

# Tiger Woods & Elin Nordegren Finalize Their Divorce



After months of rumors and scandals surrounding Tiger Woods and his wife Elin Nordegren, the two have called it quits. "Elin Nordegren and Tiger Woods confirmed today that they have divorced," Nordegren's Virginia-based law firm, McGuireWoods, confirmed last Monday in a statement to [Access Hollywood](#). "The Judgment provides for shared parenting of their two children." The former couple released a joint statement to the public reinforcing that their children are their primary concern. They also added, "We are sad that our marriage is over, and we wish each other the very best for the future."

**How can you find love again after a divorce?**

## Cupid's Advice:

Moving on from a commitment like marriage can be a slow transition. Once you're back in the dating world, the idea of love can finally start to take form again. Cupid has some tips to help you along:

**1. Over it:** Before venturing into the dating world, make sure you aren't still licking old wounds. If the divorce papers or breakup discussions are finalized, then treat whatever is left of the relationship the same way. Otherwise, you might be setting yourself up for future pain.

**2. Don't rush:** There's no need to hurry into a new relationship. Many people rebound quickly and become deeply involved too soon after their divorce or breakup. Sometimes it can lead to dating someone similar to your ex. Make sure it feels right before becoming too committed.

**3. Changes:** If you're dipping your feet back into the waters of dating, chances are you have a new outlook on life and a new attitude to go along with it. This might be a good time to submit to a makeover, too! During a serious relationship, many people have a tendency to let themselves go. Now is a great time to fit and try out new fashions. Have fun with it!

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# Kate Winslet Back On the Dating Scene





Kate Winslet appears to be taking a page from Marilyn Monroe's book with a case of the seven-year itch. According to [Us Magazine](#), the actress is going public with her new relationship with British model Louis Dowler, after announcing in March that she and director Sam Mendes had split after nearly seven years of marriage. "Kate certainly seems smitten," a source familiar with the couple told the UK's [The Mirror](#). "Who wouldn't be?... They've really got something special."

**What's the best way to jump into a new relationship after severing a long-term one?**

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

Getting back into the dating scene after a divorce or breakup can be awkward. Cupid has some advice to make sure you make the most of it:

**1. Time for a makeover:** When you look your best, you will most likely feel your best. Break away from the old you and do something to make yourself feel great before venturing back

into the dating game.

**2. No time for a do-over:** Take the time to figure out what went wrong with your last relationship, and determine what the essential qualities you are looking for in another person. The last thing you want to do is find yourself getting involved in a similar situation, which will most likely end badly.

**3. All the single ladies! (and men):** Though it might be difficult, don't go on the date with thoughts of your last relationship. Leave your troubles at home or in the therapist's office. Think of this as an opportunity to be yourself, be single, and start fresh.

There is no timeframe for starting to date once again. Everyone is different. When you feel ready, go for it and have fun.

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## Are Jennifer Aniston & John Mayer Back On?







Celebrity tabloids have been reporting a possible romantic rekindling between Jennifer Aniston and John Mayer this week, according to [E! Online](#). Sources say they saw Aniston in the wings watching Mayer's most recent concert. Although reps for the actress deny she attended the concert, the rumors persist!

**What do you do when you can't let go of an ex?**

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

Breakups are difficult, and sometimes it's hard to let go. Cupid has some suggestions about how to move on:

- 1. Realize this has to happen:** Whether you understand the reasons behind your breakup or not, you need to move on. There's no sense in staying attached for longer than necessary.
- 2. Don't be desperate:** If your ex tries to contact you, don't drop everything to make yourself available. If things aren't meant to be, this will only delay the pain.
- 3. Have self-confidence:** It's important to work on your self-

esteem after a rough break-up. By no means should you feel completely responsible for the split. “What ifs” do nothing but bring you down further.

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## Kim Kardashian's New Flame



A little over two months after her breakup with longtime boyfriend Reggie Bush, Kim Kardashian has her eyes on yet another football star – The Dallas Cowboy's Miles Austin. After meeting at an L.A. restaurant, the two have kept in touch, and have even gone on a few dates. An insider told [People](#), “It's going really well.” While they aren't

officially dating, the relationship seems promising. The two are reportedly “taking it slow.” A friend of the couple said that Kardashian “thinks he’s a really good guy. He’s really sweet to her.... He thinks Kim is his dream girl.” **Is it wise to date the same type?**

### **Cupid’s Advice:**

Sometimes it’s easy to find yourself frequently drawn to the same kind of man. Before entering a relationship with yet another “type” of guy, consider Cupid’s suggestions:

**1. Are you hurt?** If you constantly date the same type of man and find yourself hurt at the end of a relationship, then it’s time for something new. On the other hand, if your relationships are healthy and usually end with some kind of mutual agreement, then your choice in men is fine the way it is.

**2. Do you ever wish for more?** Similar men typically have similar shortcomings. If your current relationship does not offer all you wish for, chances are, your typecast guy will leave you with the same feelings. Make a change if you’re unhappy.

**3. Step out of your comfort zone:** If you’ve been dating the same kind of guy since high school and find yourself hurt and unhappy in relationships, then you need something different. It may be difficult at first, but putting yourself out there and dating people that you would normally pass by or disregard could prove to be rewarding.

For more info on types of partners, check out [Cupid’s interview](#) with Andrea Syrtash’s, author of *He’s Just Not Your Type (and that’s a good thing)*.



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# Just Married: Anna Paquin & Stephen Moyer



*True Blood* co-stars Anna Paquin and Stephen Moyer proved their chemistry off-screen, as they wed in Malibu Saturday, reported [Us Weekly](#). The couple, who announced their engagement last August, were surrounded by family and friends as they exchanged their vows under a tent by the beach.

**How do you decide if a big or small wedding is right for you?**

**Cupid's Advice:**

Needless to say, your friends and family will all have their



own opinions about how your wedding should be, but Cupid has some things to consider when deciding whether to have a big or small celebration:

**1. Stay within your budget:** Money isn't always fun to think about, but when it comes to your big day, it's really important to do only what you can afford. The more people you invite to your wedding, the more it costs!

**2. Consider the size of your family:** When deciding how many guests to invite, it's easy to overlook the sheer size of your family. Add them all up before you commit to a specific number.

**3. Remember your dreams:** Most girls grow up dreaming of their perfect wedding. Did you envision having 100 attendees or 10? If you're one of those people who always pictured your wedding day, think about whether or not you'll regret not making that fantasy a reality.

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## Katie Holmes & Tom Cruise Still in Love





No one can forget the time Tom Cruise jumped up onto Oprah's couch professing his love for then-girlfriend Katie Holmes. Now the two are married, with 4-year-old daughter, Suri, and are still head over heels in love. As reported this week in [People](#), Holmes still sees her husband as the leading man he is on the silver screen. **Years down the road, how do you keep the fire burning in your marriage?**

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

Everyone has come into contact with that inspiring older couple that still looks at each other the same way they did when they fell in love. Cupid has some suggestions on how to reach this relationship ideal:

- 1. Pick the right one:** People who marry just for looks or money always tend to end up unhappy. Don't choose a partner for merely superficial reasons. Spend your life with someone you can't live without.
- 2. Never stop dating:** Even though you now have kids and a mortgage doesn't mean you don't have time for dinner and a

movie once in while. Making time for dates can make a big difference.

**3. Be spontaneous:** Planning dates and vacations in advance is great. However, the element of spontaneity can keep you feeling like a honeymooner for years to come.

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## Kristin Cavallari Dating Doug Reinhardt



*The Hills* star Kristin Cavallari was spotted out and about



this weekend with another alum of the show, Doug Reinhardt, reports [RadarOnline.com](http://RadarOnline.com). Reinhardt was briefly featured on *The Hills* when he dated long-time Cavallari rival Lauren Conrad. Conrad has since left the show and is currently dating actor Kyle Howard. **How do you deal when your ex dates your enemy for revenge?**

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

Though Reinhardt and Conrad were not the first castmates to find love on the show, drama always seems to follow love on the MTV hit. However, the Conrad versus Cavallari rivalry was well documented in the press, so Conrad needs to be careful about any comments she makes regarding the Cavallari-Reinhardt romance. It's key to find a balance between being uninvolved but still supportive in this situation.

**1. Don't butt in:** Unless your ex tries to get you involved in his or her new relationship, it's important to remain aloof. If your ex is trying to send you a message by getting with your rival, getting involved only makes the situation stickier.

**2. See their side:** No matter how you feel about your enemy, if your ex is genuinely happy and not just looking for revenge, then keep your opinions to yourself. See how their relationship progresses before you pass judgment.

**3. Concentrate on you:** No matter what other drama is going on around your ex or your enemy, you need to work on yourself first. Focus on you and your relationships, and try not to let your ex put a damper on your life.

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# Hilary Duff & Mike Comrie Signed a Prenup



[Page Six](#) reported yesterday that Hilary Duff and Mike Comrie are not only man and wife now, but they also signed a prenuptial agreement. The former Edmonton Oiler and Disney star made sure to protect their assets before getting hitched in front of 100 family and friends Saturday evening in Santa Barbara, according to sources. "It was a totally amicable agreement. They love each other very much and knew this was just a technicality," said one insider. While Duff, 22, made her fortune starring as Lizzie McGuire in the hit Disney television series and later in several movies, Comrie, 29, is the heir to an appliance and retail business, The Brick, and his fortune is worth as high as \$500 million.

## Should you and your partner sign a prenup?

Cupid's Advice:

- 1. Bring it up:** Broach the idea of a prenup gently because it's a sensitive subject. Stress that this would protect both of your finances, and ensure that what you build together is shared in case, God forbid, anything happens that could dissolve your marriage.
- 2. Ask and answer a lot of questions:** This request can hurt the other party's feelings, but it can protect both your assets, and prevent future complications should a divorce happen.
- 3. Get legal advice:** Both parties should see their lawyers to learn more about how a prenup would benefit them.

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## 'Bachelorette' Star Ali Fedotowsky Ignores Rumors







Former Bachelorette Ali Fedotowsky is glad to have fiancé Roberto Martinez by her side. [E! Online](#) reports that Fedotowsky “[doesn’t] pay attention to” rumors pertaining to past partying and racy photographs. Swirling rumors have bothered the blonde bachelorette in the past, but with a new attitude (and a new support system), Fedotowsky finds it easy to keep her head held high. Fedotowsky reveals that her new fiancé is extremely supportive and “always says, ‘Who cares, babe? It’s just us. It’s just about us. None of that stuff matters.’” Fedotowsky says she counts herself “lucky to have a man like that to give me balance and keep me focused on what’s important.” **How can you help your partner deal with a stressful problem?**

### **Cupid’s Advice:**

**1. Be a good listener:** If your partner is having a problem at work or with friends, chances are they’re going to want to vent. It is important to sit quietly and listen carefully to their worries. When they are done venting and you fully understand their insecurities about the problem at hand, offer your input.

**2. Don't be overbearing:** When a loved one is stressed, it's natural to want to help as much as possible. You can give them advice and offer your point of view, but you have to be careful. This is their problem and their decision, and you have to respect their opinion, even if you don't agree with it.

**3. Honesty:** When you must intervene in your partners decision-making process, you have to be supportive, polite, and honest. Gently remind them to consider all of their options before making a decision. Your honesty will help your partner resolve their problem effectively and without any resentment.

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## Michael Douglas Battling Tumor





Actor Michael Douglas was diagnosed with a tumor in his throat, [E! Online](#) reported Monday. The 65-year-old actor said he is “optimistic” about his health in a statement, though it has not been released whether the tumor is cancerous or benign. Douglas has a wife, actress Catherine Zeta-Jones, and three children, two of them with Zeta-Jones.

### **How can you get past a large health setback as a couple?**

#### **Cupid’s Advice:**

Though the disease is in its early stages, this is a crucial time for Douglas and Zeta-Jones. Strong family and spousal support in a time of sickness can often make a large difference in a patient’s chance for recovery, as well as for the success of the relationship through this difficult time.

**1. Stay private:** Whether or not the couple dealing with illness is a celebrity or an everyday couple, it’s necessary to keep the matter within only those who need to know. Personal friends and family are the only ones who need to be brought in.



**2. Be involved:** It's important that those dealing with the illness, especially the patient's partner, are as involved as possible. Stay up-to-date on doctor's findings, appointments, and your partner's needs. Make the illness and healing as easy to deal with as possible.

**3. Prepare for the aftershock:** Even after an illness has been treated, there is the potential for the patient to feel vulnerable or angry afterward. Be ready for this, and understand that it's a natural reaction. Be supportive.

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## Twilight Co-Stars Caught in the Act





Robert Pattinson and Kristen Stewart have been trying to keep their rumored relationship on the down-low, but they were recently caught snuggling in Montreal on the set of Stewart's new movie, *On The Road*, [People](#) reported this week. The duo, who co-star together in the *Twilight* series, are also set to heat up the big screen with steamy scenes as they begin filming *Breaking Dawn*. **How much affection should a couple show in public?**

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

PDA is always a controversial topic. Some people think it's borderline tacky, and others think it's perfectly acceptable.

Cupid has some suggestions on how to gauge what is right for you and your partner:

**1. Hold hands:** In public, hand holding is a safe way to show affection. It shows you both care without offending those around you.

**2. A quick peck:** A speedy kiss on the cheek, or even the lips is nothing be ashamed of, and shouldn't make anyone around you

think twice. It's a fast way to show that you not only care, but that you are attracted to your partner.

**3. Do what feels comfortable for you:** Sometimes it's best to just do what is right for you. The fact is, public displays of affection are not a crime. If what you are doing doesn't bother you, and you're fairly sure it's not making others around you uncomfortable, go for it!

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## **Beyoncé Knowles: Pregnancy “When I Am Ready”**







Superstar Beyoncé Knowles has a broad range of issues on her plate, but pregnancy isn't one of them. The singer has previously acknowledged her wish for a baby, and assures U.K.'s [YOU](#) magazine that her plans have not changed. However, she says she is determined "to continue to learn about the world and to eventually have a family." This attitude allows for the *Dreamgirls* actress to continue work on her acting, singing, songwriting, and her new perfume, Heat. Knowles adds that isn't on any schedule: "It will happen when I am ready."

**How can you deal with the pressure to start a family?**

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

**1. Analyze:** You need to be sure of you and your partner's maturity, financial stability, and ambitions. Only commit to pregnancy when you and your partner are ready to devote 100 percent of your time to a new baby. Don't sacrifice your dreams of traveling the world just to please the in-laws.

**2. Reality check:** Not everybody is ready for a baby at 25. Your best friend who has been playing with dolls and

babysitting since the age of 12 is probably more eager to start a family than you are. Follow Beyoncé's advice and only try for pregnancy when you are ready.

**3. Don't rush:** New advances in medicines and procedures, like in vitro fertilization, have made it easier for women to become pregnant later in life. Your doctor will help you to become pregnant whenever you wish for it. Don't race against any biological clock.

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## Jude Law's Ex Speaks Out!



Jude Law tried to put a stop to it, but ex-wife Sadie Frost is about to let it all hang out in a tell-all memoir focusing on the deterioration of their marriage, her post-natal depression, and dealing with fame, [E! Online](#) reported this week. The former couple, whose marriage ended in 2003 following Law's affair with their nanny, battled about the production of the book in court before reaching a settlement. The autobiography, titled *Crazy Days*, will be published next month.

## **What should you do when your ex talks negatively about your relationship in public?**

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

After a breakup, it's tough to know how to act or what to say when you hear about your ex speaking badly to other people about your past relationship. Cupid has some suggestions to help you cope:

- 1. Play it cool:** It may be your natural reaction to take revenge, but you'll feel better in the end by taking the high road. There's most likely a good reason your relationship is over, so it's best to focus on moving forward.
- 2. Keep things in perspective:** Try to remind yourself that it's human nature to combat insecurity with negativity. By learning how to stay confident during life's toughest times, you have a better chance of achieving much-needed independence after a relationship ends.
- 3. Ignore the situation completely:** Sometimes the best idea is to leave it alone. Although what your ex is doing is hurtful, nothing positive can come from reacting to a situation, so not addressing it in the first place may be the right answer.



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# Thomas Jane & Patricia Arquette Call It Quits



Thomas Jane and Patricia Arquette are really getting a divorce this time. According to [People](#), this isn't the first time the couple have tried to divorce. Arquette filed last year and withdrew her petition after a reconciliation. The couple is now restarting the process after four years of marriage. At least there's no hostility in this breakup. "The split is completely amicable and their prime focus is their daughter," says a rep for the *Medium* actress. She and her *Hung* beau met in 2001 through friends, hit it off, and got married in 2006 in Italy. They have a 7-year-old daughter, Harlow Olivia

Calliope, together.

## **How do I decide if divorce is the best option?**

Cupid's Advice:

Divorce can be ugly, and it can get expensive. Even though it isn't easy, sometimes it's absolutely necessary. Cupid has some tips to tell if it's the right path for you:

**1. Tried and failed:** If the two of you have tried everything in your power to make things work and there is still no improvement, then you might not be able to save your marriage after all. It's best to go your separate ways before things get worse.

**2. Abuse:** If your partner is abusing you mentally, physically or emotionally, you need to get help! If he or she threatens to hurt you in any way, then this is not a healthy relationship, and a divorce is more than a reasonable solution.

**3. Leftover love?** Most couples call it quits when they think there is no love or affection left in the relationship. Don't jump to conclusions – seek the help of a marriage counselor before deciding.

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# **Katherine Heigl & Josh Kelley Move to Utah**



As reported on [Us Weekly](#), Hollywood couple Katherine Heigl and Josh Kelley have left sunny L.A. in favor of the mountains of Utah. Heigl and Kelley married in Utah and are psyched to be moving there with their one-year-old daughter, Naleigh, who they adopted from Korea. The couple plans to spend their time between Nashville and Utah.

**When couples have children, should they move out of the city in favor of a more suburban or rural area?**

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

When it comes to married life, everyone seems to think of the picturesque house in the suburbs surrounded by a white picket fence. Though this has its benefits, it's not a requirement for a happy family:

**1. More space:** If your small apartment in the heart of the



city has no room for a nursery, it may be a good idea to get a bigger place where space is more affordable. A larger living area can provide you with a smoother transition from married to family life.

**2. Make an educated decision:** For this move to work, both people must be on the same page. If one wants to make the move while the other does not, there will be problems. Spend a sufficient amount of the time talking, thinking, and doing research about it before taking out your next mortgage or signing a new lease.

**3. There's no place like home:** If you decide that it's better for you to stay where you are, that's also a great option. If you feel secure where you live, your family should, too.

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## Drew Barrymore Loves Working with Justin Long!





Spotted! At a red carpet event in celebration of her *Nylon* cover, [E! News](#) interviewed Drew Barrymore about her costar Justin Long. “He, by the way, is the most wonderful person to work with” the star gushes. Barrymore and Long have been in an on-again, off-again relationship for awhile, and although she refused to comment on their current status, the two have teamed up for the new movie, *Going the Distance*. While rocking a vintage dress, Barrymore added, “I’m so excited about this movie. As a girl, I relate to this movie and the boy in me loves the comedy in this movie. It is a very good date movie!”

**Is it a good idea to work with your significant other?**

### **Cupid’s Advice:**

Being in a relationship with a co-worker can lead to office gossip and the possibility of blending business with pleasure. Cupid has some ways to keep things from overlapping and work alongside your partner:

**1. Alone time:** Being together for most of the day can cause

some tension. Find some type of outlet that will get you away for a couple of hours a day, like a separate group of friends or a hobby.

**2. Less arguing:** Keep an open line of communication, and listen to your partner's feelings. You can minimize fights by frequently checking in with each other to see how their professional and personal lives are doing. This will also lessen the chances of blending the two.

**3. Limit convos:** Don't let work take over your personal life. If you notice that all you talk about at home is the office, then bring up new subjects, like vacation ideas, what to do this weekend, or even the weather, as long as it gets you out of that same-old topic of conversation. This applies vice-versa as well. Don't bring arguments or discussions from home into the workplace.

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## Julianne Hough Handles Ryan Seacrest's Fame







They usually try to keep a low profile, but Ryan Seacrest and Julianne Hough went out in public over the weekend, cruising around Los Angeles in Seacrest's convertible Aston Martin, and enjoyed brunch at the Four Seasons poolside restaurant, Cabana, [People](#) reported this week. Despite both wearing hats, Seacrest was recognized and approached by fans...and Hough wasn't. However, she played it cool, waiting by his side while Seacrest greeted them.

**How should you act if people want to talk to your partner, but not you?**

Cupid's Advice:

It can be awkward when you're out with your other half and people only talk to him or her. Here are some of Cupid's tips on playing it cool while you wait it out:

**1. Stand by:** Even if you might feel silly just standing there while your significant other fields questions and chats away, standing by and being patient shows your support.

**2. Smile:** If it turns out to be a more than a quick question

or chat, smiling will assure your partner and whoever he or she is talking to that you're not grumpy about the situation, even though you may be.

**3. Don't create a scene:** If the conversation veers away from friendly to flirty, and people start hitting on your partner, don't step in or get mean. Your mate is with you for a reason, and since you're standing right there, you have no reason to worry about anything.

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## John Travolta & Kelly Preston Look Forward to New Baby



It was all smiles last weekend for a pregnant Kelly Preston and husband, John Travolta, who partied at the Celebrity Centre of Scientology. The couple attended the centre's annual bash with their daughter, Ella. As reported on [E! Online](#), Travolta and Preston are now looking toward a bright future with a new baby a year after the devastating loss of their son.

## **How can a couple survive the loss of a child?**

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

The loss of a child is one of the most devastating things anyone can possibly go through. Many marriages have ended soon after such a tragedy. Cupid has some insight on how to survive such a loss and build a stronger relationship through it:

- 1. Support each other:** At a time like this, you need to be a couple more than ever. No one can go through losing someone close to them alone. However, remember that everyone grieves differently. When one person may feel angry, the other may be deeply saddened. Pay attention to and respect the way your partner wants to grieve.
- 2. Kids come first:** If you have other children, they are certainly feeling this loss, as well. Both partners must be strong for the other children and make them feel as secure as possible.
- 3. Moving on:** Though the sadness surrounding the loss of a child never really goes away, it's important to celebrate and remember your child's life together as a family. A small memorial can be a wonderful reminder of the life they led, and the act of building a memorial can also be a great way to reconnect with your partner and family.



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# Kellie Pickler & Fiancé Are Planning a Unique Wedding



Kellie Pickler got engaged to her songwriter beau Kyle Jacobs in June, and they're slowly but surely making wedding plans, even if that means being a bit non-traditional. Pickler told [People](#) magazine that Jacobs is a “snapper” – he stands and snaps his fingers on the dance floor – so there won't be a first dance at their wedding. And with their love of all kinds of animals, the couple is thinking about having their pet python be the ring bearer!

**How do you plan a unique wedding that represents you as a couple?**

## Cupid's Advice:

A wedding is a special occasion, a milestone in life, and should represent the couple being united together. But if the couple doesn't care much for tradition, it may rock a few boats. Here are Cupid's tips on planning the wedding of your dreams while still pleasing your guests.

**1. Compromise:** Maybe you both don't want to do the traditional first dance, but your grandparents' eyes tear up when they hear you won't be hitting the dance floor as a couple, and will instead boogie right into the YMCA. Instead, keep another traditional part of the ceremony or reception in tact, like the bouquet toss, to make family members happy.

**2. Don't go too over the top:** You and your fiancé are different, so your wedding should be unique. But keep it in check, or it could get tacky, or just plain weird. Ask friends or family members for their opinions before making final decisions.

**3. Don't get in over your head:** Releasing doves the moment you kiss and swans walking around the cocktail hour area might sound perfect, but doves are hard to orchestrate and swans can get mean and nasty. You want the picture-perfect wedding, but not everything is realistic. Do yourself a favor by hiring a wedding planner to help figure out what you can afford, what works for your budget, and what will still look fabulous and keep guests talking long after the wedding.

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# Scott Disick & Kourtney Kardashian Are in a “Good Place”



Scott Disick's out-of-control alcoholic behavior in past episodes of *Kourtney and Khloe Take Miami* has left the Kardashian sisters worried. However, the girls say they have seen huge changes in Kourtney's beau. In an interview with [E! Online](#), Kim defends Disick, saying, "I have seen a big change in Scott and I have actually seen him make a transition." Kourtney added, "We're in a really good place," but admits that it's hard to watch these episodes. "I think that it escalated to a point where he would even get scared," added Kim. "He has made so many changes that are so obvious that I can't help but accept him now."



## Can a leopard change its spots?

### Cupid's Advice:

Change can be hard – should you ever expect someone to truly change their habits? Cupid has some advice to help you weather the storm:

**1. The want to change:** According to psychotherapist Michelle Gottlieb, “People can change if there is enough motivation.” It’s harder to change personality traits, compared to habitual traits like Disick’s, but in both cases, it *is* possible, depending on how much effort and willpower a person puts forth.

**2. Roadblocks:** As people encounter roadblocks, they are most likely to slip back into their old habits (e.g. you’ve quit carbs but your friends eat them in front of you, which may make you order carbs). Make your attempt at change public so your friends and family are less likely to put you in tempting situations.

**3. Slow and steady:** Just because you decided to make a change in your life doesn’t mean that you have get there by tomorrow. Make realistic goals, like smoking one less cigarette each day. Take your time, and the results will slowly progress.

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## Bristol Palin & Levi Johnston On “Friendly” Terms



Just a week after announcing yet another split, Bristol Palin and Levi Johnston appear to be on friendly terms, or so Johnston told [People](#) magazine at the Teen Choice Awards on Sunday. A teary Palin had previously told the magazine that “humiliation” led to their most recent split, but Johnston was all smiles at the awards show with “friend” and singer Brittani Senser on his arm.

**What do you do when an ex moves on faster than you do?**

Cupid's Advice:

Palin had not been seen publicly since her split with Johnston, and she seemed shaken when she announced the separation. Johnston, on the other hand, has been out and about with Senser. It's important to accept that your ex might be quicker to bounce back than you are, and to work on getting yourself to a good place, rather than focusing on the

other person.

**1. Get out there:** While it might be easier to hide out in your house and avoid the world, step outside and take on the world. Go for a jog, out to dinner with friends, or indulge in a little retail therapy. Don't hide away; live your life!

**2. Don't give in:** If your ex is off flaunting a new relationship and word gets back to you, remember to take the high road and avoid commenting on it. What he or she does post-breakup should not be an excuse for you to act immaturely.

**3. Love yourself:** In the same vein as not discussing your ex with others, don't feel the need to bring he or she into your future relationships. Love and respect yourself enough to just be you, and not let bad breakups affect new possibilities.

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## Lebron James' Girlfriend Says "Miami Was Not My Favorite Place"







Longtime girlfriend of LeBron James, Savannah Brinson, recently told *Harper's Bazaar* that she wasn't thrilled about moving to Miami. "Vacationing there is great. You go for three days and get some sun and it's time to go home." While it's not her first choice for a permanent residence, Brinson said, "It will definitely be an adjustment, but we'll make it." She added, "We're not complaining. Whatever LeBron felt was comfortable, I'm with him. I just love him so much." **What are some ways a couple can adjust to a big move?**

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

Whether you have money to spare or you're struggling just to get by, where you live can't always be planned. You may need to relocate due to a job change, or maybe you simply need a change from your current situation. Either way, Cupid has found some ways to help you adjust to your new surroundings:

**1. Research the area:** One of the best things you can do for yourself and your loved ones is to take a look at where you're going ahead of time. City-Data.com is a great site to learn about schools, neighborhoods, and local shopping

establishments across the country.

**2. Plan a look-see trip:** When making a big change, it's helpful to visit the area ahead of time if you can, even if it's just for the day or weekend. You can learn a lot about a location by driving through it.

**3. Talk to your family:** Even if the location choice isn't negotiable, it's important to include your kids and partner in conversations where you can discuss options, such as school choices, that *are* available. Remember, they're going through these changes with you.

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## Hilary Duff's "Imminent" Wedding





Ex-Disney star Hilary Duff and fiancé Mike Comrie of the Edmonton Oilers have planned a quiet affair for their upcoming wedding, [E! News](#) confirmed last Friday. The two have been engaged since February, and a source close to the couple told E! News that the wedding is “imminent.” The couple is finalizing their preparations for the big day, which is happening this month. **What finishing steps do you need to prepare for your wedding?**

### **Cupid’s Advice:**

Duff and Comrie have been taking dancing lessons to get ready for their nuptials, but there are a few key steps that many couples might overlook during the hustle and the bustle before the big event.

**1. Beautify:** This should ideally take place a week or so before the wedding. Haircuts and final teeth whitening appointments should happen while there is still time to correct any mistakes.

**2. Game plan:** There are certain aspects that even the best



wedding planner might not know to prepare for. Does the best man have a tendency to make raunchy comments when he's drunk? Have an aunt who's a bit of a cougar with her eye on one of the groomsmen? Prepare for these situations ahead of time.

**3. Happy honeymoon:** The last thing you're thinking about as your wedding approaches is the idea of the aftermath, but it's a key ingredient, too. Make sure you have all the plans set for getting from wedding mindset to honeymoon mode without a hitch.

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## Amy Poehler & Will Arnett Welcome Another Son





Amy Poehler and Will Arnett welcomed their second son, Abel James Arnett, weighing 7 lbs., 13 oz. on Friday morning, adding to their growing family. Their first son, Archie, will be turning two this October. Their rep told [People](#), “Amy, Will, Abel and Archie are all healthy and resting comfortably.”

**How do you prepare your older children for a new baby in the family?**

### **Cupid’s Advice:**

There are several ways to make your current child(ren) comfortable around new arrivals, starting while you’re still pregnant, or thinking of becoming pregnant. Read what Cupid has to say:

**1. Talk to your kids:** Early in the pregnancy, or if possible, before you become pregnant, sit down with your family and explain the coming changes. Be prepared for questions by checking out sites like Kid’s Health.

**2. Classes:** Many hospitals and birthing centers offer free or

low cost big brother/sister classes. They'll help your little ones learn how to interact with the new baby. Your children can even learn how to change a diaper!

**3. Spend time with older kids:** If you don't have much time to give, focus on the quality of that time. Make sure they know that you still love them.