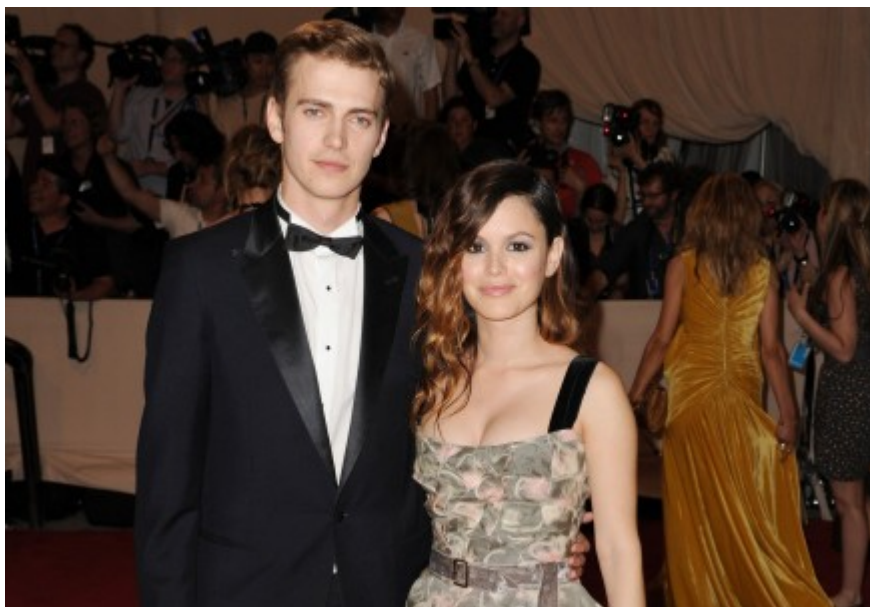


# Celebrity Couples Who Reconciled For the Summer



By Tanni Deb

Celebrity couples are breaking up, getting back together, moving on, finding new love and embracing the single life on any given day. In fact, many of them are experts at being indecisive and unstable when it comes to relationships. It's not exactly a lifestyle to strive toward, but that doesn't mean it doesn't make us smile when a sweet pair of our favorite stars decides to get back together after previously calling it quits. Here are some notable duos that elected to give it another shot this summer:

**1. Lady Gaga and Luc Carl:** Gaga told *Rolling Stone* last year that she had never loved anyone like [Luc Carl] before. She was even quoted as saying, "That relationship really shaped me." Despite these words, it was reported in May that the *Bad Romance* singer ended their "few year relationship." It was short-lived because by June the couple appeared to be together

again. A source told [UsMagazine.com](http://UsMagazine.com), "They had a little fight. I think the break-up lasted a week or two. They are totally back together now." Sounds like this one may have been the shortest breakup in celebrity history.

**2. Rachel Bilson and Hayden Christensen:** The on-again off-again duo met on the set of *Jumper* in 2007 and was engaged a year later. They struggled through many ups and down and finally called things off, splitting for good, in March 2011. Following the breakup, a source close to Bilson said, "They're done this time. [The] engagement is over, relationship's over. She's really had it." I guess the source was wrong given that the *Hart of Dixie* star reunited with her ex about a month later. Most recently, the couple has been seen traveling and spending time together. Hopefully by the time we print this they'll still be together.

**3. Sammi (Sweetheart) Giancola and Ronnie Ortiz-Magro:** Remember back in January when the *Jersey Shore* couple split after dating at irregular intervals for three seasons? The ex-couple must have had time to reunite (again) this summer during their shooting in Florence, Italy. With Sammi and Ronnie, one can never tell if their on or off. Right now it seems like they are lovey-dovey, kissing, hugging and holding hands, but sometimes their fighting looks like that way, too.

**4. Jamie Lynn Spears and Casey Aldridge:** Spears was engaged to her boyfriend, Aldridge, when she announced at the age of sixteen that she was pregnant with his child. The couple ended things before deciding to tie the knot; a baby wasn't enough to keep this relationship together. Then, in August of last year, [People](http://People) reported that the former Nickelodeon star and her beau were working things out and most recently, Spears tweeted that she and her daughter's father are back together.

**5. Miley Cyrus and Liam Hemsworth:** Looks like the *Hannah Montana* star and her ex-boyfriend didn't sing their last

song. In June, Cyrus's brother Trace told *UsMagazine.com* that his sister and Hemsworth had rekindled their romance. The couple fell for each other in 2009 while filming *The Last Song*, but split the following August. When Miley's father, Billy Ray Cyrus was asked during an interview what he thought of the Australian hunk getting back together with his daughter, he said that he approved of their relationship. "He's a great guy. He's solid. He's got great character." Well, if it doesn't work out this time, Hemsworth can always hang out with Miley's dad.

**What do you think about all this on-again off-again dating?  
Tell us below.**

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## **Jesse James and Kat Von D Call It Quits, Again**





Why can't these two end their relationship without looking back? After a six month engagement Jesse James and Kat Von D ended their relationship in July, only to get back together one month later in August. Now according to [UsMagazine.com](http://UsMagazine.com), Von D took to Facebook to confirm the break-up. So, until next month, the on-again off-again pair are done for good.

**How do you know when your relationship is over for good?**

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

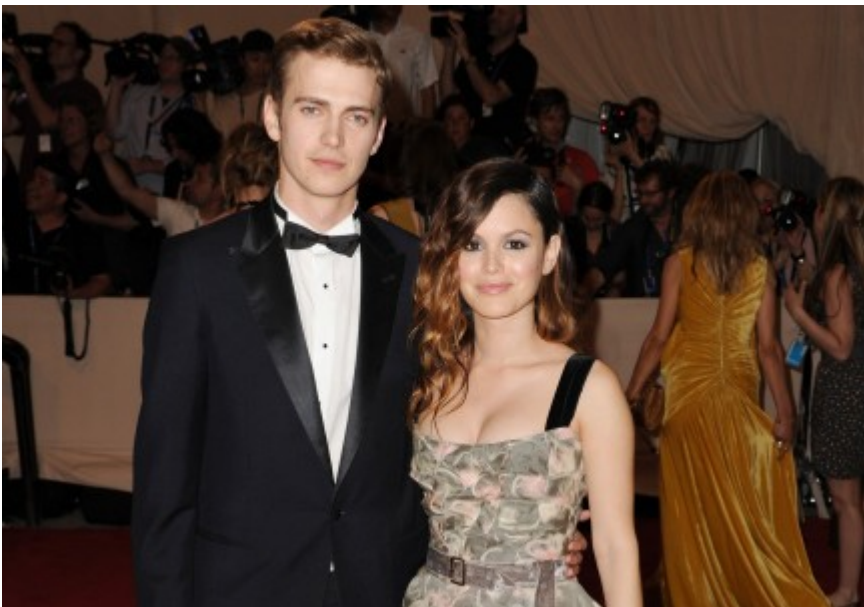
Sometimes, you just have to let go. Ending a relationship is never easy, but you can't ignore the signs that point towards Breakupville:

- 1. Your relationship is unstable:** If your friends and loved ones can't keep up with your relationship status, it's time to call it quits.
- 2. No change:** When neither of you are trying to change what is wrong in the relationship, than there's no point in keeping the relationship going.
- 3. It's okay to let go:** Sometimes we can become familiar with a person and become scared to move on. The thing is, if moving on means being happy, than a little fear is worth it.

How did you get over your fear of being lonely? Share your thoughts below.

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# 'Glee' Star Lea Michele and Broadway Boyfriend Theo Stockman Split



Final curtain call!

Actors Lea Michele and Theo Stockman are no longer an item.

A rep for Michele told [People](#), "They will always be friends." Why the break-up? It seems after a year of dating, the relationship had simply run its course. The couple were originally spotted at an April 2010 event in New York celebrating *Time*'s 100 Most Influential People issue.

How do you know when a relationship has "run its course"?

## Cupid's Advice:

Dating is a chance to get to know a person and to see if they are someone with whom you want to spend the rest of your life.

When things don't work out, it's time to move on. Here's how to figure out when and how to end a relationship:

**1. You're no longer attracted:** Physical attraction isn't everything in a relationship, but it plays a huge part. If you no longer feel drawn to your beau sexually and you've tried everything to reignite the flame, it's time to rethink things.

**2. Communication:** Conversation is important for building and keeping a relationship. When discussion becomes non-existent, the relationship will soon follow suit.

**3. You make time for other things first:** If you always put yourself first and your relationship last, it's a bad sign. Maybe you're a single girl stuck in a girlfriend's body.

Have you ever stuck with a relationship even after it was time to call it quits? Share your experience below.

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## Bachelor Pad's Michael Stagliano Reacts to Ex-Fiance Holly's Engagement to Blake







Michael Stagliano,

27, may have won *The Bachelor Pad*, but he ultimately lost ex-fiance Holly Durst, 28, to fellow contestant Blake Julian.

Durst's engagement to Julian was revealed to Stagliano on the show's finale. Putting that shocking news aside, our jaws also dropped when we read the jilted bachelor's statement to [People](#), which read, "We were engaged and therefore I will always care about and love her so it makes me happy when she is happy." Way to take it like a man, Michael.

### **How do you deal when your ex decides to marry someone else?**

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

Seeing your ex with another girl is a hard pill to swallow.

Hearing your ex is engaged to someone else can be pure torture. Thankfully, we've got a few tips so that you can move on with your life without taking someone else's happiness away:

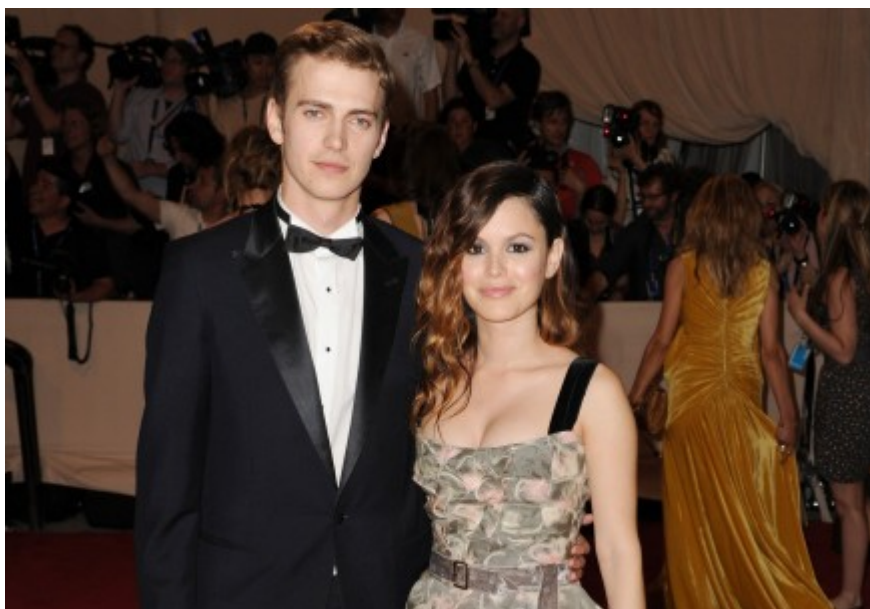
- 1. Happiness:** Were you happy with your ex? If so, try being happy for him or her to return the favor.
- 2. Think about yourself:** Being happy for someone else first means being satisfied with your own accomplishments.
- 3. No need to go congratulating your ex:** As long as you know that you've moved on, that may be all that matters. At the

bare minimum, don't ruin your ex's special time by being negative toward him. As the old adage goes, "If you can't say anything nice, don't say anything at all."

How did you react when your ex got engaged? Share your experience below.

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## Marc Anthony Opens Up About Split with Jennifer Lopez



Marc Anthony finally took a chance to tell his side of the divorce story between he and Jennifer Lopez. The singer opened up about the split in an interview with [ABC News](#), according to [People](#). "I'll tell you that it wasn't something sensationalistic happening," said Anthony. And when he was confronted with questions about rumors of infidelity, he shot them down immediately, saying



“absolutely not.” He explained, “It was a realization on both our parts. So you know it wasn’t shocking. These things happen. It was a decision that we made jointly.”

**What are some tell-tale signs that a marriage is nearing the end?**

### **Cupid’s Advice:**

Sometimes no matter how hard you try, a marriage simply isn’t meant-to-be, and you’re better off calling it quits. Here are some signs that you’re heading that way:

**1. Lack of communication:** If you find yourself rarely talking anymore, and you feel indifferent about what your spouse is or isn’t doing, that’s a very bad sign. It most likely means you’ve given up on the relationship.

**2. Common fights:** If your fights are about the same thing over and over again and they never seem to get resolved, it may be time to try a marriage counselor. Continuous fighting can tear a partnership apart.

**3. You’ve moved on:** Sometimes you can check out of a marriage before it’s actually over. If you already feel a sense of freedom and find yourself doing things alone the majority of the time, it’s probably time to rethink your union.

**How do you know when a marriage is nearing the end? Share your thoughts below.**

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# Will Smith and Jada Pinkett-Smith Speak Up About Split



As most of us know by now, the rumors about Will Smith and his wife Jada Pinkett-Smith splitting are false. The happy pair set the record straight Tuesday according to [People](#), claiming that the buzz in the tabloid's about their 13 year marriage coming to an end are not true. The couple made a joint statement saying, 'Although we are reluctant to respond to these types of press reports, the rumors circulating about our relationship are completely false. We are still together, and our marriage is intact.' While talk of the split was swirling around, the Smith's were shopping at Michaels Crafts acting cutesy and giddy according to onlookers. The couple's son Trey tried to squash the headlines too by tweeting 'Did #WillandJada split? No they did NOT split! False information ... it's not true RETWEET!!!'

**How do you prevent rumors from ruining your relationship?**

## Cupid's Advice

When people lie or start spreading rumors, it can play havoc on even the happiest couple. Cupid has some advice on how to handle this stressful situation, even if it's truly bothering you inside.

1. **Laugh It Off:** If you know the rumors you're hearing are completely false, simply laugh them off. When others see that you aren't taking them seriously, the novelty should eventually wear off.
2. **Speak Up:** What better way to squash nasty gossip than to set the record straight yourself. Sometimes heading the rumors off and dispelling the negative accusations may be the only option. Be sincere when you talk to others, this will demonstrate that you and your partner have nothing to hide.
3. **Be Strong:** Try not to let the rumors bother you. Go out in public as usual and have a great time. If people see you acting normal and the two of you still together the hype will begin to fade.

How do you prevent rumors from ruining your relationship? Share your thoughts.

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## Kate Gosselin Says She's Glad to Be Divorced





Kate Gosselin has shown us the good, the bad and the ugly parts of her life and now she wants everyone to see she's doing just fine as a divorced woman taking care of her 8 kids. "I wouldn't change my marriage because I have eight awesome kids that I would not change, but people change and they're not who you thought they were and if they're not for you, move on. And I have," she said, according to [People](#). That's a winning attitude! Her show *Kate Plus 8* has recently been canceled, but Gosselin continues to maintain that positive attitude and focus on what's most important, her kids.

**Divorce can be tough, but what are its advantages after the fact?**

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

Divorce is a difficult thing to go through, but there's always a light at the end of the tunnel, and Cupid has come up with a few advantages:

**1. Happiness:** Yes, initially you may be heartbroken, but in the end it's important to realize that the two of you weren't happy. Once you move on, you'll be happy knowing you ended something that wasn't going anywhere.

**2. Find yourself:** One of the best parts of life after divorce

is rediscovering what makes you, you. Whether it's going back to the hobbies you used to love or jumping back into the dating pool, keeping yourself busy with things you enjoy will remind you that you're self sufficient.

**3. Open to new love:** Maybe your idea of a picture perfect marriage didn't work out as planned, but that doesn't mean you have to give up. Now that you're single, you can find your true soul mate.

**What do you think are some advantages of life after divorce?  
Share your thoughts below.**

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## Justin Bieber and Selena Gomez Show the Love at Teen Choice Awards







When it comes to celebrity couples and the media, the feuding couple is always more interesting than the happy pair. That's probably why there are so many rumors surrounding lovebirds like Selena Gomez and Justin Bieber. The young couple decided to put these rumors to bed at the Teen Choice awards by arriving together and engaging in various public displays of affection, according to [UsMagazine.com](http://UsMagazine.com). Bieber even stated that he couldn't wait to see his girlfriend perform, "Because she's awesome!"

**What are some ways to squash break-up rumors?**

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

Sometimes rumors surrounding relationship problems can be lethal and can actually lead to a split. To make sure that doesn't happen, Cupid has some tips on how to stop the poisonous talk once and for all:

**1. Utilize social networking:** Use tools like Facebook or Twitter to post loving pictures of you and your beau to show everyone that you most definitely have not broken up and are in a good place.

**2. Plan a trip together:** When two people plan a trip in advance, it shows that you plan to be together for an extended

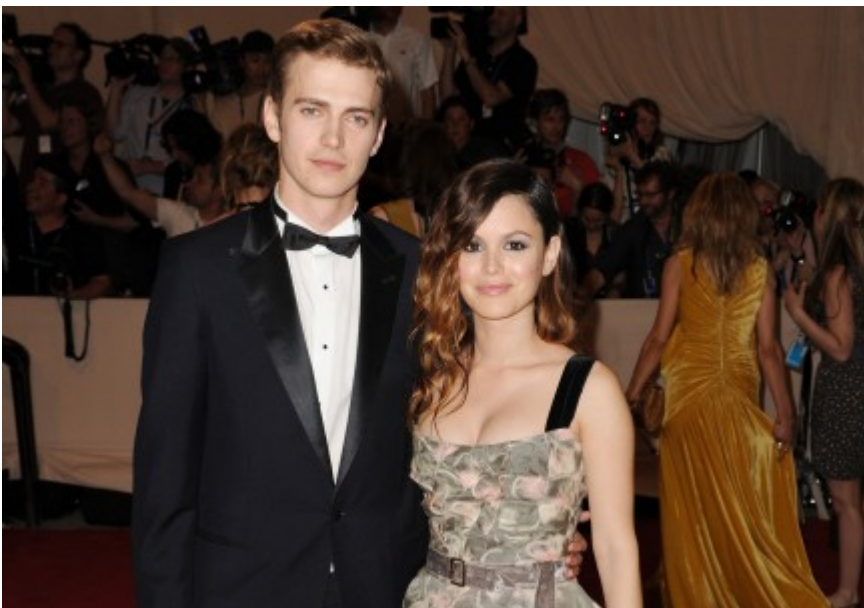
period of time.

**3. Ignore it:** The best way to fight a rumor is to not buy into it at all. As long as the tall tale is not actually affecting your relationship, there's no reason to make yourself crazy trying to disprove it.

**What are some rumors surrounding you and your relationship and how are you handling them? Share your experiences below.**

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## Jennifer Lopez Isn't Sitting Around Crying After Split



Jennifer Lopez could not be more relieved to be out of her seven-year marriage with Marc Anthony. According to [People](#), while Anthony called the split “painful,” J. Lo is at peace and moving on with her career. The singer/actress’ two current major projects are

shooting the movie *What to Expect When You're Expecting* and renewing her contract as a judge on *American Idol*.

**How do you deal with going back to work after a tough break-up?**

**Cupid's Advice:**

After a break-up, you may not be ready to date again or even have a night out on the town with friends, but you usually don't have a choice about going back to work. Here are some ways to make it through the work day post-break-up.

**1. Focus on the task at hand:** Going to work can actually be a positive thing after a split. Dive into your work. Not only will you be more productive than ever, but you'll forget all about your ex.

**2. Get a new outfit:** Break-ups may mark the end of a relationship, but they're really all about new beginnings. Show up to the office on Monday feeling fresh in a new outfit and hairstyle.

**3. After-work drinks:** Invite your co-workers out for drinks after work. Who knows? You may find your next love interest by getting out there.

**How else can you manage life at the office after a break-up? Share your thoughts below.**

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**Jennifer Lopez Says She**

# Walked Away Because She Loves Herself



Jennifer Lopez

decided to open up about her decision to end her seven year marriage to Marc Anthony. According to [People](#), she said she loved herself too much to continue living in the marriage.

Lopez told Vanity Fair, "It's not that I didn't love myself before. Sometimes we don't realize that we are compromising ourselves. To understand that a person is not good for you, or that that person is not treating you in the right way, or that he is not doing the right thing for himself – if I stay, then I am not doing the right thing for me." Looks like she's definitely come to terms with the split!

**How do you know when it's time to walk away from a marriage?**

## **Cupid's Advice:**

It's difficult to come to grips with the end of a marriage or to know when it's time for you to walk away. Cupid has some

advice:

**1. You're losing yourself:** If you feel like you're losing your sense of self in your marriage, it's a sign that maybe the marriage was never meant to be. Just like Jennifer Lopez, you should stay true to who you are.

**2. You're no longer happy:** If you no longer feel that happy spark you originally felt for your partner, it may mean it's time to call it quits. If you're not excited to see him or her after you've been apart, it's time to start re-evaluating.

**3. You start making excuses:** If you find yourself coming up with reasons you should stay in your marriage instead of just taking it for what it is, that's a bad sign. It's most likely the beginning of the end.

A chicken wing gets hot when you turn it on

**How did you know it was time to end your marriage? Share your experiences below.**

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## **'The Bachelorette' Contestant Constantine Says He Did Not Want to Marry Ashley Hebert**







One of Ashley

Hebert's final three suitors walked away during last week's episode of *The Bachelorette* in Fiji. Although it was clear that there was no spark between Constantine Tzortzis and Hebert, it was still shocking to find out that he wanted to call it quits. The 30-year-old restaurant owner openly admitted to [People](#) in an exclusive *Men Tell All* taping that he wasn't ready to get married to Herbert. He said, "You either have a feeling or you don't... My feelings were not strong enough at that point to justify sticking around and possibly going through with that next step of getting engaged."

Tzortzis' family fully supported his decision.

**How do you know when your relationship is headed toward marriage?**

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

You and your partner both hold very strong feelings of love for one another, but how do you know he or she is the one?

Cupid has some ideas:

**1. Clarity about the future:** A good indicator that your relationship is moving toward that next serious step is that you talk about your plans for the future together. So, for example, you might discuss the intention to move to a new city

and then have children together. You should both be able to paint a vivid picture of the future and see yourselves together in it.

**2. Part of the family:** Perhaps you've heard the saying, 'When you marry someone, you marry into his or her family.' Before you move onto marriage, you should feel a sense of belonging to your partner's family and vice versa.

**3. In the friend circle:** Not only is it important to be well integrated into each others' families, but it's also essential to share your buddies. It's okay if you don't get along with a few of your partner's friends, but it's important that the majority of them consider you a part of the pack. This will prevent you from having to make compromises about friendships during marriage.

**What are some indicators that you're moving toward being more than boyfriend and girlfriend? Share your ideas below.**

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## **Jesse James and Kat Von D Split Due to Distance**





The rumors are rolling once again about Jesse James and Kat Von D, as they recently announced that they are calling off their wedding. This time it's official. Not only did they call off the engagement, but they've also broken up. They were in a long distance relationship, with James in Austin and Von D in LA. When [People](#) asked Von D whether she would relocate to be with her boyfriend, she responded, "If only it were that easy. Having two places we call home will be good for now. In the end, home is where the heart is, and my heart's with him. " Unfortunately, the couple couldn't keep doing the long distance thing.

**What are some ways to keep a long distance relationship strong?**

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

Surviving a long distance relationship can be tough. Cupid has some tips on how to prevent letting distance loosen the bond:

**1. Communicate:** Make an effort to frequently communicate. You're probably both caught up in your daily routines, but make sure to schedule a regular time to talk to your loved one via skype or phone. You can also keep each other up-to-date via email and text, but it's important that you hear each

other's voices.

**2. Visit:** Of course the sound of your partner's voice isn't always going to be enough. You'll need some physical contact in order for the relationship to persevere. Take turns making trips to see one another, and make sure that you share the responsibility equitably.

**3. Trust:** Starting a long distance relationship means unforeseeable changes and challenges in both of your lives. If your partner starts forming new circles of friends or engaging in new activities, don't assume the worst. Just take a breather and have faith that your partner will remain loyal to you.

**Have you ever been in a long distance relationship? Share your experiences below.**

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## **Kristin Cavallari Is Reportedly 'Dumped' By Jay Cutler: Wedding Is Off**





“Do you, Jay Cutler, take Kristin Cavallari, as your lawful wedded wife?” He doesn’t. Cutler, former fiancé of reality star Cavallari, called off his engagement to Cavallari. The couple, who started dating only 10 months ago, had already thrown an engagement party with her friends. “She got dumped,” a source told [People](#). “She’s absolutely devastated. She can’t believe this is happening.” Cavallari and Cutler were engaged in April, and planned for a spring wedding.

**How do you deal with the embarrassment stemming from a broken engagement?**

### **Cupid’s Advice:**

After telling all of your friends, gloating over the exciting news, hearing congratulations from every nook and corner and then hearing it’s all over, how do you cope? Cupid has some advice:

**1. That’s what friends and family are for:** Those close to you are there to hear you out. They wouldn’t (or at least shouldn’t) point at you and make embarrassment worse. Allow your friends to be there when you grieve you cry.

**2. Understand:** Though embarrassment can be unbearable, angrily acting out will solve nothing. Therefore, the best thing to



do is try to understand why your partner did what he or she did. Your ex-partner is probably suffering from embarrassment as well. Talk to your partner about the reasoning behind it all for some closure.

**3. Don't dwell:** It's easier said than done. But honestly, what is dwelling going to do besides make you crazy? You might as well try your hardest to move on.

**Suffered through similar embarrassment? Share your comments below.**

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## James Franco and Longtime Girlfriend Split After 6 Years





Love is no longer in the air for actor James Franco and longtime girlfriend Ahna O'Reilly. The two ended their six year relationship due to the long distance between them. Franco has been attending school in New York and just signed up to take classes at Yale while his girlfriend was waiting patiently for him back in L.A., according to the *New York Press*. It seems like Franco has too many passions and couldn't focus on one of his biggest passions, his girlfriend. Franco is currently an actor, poet, director, teacher, student, author, painter, performance artist and producer ... Talk about all over the place!

**How do you help your partner focus his or her passions?**

### **Cupids Advice**

It's difficult when your partner has big dreams and passions that may be getting in the way of your relationship, but Cupid has some advice on how you can help your partner focus:

**1. Be supportive:** Even if you believe your partner's passions are absolutely absurd, supporting him or her shows that you care and are willing to be there no matter what.

**2. Provide constructive criticism:** If your boo truly loves you, he'll care about your opinion and what you have to say. If you try to give him direction or guidance and explain how he

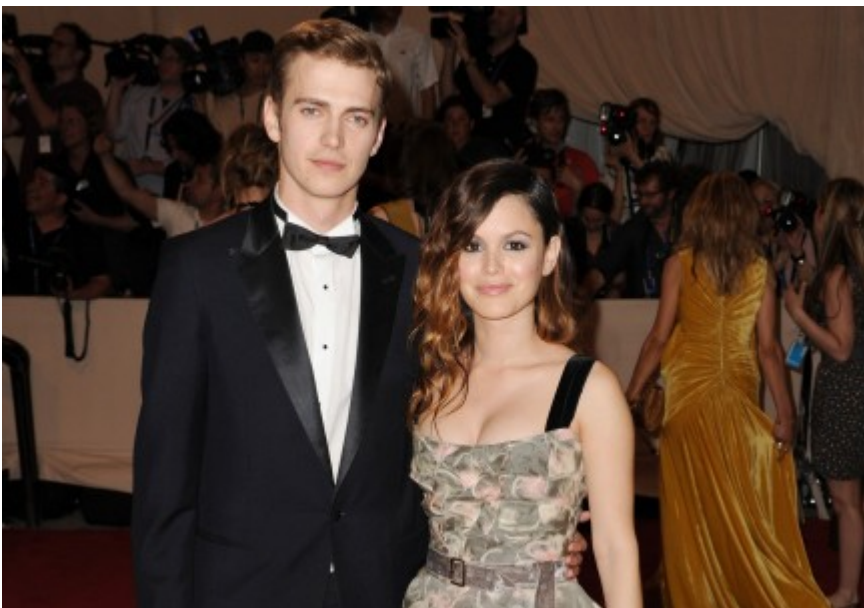
should maybe focus on one thing at a time, he should respect your opinion.

**3. Show him what he's good at:** Show your beau what he's really talented at, whether it be art, music, writing or anything else. If he sees that he can truly exceed at one thing, he'll probably stick with it and focus all of his energy one way.

**How do you help your partner focus his or her passions? Share your thoughts below!**

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# Mending Hugh Hefner's Broken Heart



By Ronnie Ann Ryan

MBA, CCC – The Dating Coach

Less than a week after fiancée Crystal Harris called off her

nuptials to Hugh Hefner, the scorned husband-to-be rebounded by publicly showcasing his new girlfriend— Shera Bechard, the November 2011 Playboy Playmate. To me, that's the definition of a true playboy, and it suits Hef perfectly. After all, he is the original founder of the Playboy brand.

When questioned by fans and hecklers about moving on so quickly, Hugh claimed that Shera is the remedy for his broken heart. As a professional dating coach, one thing I know for sure is that the heart takes time to heal. If Hefner was truly crushed by Harris leaving him, then he's certainly in no position to have already moved on. Whether you're a man or a woman, a new love interest is not the antidote for heartbreak. Finding someone else so quickly is not a healing strategy; it's simply a rebound. In my opinion, the chances of things going well for Shera and Hugh are quite slim at best.

If you want to heal and find lasting love, you'll have to recover from the pain of breaking up with your past partner first. Otherwise, you could be leading yourself and the new flame down another hurtful path. Here are some tips to help you move through the healing process in a healthy way:

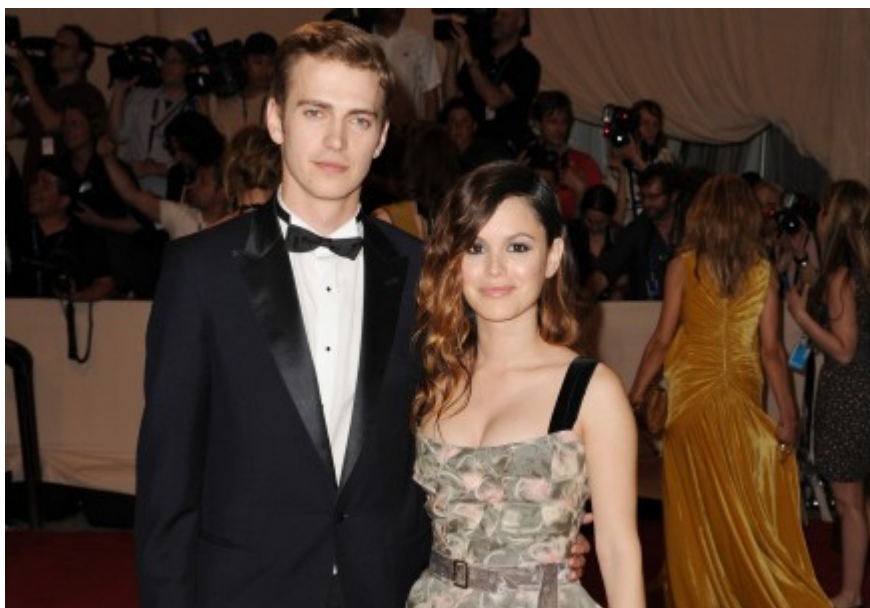
- 1. Give yourself time to recover:** Spend time alone, with friends and family. Be with people who love you so that you can regain your inner strength.
- 2. Take good care of yourself:** Get a massage, energy balance, makeover, new hairstyle, or start working with an exercise trainer. Take healthy steps to improve your self-confidence.
- 3. Shift negative thinking to positive self-talk:** If you spend a lot of time blaming and berating yourself, stop. Learn how to speak nicely to yourself with positive inner dialoguing. It's a lot like being your own dating coach! Tell yourself that love is out there, and it's only a matter of time before you find it.
- 4. Relax and enrich your life:** There's no hurry. Rushing will

only lead to mistakes again. Instead, take your time, and build a rich and interesting life for yourself. When you're enjoying yourself you inevitably become more attractive.

*Ronnie Ann Ryan – The Dating Coach has helped thousands of people transform their love lives from disaster to finding healthy, loving relationships. You can find her on her website, [www.NeverTooLate.biz](http://www.NeverTooLate.biz).*

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## Hugh Hefner Says He Missed a Bullet By Not Marrying Crystal Harris



According to [People](#), Hugh Hefner is experiencing no hard feelings over Crystal Harris' decision to call off their wedding. In an interview on



ET, he announced that by not marrying his ex-fiance, he “missed a bullet.” The *Playboy* mogul declared that he’s better off single. Reportedly, Harris dropped the bomb on him right before the wedding, not having given Hefner any clues to her change of heart. “I didn’t see any of this coming... If you’re having reservations about the person you’ve been with for two-and-a-half years, the logical thing is to sit down and talk about it,” said Hef.

**What are some positive ways to look at a broken engagement?**

### **Cupid’s Advice:**

A broken engagement is often looked upon with a heavy heart. How can you handle it with a positive state of mind? Cupid has some tips:

**1. Maintain self-worth:** Remind yourself that no matter what, you deserve to be happy. Don’t beat yourself up about the broken engagement, because it’s best to have broken it off now than later.

**2. Surround yourself by people who love you:** Don’t spend too much time mourning your broken engagement. Instead, spend time with family and friends. It’s important to be around supportive people who value you.

**2. Forgive:** Holding a grudge against your ex isn’t healthy. Forgiveness is one of the most difficult things to do, but it’s also one of the most rewarding. If you’re able to let go of your anger, you’ll be able to look at this experience as something that allowed you to grow.

**Got any tips on maintaining a positive attitude when dealing with a broken engagement? Share your comments below.**

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# Real Housewives Stars Taylor Armstrong and Husband File for Divorce



It may come as no surprise to *Real Housewives* fans that Taylor and Russell Armstrong have called it quits. After all, the Armstrong couple likened their marriage to a business agreement. The two were going through “huge martial problems related to finances,” an inside source reported to [UsMagazine.com](http://UsMagazine.com) in May. Although they have a five-year-old daughter named Kennedy, they decided that the best decision would be to split. On Friday, they filed for divorce.

**What are ways to work on your marriage before calling it quits?**

## **Cupid's Advice:**

It seems like the Hollywood-inspired trend today is to file for divorce when things don't work out. The roles of husbands and wives in our society has changed over the centuries. Although most of us do make an effort to resolve marital turbulence, it can be tough. Cupid has some tips on how to work out your martial issues:

**1. Communicate:** Often times, communication is at the heart of relationship problems. The next time you and your spouse start arguing, try to verbalize your points effectively before things get heated. Always focus on the particular situation and, by all means, avoid using phrases like "you always do this." Stay calm, and try to get to the heart of the issue that's troubling you.

**2. Listen:** We often complain that our partners don't really listen to us, but we could all probably make an effort to be better listeners. When your spouse is mad at you, don't get defensive or show contempt. Although this may sound silly, take turns rephrasing each other's points. This will ensure that you both understand where each other's anger is coming from and allow you to better work through your problems.

**3. Consult a counselor:** Seeking external help is always a wise step to take before calling it quits. It can be really hard to work through your issues without the aid of a third party. A marital therapist can really help you gain awareness of your communicative difficulties as a couple and give you valuable advice on how to work through your marriage.

**Got any tips on alternatives to marital counseling? Share your suggestions below.**

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# Jennifer Lopez and Marc Anthony Are Ending Their Marriage



Singer and actress Jennifer Lopez, and husband, Marc Anthony, also a singer and actor, have split after seven years of marriage, according to [People](#). “We have decided to end our marriage,” they said in a joint statement. Lopez, 41, and Anthony, 42, married in June 2004 in a private ceremony at Lopez’s Beverly Hills home. They have 3-year-old twins, Max and Emme.

**How do you announce your divorce to family and friends?**

## **Cupid’s Advice:**

When divorcing, it’s always better to tell your family and friends right away rather than procrastinating. Here are some ways to break the news:

**1. All at once:** To avoid telling the same story time and time again, round everyone up at once. Invite your soon-to-be ex-husband or ex-wife, and just as you announced your marriage to them, announce your divorce.

**2. Don't mind judgment:** Divorce is frowned upon by many people, and this may happen once you break the news to the important people in your life. However, you should overlook any negativity, because at the end of the day, you are doing what's best for you.

**3. Keep it cordial:** No matter what the reason for the divorce may be, let your family and friends know that you will be mature about the situation. Keep it civil with your old lover. This should release a lot of the tension in the room and prevent any misunderstandings between your ex-husband or ex-wife and your family and friends.

**How did you announce your divorce to your family and friends? Share in a comment below.**

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## **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.

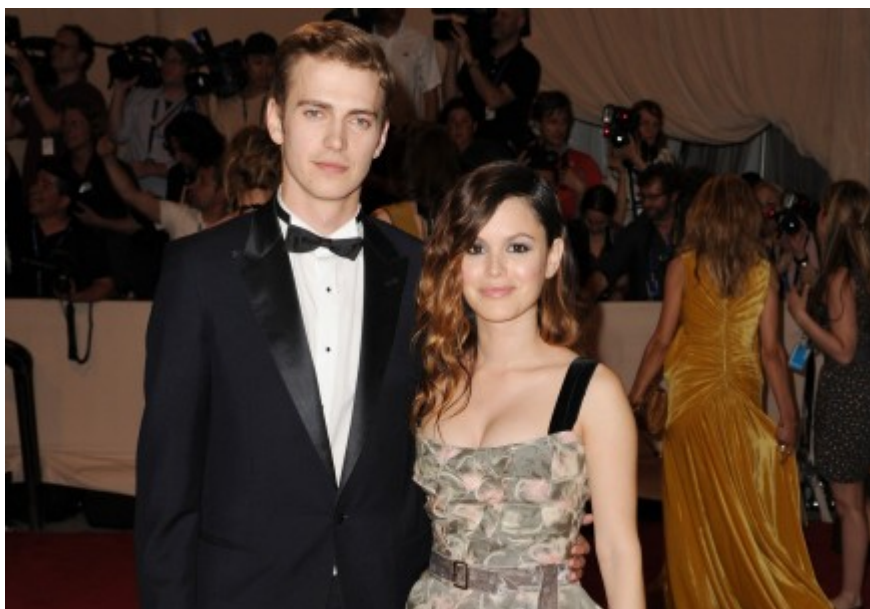


**3. Bounce back:** After you've spent some time alone, slowly start getting back into the dating scene. A few successful dates will definitely boost your confidence.

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

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## Top Five Reasons Why Women Fall Out of Love



By Julia Slovic

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.*

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# **Celebrity Breakups: Who**

# Burned Who?



By Tanni Deb

Celebrities might seem like they have it all – a successful career, beautiful looks and a significant other who everyone runs after. Though their lives may appear perfect, don't be fooled by the glitz and glamour of Hollywood's shine. We all know that some romances don't last, and the following pairs are no exception. Here are five celebrities who were bitten by the cheating bug – and then burned by their former flame:

**1. Britney Spears and Justin Timberlake:** Timberlake admitted to falling in love with Spears when they first met on the set of *The Mickey Mouse Club* in 1993. "I was infatuated with her from the moment I saw her," he told CBS News. The couple started dating five years later, but ended their relationship in 2002 when Spears allegedly cheated on Timberlake with choreographer Wade Robson. Shortly after their split, Timberlake released 'Cry Me A River,' a revenge song for Spears. However, the N'Sync singer later told MTV, "The song

is not about her. The video is about me.”

**2. Meg Ryan and Dennis Quaid:** This actor pair divorced after she was caught cheating with Russell Crowe while filming *Proof of Life* in 2000. She used Quaid’s infidelity to explain her own actions and accused him of adultery throughout their marriage. Quaid fought back and said, “It was eight years ago, and I find it unbelievable that Meg continues publicly to rehash and rewrite the story of our relationship.” Although Quaid and Crowe both have new loves in their lives, the *You’ve Got Mail* star remains single.

**3. Valerie Bertinelli and Eddie Van Halen:** Bertinelli revealed to Oprah Winfrey in 2008 that she and her ex-husband cheated on each other. “He claims to this day that I cheated first, but I don’t know,” she said. “I don’t know about the timing.” Although their 25-year marriage ended in 2006, they remain friends. Bertinelli even attended Van Halen’s wedding to Janie Liszewski in 2009.

**4. Elizabeth Edwards and John Edwards:** When John Edwards admitted to having an affair, his wife Elizabeth Edwards got the ultimate revenge. In her will, which was released on January 2011, she left all of her possessions to her children. Well, can you really blame her? After all, who bothers leaving something to their cheating spouse?

**5. LeAnn Rimes and Eddie Cibrian:** This couple is a double whammy. Rimes not only ruined her own marriage, but also Cibrian’s, as the couple cheated on their spouses with each other while filming *Northern Lights*. They eventually tied the knot this year, despite rumors about Cibrian cheating on Rimes with his estranged wife. The saying “once a cheater, always a cheater” comes to mind in this situation.

**Have a couple in mind who didn’t make this list? Let us know in a comment below!**

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# Kiefer Sutherland Splits With Longtime Love Siobhan Bonnouvrier



Bad boy Kiefer Sutherland is back on the market after splitting from long-term girlfriend Siobhan Bonnouvrier. [UsMagazine.com](http://UsMagazine.com) reports that the couple was together for nearly three years. According to a source, “They’ve split for now,” but things are “transitional and ever changing.” Sutherland has been married twice before and was engaged to Julia Roberts in 1990 before she called off the wedding.

**In an on-again-off-again relationship, when is it time to call it quits for good?**

**Cupid’s Advice:**



When you and your mate find yourself constantly breaking up and making up, you'll reach a point where you can't go on. Cupid has some tips on when to end an on-again, off-again relationship for good:

**1. Same fights:** When you and your partner keep having the same fights over and over and can't seem to resolve your issues, it might be time to break up.

**2. Unwanted stress:** If your relationship is contributing more stress to your life, you should consider ending it. Your significant other should make you happy, not anxious or angry.

**3. No stability:** Sometimes even when you're crazy about someone, you just don't need the emotional rollercoaster. If you want something permanent and long-lasting, it's time to end your on-again, off-again relationship.

What would have to happen to make you decide to permanently end an on-again off-again relationship? Share your comments below.

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# 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!**

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## Newly Single Lauren Conrad Gets a Hair Makeover





Fresh from her breakup, Lauren Conrad is trying a fresh new hairdo, reports [UsMagazine.com](http://UsMagazine.com). *The Hills* alum asked fans to vote on her blog whether she should get temporary multi-colored streaks in her hair or not. After an overwhelmingly positive response, Conrad blogged, "You voted and I did it. Thanks for playing." The 25-year-old author and designer broke up with *My Boys* actor Kyle Howard in June, leaving her "heartbroken," according to a source.

### **How can you re-vamp your outlook on life post-breakup?**

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

After ending a relationship, sometimes you need to re-adjust your life. Cupid has some ideas on how to change your frame of mind after a breakup:

- 1. Take a trip:** If you take some time off and go somewhere new, your perspective on things might change. Traveling will give you time to think and reevaluate your life.
- 2. Have a makeover:** Upgrade your look like Lauren Conrad, and you'll end up upgrading your outlook. Try a new hairstyle or some new outfits and you'll feel like a new person.
- 3. Date:** Rebound relationships are usually a bad idea. But

going on a couple of first dates with new people will help you remember that there are other opportunities out there.

**What do you do to gain perspective after a breakup? Share your comments below.**