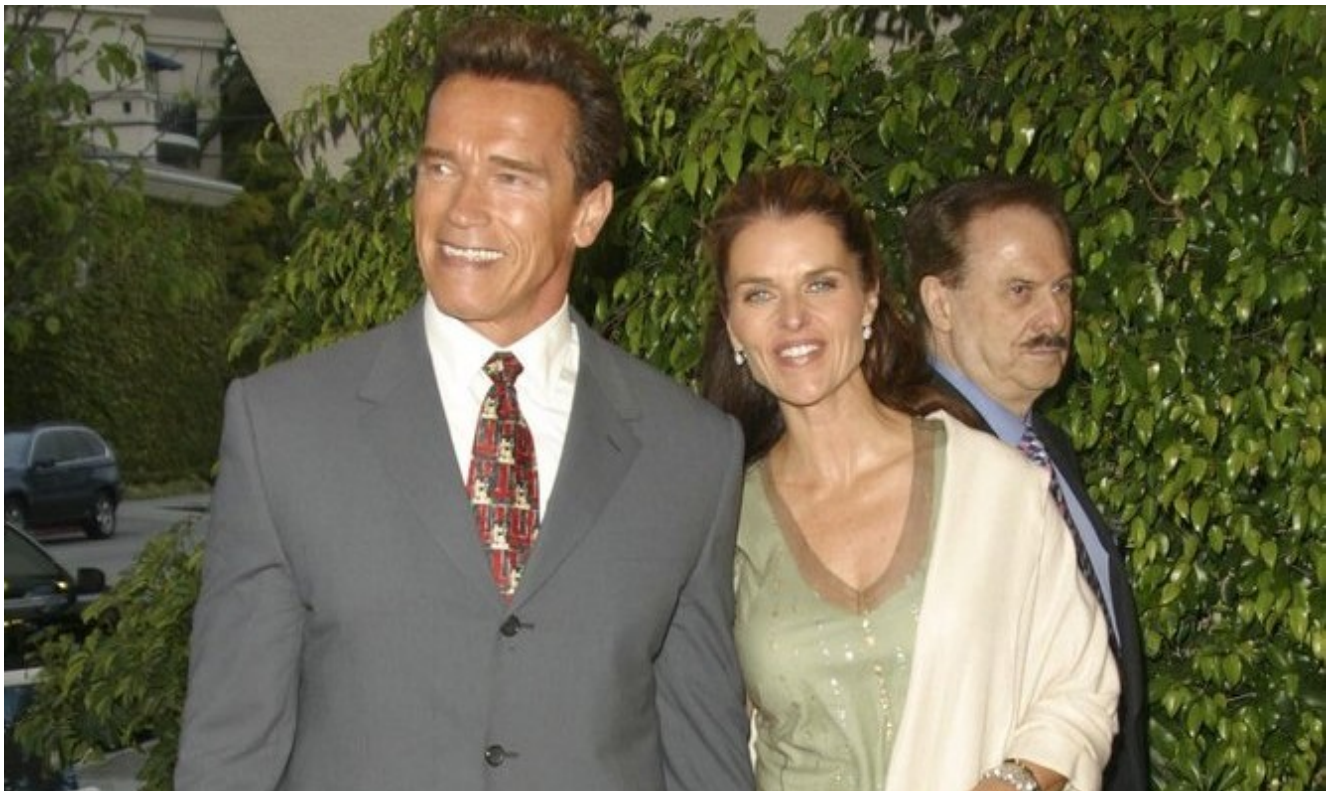


Celebrity News: Arnold Schwarzenegger Says Cheating on Maria Shriver Was a 'Major Screw-Up'



By [Karley Kemble](#)

Six years after announcing a shocking [celebrity divorce](#), Arnold Schwarzenegger is speaking candidly about his past decisions. According to [UsMagazine.com](#), in a preview for an upcoming television special, Schwarzenegger admits, "I know it was a major, major screw-up" when asked about his infidelity. The actor and former governor of California caused quite a stir in 2011, when he made [celebrity news](#) after cheating on his wife, Maria Shriver with their long-time housekeeper,

Mildred Baena. Shortly after the revelation, news also broke that Schwarzenegger had, in fact, fathered a child with Baena. Though Schwarzenegger and Shriver have officially filed for divorce, Schwarzenegger also has revealed that the celebrity exes have not yet finalized it.

This celebrity news proves that celebrities feel regret just like us. What are some ways to come back from a fatal mistake in your relationship?

Cupid's Advice:

As humans, we are subject to error and mistakes. While it may seem like you will never be able to bounce back after something terrible happens in a relationship, it's entirely possible. Cupid has some ways to cope and move on:

1. Don't let it define you: It's normal to take blame and harness a mistake as a part of who you are. You are not your mistakes or the product of mistakes that have affected you. It is important realize this and even more important to learn and grow from the past. Don't let it hold you back.

Related Link: [13 Most Shocking Celebrity Couple Affairs](#)

2. Practice positive mental talk: A positive mind is empowering. (Say that out loud five times!) If you're stuck in a rut after making a mistake, think of a way to spin negative thoughts into positive ones. Instead of thinking "I am so stupid" reframe your thoughts "I am smart, that decision was not." This way of thinking will really help change the way you see things.

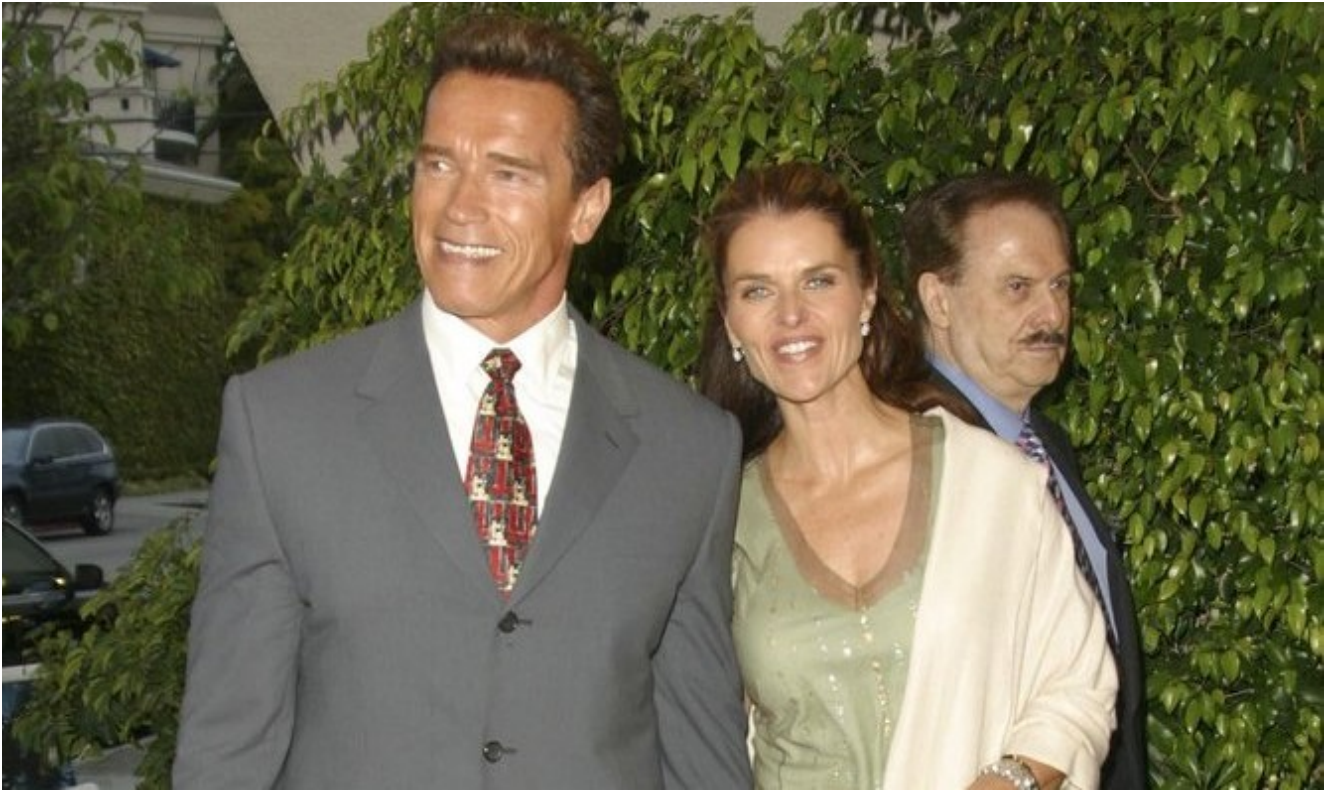
Related Link: [Can Politics Ruin Your Relationship?](#)

3. Forgive and learn from it: Forgiveness isn't easy, but it is possible. It certainly does not happen overnight. In time you will find it to be freeing. Whether you need to forgive yourself or somebody else, reflect on the steps you need to take to reach that point, and do what you can to get there. Forgiveness doesn't change the past, but it can help you learn from it.

How have you bounced back after a fatal relationship mistake? Share your experience below.

Celebrity Gossip: Celebrities with Surprising Degrees





By Dan Cormac

It's sometimes easy to forget that celebrities have lives and existences beyond and before their public persona.

Like many who work in creative industries, the number of celebrities who studied for degrees relevant to their ultimate career is relatively low. Check out our take on this celebrity gossip:

Rowan Atkinson – Electrical Engineering

The actor and writer, best known to international audiences for his performances as both Mr. Bean and Blackadder, Rowan Atkinson was studying for his electrical engineering degree when he met co-writer Richard Curtis and the pair began working on Blackadder. Prior to this, Rowan Atkinson secured

the highest marks in his year at Oxford University, where he attained an M.Sc. in electrical engineering.

Adam Sandler – Master's In Fine Art

While Adam Sandler's career has arguably taken a dive in recent years, he was part of the famous SNL resurgence in the early nineties and was one of the most consistently popular writers and actors on the show. Before landing his first role, Adam Sandler graduated from New York University's Tisch School Of The Arts.

Art Garfunkel – Bachelor's in Art History, Master's In Mathematics

Simon and Garfunkel were one of the defining artists of the 60's, but prior to his career as a musician, Art Garfunkel began by majoring in architecture at Columbia University. However, he ultimately switched majors and gained a bachelor's in art history in 1965, before completing his master's in mathematics, again at Columbia, in 1967.

Arnold Schwarzenegger – Bachelor's in Business and Economics

Among his many varied jobs, Arnold Schwarzenegger has been a bodybuilder, an actor (most famously as The Terminator), and governor of California. Arnold Schwarzenegger barely spoke English when he first emigrated to the United States, but he ended up enrolling at the University of Wisconsin-Superior where he secured a bachelor's in business and economics. Those looking for a similar degree with international applications might want to consider the online MPA degree offered by [Norwich University](#). The online MPA program with a specialty track in International Development and Influence is a perfect option for those looking for an affordable and accessible degree with similar applications.

Conan O'Brien – Bachelor's in American History and Literature

Conan O'Brien, the famous late night talk show host, and writer, on [The Simpsons](#) during its golden years, is a true titan of modern comedy. While he and his comedy clearly have an intelligence behind them, few people realize that Conan holds a bachelor's in American history and literature from the prestigious Harvard University.

Dolph Lundgren – Bachelor's in Chemical Engineering

Before becoming the larger than life action hero he is today, Dolph Lundgren was pursuing his true passion; chemical engineering at Sweden's Royal Institute Of Technology. Lundgren still publishes papers relative to the subject occasionally.

Natalie Portman – Bachelor's in Psychology

Not only does renowned actress Natalie Portman hold a bachelor's in psychology from Harvard University but she still [regularly publishes papers](#) on the subject in prestigious scientific journals, while keeping up with her acting career.

These are just some of the celebrities you regularly see on your screens who hold a surprising degree, proving that you can pursue your passions while studying academically.

Dan Cormac knows how to make his money go further. A freelance financial journalist, Dan is passionate about personal finance. Whether you hope to escape the chains of debt, to save for a house, or to retire within a decade, Dan explores the most effective ways you can achieve your financial goals.

5 Times the Nanny Has Been the Catalyst for Celebrity Divorce



[By Katie Gray](#)

Could it be the curse of celebrity childcare? In Hollywood, there is always a tale of an affair between a spouse and the nanny floating around. Sometimes these celebrity marriages end up in [celebrity divorce](#) afterward. Rocker Mick Jagger is reported, in the biography *Mick: The Wild Life and Mad Genius of Jagger*, to have had an affair with his nanny while he was married to supermodel Jerry Hall. There have also been reports that soccer star David Beckham cheated on his wife, Victoria, after the alleged woman, Rebecca Loos spoke out. Rumors are swirling that Ben Affleck also cheated on his wife Jennifer

Garner with the nanny, which he denies.

Cupid has the 5 times that the nanny has been the catalyst for a celebrity divorce:

1. Gwen Stefani & Gavin Rossdale: In [latest celebrity news](#), pop star and overall icon Gwen Stefani recently filed for celebrity divorce from her husband Gavin Rossdale, after discovering he had been unfaithful with the nanny for a number of years. She is now dating country cutie Blake Shelton. This [celebrity couple](#) co-stars on *The Voice* together!

Related Link: [13 Most Shocking Celebrity Couple Affairs](#)

2. Jude Law & Sienna Miller: British actor and heartthrob, Jude Law, is infamous for his affair with his nanny while he dated Sienna Miller. He publicly apologized to her after the incident, and they were able to recover as friends.

3. Arnold Schwarzenegger & Maria Shriver: One of the biggest celebrity divorces due to a cheating scandal was definitely Arnold Schwarzenegger and Maria Shriver. The marriage seemed perfect, as she's a Kennedy and they were together for years. Then news broke that he had an affair with their housekeeper and even had a love child as a result!

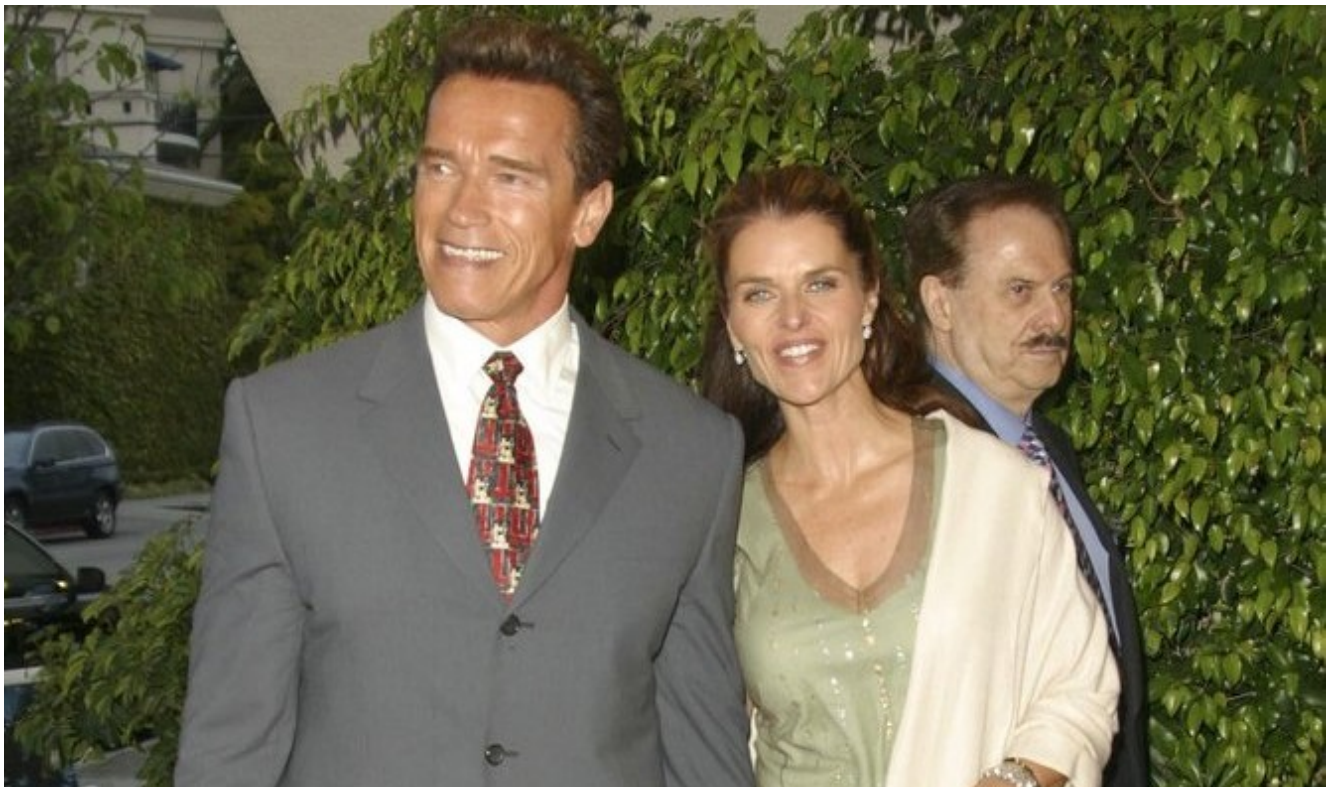
Related Link: [Relationship Advice: Ways To Restore Trust In Your Relationship](#)

4. Ethan Hawke & Uma Thurman: The tale of the two actors, Ethan Hawke and Uma Thurman were married for six years when it was reported he cheated with their nanny who watched their two children. The couple divorced and he subsequently married the nanny, after having denied the cheating allegations.

5. Jon & Kate Gosselin: This reality TV couple starred on their hit show *Jon & Kate Plus 8* with the world. Then, he reportedly cheated on his wife Kate, with their nanny, which led to her explosive interview with *InTouch Magazine*. They later divorced.

What are some shocking nanny scandals in your opinion? Share your comments below.

Celebrity Photo Gallery: Famous Couples That Co-Parent

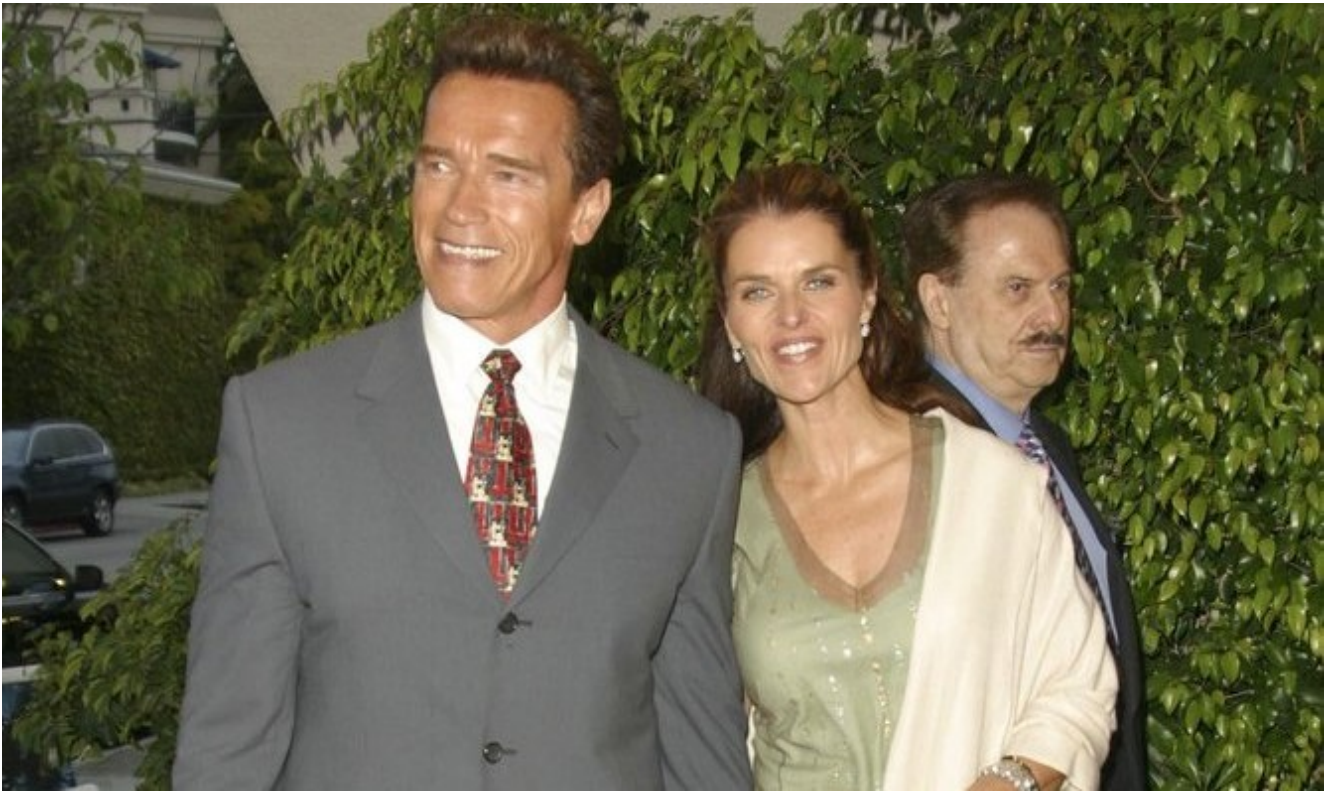




Jennifer Lopez and Marc Anthony

Although they're no longer together, the two singers co-parent and do business together. These celebrity exes didn't let their break-up get in the way of their children or career.
Photo: Charles Norfleet / PR Photos

Celebrity Couple Scandals That Caught Us Off Guard



By [Courtney Omernick](#)

Relationships and love can be complicated, and so can the break ups. With easier access to news nowadays, we can hear the latest about a celebrity relationship or a celebrity breakup in an instant.

Below are a few celebrity couple scandals that caught everyone off guard.

1. Tiger Woods and Elin Nordegren: *The National Enquirer* claimed in 2009 that Woods was having an affair with hostess Rachel Uchitel. Reports of a total of 19 mistresses during his five year marriage to Nordegren surfaced and led to their celebrity divorce in 2010.

Related Link: [Scott Disick Checked Into Rehab Before Kourtney Kardashian Celebrity Breakup News](#)

2. Maria Shriver and Arnold Schwarzenegger: In 2011, the celebrity couple announced that their celebrity relationship was coming to an end after 25 years of marriage. Eight days later, Schwarzenegger admitted that he fathered the child of the family's long-time cleaning lady.

Related Link: [Scott Disick Invites Fans to 'Come Party' in Vegas Post-Split from Celebrity Ex Kourtney Kardashian](#)

3. Ashton Kutcher and Demi Moore: Following reports that Kutcher had an affair with 22-year-old Sara Leal, Moore released a statement in 2011 revealing that she was going to file for divorce after six years of marriage to Kutcher.

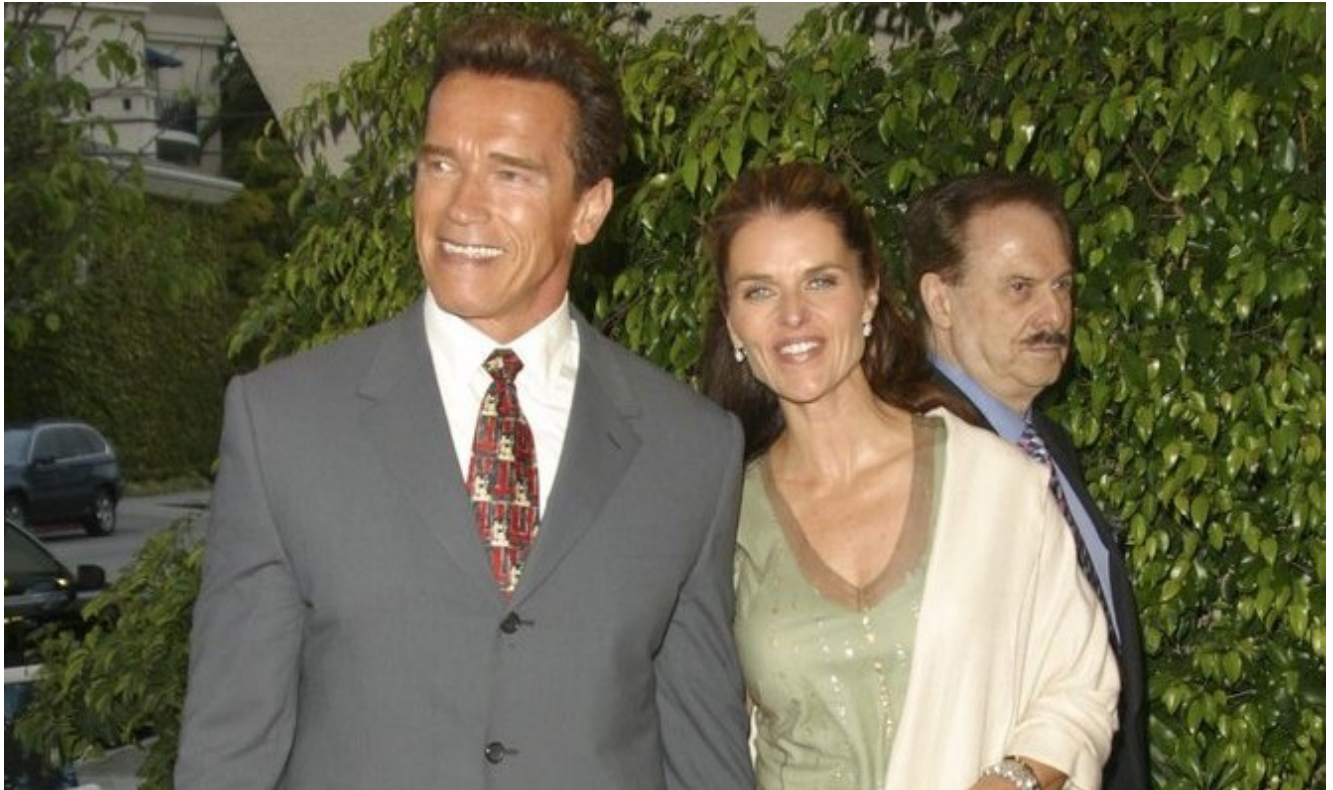
4. Kristen Stewart and Robert Pattinson: Pictures were published online of Stewart and the 41-year-old director of *Snow White and the Huntsman*, Rupert Sanders, embracing, and that ended up putting the knife into the celebrity relationship between Stewart and Pattinson.

5. Sienna Miller and Jude Law: Miller and Law were engaged in 2004, but the union was short lived. Seven months after Law proposed, he admitted to having an affair with the nanny of his children with ex-wife, Sadie Frost.

What are some other celebrity couple scandals that caught you off guard? Share in the comments section below!

Best Dressed Celebrity

Arrivals



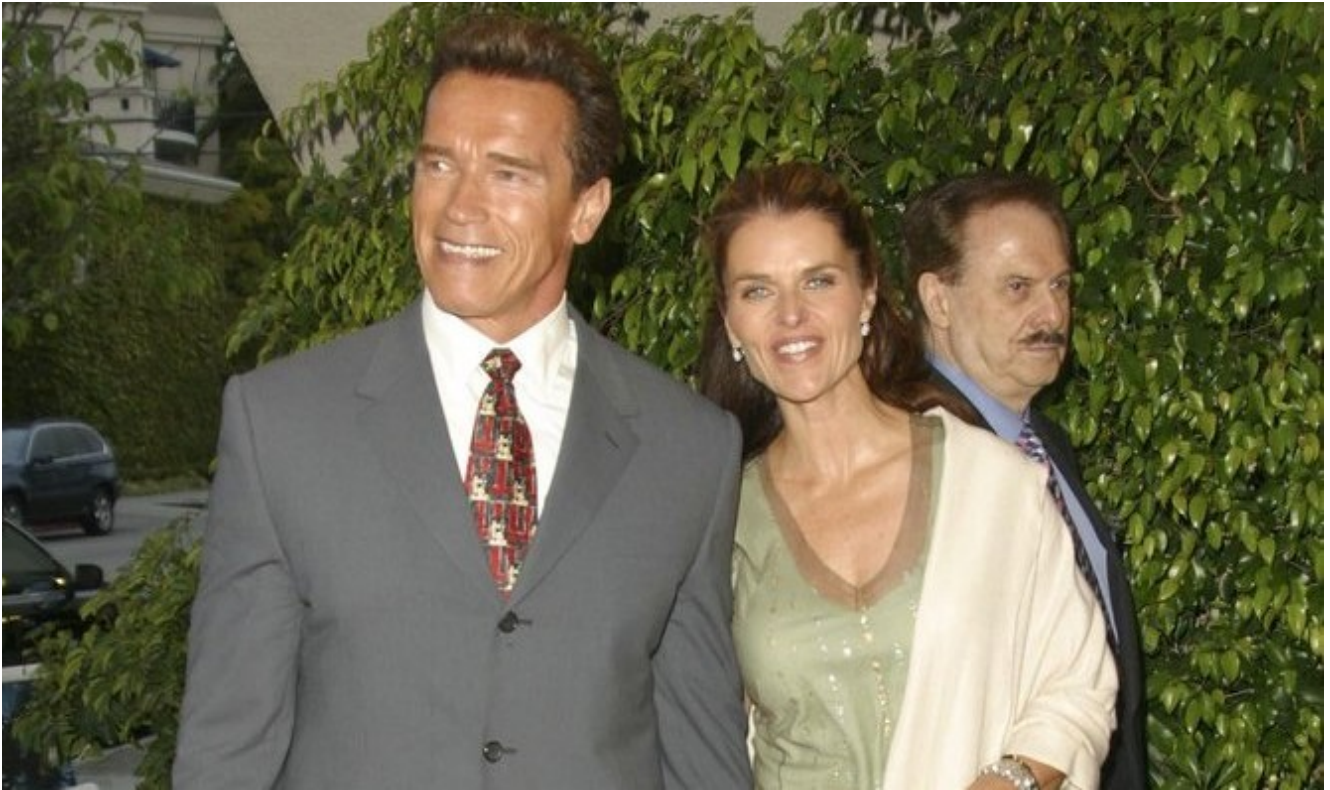


Emma Stone

Of course, the elegant Emma Stone makes our list of best dressed celebrity arrivals! Here, she attends the 'Irrational Man' Los Angeles premiere in a sundress that's casual yet classy. Photo: David Gabber / PRPhotos.com

Celebrity Couples Who Let an Affair Ruin Their Relationship





By Jennifer Harrington

Hollywood romances are notorious for being short-lived and frequently ending because of infidelity. Many star couples beloved by fans have ended relationships because of the heartbreak and scandal caused by one partner's wandering eye. No doubt healing any relationship scarred by cheating is difficult, but with the constant glare of the paparazzi and media, celebrities are in a far more challenging position when considering forgiving-and-forgetting their partner's indiscretion. Here's a look at a few high-profile couples who called it quits after an episode of the roaming-eye:

Brad Pitt and Jennifer Aniston: Both blond, beautiful, successful movie stars, Brad and Jennifer were media darlings throughout their five-year marriage. During this time, they were considered to be a rare success of wedded bliss in Hollywood. It all came to an end when Brad co-starred with Angelina Jolie in the movie *Mr. and Mrs. Smith*. Team Jolie and Team Aniston t-shirts were worn by fans as speculation swirled that Angelina was the cause of Brad and Jennifer's split. Several years after Brad and Jen's divorce was finalized, Brad

finally admitted that he fell in love with Angelina on the set of the movie while still married to Jennifer. Understandably, “Brangelina” is still a sore topic for the *Friends* star, and Brad now uses one word to describe his marriage to Jennifer: “pathetic”.

Related Link: [Brad Pitt Trashes Marriage with Jennifer Aniston](#)

Arnold Schwarzenegger and Maria Shriver: Arnold, the bodybuilder turned actor turned Republican California governor, and Maria, the journalist from a prominent Democratic family, seemed to be an unlikely pair when they first started dating. But, married since 1986 with four children, they seemed to be living “happily ever after”... until the news broke in 2011 that Arnold had fathered a child with a former household staffer. Maria quickly filed for divorce. Today, the couple is focused on co-parenting their children. According to Arnold, “We work together even though we’re going through a divorce... we make sure that the kids grow up to be really good human beings.”

Related Link: [Five Reasons Why Powerful Men Like Arnold Schwarzenegger Cheat](#)

Hugh Grant and Elizabeth Hurley: Hugh and Elizabeth were together for 13 years. However, when Grant was arrested in 1995 for soliciting a prostitute in Los Angeles, his relationship with Hurley, the Estee Lauder model, slowly began to crumble as Hugh admitted on *The Tonight Show with Jay Leno* that he had done a “very bad thing”. The English lovebirds finally called it quits in 1998, but today, remain close friends and Grant is the godfather to Elizabeth’s son Damian.

Recently, we saw the turbulence in Rob Pattinson and Kristen Stewart’s relationship, because of her wandering eye, so there’s no doubt cheating is here to stay in Hollywood.

Why do you think cheating is so common place in Hollywood? What other celebrity couples can you think of that have been

ruined by cheating? Comment below.

7 Lessons We Can Learn from Celebrity Divorces



By Relationship & Sex Talk, Jane Greer, Ph.D., for GalTime.com

Katie and Tom? Kim and Kris? Seal and Heidi? Do you relate to any of these A-lister break-ups?

With all the celebrity divorces topping the news regularly, there is much to be learned from their trials, and in some

cases, triumphs. Here are seven tips to help you steer clear of a Maria Shriver-Arnold Schwarzenegger un-hitching, or handle a divorce gracefully— if that's the best route to take.

Know what you are getting into before you walk down the aisle.

Could this have been the issue for Katy Perry and Russell Brand's short marriage? We can't know for sure, however, we can take note. I often think of how we take the time to plan a vacation. We decide where we want to go, where to stay, eat, and tour. You wouldn't jump into the car without any thought and head to a destination. Why would you do that with a marriage? Learn what your partner wants out of life, and what they expect from you and the home you build, before you commit to being together forever. That is the only way to ensure a happy future and continued travel together.

Pay attention to the signs, so a divorce doesn't blindside you.

"I had no idea it was going to take this turn," Jennie Garth of "Beverly Hills 90210" fame told "Access Hollywood Live" about divorcing Peter Facinelli of "Twilight" fame after eleven years of marriage. The thing to keep in mind with this one is, if you've been fighting and then the fighting stops, it doesn't always mean things have improved. Maybe your spouse has simply given up. Just because your partner stops complaining doesn't mean the complaints have necessarily gone away. Don't assume all is well; make sure it is.

First deal with the "me" so you don't get caught up in the "we."

Could Katie Holmes' path been different had she focused more on herself before she wed Tom Cruise? The perception that Cruise overwhelmingly ruled the roost and left no room for the compromise that a healthy marriage demands is something we all can learn from. Before you commit to a life of possible unhappiness, make sure you are a strong individual. Then together you can focus on becoming a couple.

Make your anger work for you. Rumor has it that one element in

Heidi Klum and Seal's break-up was intense anger. In an intimate relationship everyone seeks a loving and safe shelter, and behavioral issues or outbursts can quickly erode those comforts. Over time, one partner may lose the sense of sanctuary and begin to feel fearful and anxious knowing that at any time their spouse might blow up. That pattern of behavior destroys the foundation of your mutual trust and commitment. Instead of letting things between you become explosive and hurtful, use those strong feelings to do good.

Don't compare your old partner to your new one. Was Brad Pitt busy comparing ex-wife Jennifer Aniston to his new partner Angelina Jolie? Well, rumors seemed that way for years, but the honkin' engagement ring on Angie's finger puts that to rest. For the rest of us: If you play the comparison game, you will just keep yourself stuck on what was wrong with your past marriage. This will keep the pain and loss of divorce alive, instead of allowing you to let go and move on. Create closure for yourself, and to do that you have to be willing to let go. That means being able to cope with what you left behind, focusing on the positive of what you took away from it. When you talk negatively you keep your bad feelings alive. When you talk positively you put them to rest. The ultimate goal is to get on with your new life in a better place for what you gained from your old one.

Tend to other aspects of your life – financial, professional, health, parenting, education, friendships and family relationships. When "Desperate Housewives" star Eva Longoria ended her marriage to Tony Parker, NBA star point-guard for the San Antonio Spurs, one of the things that suffered was her financial situation. It is not unusual for the loss you have already been through with your separation or divorce to replicate itself in other parts of your life. Often, people end up experiencing loss in a panoramic sense – it finds its way into everything, taking over even more than their love and home life. Don't turn a blind eye to other corners of your

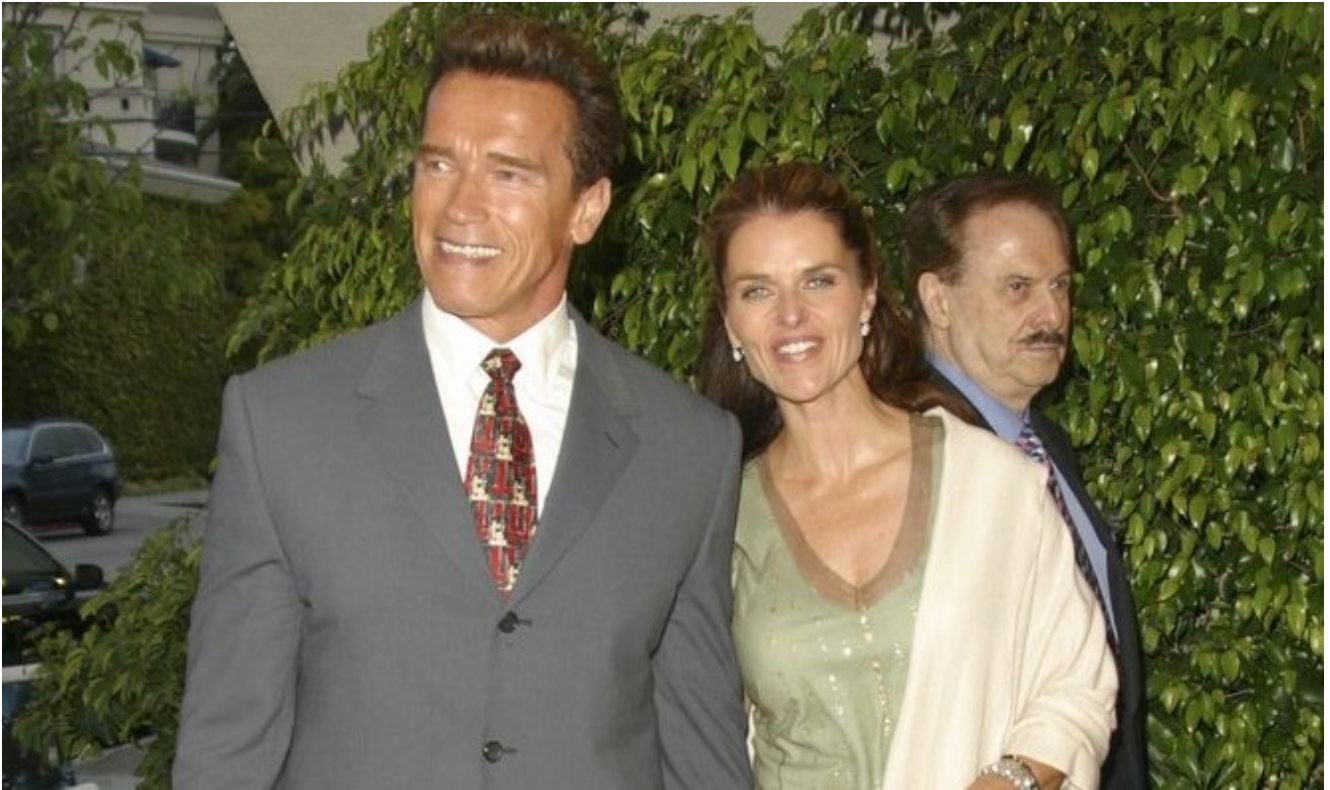
life that need your attention, places where you can still make a difference. Pay attention so you can focus on and sustain the other things you still have in your life, thereby curbing the widespread devastation.

Don't bad-mouth your ex in public. Alec Baldwin is quoted in gossip mags bashing former wife Kim Basinger. Find an outlet for your anger, sadness or leftover emotions by keeping a journal, seeing a professional counselor, or joining a divorce support group. It might feel good in the moment to go off about your former partner. But even if you're not in the press or spotlight, be mindful that saying negative things out loud about an ex rarely serves anyone well in the long run.

If you keep these tips in mind you can hopefully use them to insulate your marriage and stay on track. But if you've gotten to the point of no return, then maybe these lessons will help you remain in control so that you don't exacerbate an already difficult situation and make it worse. Use them to regain your footing and start your new life on solid ground.

Arnold Schwarzenegger Admits to Another Affair in Memoir





By Jennifer Ross

Just when you thought you had heard it all, Arnold Schwarzenegger confesses to another love affair. From his new book, *Total Recall*, the former California governor wrote about an affair with his one-time co-star Brigitte Nielsen that happened back in the 1980's. The latest news comes just one day after *60 Minutes* released an interview excerpt where Schwarzenegger admits to fathering a child with a former housekeeper while married to Maria Shriver. According to AP, it was his affair with Nielsen that made him want to marry Shriver even more.

What are some ways to deal with the revelation of a partner's affair?

Cupid's Advice:

Apart from a death, finding out your partner had cheated is one of the most saddening news to receive. You will go through many negative emotions and, more importantly, need to decide what to do next. So to help you with your dilemma, here are a

few ways to deal with the revelation:

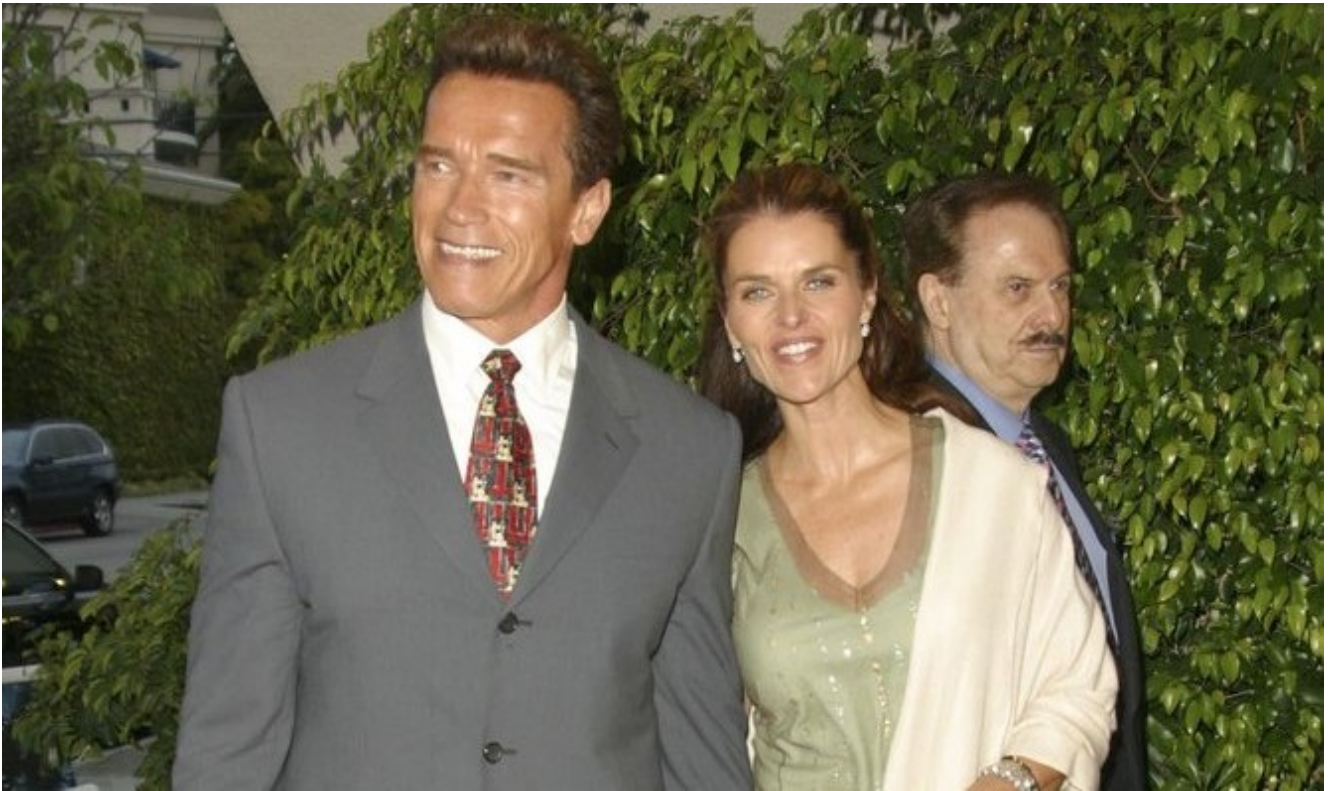
1. Answer the hard question first: One of the hardest questions to answer after an affair has happened is will you stay or leave your partner? No matter which you choose, the road will be difficult, so it is useless to look for the easier path. Even so, you must choose wisely and not go back on your decision.

2. Know your part: Unless your partner is a philanderer, he did not go out looking for an affair. This means that the affair more than likely was a slow process that started when you two had issues, and way before the other person came around. To truly deal with the issue, you must look inwards to understand your part, even if your part was just looking the other way.

3. Understand the stages: The next few months will be a roller coaster. Understand that you will go through times of anger, frustration, sadness, and moments of feeling absolutely nothing, in any order. Eventually, the negativity will lessen and you will get to peace and rekindling.

How did you deal with your partner cheating on you? How hard was it to deal with? Comment below.

**Celebrity Couples Who
Function As Families After
Divorce**



By Evan Goldaper

In the world of Hollywood, it's easy for celebrities to move on after they've been through a breakup. After all, there are always new and exciting people for them to meet, and everyone already admires them. However, some celebrities don't choose to completely separate from their exes. Although they didn't start dating each other again, these celebrity couples had their reasons to remain a family even after their divorces:

Related Link: [Five Ways Being Friends With Your Ex Can Ruin You](#)

1. Bruce Willis and Demi Moore: For thirteen years, Bruce Willis and Demi Moore were among Hollywood's strongest power couples. The two actors were at the heights of their careers when they married in 1987, making their wedding one of the most talked-about events of the year. However, by 2000, their

marriage had fallen apart and the two divorced. Unlike many other settlements, both in and out of Hollywood, Willis and Moore's split was uncontested and ended peacefully. They both agreed on the reasons for the divorce, blaming the increasingly small amount of time the two could spend together. Willis always said that Moore and their children's happiness was the most important thing to him, and he gave around \$90 million to her in spousal support. When Moore was still married to Ashton Kutcher, they would their spend holidays with Willis as one large family. As Bruce said to *People*, "Life is too short to spend what little precious time you have alive being unhappy."

2. Courteney Cox and David Arquette: It's rare to see any relationship end as amicably as that of Courteney Cox and David Arquette. After meeting on the set of *Scream* in 1999, the two actors were married. Eleven years later, they began a separation that ultimately ended this June with a legal divorce. This separation was very simple and surprisingly friendly. Neither used a lawyer, assets were split 50/50 and Arquette didn't ask for any support. In a statement they both released, they said that "the reason for this separation is to better understand ourselves and the qualities we need in a partner and for our marriage." Even while separated, the two remained committed to raising their daughter Coco as a team. Cox told [People](#) in 2012 that Arquette is still her "favorite person in the world." It's easy to believe that: Cox came to cheer Arquette on when he appeared on *Dancing With The Stars*, Arquette had a guest role on Cox's sitcom *Cougar Town*, and their joint production company Coquette Productions still makes television shows.

Related Link: [Hollywood's Messiest Splits](#)

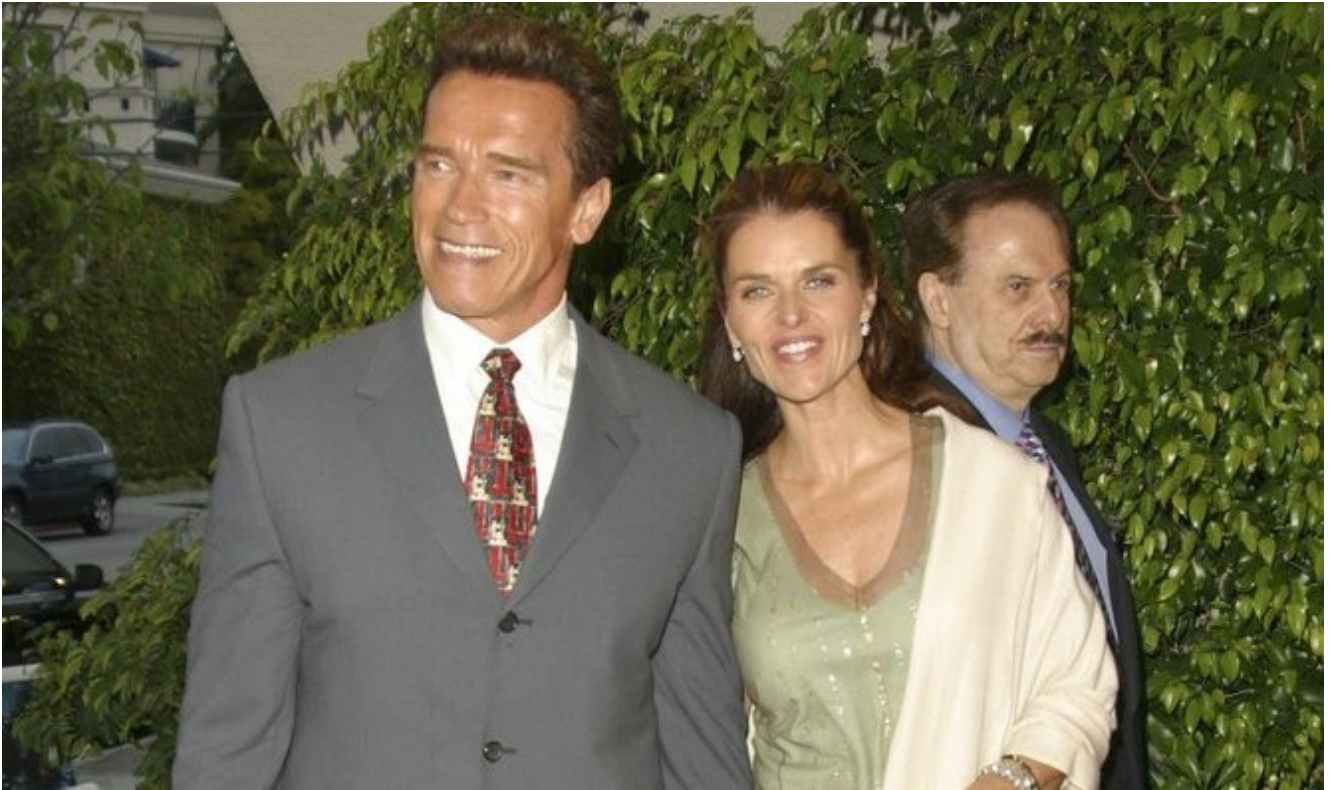
3. Arnold Schwarzenegger and Maria Shriver: Although this divorce was one of the messiest splits in recent years, Arnold Swarzenegger and Maria Shriver have managed to remain respectful and friendly. We've all heard the story: after

being married for 25 years, Schwarzenegger revealed that he had fathered a child with their housekeeper over a decade earlier. He remained apologetic and said he deserved all the criticism he was sure to get, making him very accepting of his marriage's inevitable end. In part because of the love they still shared and in part because of Schwarzenegger's political position, the two tried to fix their marriage in couples therapy, but a divorce still seemed likely. Though the two are now separated, Schwarzenegger still has a great deal of respect for Shriver and the two raise their children as a team. As he said to the [Huffington Post](#) earlier this year, "The most important thing is that the kids are doing well, and Maria always has been an extraordinary mother and always has worked with the kids very closely."

What couples do you think have had the friendliest breakups? Tell us below.

The Ex Factor: What Taylor Swift and Demi Moore Have In Common





By [Charly Emery](#)

2011 served up some serious heartbreak for a multitude of our favorite celebrities. Off the court, Tony Parker messed up his shot at matrimonial bliss with Eva Longoria. Arnold Schwarzenegger mis-played his hand with Maria, while the Latin heat known as Jennifer Lopez and Marc Anthony incinerated any enthusiasm for making their marriage work. Twitter gave us a glimpse behind the final curtain of Ashton Kutcher and Demi Moore's six year production, and Taylor Swift kept us all armed with a plethora of musical angst-filled love memoirs – courtesy of her little black book of breakups.

So which “ex factor” do Taylor Swift and Demi Moore along with a host of other stars have in common?

They can all take advantage of the clean slate that this brand new year offers by using their “exes” to attract their best relationships ever – and so can you. Here are three tips out of my new dating handbook, *Thank Goodness You Dumped His Ass–Use Those Mr. Wrongs to Lead You Straight to Mr. Right*, for Taylor, Demi and anyone else who's ready to replace their

chemistry experiments with a winning romantic concoction that lasts:

Related: [Demi Moore Proves There's Hope After Divorce](#)

1. Assess who you were in your previous relationship(s) and ask yourself why you chose him/her.

Charlyism #5-1: The worse your ex was, the more important it is for you to pinpoint why you chose him [or her] and invested the effort you made.

2. Re-define what comprises an A-list mate for you, along with what you wish to experience in “your ideal relationship” so you can determine if it’s possible with those you’re [dating](#).

Related: [Amy Spencer Talks About ‘Meeting Your Half-Orange’](#)

Charlyism #3-3: Defining the necessary ingredients for the relationship you wish to consume will prevent you from living life with a bitter aftertaste.

3. Love yourself first by using your awareness of what you’re looking for to drive your choices so the love portfolios you invest in yield big dividends in satisfaction and fulfillment.

Charlyism #3-10: Make sure you love your [partner] more than the idea of being in love with him [or her] and **Charlyism**

#3-11: Choose to be 100% of you and single over being less than your best with a man [or woman].

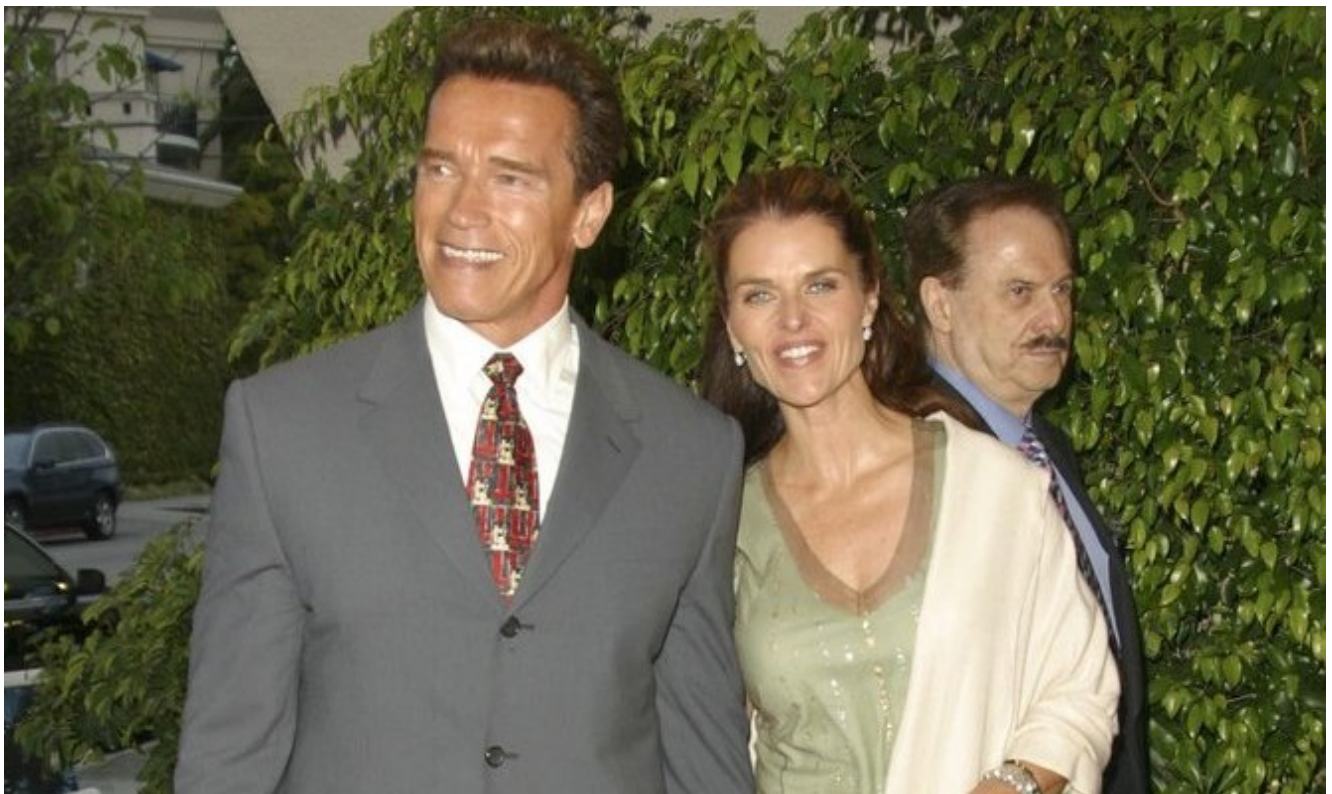
Cheers to your best relationship ever.

Charly Emery

Personal Strategist | TV Personality | Author



Maria Shriver Discusses Support Received After Divorce Announcement



Maria Shriver endured a difficult year, but she's thankful for all the support she has been receiving from family and friends. At a bicycle race on Saturday, [People](#) reports that Shriver told the crowd, "I appreciate your support, particularly this year, for sticking with me." She also spoke of a recent experience with a friend. "When I was going through my own challenges this year; feeling down and confused, I got an email from him. He wrote me a note saying,

'You're my best friend Maria and you will never be left out,' she said. "When the world is so complicated, the simple gift of friendship is within all of our hands. Thank you to everyone who came up to me this weekend and wished me well."

What are some ways to deal with the aftermath of a divorce announcement?

Cupid's Advice:

Going through a divorce is difficult, but trying to deal with it once it's official is a whole new experience. Since moving on can be harder than you expected, Cupid offers some advice:

1. Express your feelings: In order to heal, you must speak about your feelings with someone you trust, instead of keeping them bottled up.

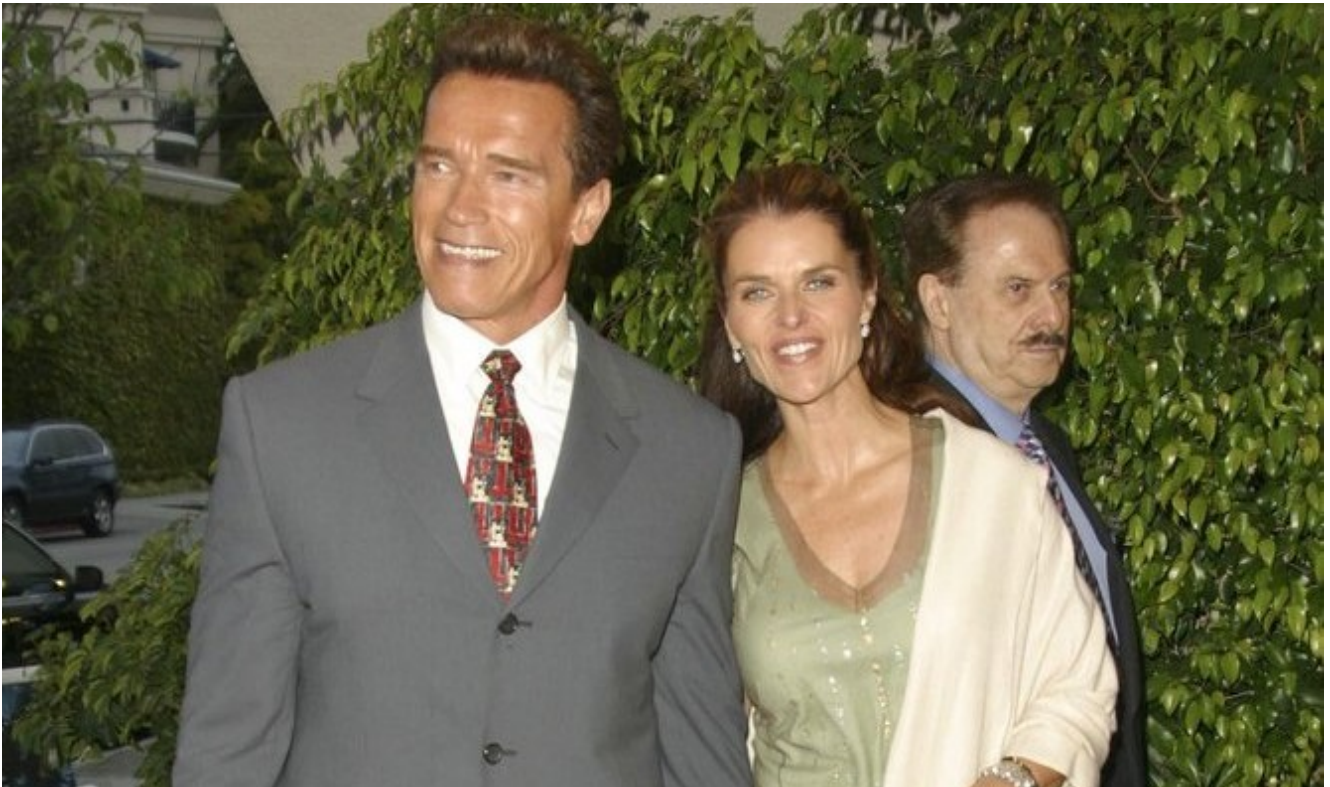
2. Activities: Stay busy by participating in activities or picking up new hobbies. When you're engaged in something, you're less likely to think about your divorce.

3. Travel: Take advantage of being single by traveling wherever you want to go. This experience will make you feel less lonely, and you only have to worry about yourself in the planning process.

Do you have suggestions on how to deal with the aftermath of a divorce? Share your ideas below.

Maria Shriver Spends Arnold

Schwarzenegger's Birthday With Him



For Maria Shriver and Arnold Schwarzenegger, the children come first. A source close to the family told [People](#) that the two were seen getting lunch at Casa Roma in Beverly Hills Saturday as well as indulging in a day of shopping in celebration for the former California governor's 64th birthday. A second source said that despite the divorce Shriver filed last month, the two will take care of their children first. "Arnold and Maria will always come together when it comes to supporting and loving their children," the source said. Their son Christopher was released from the hospital Monday following a boogie boarding accident resulting in a collapsed lung and two broken bones.

How do you establish independence after a divorce?

Cupid's Advice:

Moving forward after a divorce can be tough, but it's not impossible. Cupid has a few suggestions:

1. Family: There's an old saying that blood runs thicker than water and never runs dry. Your family can be a great way to help provide support until you get past the toughest points in your life.

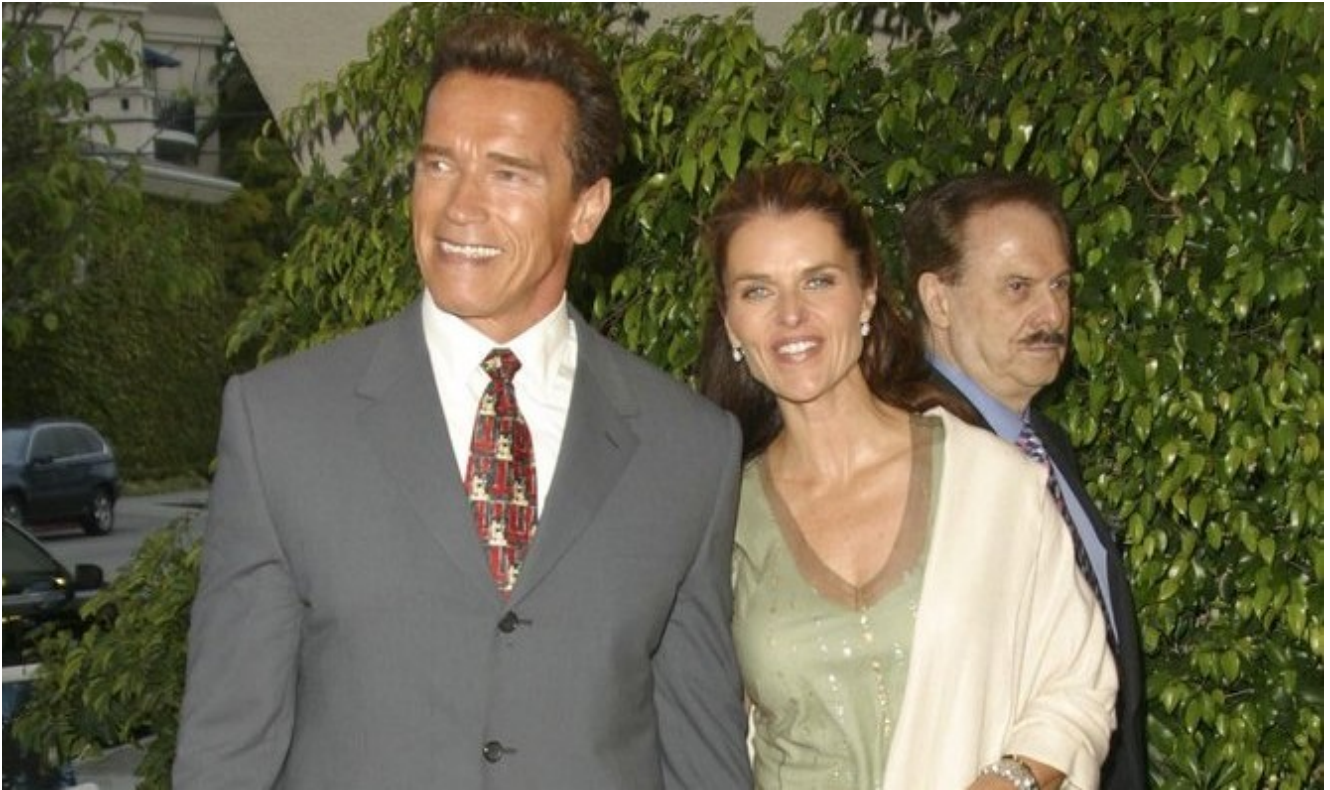
2. Friends: Take some time to rekindle old friendships while solidifying your current ones. Surrounding yourself with true friends can help keep you moving forward.

3. Yourself: Whether it's going out with friends or moving into a new place, what's most important is to take some time for yourself to heal. Relax, reflect and move on.

How did you move on after your divorce? Share your advice below.

Top Five Reasons Why Women Fall Out of Love





By Julia Slovich

Although stories of cheating men have been dominating the news lately and falling out of love seems to be happening a lot more frequently than people are falling in love, the situation isn't exclusive to men. Losing those loving feelings for your husband or boyfriend can happen just as easily to women. If you've experienced this in the past or maybe you're going through it with your partner now, the first step is to be aware of why it's happening. Follow these five reasons your fairy-tale romance could be slipping away:

1. Feeling Adored

It's important that a woman feels appreciated by her partner. Men are usually good at this in the beginning of a relationship when it's still new, but as the novelty ends, the attention may die down, too. Just look at Jennifer Aniston and John Mayer. She broke up with him because he was obsessed with Twitter, telling her that he was too busy for her, but in the meantime, his Twitter page was saturated.

2. Bored to Tears

We want excitement! And, if we can't have that, give us variety. If a relationship gets into a rut and you end up doing the same things every weekend or having sex in the same positions every time, a woman can get bored and lose interest altogether. Both people need to put some work into the relationship or they'll find themselves quickly falling out of love.

3. Honeymoon is Over

Sometimes, we can be completely unrealistic and think that our relationship will turn out alright because "we love each other so much." Unfortunately, that's not always the case. Once the honeymoon phase is over, the reality of the relationship can be a slap in the face. Pamela Anderson and Kid Rock were married for a mere four months before they called it quits. Both agreed that it was time to end it, and Pam said that they just weren't meant to be together. It's easy to ignore all of the red flags when you're caught up in romance and passion.

4. Lack of Chemistry

Most women are looking for that spark that makes them feel all tingly and giggly whenever their man touches or looks at them. However, a relationship can't be built on sparks alone. Eventually they will fade if the relationship doesn't have substance.

5. Emotionally Disconnected

Poor communication (or no communication at all) is one of the main reasons women fall out of love. We need to feel connected to our partners emotionally as well as physically in order to love and be loved. When there's little communication, some women will shut down. Maria Shriver was extremely unhappy in her marriage to Arnold Schwarzenegger. Apparently, they hadn't been spending much time together in the last few years, and she was frequently absent from

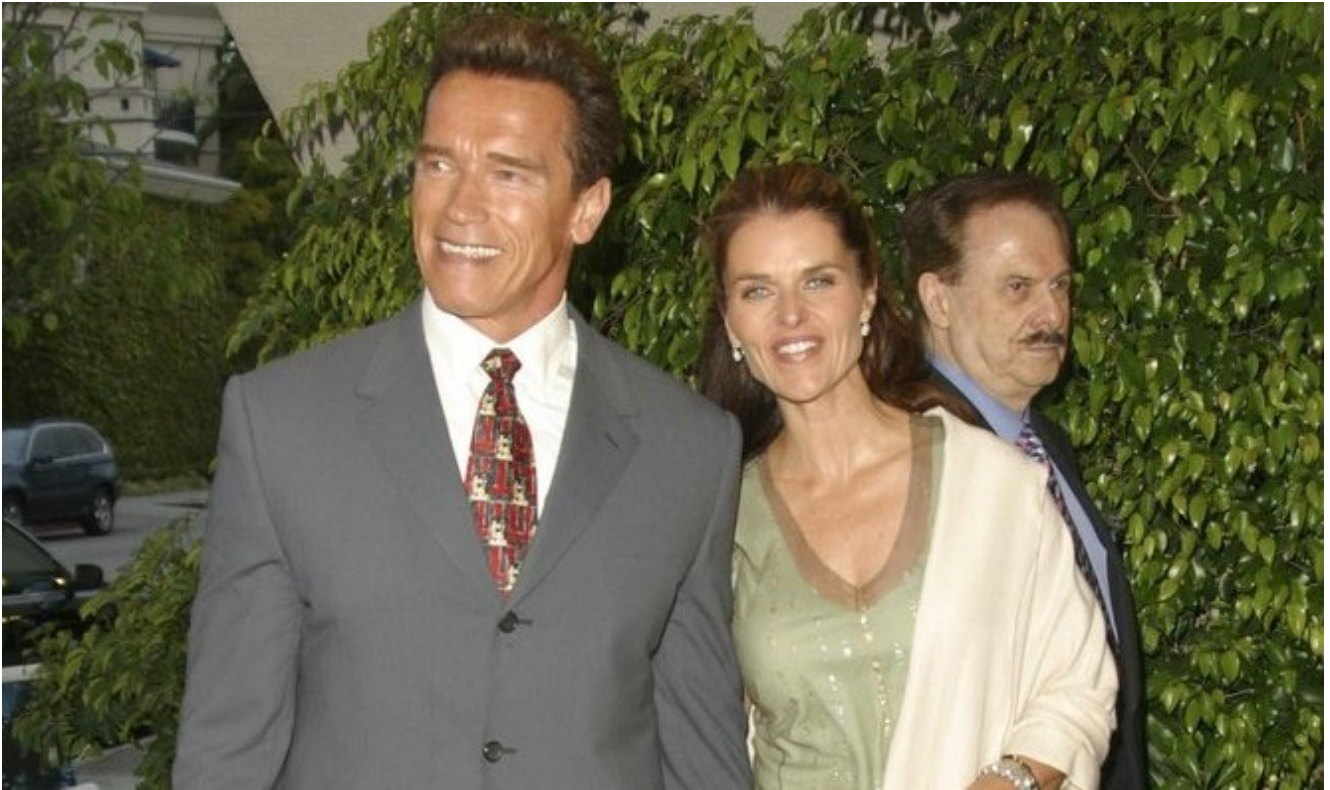
Sacramento where Arnold was the governor. If that doesn't signal a problem, nothing does.

It happens to the best of us. Sometimes we just fall out of love, but if you don't want to be another divorce rate statistic and want to make it work with your partner, use these five signs as a starting place to determine what may be going wrong and see if there's a way to fix it before it's too late.

Julia Slovic is a writer passionate about health, fitness & blogging. When she's not running with her dog she can sometimes be found writing about [laser liposuction](#), cooking and a myriad of other topics.

Cupid Exclusive: The Double Life of Alfred Buber





By **Vincent D. Scebbi**

Every man has a virtual life that he lives in his imagination. Much of it surrounds fantasies about women. However, most keep their deep dark desires in check. [*The Double Life of Alfred Buber*](#) by David Schmahmann tells the story of a man who acts out his repressed urges. It is the story of a successful lawyer who feels deeply dissatisfied with his life. In an effort to find consolation, he secretly ventures to the brothels and bars of Southeast Asia while telling people he is in Paris or London. "Of course it doesn't end happily," said Schmahmann. The double-life can't end happily. But, some people do get away with it." To write the story, Schmahmann admits he didn't need to go far into his mind to get into the head of his character. Like Buber and many men, Schmahmann lives in a world of "what if" scenarios.

This scandalous novel was ironically released around the same time as the "sexting" controversy involving U.S. Representative, Anthony Weiner. Other notable scandals that have appeared in recent history include athletic figures such as Brett Farve and Rex Ryan, along with politicians such as

former California Governor, Arnold Schwarzenegger, and John Edwards. Schmahmann has been asked many times if there is a correlation between powerful figures and sex scandals and he believes there is. It's been something that has been with us forever. "Jimmy Carter lusted after women and then you see characters like Al Gore who admitted to hanging out with hookers," Schmahmann said. "I think men, by and large, are a boiling mess of unacquired desires when it comes to women." Politicians' desire for power and sense of feeling "bulletproof" carries over into their sex lives."

Though the Monica Lewinski scandal is cited as wrecking Clinton's political credibility, his marriage to current Secretary of State, Hillary Clinton, remains intact. Schmahmann's character isn't married, however, he believes there is no definite reason why a woman chooses to stay or leave her partner. "Clinton's wife stuck with him. Jefferson's wife stuck with him even though he was raising a second family with her half-sister. Weiner's wife stuck with him on the other hand, Schwarzenegger's wife has left," stated Schmahmann. The author suspects these urges that can cause a double life stem from youth and perhaps a solution can be found there. "These impulses are a residue of adolescence, I think, even if you look at popular culture references such as *American Pie*, boys spend their teenage years attempting to understand and get access to girls, and I think to some extent, healthier adolescences make healthier adults, but that's too much to ask," Schmahmann said. Schmahmann does offer some advice for anyone struggling in a double life, quoting the Dali Lama, "don't confuse pleasure with happiness. Happiness is a much more stable, long-term goal."

David Schmahmann was born in Durban, South Africa. He is a graduate of Dartmouth College and Cornell Law School, and has studied in India and Israel and worked in Burma. His first novel, *Empire Settings*, received the John Gardner Book Award, and his publications include a short story in The Yale

Review and articles on legal issues. He practices law in Boston, and lives in Weston, Massachusetts with his wife and two daughters. You can order his book online at Amazon or BarnesandNoble.com.

Arnold Schwarzenegger to Give Maria Shriver Generous Settlement



Looks like Arnold Schwarzenegger still feels guilty over the end of his 25 year marriage to ex Maria Shriver. According to [RadarOnline](#), the ex-governor is prepared to give his ex a

hefty settlement in the divorce, much more than is required under California state law. Both Schwarzenegger and Shriver's lawyers seem to be getting along and are working together to come to a joint settlement. Schwarzenegger said he is the one to blame for the collapse of his marriage, and he is willing to give Shriver whatever she needs. He's also filing for joint custody of the couple's sons, which is a decision Shriver agrees with because she still wants her ex to remain a major part of their children's lives. It's so sad to see the end of such a seemingly perfect marriage, but at least the pair are putting their differences aside to do what is best for their children and themselves.

How do you show your ex that you still care?

Cupid's Advice:

It's tough to show your ex that you still care about him or her whether you went through a rough break-up or even a major divorce. Luckily, Cupid has some tips on how to show your ex that you still care:

1. Admit you're wrong: By standing up and realizing you messed up and taking responsibility for what happened, you show your partner that you not only feel horrible for what you did, but also that you do care about him or her and his or her feelings. If you and your ex aren't on speaking terms, take a tip from "Mr. Big" in Sex and the City the movie and write a letter to your ex to express how you feel.

2. Make it up: You can't fix what's already broken, but you can do the next best thing and try to make the best out of the situation. Take a tip from Arnold Schwarzenegger and be willing to give a little extra in the divorce settlement.

3. Be happy for your ex: Don't try to get in the way of your ex's happiness. Allow him or her to move on. By doing this, it shows you care and there are no hard feelings between the two of you.

How do you show your ex that you still care? Tell us your thoughts below!

Maria Shriver Spends Memorial Day With Kids In Malibu



If she's upset, she sure isn't showing it! Maria Shriver looked happier than ever when she visited Tra Di Noi restaurant with her kids Katherine, Christina and Christopher; a few friends; and her bodyguard on Sunday night. [RadarOnline](#) reported that Shriver hired a high-profile divorce attorney, Laura Wasser, to represent her against ex-spouse Arnold Schwarzenegger. Schwarzenegger admitted to fathering a child

by his and Shriver's former housewife.

What are some life changes you can make after a divorce?

Cupid's Pulse:

Going through a divorce is tough, but moving on with your life afterward is tougher. Cupid offers suggestions on some life changes you can make after a divorce:

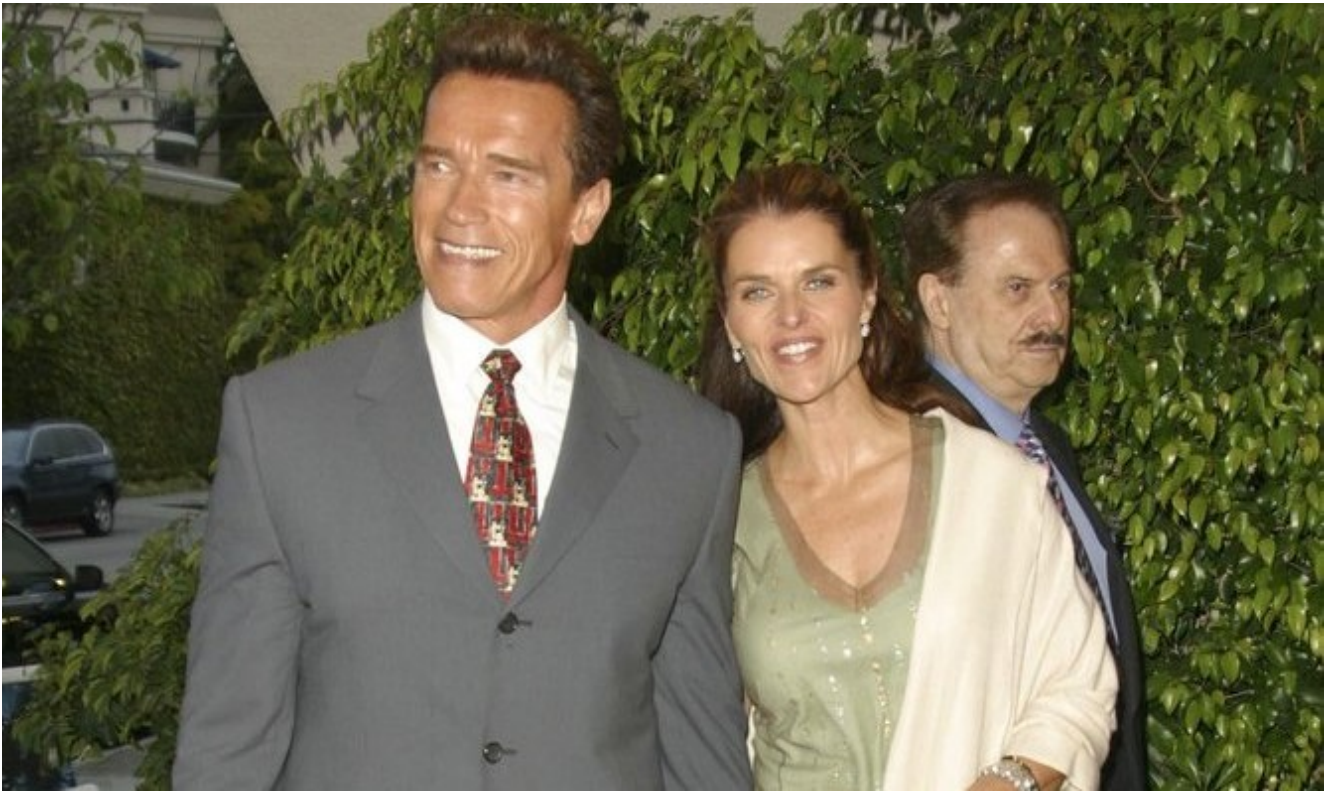
1. Move forward slowly: It takes time getting used to being single. Letting others know how you feel will help you move on with your life slowly and steadily.

2. Meet others: It might take some time, but go out of your comfort zone and mingle with others when you're ready. You'll meet new friends and possibly the person who is truly right for you.

3. Embrace new opportunities: With all the time you'll have on your hands, get involved in extra-curricular activities. You'll be surprised when you discover new hobbies and talents.

What did you do after your divorce? Share your experiences below.

Ex-Husband of Arnold Schwarzenegger's Mistress Speaks Out



Betrayal has definitely been a popular topic in the media the past couple of weeks, and now another person affected by the Arnold Schwarzenegger affair has decided to speak out.

Rogelio Baena, ex-husband of Arnold Schwarzenegger's mistress, Mildred Baena, had something to say. Baena was just as shocked about the affair as Maria Shriver was, and to make things worse, up until a week ago Rogelio assumed that Mildred's son was in fact his biological son, according to [People](#). Rogelio decided to speak out about the betrayal he faced on *Entertainment Tonight*, and how he had considered Arnold Schwarzenegger, who employed his wife Mildred or 'Patty' for 20 years, a 'hero'. Looks like Rogelio no longer feels the same way.

If you're betrayed by your partner, how do you move on?

Cupid's Advice:

Being betrayed by your partner isn't an easy situation to deal with, but here are some tips on how to move on after facing it:

1. Realize that the situation doesn't define you: It's important to realize that after any situation that involves betrayal that you are still the same person you always were, and that in fact you are able to move on with your head held high.

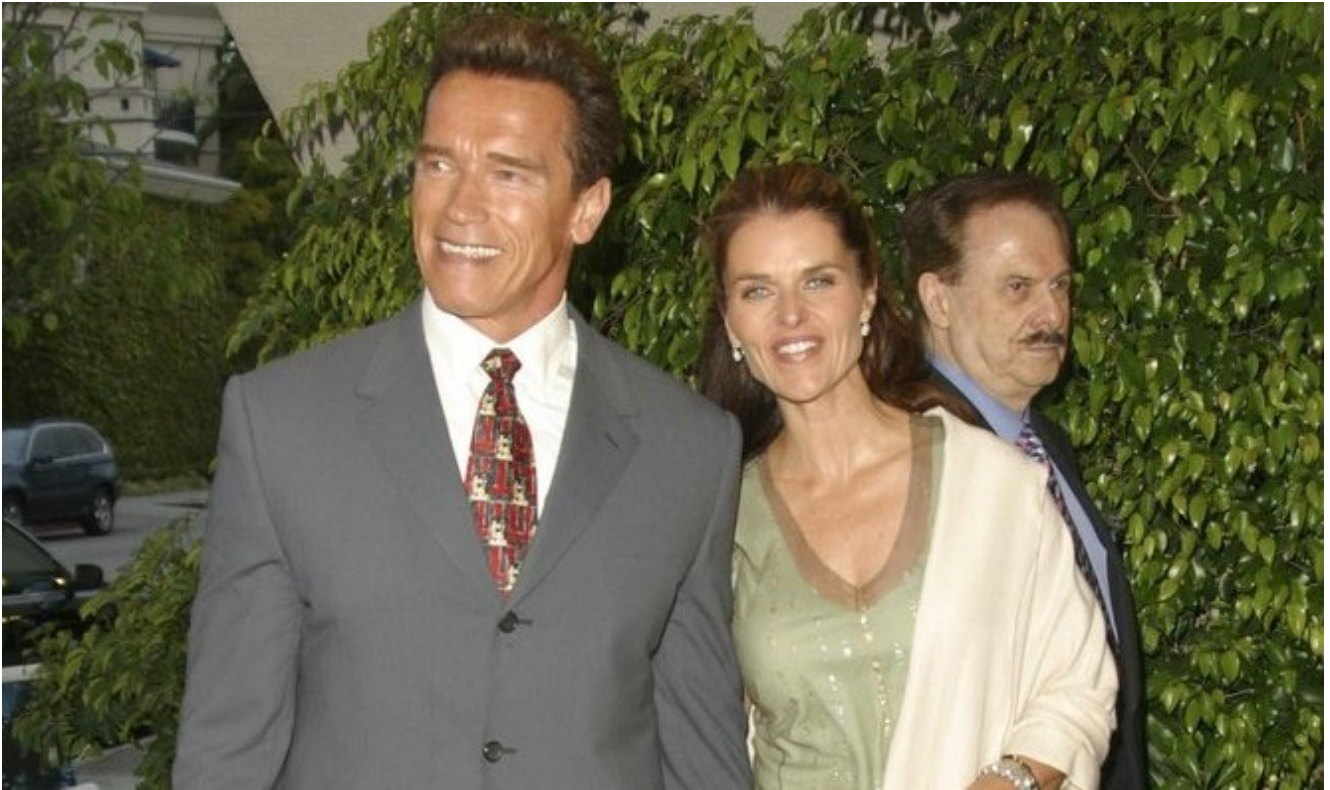
2. Keep yourself busy: Start moving on and rebuilding your life by enjoying hobbies that will hopefully distract you from all of the bad memories of the past.

3. Find yourself: It may sound a little corny, but after going through a tough situation, one of the best things to do is to focus on yourself. Try new things, and try to discover a little more about yourself.

Have you ever faced betrayal from your partner? Tell us how you were able to move on below.

5 Reasons Why Powerful Men Like Arnold Schwarzenegger Cheat





By Terri Orbuch PhD, The Love Doctorâ„†

As a researcher and psychologist who's been studying marriage and divorce for more than 25 years, I'm interested in the motivations of men who seem to "have it all" and then throw it all away, facing public humiliation in the aftermath and subjecting their families to the same.

Here are five ways to understand why men like Arnold Schwarzenegger, Tiger Woods and John Edwards risk it all to have an affair:

1. The illusion of invulnerability. Often, powerful men have affairs because they think they won't get caught. And even if they do, they believe they won't get in trouble because they have the resources to cover it up. These men often don't worry about the long-term effects of their actions on others, only the short-term gains for themselves.

2. Ample opportunities for temptation. Wealth, fame and power are attractive to many women, who make themselves available to powerful men, sometimes aggressively and without scruples.

Then such men are away from home for days at a time, and the loneliness and the desire for female companionship can trigger infidelity.

3. Adrenaline dependency. Many powerful men have positions that require a lot of responsibility and authority. They perform well under high stress and continually need and enjoy excitement or challenges to drive them forward. An affair gives them the same type of exhilaration in their private life.

4. Enabled by yes men. Powerful men tend to be surrounded by people who protect them, idolize them, and even “enable” their vices in order to remain inside their influential orbit. Being surrounded by people who don’t challenge your decisions or give you honest feedback has an effect on your ego and your sense of propriety and limits.

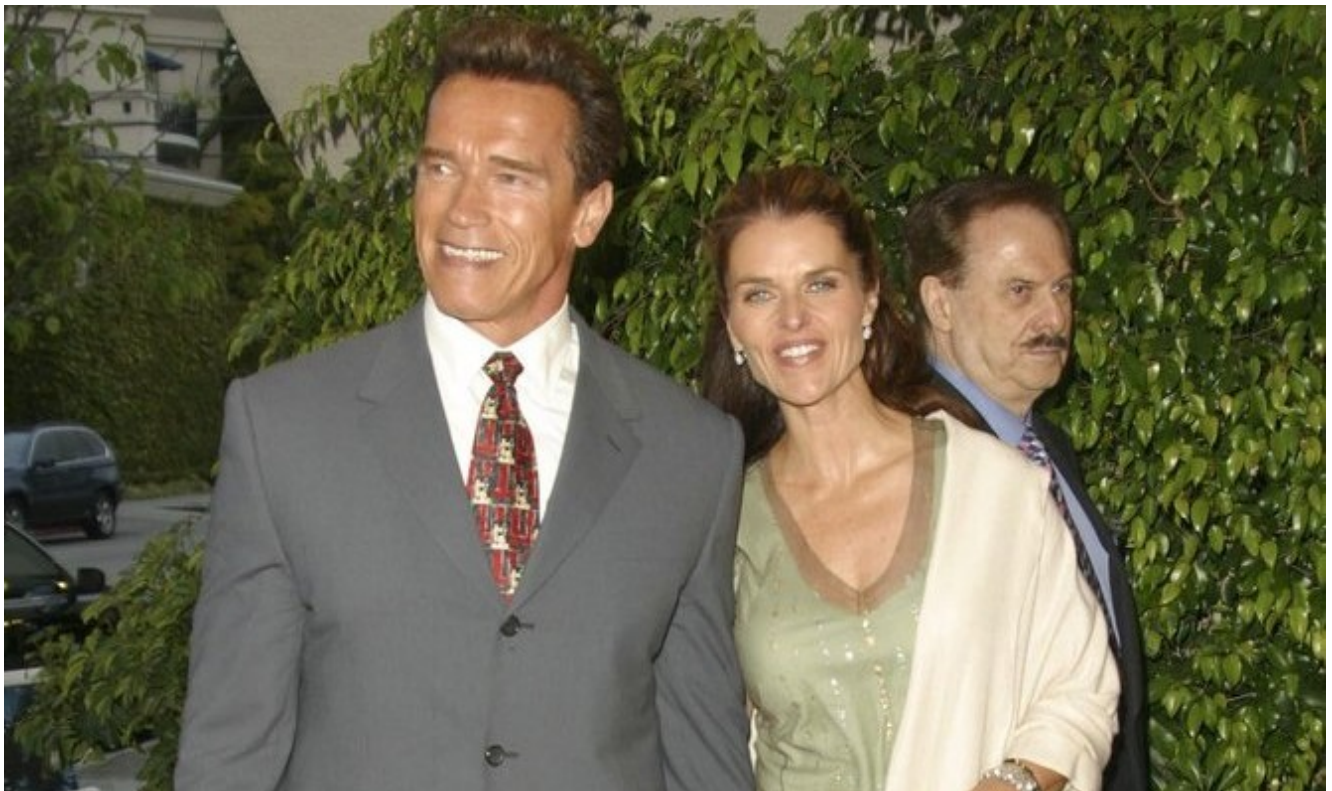
5. Desire for change. Let’s not forget that powerful men are still men, and usually an affair signals an internal need for change. Something in the man’s life or his relationship isn’t okay – and the affair creates the trigger for change. Boredom and relationship ruts are common reasons couples cite for infidelity.

While influence, wealth and celebrity may present some additional challenges that are unique to powerful men, the fact is that not all such men succumb to infidelity. And the explanations above are certainly not excuses for the behavior of those who do.

Terri Orbuch PhD, known as The Love Doctor, is project director of longest-running study of married couples ever conducted, funded by the NIH and ongoing since 1986. A practicing marriage and relationship therapist for more than 20 years, she is also a popular love advisor on radio, TV, and peoplemedia.com, most recently seen on NBC’s Today. Her new book is 5 Simple Steps to Take Your Marriage from Good to

Great (Random House). Learn more at www.drterrihelovedoctor.com.

Experts Say There's No Hope for Arnold Schwarzenegger's Marriage



By Diamon Hall

Juggling a career and relationship in Hollywood is one difficult task; between the flashing cameras of the paparazzi and the constant stream of gossip, there's just too much to

live up to. To top it all off, men can be easily caught off guard by the plethora of eye-catching women in Tinseltown, causing some stars to take their gaze off their wives and dive into an affair. Arnold Schwarzenegger is the most recent man to fall into this category.

The 38th governor of California is currently facing backlash from the media after his extramarital affair with his housekeeper was made public. If that wasn't enough, a 13-year-old son erupted from the incident, adding to the drama of his separation from his wife of 25 years, Maria Shriver.

Schwarzenegger's case is far from unusual considering his fame status. As a former professional body builder, actor and politician, he's among the many celebrities before him that have succumbed to marital infidelity. We decided to dig deeper into exactly why he may have had this affair and how it resulted in a love child.

Sex expert and clinical psychologist Dr. Victoria Zdrok Wilson is the author of *The 30-Day Sex Solution*, which was co-written with her husband, John Wilson, a marriage and family therapist. The couple said the decision to write this book came from their own personal relationship problems. In addition, they knew they weren't the only couple having troubles and believe their book can help.

"We felt there was a real need for couples to reconnect," said Victoria. "Couples are more disconnected now than ever before." The book is a guide for couples to build intimacy, enhance their sex life and strengthen their relationship in one month's time.

The Wilson's offered detailed reasoning about what they thought caused the Schwarzenegger affair. For starters, testosterone may have been an issue.

"A lot of body builders are high on testosterone," said John.

“Before he even met his wife, he wanted immediate gratification. People who have those traits have problems with commitment.”

Victoria also thought his political career made him egoistical, causing him to want more attention from his wife.

“Politics seems to draw a certain kind of male and testosterone is a very important factor in this,” she said. “Their marriage suffered from them being consumed with social life.”

She also brought up the fact that after women give birth, they start paying more attention to their children. In turn, husbands feel left out when the mother and child are together while he is on the other side of the fence. In addition, she said many women may become conservative and less sexual after having children, making the man feel as if their wife is now boring and no longer adventurous.

“We think Arnold was very egotistical and felt that when he wanted attention, he was going to get it any way that he could,” said Victoria.

Neither of the experts believes that Schwarzenegger’s reasons for cheating are true for most other affairs. Their explanation: Not everyone is in front of the cameras every day. Arnold is.

“I think this relationship was going downhill for awhile,” said John. “He should’ve read our *30-Day Sex Solution!*”

However, Victoria stressed that producing a child from this affair made matters much worse.

“It was just an act of recklessness and carelessness,” she said. “Not only did he have this affair, he slept with someone unprotected, which is the ultimate level of disrespect.”

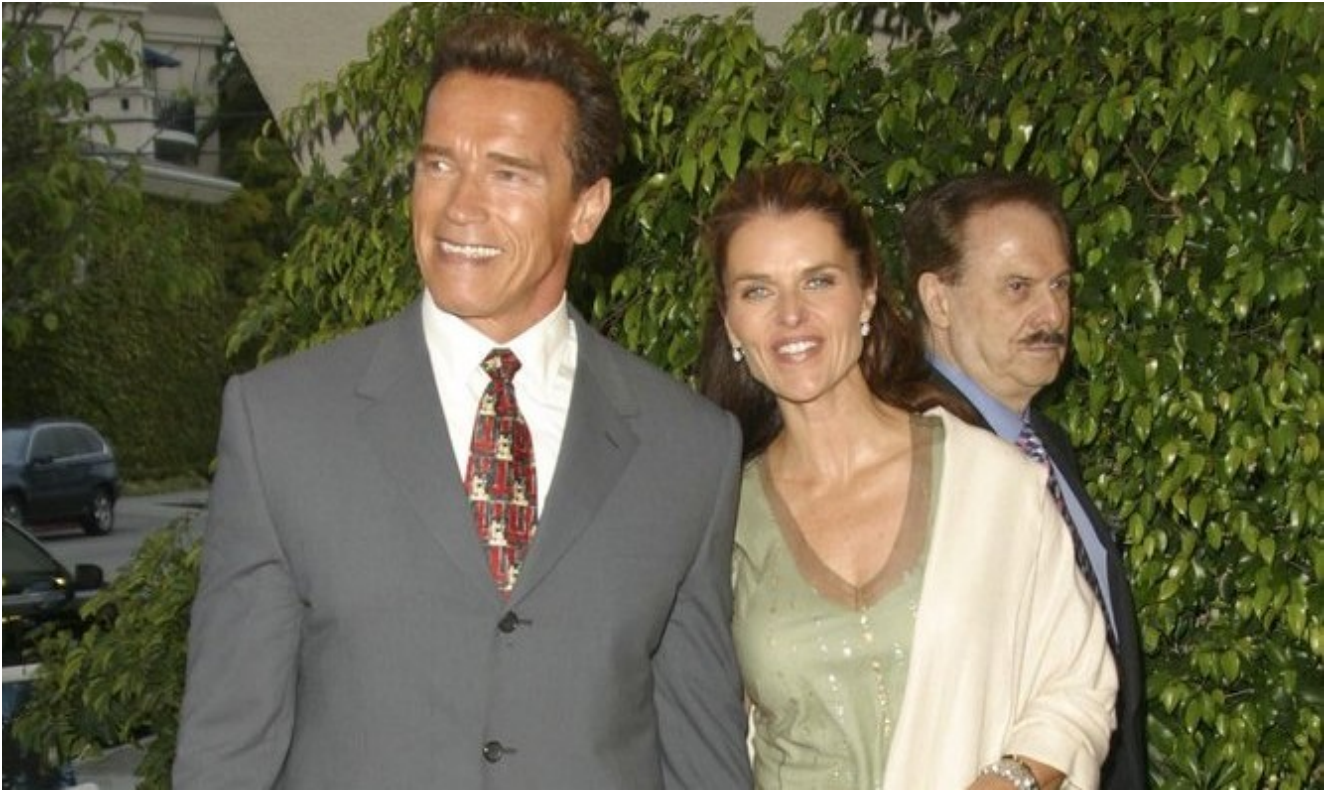
Schwarzenegger's mistake has not only hurt his wife and children, but has also hurt himself, with ABC News reporting that he's needed to put his movie career on hold to focus on these family issues. Furthermore, the Wilsons don't believe these two will get back together anytime soon.

"Arnold needs divorce mediation and I'll be happy to work his case," said John.

The Wilsons reside in Pompton Lakes, N.J. where they will open a divorce meditation office. For ways to keep a healthy relationship, pick up their book, *The 30-Day Sex Solution*, on Amazon .

Maria Shriver Seeks Advice After Arnold Schwarzenegger Affair





By Dr. Judy Kuriansky

After 25 years of marriage to Maria Shriver, Arnold Schwarzenegger revealed that he had been hiding a love child from the public. Arnold's behavior is a serious insult – and the ultimate betrayal – to Maria, especially having this affair in her household and keeping it a secret for so long.

It will take a long time for Maria to rebuild trust in any relationship, and we now have a deeper understanding of her request on the web. Uncertain transitions in life can be traumatic. As stated in a video shared on YouTube, Maria says, “As you know, transitions are not easy. I'd love to get your advice on how you've handled transitions in your own life. It's so stressful to not know what you're doing next. People ask you what are you doing and then they can't believe that you don't know what you're doing.”

Maria is reaching out to others for advice on how to transition to the next phase of her life. For many women, Maria's outreach is reassuring. For a public figure to express that her future is unknown is both a positive and comforting example for those experiencing similar turmoil.

Maria now has the opportunity to stand for the empowerment of women by respecting herself, having a high self-esteem, trusting her independence and not tolerating bad behavior.

Dr. Judy Kuriansky is a world renowned radio advice host, clinical psychologist, certified sex therapist, popular lecturer, newspaper columnist, author of many books, including *The Complete Idiot's Guide® to a Healthy Relationship* and saw Arnold and Maria's love bloom firsthand at their engagement party. To help Maria and women everywhere, she has offered three suggestions to handle transitions in life:

1. Dream big: Allow yourself time to be quiet and meditate. Think about your ultimate dream. Do not add qualifications or possible inhabitants. Let your mind run free. Imagine without any hesitations.

2. Re-focus your energy: Try out the following exercises:

– Picture your future by drawing a matrix. Put yourself in the center and tasks you are completing now in bubbles around you. Look at those tasks and think of how you could turn them into a substantial activity focus.

– Host a gathering of friends. Have each of them brainstorm something that you are good at, or what you could be doing in your next stage of life. When you do this, be sure to write down all of the suggestions.

– Browse a college course brochure. Look for something new that you've always wanted to learn, but never had the time.

3. Anxiety into action: Transitioning can translate to both stress and excitement. Once you accept the stress and anxiety, you will gain the courage to face the unknown.

How have you have handled a new transition in life? Share your stories with Cupid below.

How Maria Shriver Found Out About Arnold Schwarzenegger's Love Child



New details about how Maria Shriver learned of her husband's infidelity have surfaced. UsMagazine.com reports that Shriver, 55, went out to eat with girlfriends Oprah Winfrey and Gayle King right before the news broke that Arnold Schwarzenegger fathered a child with a member of their household staff. Shriver supported her friend Oprah by attending her talk show send-off just days after the scandal went public. "Not only did she come, she came, she showed up, she did the part,"

King, 54, said. “[Maria’s] a class act and she’s handling it with such grace, trying to figure out what to do...how to help the children through. It’s just a very difficult time and heartbreaking to see.”

What are some ways to react when you find out your partner has cheated?

Cupid’s Advice:

Learning about a partner’s affair is tough, and there are lots of different ways to react. Cupid has some ideas on the best and worst ways to respond:

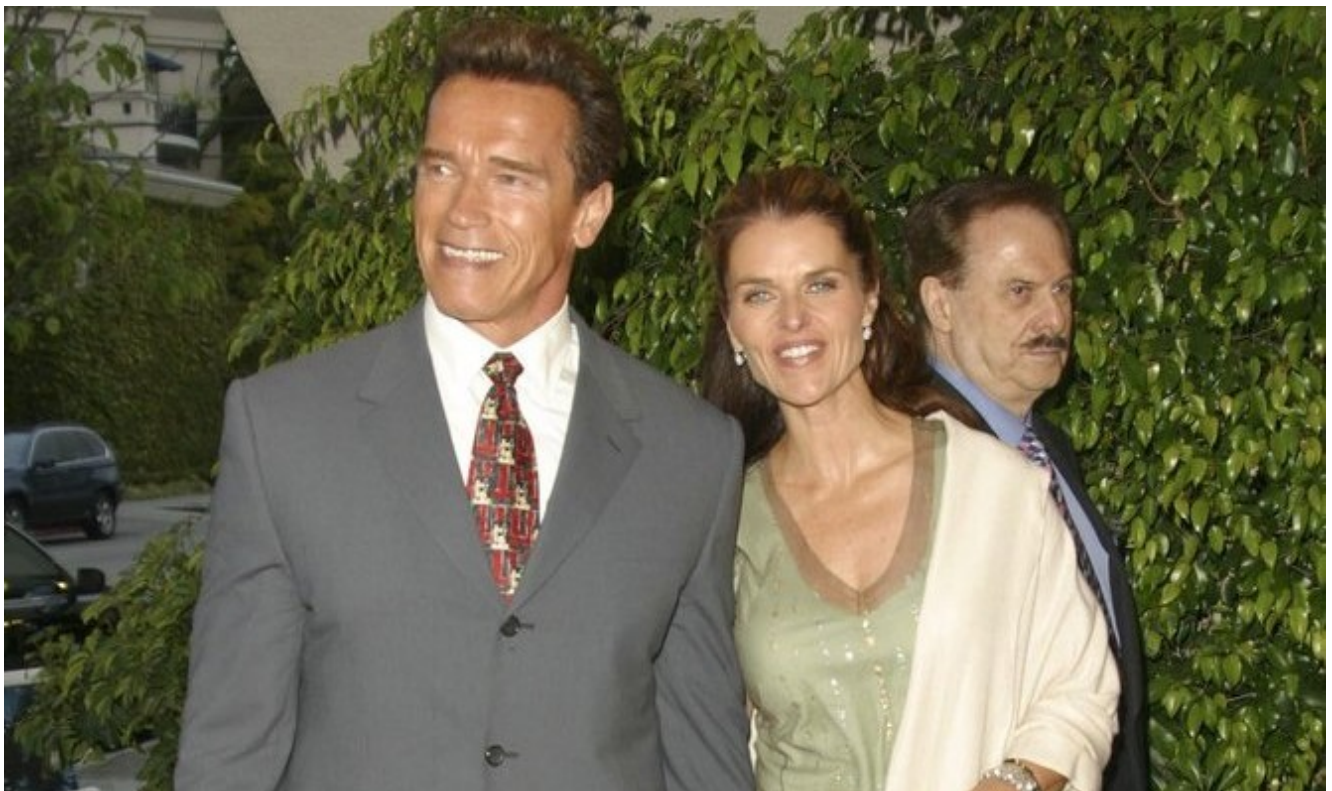
1. Get your revenge: Often our first instinct is to get angry and take it out on your cheating partner. While it’s important to feel your frustration and sadness, don’t do or say something you’ll regret later.

2. Become a hermit: Once you hear the earth-shattering news, you may need some time alone to grieve. But don’t forget that going out and spending time with friends and family is essential during a difficult time.

3. Keep it classy: Even though you may want to either hole up or lash out at your mate, try to stay above all the pettiness. Take the high road, and remember that life goes on.

How would you respond to news that your significant other cheated? Share your comments below.

Arnold Schwarzenegger's Love Child: Did He Break Up Housekeeper's Marriage?



Lately, the news has been filled with the tragic separation of Arnold Schwarzenegger and Maria Shriver after a long-kept secret surfaced that the former governor of California fathered a child with Mildred Patricia Baena, a housekeeper and assistant in the family home. This shocking affair, however, also may have resulted in a divorce between Mildred Baena and her former husband, Rogelio de Jesus Baena. The couple split in 2008 over “irreconcilable differences.”

According to [People](#), contrary to the birth certificate that identifies Rogelio as the father, the divorce documents between the Baenas do not mention any minor children.

How do you get over the trauma of an affair?

Cupid's Advice:

It can be tough to get over an affair. In fact, most people who experience this type of trauma in a marriage are never able to salvage their relationships. However, if you do choose to move on and remain with your partner post-affair, the only way to do it is to spare yourself the details:

1. Two affairs don't make a marriage: If you choose to forgive your partner's infidelities, don't try to make things even by having an affair yourself. It will only make matters worse and will never make you feel better in the end.

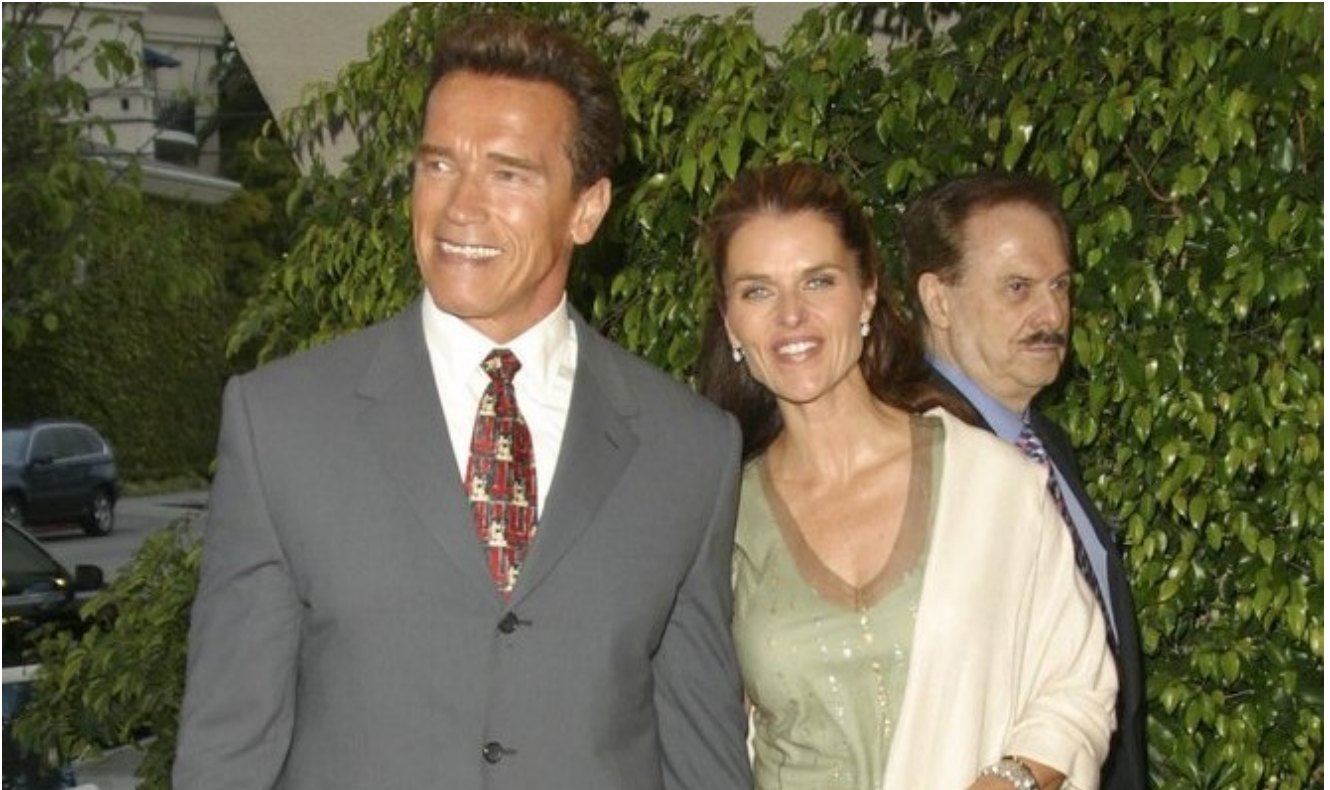
2. Restore trust: Trust takes a lot of time to restore. Don't stay with your partner unless you plan on being patient. Without trust, you can't have a healthy relationship.

3. Don't ask about the details: If you're going to move on, you can't do so with images in your head of your partner with someone else. Stick to a don't ask don't tell policy, at least as far as vivid descriptions are concerned.

If you have ever been with a partner who had an affair, we want to hear your story. Comment below.

**Arnold Schwarzenegger
Fathered a Child Out of**

Wedlock



The shocking breakup of one of the biggest power couples in Hollywood and politics now makes a lot more sense, reports [People](#). The *Los Angeles Times* broke the news that Arnold Schwarzenegger fathered a child out of wedlock 10 years ago, resulting in he and wife Maria Shriver separating. In a statement to the newspaper, the 63-year-old actor and ex-governor said, “After leaving the governor’s office I told my wife about this event, which occurred over a decade ago. I understand and deserve the feelings of anger and disappointment among my friends and family.”

What are some ways to tell that your mate is being unfaithful?

Cupid’s Advice:

Maria Shriver was shocked to learn that her husband cheated, but if you can pick up on some warning signs, you might be able to save yourself a lot of time and a little bit of hurt.

Cupid has some ways to tell that your partner is running around behind your back:

1. Liar liar: If you catch your partner in an untruth, ask more questions to see if they get uncomfortable. If you feel like they're hiding something, it may be another lover.

2. Gone: When your mate spends a lot of time away from you and gives you lame excuses about where they've been, question them.

3. Abnormal behavior: Has your significant other changed his or her behavior dramatically? If you notice an attitude shift, like apologizing for everything or being extra sweet, be wary.

What are some other warning signs to watch out for? Share your ideas below.