

Celebrity Couples: Did She Really Date Him?





Brody Jenner and Avril Lavigne

This surprising pair started dating in 2009 after the singer filed for divorce from her first husband, Sum 41 singer Deryck Whibley. They split after nearly two years together but have remained friends. Jenner even wished Lavigne the best of luck in her most recent marriage to Chad Kroeger. Photo: Andrew Evans / PR Photos.

Marvel Comics Presents 'Guardians of the Galaxy'





By [Courtney Omernick](#)

Based on the comic book published by Marvel Comics, ‘Guardians of the Galaxy’ features an unlikely cast of characters that must team up in order to defeat a cosmic force. In the film, an American pilot ends up in space in the middle of a universal conflict and goes on the run with futuristic ex-cons.

Should you see it:

You’ll be itching to see this film if you’re a big fan of Marvel Comics and Marvel’s superhero franchise. With the casting lineup including Chris Pratt, Zoe Saldana, Vin Diesel, Bradley Cooper, and more, it’s sure to be good!

Who to take:

If your boyfriend has spent the better portion of his life following Marvel Comics, he’s the perfect person to ask to tag along with you. Also, if your brother or other family members love the series, ask them to join you at the theatre.

Should you date someone smarter than you?

Cupid's Advice:

In today's world, many people who like comic books, or follow a comic book series, are considered to be a bit nerdy. Some people are intimidated by the thought of dating someone who is smarter than them, and others see it as an exciting, new experience. So, if you're considering dating someone who is smarter than you, Cupid has a few words of advice.

1. Don't be intimidated: It's natural for anyone to be a bit intimidated by someone who seems to know more than them, but if you're looking to date someone with more smarts, remain calm! Look at it this way; if you're dating someone smarter than you, chances are you're going to be learning a lot. Sure, you may never get on their level, but you'll have a greater knowledge bank.

2. See them as a person first: We all have more in common than we think. Just because the person you're dating is smarter than you, it doesn't mean that they won't or don't like some of the things you like to do. Don't be afraid to show them who you are.

3. Ask questions: Everyone loves talking about themselves! And, even if the person you're out with is talking about subjects' way over your head, don't be afraid to ask questions. This helps you look like you're interested in them and what they're interested in as well. And, they'll feel great passing on their knowledge and opinions about specific subjects.

Have you ever dated someone smarter than you? Share your stories in the comments!

Bradley Cooper and Girlfriend Suki Waterhouse Go Public at Sundance



By April Littleton

According to [People](#), **Bradley Cooper and girlfriend Suki Waterhouse have finally gone public** with their romance. The lovebirds attended the Sundance Film Festival together in Park City, Utah. They were spotted strolling down the street, while holding hands.

When is it the right time to go public with a new

relationship?

Cupid's Advice:

Love is in the air. This may be true indeed, but sometimes, you just don't feel like sharing all of your happiness with everyone else. Keeping a new relationship under wraps for awhile is perfectly acceptable, but eventually you'll have to spill the beans to someone. Cupid has some tips:

1. You've dated long enough: If you've dated your partner for longer than five months, then it's definitely time to let the world know about your new romance. Everyone deserves their privacy and you don't have to give away every single detail about your relationship, but wouldn't you like to spill a little gossip to your best friend? Being able to confide in someone about your new honey will eventually be a necessity when you least expect it.

Related: [Find Out About Demi Moore's New Guy](#)

2. Feels right: Everything about your relationship just feels right. The two of you want the same things in life, have similar goals and share some common interests. When you find someone so close to being your perfect match, you'll want to share the good news with your friends and family – and possibly the whole world.

Related: [New Couple? Courteney Cox Takes Snow Patrol's Johnny McDaid to Jennifer Aniston's Party](#)

3. Ask your significant other: Even though you might be ready to go public with your relationship, your partner might not feel the same way. Before you start blowing up all of your friends social media news feeds about the change in your love life, ask your honey how he/she feels about it first.

How did you know when it was the right time to go public with a new relationship? Share your experience below.

5 Hot Celebrity Bachelors: Will They Ever Settle Down?



By [Whitney Baker Johnson](#)

The ultimate celebrity bachelor and twice-named Sexiest Man Alive George Clooney has been dating model and *Dancing with the Stars* contestant Stacy Keibler for almost two years now. Is he thinking about settling down again? With that silver fox off the market, we thought it was time to come up with a list of those hot guys who are *still* bachelors. So ladies, pay attention – you still have a chance with one of these famous faces!

1. Chace Crawford: This *Gossip Girl* actor was recently spotted courtside with model Rachele Goulding, but since the pair hasn't confirmed that they're dating, it was only natural for this Texas boy to top our list. We can't help but swoon over his blue eyes and all-American smile.

2. Bradley Cooper: After splitting from Zoe Saldana, Cooper has been seen out-and-about with model Suki Waterhouse. The 38-year-old actor has had a string of serious relationships, and he was even briefly married to Jennifer Esposito. Still, the only leading lady in this golden boy's life is his mother Gloria, who often accompanies him to premieres and award shows. They even live together!

Related Link: [Jennifer Lawrence Plays Cupid for Bradley Cooper](#)

3. Alexander Skarsgard: Since breaking up with longtime girlfriend Kate Bosworth in 2011, this *True Blood* hunk has been single. Not much is in the tabloids about his personal life, making him all the more appealing. With his strong features and sexy accent, we'll happily take him off the market.

4. Adam Levine: The Maroon 5 front man has been linked to more than one Victoria's Secret Angel, but as of this spring, he's a single man once again. The sexy crooner is keeping busy though, currently appearing on the fourth season of the hit reality television singing show *The Voice*. He also had a recurring role in the second season of *American Horror Story: Asylum*. Constantly on our televisions screens, this bad boy has stolen our hearts.

Related Link: [10 Bad-Boy Celebrities We'd Love to Date](#)

5. Leonardo DiCaprio: Leo first captured our attention in romantic films like *Romeo + Juliet* and *Titanic*. Since then, this leading man has had high-profile romances with beautiful blondes like Gisele Bundchen, Bar Refaeli and Blake Lively, but he doesn't seem ready to settle down just yet. Instead,

he's focusing on his acting career, currently lighting up the big screen in *The Great Gatsby*.

Who is your favorite celebrity bachelor? Tell us in the comments below!

Celebrity Matchmaker: Jennifer Lawrence Plays Cupid for Bradley Cooper



By Jessica Conigliaro

Actress Jennifer Lawrence is working hard to set up friend and

Silver Linings Playbook costar Bradley Cooper with the perfect woman. “I feel like all I’ve been doing lately is setting him up,” Lawrence told MTV, according to [People](#). “I was like, ‘You know what? I’m going to save time, I’m going to get you a booklet of pictures of my friends and you just go through and pick them out,’ ” she joked. As for rumors that these two Hollywood hotties are dating, the Best Actress winner says, “He’s my brother.”

How can you help your friends find love?

Cupid’s Advice

You often know what’s best for your closest friends—and you should, considering the amount of time you spend together. When it comes to dating, they sometimes don’t quite get it right and may ask for your input. Cupid offers some tips on how to help them find the love they deserve.

1. Find the right person: Your best friend has been single for a very long time and asks you to set her up with someone. Where do you even start? Don’t just find any guy on the street that looks nice. You don’t want to be responsible for setting your friend up with a creep! Consider an old friend from college or a colleague who you really like. Make sure you know him well before introducing him to your friend.

2. Don’t force it: Not everyone enjoys the idea of blind dates. In fact, a lot of women fear the concept or become repulsed by the sheer thought. Try planning a group hangout and invite your two friends who you are setting up. They might hit it off, or they might not. Either way, your friends won’t be left feeling ambushed or awkward.

3. Express your opinion: All too often, our close friends end up dating guys that are no good for them. Their boyfriends don’t respect them and refuse to treat them right, let alone pay for dinner. Unfortunately, your friend is so in love that

she sees right past the flaws. Try pointing out the negative sides to her man without bluntly telling her to end their relationship. Sometimes, the only way to help the people close to you is by letting them figure things out for themselves.

How do you help your friends find love? Share with us below.

Bradley Cooper Reunites with Exes Jen Aniston and Jennifer Lopez at Golden Globes



By Nic Baird

Bradley Cooper ran into two of his exes, Jennifer Lopez and Jennifer Aniston, at the Golden Globes on Sunday, UsMagazine.com reports. The single actor, who now has an Oscar nod for his role in *Silver Linings Playbook*, engaged in animated conversation with Lopez, and shook boyfriend Casper Short's hand. The two also had a chance to chat at the CAA's Golden Globes pre-party on Friday. There, Aniston also rushed over to Cooper and gave him a big hug. Cooper dated Lopez in 2011, and Aniston in 2009.

What are some ways to remain civil after a breakup?

Cupid's Advice:

It's difficult to maintain civil relations post-breakup, but being the better person will always pay off when it comes to love. Don't reminisce about the good times. There's no point in dwelling on someone who can't be a part of your life. Follow this advice to be polite and not lose your cool:

1. Forget the past: This person may have been important to you only very recently, and it may be hard to accept that they've lost all relevance to your life. If you saw this person as your partner, and now they can't fill that role, trying to figure out a new dynamic or identity is difficult if you hang on to the past. Don't weigh yourself down with issues that aren't your problem anymore! Move on, and don't hold a grudge!

2. Be comfortable: Laughter and smiling expressed friendship to your former partner. If you're on edge, being able to laugh can relieve tension between you and your ex. Be friendly, but don't reminisce about anything too specific from when you dated. Convey that while you've moved on, you're still happy to see them.

3. Don't be emotional: It's easy to open up to someone emotionally when you have a history of confiding in them. However, this will make things complicated for your ex, as

well as for you emotionally. Stay away from this type of conversation unless you can handle it without being affected.

How have you dealt with a recent breakup? Share your experiences below!

Renee Zellweger Is Dating Sheryl Crow's Ex-Beau



By Nicole Weintraub

Renee Zellweger and new beau Doyle Bramhall were caught smooching in public, according to UsMagazine.com. Bramhall has

been previously linked to Sheryl Crow, and Zellweger was previously linked to Bradley Cooper and former husband Kenny Chesney. Zellweger and Bramhall were caught sharing a quick kiss at an airport while they both dressed in jeans, black coats and dark shades. The two went to college together, so perhaps this romance was a long time coming.

What do you do if you was fall for your friend's ex partner?

Cupid's Advice:

The number one rule in girl code is not to date your friend's ex boyfriends. But what happens if we can't help ourselves? Here are some tips:

1. Talk it over with him: Be open about your hesitance with your friend's ex and make sure that he is not trying to use you to get back at her. Make sure that the two of you are on the same page before diving into anything serious.

2. Talk it over with her: The best thing to do with your friend is to be open and honest about what is going on. Calmly explain how you are feeling and be open minded, even if she is not.

3. Weigh the consequences: Once you have talked with the two of them, really weigh out your options. See if you are willing to pass up an opportunity for love to keep a friendship or if you are willing to sacrifice a friendship for a shot at love.

What would you do in this situation? Share your thoughts with us in the comments below!

Bradley Cooper Brings Zoe Saldana to 'Silver Linings Playbook' Party



By Nic Baird

Acting couple Bradley Cooper and Zoe Saldana posed for photos at a candle-lit dinner Friday to celebrate the film *Silver Linings Playbook*, according to [People](#). Stars Robert De Niro, Diane Keaton, Mel Gibson, and Jane Fonda also attended The Weinstein Company's event at the Chateau Marmont. Cooper and Saldana met on the set of *The Worlds* in 2011, but split after three months of dating. Since September, they've been spotted together giving their romance another shot.

How do you know when to make your relationship public?

Cupid's Advice:

Don't feel pressure to spread the word of your romance, but eventually if someone is important to you they should become an obvious part of your life. It's hard to decide when exactly to update that Facebook profile. Rather than worry about it, here are some signs to take things public:

1. Comfort: You and your partner could still be testing the water. Make sure you each feel comfortable and have some clarity about your relationship before telling the world. Wait until you know how to talk to each other.

2. Commitment: A few dates is a good start, but if you're going to be with someone publicly then you should know that you're both invested. Considering what you're both looking for in a relationship, could making things public add extra pressure? A decent stretch of dates will make it easier to tell friends and family about your special someone.

3. Future: Be aware of the stresses your relationship could encounter. If distance, responsibilities or baggage from previous relationships are going to threaten this new one, then you have to be careful. Don't jump the gun before you've straightened out whether or not there's a future as a couple.

When do you think you should make your relationship public? Share your experiences below!

The Upcoming Film 'The Words' Will Leave You Speechless



By Jessica Smith

Oh the drama! Bradley Cooper is back on the big screen with his upcoming film *The Words*, and we even get to see the hunk get teary eyed (whose heart doesn't melt when they see a man cry?). Not only will there be enough romance to fuel our fantasies, but we'll also get to see the sexy smirk of Dennis Quaid and envy the beautiful Zoe Zaldana and Olivia Wilde for having these boys under their spell. Cooper plays a struggling author who stumbles upon another man's love story. He publishes the story as his own and quickly strides to the top, but he'll learn that there's a serious price to pay for stealing another man's work and essentially his life. The movie recently came to theaters on September 7, so don't miss your chance to see the beauty, drama, romance and suspense of how the story ends!

Should You See It: Definitely. It looks like a movie that will

keep you guessing, and there are a lot of A-list actors and actresses to ensure a stellar performance.

Related Link: [‘Hit and Run’: A Comedy to Close the Summer](#)

Who To Take: This is a movie for a wide range audience. Go see it on a girl’s night out. Take your significant other. Go with your mom and watch her swoon over Dennis Quaid. Regardless of who you take, it will be a movie you can enjoy together.

In the film, Cooper’s character and his significant other are having serious money problems. He can’t seem to get his career to take off, and he fears he might not have the capability to become the person he thought he was destined to be. Self-doubt is a terrible feeling, but luckily he had Zoe’s character to encourage and inspire him. Experiencing money issues is one of the most common struggles from couple to couple. Money is something that we all need, but don’t always have.

How can you avoid feeling hopeless and bring positive energy to a bad situation?

1. Keep things in perspective: The world is not ending and the sky is still in tact so don’t overreact! If you blow things out of proportion not only will you stress yourself out unnecessarily, but you’ll also create unneeded tension between you and your partner. Instead, keep calm and carry on!

Related Link: [‘Hope Springs’ Is This Summer’s Guide to a Healthy Relationship](#)

2. Encouragement vs discouragement: If your partner’s going through a tough time, the last person they want to be torn apart emotionally by is their loved one. If you bring them down, you’re likely to go with them. Remember for better or for worse? Well, even if you’re not married this should still apply. Now’s your time to spark a flame under their heiny and get them moving and motivated! If you want a better life go work for it!

3. Don't give up: This is probably the best advice anyone could ever give you. We've all heard it. Nobody like a quitter. If you've hit rock bottom just remember the only place you can go from there is up. Don't be afraid to take chances! Believe in yourself and your partner to succeed, and when you do, all the hardship will only make your triumph sweeter.

How have you and your partner worked together to make a bad situation better? Share your comments below!

'Hit and Run': A Comedy to Close the Summer





By Jessica Smith

When couples move in together they often find out that their partner isn't the person they originally thought they were. You might be taken by surprise when you realize they're OCD about the dishes or they're a control freak when it comes to their possessions, but none of that compares to finding out that your partner is a member of the Witness Protection Program because they have a dirty past. Kristen Bell's character Annie handles the element of surprise like most women would – she panics. *Hit and Run* is an action rom-com that will keep you guessing and definitely have you laughing. The film was written by funny man Dax Shepard who also stars as Charlie, the ex-bank-robber-getaway-driver-boyfriend, who does his best to protect Annie when she's caught up in his mess. While you watch Charlie try to untangle the issues of his past, you might have to deal with seeing ladies man Bradley Cooper as a bad boy with some pretty bad dreads. In between the two hunks taking shots at each other, their bickering back and forth like an old married couple is the perfect comic relief.

Should You See It: Well yea! Why not? It's going to be funny and the onscreen chemistry between Shepard and Bell is sincere and so cute considering the two are also in an offscreen relationship! Since this flick comes out on August 22, it will be a great escape to take your mind off the end of a spectacular summer season or the fact that school is just around the corner.

Who to Take: With an "R" rating, and the continuous banter of prison butt-rape, this won't be a movie for children. This is going to be a great film to see with your friends or out on a date.

The majority of us don't find out something as dramatic as a criminal past about our partners when we move in together. Instead, it's typically things like the gross sound they make while brushing their teeth or the strange ritual they have before bedtime. During *Hit and Run*, Kristen Bell, whether she had a choice or not, stayed with her man regardless of his major flaw. Moving in with a partner is a HUGE step, and it shouldn't be taken lightly. This will be a true test of your relationship, and you'll discover if this is someone you could live with forever. Here are some red flags to watch out for when you move in with your loved one:

1. Overly Possessive: Your partner doesn't want to share. Don't touch that. What's theirs is *not* yours. With an attitude like this, it's going to be impossible for you to feel at home or even welcomed for that matter. If they have trouble sharing they may have some deeper trust issues going on, and if you're comfortable enough to move in together this should be an issue that you can confront them with.

2. Disgustingly Sloppy: You probably didn't realize you were taking a second job as a maid when you moved in. If they like to live a pigish lifestyle it's not your job to clean up after them, instead whip them into shape! This is your home now too, and both of you should take enough pride in your living space to keep it livable. If your partner knows their slobby nature

bothers you, they will make an effort to keep you happy if they love you.

3. Disregards You: Now that you live together communication is definitely going to be key for a healthy relationship. If there's something, anything about your living situation or how the move has affected you as a couple that you feel needs discussing, then you deserve to have that talk. If your partner continuously puts it off or says they don't want to talk about it, perhaps your relationship (or your partner) isn't mature enough to handle this adult circumstance.

Have you experienced any red flags after moving in? Share your comments below!

Zoe Saldana Goes On Movie Date with Beau Bradley Cooper's Mom





Things seem to be heating up between Zoe Saldana and Bradley Cooper. The *Avatar* star now seems to be bonding with the mother of her “Sexiest Man Alive” boyfriend. According to [People](#), Saldana and her sister were seen on a ladies’ day outing with the actor’s mother, Gloria Cooper. The trio had lunch at California Pizza Kitchen and then went to see *The Vow*.

How do you know when to introduce your partner to your parents?

Cupid’s Advice:

Introducing your partner to your parents shows that you are serious about making your relationship work long term. Here are some signs that it’s time to take this significant step:

- 1. You’re exclusive (and you wouldn’t have it any other way:)**
When you can’t imagine being without your partner and you’re not interested in seeing other people, it could be time to meet the parents.
- 2. They’re always on your mind:** When you are constantly

thinking about someone, picking up little things for them when you shop or considering what they would like even if you're not together, it's a sign that things are getting heated. But the test is if you can envision your partner laughing with your mom, hanging with your dad and tossing the football with your brother. If that's the case, it could be time to introduce them to the people who are most important in your life.

3. It comes up in conversation: You've heard a lot about each other's family and they're coming into town. Or, you're taking a trip to see them and your partner speaks up saying he or she wants to come. This could be a clue that it's time to listen.

When's the best time to introduce your partner to your parents? Share your thoughts with us below.

Are Bradley Cooper and Jennifer Lopez Dating?





When Bradley Cooper was seen driving around Los Angeles over the weekend, the paparazzi caught none other than what looked like Jennifer Lopez in the passenger's seat. According to [People](#), a source close to the *American Idol* judge says the two spent time together on Saturday. They also had dinner together recently at Per Se in New York. "She does like his attention, and it makes her feel good that he seems so into her. She has a fun time with Bradley and he makes her laugh," said a source close to the duo.

How do you keep a new relationship under wraps?

Cupid's Advice:

When a relationship is very new, it's too early to know if it will last or not. Here are some ways to keep it under wraps until you're sure something is beginning:

- 1. Think twice about social media:** Doing something as harmless as writing "Hi Honey" to your potential partner on Facebook or Twitter is enough to give you away.
- 2. Don't get physical in public:** It's a small world.

Therefore, you will probably bump into someone you know while holding hands in public.

3. Don't blurt it out: The biggest giveaway could be your excitement about a potential new relationship. Although you no doubt have butterflies right now, keep them quiet while around your family and friends.

How long should you keep your relationship private? Share your ideas below.

Rumor: Has Jennifer Lopez Moved On With Bradley Cooper?





Jennifer Lopez and Bradley Cooper are being linked after having a dinner date on Saturday at Per Se in New York. Could the now-single Lopez be over her ex Marc Anthony? A source told [People](#) that the couple were “in discussions regarding a project.” Even though Cooper would be a great rebound for Lopez, we think the multi-talented beauty should be able to go through her divorce without the rumors.

How do you combat destructive rumors about your relationship?

Cupid’s Advice:

No one likes a rumor, especially if it involves your love life. You can’t stop them, but you can combat them with these easy steps:

1. Address the rumor: Pretending you’ve never heard the rumor only lets it grow bigger. Acknowledge the rumor and get to correcting it.

2. Tell it like it is: Don’t feel like you don’t have to explain yourself to others. Let people know that a rumor about your relationship is not true. Leave the “no comment” cliché

to the celebrities.

3. Embrace the rumor: If the rumor continues, embrace it. Look for a positive swing on the rumor. If Jennifer can live with being linked to a hot guy, so can you.

Have you ever had to combat a rumor?

Olivia Wilde Says She Feels 'Wobbly' After Divorce



Olivia Wilde is back on the market after a painful divorce from Italian prince Tao Ruspoli, reports [People](#). The couple

eloped when Wilde was just 18, separated last winter and officially divorced in March. The 27-year-old actress told *Marie Claire*, “The trauma of the whole thing has been humbling, and for the first time, I’m a little bit wobbly.” Although Wilde has been spotted out and about with Bradley Cooper, Justin Timberlake, Ryan Reynolds and Jake Gyllenhaal, she says she’s still single.

How do you get your confidence back after a divorce?

Cupid’s Advice:

Going through a divorce can be so traumatic, it’s easy to lose your confidence. Cupid has some tips on how to get your swagger back after a split:

- 1. One is the loneliest number:** Being by yourself after being part of a couple for so long is one of the hardest parts of a divorce. But it’s important to relish the time alone to figure out who you are without another person to define you.
- 2. No regrets:** When you think back on your marriage, remember the love you had for each other and everything you learned. This will give you hope that you can find love again.
- 3. Bounce back:** After you’ve spent some time alone, slowly start getting back into the dating scene. A few successful dates will definitely boost your confidence.

How do you get back to your old self after a divorce? Share your comments below.

Olivia Wilde Calls Her Dog Her Only Boyfriend



Man's best friend, woman's cuddle buddy. Actress Olivia Wilde recently settled all of her dating speculation with one tweet made Friday, according to [People](#). "Ok I know I'm not supposed to tweet sexy photos (damn you [Anthony] Wiener! [sic]). But here is my and my (only!) boyfriend in bed." Despite internet rumors that the *House M.D.* actress is dating Bradley Cooper and was dating Justin Timberlake in April, Wilde's only cuddle-buddy is her canine companion. "He is my only boyfriend," she said while laughing at the Chrysalis Butterfly Ball in Los Angeles. "He's the only one that I need."

What are the benefits of being single after a breakup?

Cupid's Advice:

1. Live for you: Focus on your career, get all of your priorities straight and catch up with old friends. Whatever you do, just make sure you make these decisions for yourself and not for other people.

2. Freedom: Remember being able to flirt without feeling guilty in your relationship? Well, now you can begin to enjoy that again. Don't be afraid to turn the flirt up when you see someone cute.

3. Learn from the past: There's a theory that every event is a learning experience. Take the time to learn from your past and find out what needs to change when you're ready for another relationship.

What are some benefits to being single? Share your thoughts below.

Why Bradley Cooper Won't Date Jennifer Aniston





Sure, he just broke up with Renée Zellweger last month, but UsMagazine.com reports that Bradley Cooper is out mingling already with former *Friends* star Jennifer Aniston. Since the rumors started flying, multiple sources have stressed that this is not a love connection between the two, but instead just a rekindling of a friendship. “Bradley knows that by dating Jen, he’d be known as Mr. Jennifer Aniston,” a friend of the star of *The Hangover* and *Limitless* said. One insider added that Cooper and Aniston are trying to find more projects to work on together. The duo were first paired together in the feature *He’s Just Not That Into You*. “Bradley loves Jennifer as a friend,” the insider said.

How do you remain independent in a relationship?

Cupid’s Advice:

It’s tough to be your own person in a relationship. Cupid has some pointers when seeking independence:

1. Find a strong partner: Staying independent is a heck of a lot easier if the person you’re dating wants the same thing as

you do.

2. Don't have a 'failure to communicate': Don't be afraid to tell your partner that you would like your own space at times. If he truly wants to be with you, he'll understand.

3. Do your own thing: Although it's nice to do things as a couple, try doing some activities alone, such as working out or perhaps going out with your girls (or guys). This can be healthy for the both of you.

How do you stay independent in your relationship? Tell us below.

Dating Tips for Renee Zellwegger and Other Singles Over 40





By Rosalind Sedacca, CCT

The pain of dating and breaking up isn't just reserved for the young. Singles dating in mid-life and beyond face the same heartbreak, confusion and anxieties as those in their 20's and 30's. These challenges are compounded by the insecurities that frequently come with age, especially for women: Am I still desirable? ... Am I still attractive? ... Will I ever find another partner?

Celebrity couples are no exception. After 24 years of marriage, Tony Danza, age 59, filed for divorce from his 52-year old wife, Tracy Robinson. Jennifer Aniston, who has been in the headlines with several unsuccessful relationships over the past decade, is now telling reporters that she's happily single.

Recently, celebrity couple Renee Zellweger and Bradley Cooper, considered one of Hollywood's top power couples, broke up after dating for two years. When asked during an interview about the nature of their relationship, Cooper mentioned that marriage was not in the picture. Chances are that Zellweger thought she was in a different relationship – one with a more

committed and long-term outcome. It appears both partners were not “on the same page.”

This is one of the most common deal-breakers for long-term relationships. Often, couples get together and make assumptions that the other person shares their goals and intentions. The problem is that they don't discuss these options and spell them out clearly. If you're not on the same page when it comes to monogamy, time spent together, decisions about raising children, as well as other values and cultural beliefs, you set yourself up for disappointment and inevitable conflict.

Some other success tips for over 40 singles entering a new relationship include:

1. Be aware of unresolved baggage: Emotional scars and wounds from your past can easily sabotage any new relationship. Take the time to identify unresolved feelings of anger, hurt, guilt and disappointment from the past and accept these feelings as lessons learned. It then becomes easier to move on.

2. Avoid “fairy-tale” thinking: It's not your partner's job to make you happy. It's your responsibility to love and value yourself when you enter a relationship. Dependency and neediness are not attractive qualities. It is also an illusion to assume any one person can meet all your needs or desires.

3. Start with friendship first: This level of comfort translates into a solid foundation for love to blossom and intimacy to develop. Be friends first before you open the door to the physical and emotional closeness that is so essential to a solid partnership.

4. Be sure your expectations are realistic: Are your demands about weight, age, height, financial success and other factors limiting your ability to find the right partner? Being

flexible, objective and fair prevents us from setting ourselves up for the pain and disappointment of unrealistic expectations.

5. Communicate effectively by encouraging open, honest dialogue: In addition to your words, be attuned to your partner's nonverbal cues and body language. Also, be aware of your own cues that can trigger messages and unconscious signals to your partner.

Rosalind Sedacca, CCT, is the co-author of the new book, 99 Things Women Wish They Knew Before Dating After 40, 50 & Yes, 60! Visit www.womendatingafter40.com to receive a complimentary Tip Sheet, along with a Tip of the Week which spans every facet of dating success – from preparing for your first date to determining whether your partner is a “keeper.”

Bradley Cooper and Renee Zellweger Split





She'll be writing about this one in her diary. Reports from [RadarOnline](#) say that *Bridget Jones* star Renee Zellweger and Bradley Cooper, the star of *The Hangover* and *Limitless*, have broken up after two years together. Neither have commented on the split, but sources have told [UsMagazine.com](#) that things ended following the release of photos which depict Cooper with another woman. "I just don't want to talk about that," Cooper told Howard Stern while on the shock jock's radio show. Star Magazine revealed Cooper was sneaking around with Hollywood girls such as Sandra Bullock and Jessica Biel.

What are signs that you should move on from a relationship?

Cupid's Advice:

No relationship is limitless. Cupid has some signals that things have reached their breaking points:

- 1. No more sparks:** If you can't remember why you initially became attracted to your lover, then chances are it's time to end things.
- 2. Feelings for someone else:** An old rule of dating goes, "If

you have time to cheat, you have time to break up.” There’s no reason to cheat when all it takes is a talk with your partner, explaining to them that you have feelings for someone else.

3. ‘Happiness is a warm gun’: Although not every minute of dating is fun, if you and your significant other are not generally happy, then it may be time to take a break or say goodbye for good.

Bradley Cooper Explains Brief Marriage to Jennifer Esposito



Hangover 2 hottie Bradley Cooper came clean last week about his four month marriage to Jennifer Esposito during a Howard Stern interview, reports UsMagazine.com. Cooper, who has been linked most recently with Renee Zellweger, tied the knot with Esposito back in December 2006 and, according to Cooper, the two decided amicably to divorce in March of 2007. Cooper told Stern, "The good thing is, we both realized it...Sometimes you just realize it."

Why does a marriage sometimes not work out the first time?

Cupid's Advice:

Unlike getting a license to drive or taking the SATs to get into college, getting married does not require a well thought out plan of action:

- 1. You were young:** If your first marriage followed a quick engagement and an even quicker courtship, you may have never gotten the chance to think things through rationally.
- 2. You didn't understand:** In today's society with TV shows rushing everyone to the alter and Las Vegas offering one-stop shops for weddings, the actuality and sanctity of marriage can be easily forgotten.
- 3. You didn't know yourself:** Before a relationship with someone else will work, you need to be in a good relationship with yourself.

Bradley Cooper and Renée

Zellwegers' Cold Outing



Longtime couple Renée Zellweger and Bradley Cooper were caught by paparazzi as they left restaurant Katsuya last week. Before dinner, the couple had attended CAA's Young Hollywood charity event at MyHouse, but refused to pose for photos. The cold atmosphere lasted the rest of the night, reports [E! Online](#). A source claimed that the couple were "not affectionate at all" during dinner, a claim bolstered by a video of Zellweger and Cooper leaving Katsuya. Cooper allowed for another man to escort Zellweger down a staircase, and was blown off by Zellweger when he tried to open a door for her. Is there a possible reason for the couple's cold outing? "The studios aren't happy that their movie *Case 39* took so long to premiere," reports the insider. "They're trying to get publicity going." **How can you tell if your partner has ulterior motives?**

Cupid's Advice:

If your beau has ulterior motives in your relationship, he is probably very clever, but he can't hide all of the signs of his deception. Cupid has a few that you should be able to pick up on:

1. He's not attentive: The next time the two of you are out to dinner, see if he's really listening to what you're saying. If he frequently loses focus, it may mean that he's bored with the relationship and is only sticking around for other reasons.

2. Favors: If you find that you are always the one paying for meals, giving him rides and doing other favors for him, then it's time for a change. Talk to him about your worries, and if he stops mooching off of you, then you know he's honest.

3. Pick-up lines: Next time you're at a bar or a party with some friends, be careful about which guys you approach. The ones who immediately compliment your looks are probably only lustful.

Renee Zellweger & Bradley Cooper Get Fit Together





Exercise for two? We'll take it! Renee Zellweger and Bradley Cooper recently signed up for short-term memberships at The Aquatics Fitness Club in Cooper's hometown (Abington, Pa.), the [New York Post](#) reported last week.

What are some easy ways you can stay fit with your partner?

Cupid's Advice:

Trying to balance work, home, and exercise can be a workout all on its own. Read on for Cupid's easy ways to spend quality time with your lover while also getting in a workout:

1. Plan for it: Sit down each week with your planners in front of you and find free time during your lunch break to take a bike ride through the park together. If the weather's being uncooperative, find a place where you can exercise in a fun and unique way, such as trying your luck at indoor rock climbing.

2. Make it a date: If you only have early or late hours free to work out together, check your area for 24 Hour Fitness Centers or similar businesses that offer round-the-clock

fitness, or extended hours for night owls.

3. Take the plunge: Water sports are great for enjoying time together by providing closeness you just can't get from lifting weights! Venture outside the local pool and find places that offer outdoor water sports.