

Jessica Simpson Welcomes Daughter Maxwell Drew



It's official: Jessica Simpson isn't the most pregnant star in Hollywood anymore! Simpson and fiancé Eric Johnson welcomed their daughter, Maxwell Drew Johnson, into the world on May 1, according to [People](#). "Eric and I are elated to announce the birth of our baby girl, Maxwell Drew Johnson," Simpson wrote on her website. "We are grateful for all the love, support and prayers we have received. This has been the greatest experience of our lives!!" Maxwell is former NFL player Johnson's middle name, while Drew is Simpson's mother Tina's maiden name.

How do you avoid criticism during your pregnancy?

Cupid's Advice:

Jessica Simpson endured some major criticism throughout her pregnancy, pertaining to her weight gain. Check out these ways to avoid the backlash:

1. Surround yourself with trustworthy people: The truth is, if you stay away from certain types of people, you shouldn't run into too much of a problem. During your pregnancy, surround yourself with those you wouldn't hesitate to introduce your child to once him/her is born.

2. Stay healthy: The most obvious way to avoid criticism pertaining to your weight gain is to keep that gain under control. There's no doubt that you need to consume more when you're eating for two, but keep those cravings in check.

3. Stay in: We're not saying that you have to avoid the public eye throughout your entire pregnancy, but going out to the bars every weekend is probably not the best idea. There's something to be said with rest and relaxation while you're carrying a child.

What are some other ways to avoid pregnancy criticism? Share your ideas below.

'DWTS' Champ J.R. Martinez Welcomes a Baby Girl





Actor J.R. Martinez was the proud winner of *Dancing With The Stars*, but he has even more to be proud about after his girlfriend, Diana Gonzalez-Jones gave birth to a baby girl. Martinez's daughter, Lauryn Anabelle Martinez, came into the world weighing 7 lbs., 13 oz. and is 21 inches long. "She has a couple of cute little freckles on her cheeks, a full head of hair and the cutest little lips," the proud dad gloated to [People](#). "It's just amazing to see her, finally. She's beautiful."

What are some ways to prepare for having a girl verses a boy?

Cupid's Advice:

Preparing for a baby involves a lot of planning, and what gender you're expecting plays into that. Cupid has some tips on preparing for a baby girl:

1. Attention: As girls grow up they might require a lot more attention than a boy would. Girls are usually held to stricter terms than boys are, but it's usually better for their protection. However, you still need to loosen the

reigns at some point so they can make mistakes and learn about life first hand.

2. Relationships: When it comes to your baby girl, all boys are going to appear to be the devil, but you have to be open and compromise with your daughter about having relationships because if you hold on too tight, they're going to rebel or sneak around behind your back.

3. Money: Not all girls are high maintenance, but the majority are. They want new clothes, shoes, accessories, make-up and hair supplies. Don't get them everything they want, because you don't want them to grow up to be a spoiled brat. Make sure they appreciate the things you do get for them.

How does having a daughter compare to having a son? Share your comments below.

**Source Says Michelle
Williams' Daughter 'Loves'
Jason Segel**





Despite some of his more humorous roles, according to sources and UsMagazine.com, Jason Segel is “ready to be a grown-up.” As he and Michelle Williams’s relationship goes more public, this is undoubtedly a good thing. Williams isn’t the only one enamored with the comedian-actor, as her daughter “loves Jason” and Jason Segel definitely knows how to “entertain children.” Having your partner’s kids like you, is definitely a good step toward a more serious relationship.

What are some ways to bond with your partner’s kids?

Cupid’s Advice:

Once you start to get serious with a partner who has kids, it’s crucial to start bonding with them too. Cupid shares some advice:

- 1. Ask them about themselves:** Kids like to talk just like anyone, so ask them about their interests and get to know them.
- 2. Do what they want to do:** Take them to the park, the mall or a concert. Do the things they want to do, and further build

that relationship.

3. Be good to your partner: It might seem obvious, but be good to these kids' parent. They like when their parent is happy, and will automatically respect someone who can make that happen.

What do you do to bond with your partner's kids? Share your comments below.

Why We're Wired to Sabotage Our Relationships



By Dr. Daniela Roher and Dr. Susan E. Schwartz

In any relationship, you are bound to encounter a few bumps in the road. When this happens, you may be tempted to point a finger at your partner, blaming him or her for your relationship woes. But years of study show that, more often than not, your partner isn't the reason you are at a crossroads. You are.

Your very own physiological wiring, biochemical makeup, and past childhood experiences can sabotage a relationship when you least expect it. And until you understand what's going on "under the hood"—what's triggering issues between the two of you—you'll end up repeating the same dysfunctional patterns over and over again.

There are three ways our minds and bodies work against us in relationships:

Related: [5 Ways to Stop Sabotaging Your Relationships](#)

1. Our bodies are wired for cruise control.

Our conscious mind is only capable of processing 40 pieces of information each second, which means that more than 95 *percent* of what goes on in our minds is outside of our awareness. This overflow of information is automatically handled by our body's limbic and hormonal systems. These systems control feelings of love and desire, whether we feel emotionally safe and happy in our relationships, and how bonded (or distant) we feel toward our partner. These systems also control what happens when a relationship heads south. When disagreements and arguments spike, the hormone cortisol spikes, too, creating high levels of stress and increased feelings of hesitation and doubt. Even after the two of you work things out, cortisol sticks around, leaving you to question the stability of your relationship, and where things are headed with your partner.

2. Our left brains meddle with right-brain emotions.

The right hemisphere of our brain plays a central role in relationships: it processes unconscious and nonverbal socio-emotional information, and it allows us to feel empathy for our partner. Two people in love communicate in a right-brain-to-right-brain fashion: by gazing into each other's eyes, holding each other, and by touching—which is all more intuitive and emotional than logical.

Related: [How to Communicate to Get What You Need](#)

3. We are wired to recreate the past.

Our childhood experiences, including our relationship with our parents and their relationship with each other, create a scaffolding for how we experience love as adults. Adults long to recapture the love they felt (or the love they wished they'd felt) growing up, even if this fantasy doesn't reflect reality. For example, if you were raised by a single parent, and that parent was always preoccupied with work, you might easily spot and be turned off by partners who put their careers first. Finding a person who focuses selflessly on you, giving you the attention and love you've always craved, fills a personal void. However, if you don't become aware of this connection, you might unconsciously be attracted to people or experiences that recreate your past, even if your past was dysfunctional.

Understanding the connection between past and present not only explains who you are attracted to, it provides you with an opportunity to change. It's also a life preserver when your relationship gets rocky, because it will help you to understand what you and your partner are feeling, where these feelings come from, what triggers them, and why.

Dr. Daniela Roher is a psychoanalytic psychotherapist with nearly forty years in a career that has spanned three countries and two continents. Dr. Susan E. Schwartz is a

*Jungian analyst trained at the C.G. Jung Institute, who lectures worldwide. Together, they have co-authored the new book, **Couples at the Crossroads: Five Steps to Finding Your Way Back to Love** (January 2012). To learn more, visit www.CouplesAtTheCrossroads.com.*

Reese Witherspoon & Jim Toth Double Date with Kate Hudson & Matt Bellamy



Leading ladies, Reese Witherspoon and Kate Hudson spent some quality time together with their beaus Jim Toth and Matt

Bellamy Friday night. Accompanying the pals, were Sports Illustrated model Kate Upton and her talent agent. Together the group dined at an intimate restaurant in Georgetown, Café Milano. Onlookers told [People](#) that the group “seemed to be having lots of fun.” Witherspoon was spotted laughing the night away with her friends and enjoying a delicious meal of fresh baby artichoke, lemon vinaigrette salad along with spinach fettuccine with veal Bolognese sauce.

What are some advantages of going on a double date?

Cupid's Advice:

Many couples associate double dating with a much younger and less serious kind of dating. Group movie dates and making out in parked cars come to mind. However, group dates can be extremely beneficial when pursuing serious relationships later in life. Here's how:

1. It allows you to get to know your date: If you met your date through a friend, a double date could take the edge off the initial “getting to know you” period, prompting him to share more than he may have if the two of you had gone out one-on-one.

2. It allows your friends to get to know you and your date as a couple: If your friends are not used to being around you and your beau together, a double date is the easiest way to work them into your circle of friends. Let your friends see what you love about your partner.

3. It can help you get a different perspective: If you are uncertain about how you feel about your date, take him out on a double date. Your friends may be able to validate some of the issues you have or help you realize that you are just being overly-critical of your new man.

Have you ever been on a double date? Share your experiences

below.

How Did Beyonce Prepare for Her Daughter's Birth?



Beyonce, recently named the Most Beautiful Woman, may have only given birth to her baby girl Blue Ivy a few months ago, but she's already shedding the baby weight . Before the diva went to the hospital for the one of the biggest debuts of her life, she got ready for her performance with a fresh mani-pedi and an eye brow wax, but she says that when the moment came, all she and her husband Jay-Z cared about was the birth of their miracle. After their new baby girl came into the world,

the singer was ready to bounce back, and she began a strict diet and workout schedule. "I'm proud that my waist came back so fast. I'm proud of that and happy, but that was mostly from the breastfeeding," the singer explained to [People](#). "I lost most of my weight from breastfeeding and I encourage women to do it; It's just so good for the baby and good for yourself."

What are some ways to prepare your body for birth?

Cupid's Advice:

Painting the baby's room and baby-proofing the house are all important, but what's more important is preparing your own body for the birth of your child. You'll be glad you did so you're more prepared for labor, and it will be easier for you to shed the pounds after. Cupid has some tips:

1. Give up bad habits: There's no sense in taking the slightest risk when it comes to your baby's health, so throw out the cigarettes and remove the alcohol from your home. Avoid going to places like bars where you'll be inhaling toxins that are bad for you and your growing baby.

2. Eat right: It's important to maintain a wholesome nutritious [diet](#) and ditch the fast food burgers. You're going to want to get a good daily intake of a variety of proteins, vegetables, fruits and grains. Trying organic food to avoid any toxins and pesticides is also a good idea, but feel free to indulge your cravings once in a while.

3. Stay fit: Exercise will help you in a variety of ways. It will help you stay fit, which will also give you good circulation, reduce stress, and give you endorphines to make you happy. Exercising regularly will also make you tired at the end of a long day and a good night's sleep will rest and rejuvenate your body.

How did you shake your baby weight? Share your comments

below.

Maggie Gyllenhaal and Peter Sarsgaard Welcome Second Child



Actress Maggie Gyllenhaal and her actor husband Peter Sarsgaard welcomed their second daughter to the family on Thursday, according to [People](#). Gloria Ray joins sister Ramona, 5. The actors, who wed in 2009, announced the pregnancy in November and the gender in March. "I find it difficult to pretend you're not pregnant, which I had to do," Gyllenhaal

said. "I didn't let anyone know until three and a half months this time."

How do you keep your pregnancy a secret?

Cupid's Advice:

Sometimes it's best to keep your pregnancy on the down low until you know everything is going smoothly and there are no complications. Cupid has some tips:

1. Wear baggy clothes: The most obviously way to keep your secret is to disguise your baby bump. You can do this with over-sized shirts and baggy dresses.

2. Swear those who know to secrecy: Word of mouth travels quickly, so make sure your partner and anyone else close to you keeps their mouths shut when it comes to your pregnancy.

3. Keep the ultrasound in a safe place: You may be tempted to hang your ultrasound on the fridge, but for now, hide it in case anyone drops by your home.

What are some other ways to keep your pregnancy a secret? Share your thoughts below.

Who Was Mila Kunis' First Kiss?





Stars of *That's 70's Show* Mila Kunis and Ashton Kutcher had their first onscreen kiss in 1998, and Kutcher had no idea that he was Kunis's first *real* kiss. Not only did Kunis feel extra pressure since it would be on camera, but she was going to be kissing a model. "I was like, 'Oh, he's so cute, it's the Calvin Klein model!'" the actress told [People](#). "Then I was like, 'I have to kiss him?' I was so nervous and uncomfortable. I had the biggest crush on him." *The Black Swan* actress kept her cool with helpful advice from the crew, and it was Kutcher who was sweating the thought of the two locking lips. "I was so nervous. She acted so cool. She seemed as if she'd done it a thousand times," Kutcher said. "I was the one with the butterflies in my stomach. I mean, here's this little girl and I have to kiss her. It was nerve-racking."

How do you make your first kiss memorable?

Cupid's Advice:

Your first kiss should be a moment that you never forget. Cupid has some tips to make it special:

1. Who: Don't let your first smooch be from just anyone. Save the moment for someone special so that you won't have to regret thinking about it every time you reminisce.

2. When: It doesn't matter how old you are when you get your first kiss. It will be more enjoyable if you wait, so that it's not from the weird kid in your class during a game of spin the bottle or a guy you met drunk at the bar.

3. Where: It doesn't matter where you are because butterflies are going to make your heart flutter and your head spin. Don't try to plan it out. Just relax and let it happen.

Do you remember your first kiss? Tell us what happened in a comment below.

Kissing On Screen: Do Celebrities Get Jealous?





By Che Blackwood

In the real world, most couples are uncomfortable with the idea of their partner locking lips with a co-worker. Since infidelity is one of the leading causes of divorce and emotional cheating is grounds for a split, it's hard to imagine anyone condoning an out-of-relationship make out session; that is, unless you're in Hollywood. Stars have contractual obligations to kiss their co-stars, and their partners have to be understanding in order for their relationship to work. To avoid jealous outbursts and maintain healthy and loving relationships, celebrity couples make sure to follow these simple tips:

1. They work together: Whether they met on or off screen, famous couples like Kristen Stewart & Rob Pattinson and Olivia Wilde & Jason Sudeikis have managed to share the silver screen with their real life partners. Getting paid to kiss your romantic interest is a sure fire way to keep the jealousy tamed.

Related: [5 Ways Playing Hard to Get Can Damage Your Love Life](#)

2. They visit each other on set: While stars can often be away from their honeys for months at a time, the truly devoted grab every possible opportunity to see one another. Loving couples, like Shia LaBeouf and Karolyn Pho, know that absence can make the heart grow fonder ... at first. But too much time apart is a relationship killer.

Related: [Four Ways to Make Your Long Distance Relationship Work](#)

3. They're supportive: You don't have to understand your partner's career, but the couples that last know that you *do* have to be supportive. By rehearsing together and staying connected through the ups and downs of stardom, Tinsletown twosomes are able to keep their love strong, regardless of occupation.

4. They vacation together: Couples that play together, stay together. After long stints of work, lasting duos like Prince William and Kate Middleton know the best way to keep the fire burning is to get away from whatever was blowing it out.

5. They communicate: By far one of the most important parts of a relationship is communication (or the lack thereof), and it can make or break a relationship. Kris Humphries and Kim Kardashian prove that without a healthy dose of conversation, busy and stressed stars won't get far in their quest for love. By staying open about their feelings with one another, the rich and famous can get rid of jealousy altogether. In the end, when you're with the right person, no amount of on-screen kissing will break your bond apart.

How do you and your beau ward of jealousy? Leave your comments below.

Mariah Carey and Nick Cannon Renew Vows in Paris



As they approached their four-year anniversary on April 30, Mariah Carey and Nick Cannon took a romantic getaway and renewed their vows in Paris. Cannon got down on one knee next to Carey in their hotel room with a back drop of the Eiffel Tower, according to [TooFab](#). The couple also took this beautiful moment to share with the press for all to see. April 30th also happens to be the duo's twins' first birthday. Carey tweeted, "Very excited to celebrate #dembabies first birthday in a week, I can't even believe it's been a year. "The happy couple has a lot to celebrate this April!

How do you decide whether to renew your wedding vows?

Cupid's Advice:

Your wedding day doesn't have to be the only time to have a ceremony. Many couples renew their vows to reinforce their love and celebrate being married. Here are some ways to know if you should renew your wedding vows:

1. You're in a strong place in your relationship: Renewing your wedding vows shouldn't be done to save your relationship, but rather to celebrate it. It should be a time where you are both very happy and content in your marriage.

2. You need a romantic getaway: Sometimes people get caught up in their own busy lives that they don't have time to fully appreciate their marriage. Renewing your vows may be a perfect time to get away and have a weekend full of love to yourselves.

3. Get the family together: When you first get married, you're so busy doing things for your new family that you may distance yourselves from your other families. Get everyone together to renew your vows and have a lovely weekend as a great big family.

What do you think are some reasons why a couple should renew their vows? Share your thoughts below.

Mila Kunis Denies Dating Ashton Kutcher





Mila Kunis cleared up all rumors that she is dating Ashton Kutcher with Ben Lyons at CinemaCon 2012 in Las Vegas. According to [Extra](#), the cast mates were seen together multiple times during the week. “It’s absurd!” said Kunis. “A friend is a friend.” Kunis was at CinemaCon promoting her new film *Oz: Great and Powerful*.

How do you turn a platonic friendship into a relationship?

Cupid’s Advice:

Stepping out of the friend zone and into a hot relationship is actually a leap. Here are some tips on how to jump without falling:

1. Drop hints: While hanging out with the friend you have feelings for, come clean about how you feel about them. Try making it into a joke, and see how they react. Say, “Hey, how crazy would it be if we dated?” Judging by their response, you will have an idea of whether or not to pursue your feelings.

2. Go on a date: Ask your friend on date. Asking them to give

things a try is a lot different than committing to a relationship. Or, take your crush out as a friend and at the end point out that it was a date. See how they react. Try something out of the “friend zone.” Rather than burgers, go to an intimate restaurant and pay for dinner.

3. Make a move: If you think your friend will go for it, jump right in and make a move. Have a fun, have some drinks, flirt a little and then spring the idea of you becoming a couple.

How did you turn your friendship into a relationship? Share your thoughts below.

Bachelorette Party Ideas on a Budget





By Andrea Woroch

Most of us don't have the budget for a Parisian-themed blowout à la *Bridesmaids*, but that doesn't mean the bride-to-be should settle for the early bird special in the name of savings.

Though it may seem like bar-hopping at nearby watering holes is the cheapest way to go, money becomes no object once the booze start flowing. There are other ways to host a memorable ladies' night out sans the life-size cookie and gut-wrenching bar tab, so consider these six ideas before rounding up the girls:

1. Get Out of Town:

This is the ideal option but not always the most economical. There are ways to reduce the costs associated with an all-girls getaway, but be prepared to plan well in advance. First, consider a one-night stay somewhere nearby, or relatively close to attendees' respective homes. Once a location is established, let party-goers know the details so

they can get booking. Find party accessories online for less, and outfit the bride in a little girl's tiara for up to 75-percent less than speciality retailers.

Related: [Dating Advice: 7 Things All Healthy Relationships Require](#)

2. Scavenger Hunt:

Channel your inner child and create a scavenger hunt for the bride, complete with challenges to solicit free drinks from strangers and requests for silly photos. If you live in a big city, check out StrayBoots for inexpensive packages tailored for bachelorette parties and be prepared to uncover unknowns in your hometown.

3. At-home Wine Tasting:

If the bride-to-be isn't into the bar-hopping-male-stripper scene, consider hosting an at-home wine tasting. Cut costs by asking attendees to bring a bottle of their favorite wine-and-snack duo. You'll need a wine glass for every attendee, plus water and bread to serve as palette cleansers. If you want to go all out, consult [this advice](#) from Real Simple magazine.

Related: [Relationship Advice: Signs You Really Need Couples Counseling \(and Why It's Not a Bad Thing!\)](#)

4. Lots of Laughs:

The stress of wedding planning is likely getting to everyone, so a night full of laughter might just be what the doctor ordered. Check out your local comedy club and call ahead for front-row seating. Make yourselves known to the entertainers by ordering bachelorette-themed party wear online, making sure to grab free shipping codes from sites like FreeShipping.org to avoid delivery charges.

5. Paint & Sip:

If you haven't yet taken advantage of the paint and sip trend, consider this your golden opportunity. What better way to celebrate the bride's pending nuptials than with a wine-laden arts and crafts session? Hit up Google for a nearby studio, or better yet, tap into a friend's artistic talent by having her lead the session at someone's home.

6. Bridal Bowling:

You'll get plenty of attention as a group of all-girls in a bowling alley, but consider taking it a step further by outfitting the bride and attendants in the worst available versions of thrift-store wedding attire. Call ahead to reserve a couple lanes and talk to the manager about available packages, including pre-ordered food and a personal attendant. Let the good times roll!

Andrea Woroch is a consumer and money-saving expert for Kinoli Inc. She is available for in-studio, satellite or skype interviews and to write guest posts or articles. For more savings tips, follow Andrea on Facebook and Twitter.

Backstreet Boy A.J. McLean Prepares to Welcome a Baby





Backstreet's back, alright! This time, it's A.J. McLean who's making news as he recently got hitched and is preparing to welcome a baby with wife Rochelle, according to [People](#). The tattooed twosome were wed in December 2011 in Beverly Hills and moved to the Valley soon after so they'd have room to raise a family. Via Youtube, McLean made his big baby announcement: "Because we love you all so much, we wanted to share with you – for the first time – something very special. We're having a baby!"

What are some lifestyle changes to make before having a baby?

Cupid's Advice:

Having a baby is nothing to step into lightly, as there are some major life changes you need to make before welcoming your child to the family. Cupid has some tips:

1. Baby proof: The most obvious changes you need to make before having a baby involve your surroundings. It's important to baby proof all of the outlets in your home and to create a living space especially for the young.

2. Be happy at home: Perhaps you're used to hitting the town with your partner on a nightly basis. This will most likely have to change once you have a baby, so it's best to learn how to be happy at home before you give birth.

3. Work as a team: If you've never had a pet or other kids, it's possible you've never had to work closely with your partner toward a common goal. As a way to ease into motherhood/fatherhood, consider adopting a dog. Raising a pet is certainly not the same as a child, but it'll point you in the right direction.

What are some other lifestyle changes that need to be made before having a child? Share your thoughts below.

Find Out How Prince William and Kate Spent Their Anniversary





Prince William and Kate Middleton celebrated their one year wedding anniversary on Sunday, reports [People](#). The pair had a relaxing weekend at home in their farmhouse on Anglesey in North Wales. However, the duo did step out on Saturday to attend the wedding of a close friend from their college days. "The guests made it feel like a re-run of the royal wedding as they had so many of those people who matter the most to them there," said royal photographer Mark Stewart.

What are some creative ways to spend your first anniversary?

Cupid's Advice:

After a successful year together, this should be cause for celebration. Here are a few suggestions:

1. Visit the outdoors: If it's a nice day outside, head outdoors. Pack a picnic basket and a blanket and set up a lunch date at a local park. If you and your partner are active people, find a scenic hiking trail and eat at the end of the trail.

2. Surprise party: Throw a surprise party for your partner.

Though the party will be in your honor as well, surprising your partner will be a sweet and entertaining gesture.

3. Indulge your hobbies: If the two of you have a lot in common, try spending the day indulging your favorite hobbies. If you both love theatre, go see a play. If you're both music fans, get tickets to a concert.

How would you spend your wedding anniversary? Feel free to leave a comment below.

'The Five-Year Engagement' is the Rom-Com of the Season!





Jason Segel and Emily Blunt star in this romantic comedy about a couple who keep having to put off their engagement for reason after reason. Coming from the director of *Forgetting Sarah Marshall*, one of the funniest movies of the last decade, this movie seems to have a lot of laughs just in the trailer. Much of the film's appeal comes from the two leads, who both have great chemistry no matter who they are playing off of. The two of them together can only mean good things.

Should You See It? Yes, this is a comedy not to be missed just before the big summer blockbuster season.

Who To Take: Anyone really. Guys will like the comedy. Girls will like the romance. This is a great date film on all accounts but also one that you could take a group of friends to. It should be noted, however, that the film has an R rating, so you may want to steer clear from taking your mother in case there are raunchy scenes that might be awkward.

Are you in a relationship with someone who just won't commit? Here are some tips on easing them into territory they might

not be so comfortable with.

In *The Five-Year Engagement*, Jason Segel and Emily Blunt keep finding reasons to put off their wedding date. But eventually one decides that enough is enough and that after five years now is the time. This of course leads to some conflict. Check out our tips on how to prevent these problems.

1. Make your intentions clear. Perhaps they don't want to scare you away by saying exactly what their intentions are for the future. So make sure that they know exactly where you want this to go so that there can be no confusion when the time for commitment comes.

2. Don't guilt them into anything. If you are ready and they are not don't push them. You will make them feel trapped and that could very easily cause the relationship to end.

3. Be patient. Good things come in time. Of course there is a point where two people just do not work together, but if you truly believe in the relationship, be patient and full commitment will come in time.

Do you have any experiences with a significant other neglecting to commit? Share them below.

**Find Out Why David Arquette
Loves Acting With Ex
Courteney Cox**



David Arquette has not left his relationship with Courteney Cox behind completely. According to [People](#), Arquette will be appearing on *Cougar Town's* season finale with Cox. "It's great to act with Courteney. I love it. We met on a set, and it's great to revisit that," Arquette said at a dinner hosted by Creative Coalition in Washington, D.C. on Thursday. Cox, who is said to have no hard feelings, and Arquette have been separated since 2010. "We treat each other with respect," Arquette said. "You don't throw out all the good times you shared just for the change in feelings."

What are some ways to keep things between you and an ex civil?

Cupid's Advice:

Being normal around someone you once shared strong feelings for is seemingly impossible. Here are a few tips on how to remain calm and collected.

1. Shake on it: Agreeing with your ex-sweetheart to both be civil is the first step in being able to be around each other without old feelings lurking around. If you do agree to be comfortable around each other be sure to stay true to your word.

2. Keep distance: Just because you and your ex can tolerate each other does not mean you need to know everything about one another's lives. Knowing what your ex-lover did after his date will only create tension between you both and leave you hurting.

3. Be respectful: Treating each other like adults is key to staying civil. Respect your exes boundaries and feelings and they will reciprocate the same behavior.

How did you keep things between you and your ex civil? Share your stories below.

Sarah Michelle Gellar Is Pregnant





Hollywood couple, Sarah Michelle Gellar, 35, and Freddie Prinze Jr., 36, are going to be parents again. Gellar is pregnant with their second child. According to [People](#), Gellar and Prinze took their time to have 2 -year-old daughter, Charlotte Grace and are thrilled to be extending their family. On planning a family Gellar said, "You need to be at a point in your life where you can give up anything and everything for a child." Congratulations Sarah and Freddie!

How do you prepare for your second child differently than your first?

Cupid's Advice:

There is nothing like becoming a parent the first time around, but how do you prepare for when it's time to extend your family? Here are some tips when preparing your family for a new edition:

1. Prepare your child: Preparing for a second child involves more than just stocking up on diapers, talk to your first child about becoming a big brother/sister.

2. Prepare your finances: Having one child is expensive and having another will only make your budget tighter. Figure out your money situation and get your savings account in order.

3. Prepare your village: It takes a village to raise a child and in your case, two children. Figure out your new busy schedule and gather support from family and friends.

How did you prepare differently for your second child? Share your comments below:

Exclusive Interview: Sweet Home Alabama Star Paige Duke Says It's True Love with Jeremiah Korfe





By Daniela Agurcia

We all fell in love with Paige Duke, the small town girl from South Carolina on season three of CMT's reality dating show, *Sweet Home Alabama*. We interviewed the down-to-earth sweetheart, learning about her experience as the bachelorette and how listening to her heart led her to choose her true love, Jeremiah Korfe.

It seems as if the decision was an easy one for Duke; she connected instantly with the country boy. It was love at first sight: Korfe was physically her type, and they clicked from the start. In fact, on the first day of meeting the guys, she wrote a letter to her mom and said, "And then there's Jeremiah. He's the only one I can't stop thinking about, and it scares me." Fortunately, the feelings were mutual. Korfe even snuck love letters into Duke's boots, telling her how much he admired her.

Related: [Cupid Exclusive: Former Bachelorette Winner Jesse Csincsak Gives His Take on the Season Finale](#)

Even though a lot of fans rooted for Duke and Bubba Thompson

to end up together, nothing could keep fate from taking its course. Duke shares, "Bubba is an amazing, awesome guy, but I never felt the spark or chemistry with him. Yes, I want him to be in my life forever, but you can't make your heart feel something it doesn't feel."

Duke and Korfe received a lot of criticism once the show ended, but they learned to deal with it. "When one of us would get upset, the other one would get us both back in the right mindset," she explains.

Thanks to the editing of *Sweet Home Alabama*, the show may have given viewers a different impression of what Korfe was truly like. Even though fans mostly saw his bad boy image, he actually has a sweet side. Duke claims, "People didn't see anything about the letters. They didn't see how he would look at me or how long he would hug me."

When asked what he thought about how he was portrayed on the show, Korfe refuted his image by telling us, "I'm more of the work hard, play hard kind-of guy, and even if I do have a bad boy side, the show made me look more like a whiner, lonesome guy than a bad boy."

What seems to have saved Duke and Korfe's relationship is that they stayed true to their hearts. Duke, a true believer in finding the perfect one, gives us her insight on following your heart, saying, "Gosh, if you don't follow your heart, you will always live with regret. So what if things don't turn out like you thought? You still never regret something that once made you smile."

Related: [Reality Stars Who Found Real Love](#)

As for the most important thing to focus on when starting a new relationship, Duke shares, "Honestly, once the must-haves on your list are checked off – things like the same morals and values – and you're able to create a solid foundation for your relationship, I'd say that the butterflies and feelings that

come from a new relationship are most important. That's especially hard to find as you get older."

"After I was hurt a few times, I never thought I'd feel so excited or get butterflies over a guy. I became sort of jaded and closed off. I didn't want anyone to ever have the power to hurt me," Duke adds. "I had been waiting a long time to feel what I felt with Jeremiah."

The sweet, southern belle and country boy were a perfect match from the start, and since the end of the show, their relationship has only become stronger. Duke and Korfe are a great example of pushing everything else aside and following your heart, having overcome much criticism to ultimately find true love. As long as the feelings are real, maybe finding love on a reality show is possible after all.

Duke made it clear that she truly believes there's someone out there for everyone, sharing these inspiring words: "I don't think people should settle just for the sake of not being alone. It's cliché, but don't find the one you can live with; find the one you can't live *without*."

Gwyneth Paltrow Says Chris Martin Helped with Postpartum Depression





Brooke Shields, Courteney Cox, Bryce Dallas Howard and Amanda Peet are some celebrities who have suffered from postpartum depression and so do as many as one in five women in the United States, but Gwyneth Paltrow didn't think she would be one of them. The actress found herself experiencing the symptoms of postpartum depression shortly after giving birth to her son Moses in April 2006. It wasn't until her husband, Chris Martin pointed it out that she realized she actually had it. Paltrow believes that being open about her depression made it easier to cope, "We think that it makes us bad mothers or we didn't do it right, but it's like, we're all in this together." Between the support she's had through it and the awareness of it, she claims that her postpartum depression is slowly starting to diminish.

What are some ways to support your partner though postpartum depression?

Cupid's Advice:

It is hard enough for your partner to be suffering through something like postpartum depression, the best thing you can

offer them is your support. Here are some ways to show them you're there for them:

1. Don't make it take over your relationship: You're both aware that the depression is there, but continue to try doing the normal things you would do. If you start changing the way you act around them because of it, it'll most likely make them feel even worse.

2. Be understanding: It's a tough thing to be going through, so you have to be understanding. It may get frustrating, but all your partner wants is to know you'll still be there for them.

3. Help them, help themselves: Encourage your significant other to get treatment and start seeing a doctor. Make sure they know that you genuinely want to help them get better.

Have you ever had to experience dealing with someone suffering from postpartum depression? Share your experiences below.

'Vampire Diaries' Co-Stars Ian Somerhalder and Nina Dobrev Sneak PDA in Bel Air





Ian Somerhalder and Nina Dobrev may have arrived separately and opted out of posing together on the red carpet when the actor hosted The Influence Affair, an environmental benefit, but that didn't mean the clandestine couple were going to stay apart for long. "They sat together at dinner and when Ian noticed Nina was shivering, he offered her his blazer to help keep her warm," an onlooker told [People](#). "There was no overt PDA, but there was a certain lovey way about how they looked at each other." The couple was also spotted holding hands while privately touring the mansion where the event was held. "They seemed very close and comfortable together," the source said.

What are some ways to subtly show your partner you care in public?

Cupid's Advice:

Okay, so maybe you and your mate are a bit on the discreet side, but that doesn't mean you have to act as though you don't know each other when you're out in public. Here are some subtle ways to delicately show affection to your lover when

other eyes can see:

1. Hold hands: This is one of the most subtle and obvious ways to show everyone that you are holding onto one of the most important people in your life. It's intimate enough to show your partner affection and declare your relationship status.

2. Hugging: Sure, it's a common way to show affection to anyone, but, you can't hug everyone like you would with your love.

3. Kissing: You don't have to have a full blown make-out session with your partner to show the world how you feel about each other. A simple kiss on the lips, cheek or forehead can say a lot.

How do you and your partner show affection to each other in public? Share your comments below.

Adam Levine Calls Jennifer Love Hewitt an 'Aggressive' Flirt





Despite recent reports that Jennifer Love Hewitt is cozying up to her *Client List* co-star, Colin Egglesfield, she also recently very publicly declared her crush on Maroon 5's Adam Levine. On the *Ellen DeGeneres Show*, the actress said, "I always have my eyes out. I just read two days ago that Adam Levine is single again ... I'm just saying." *The Voice* mentor was nothing but impressed with Hewitt's determination, according to UsMagazine.com. "I heard about that. That was aggressive," Levine joked. "It was really sweet and flattering. Beautiful life, you know, when a beautiful woman says nice things about you."

What are some ways to flirt without being obvious about it?

Cupid's Advice:

There are many flirting techniques out there, but sometimes you want to be subtle about it so it doesn't come off as desperate. Cupid has some tips:

1. Make sporadic eye contact: Don't be creepy and stare at your crush, but make sure to make eye contact periodically. As

they say on *America's Next Top Model*, it's important to "smile with your eyes."

2. Initiate a conversation: You can show your interest in someone by taking the initiative to start a conversation. Smile a lot during the discussion, and perhaps lay a hand on his or her shoulder at the opportune times.

3. Use your body language to your advantage: Perhaps sit a bit closer to your crush than you would just a friend. Break the touch barrier by touching his or her arm briefly while you're talking.

What are some other ways to flirt without making it obvious? Share your thoughts below.

Jennie Garth Says Farm Animals Help Her Cope with Divorce





Jennie Garth is dealing with a divorce from her ex-husband Peter Facinelli in a new way. According to [People](#), four dogs, two goats, five cats, two miniature horses and a pig are helping her cope. “Having all these animals fills a void for me because I’m kind of going through a rough time right now. The animals give you unconditional love, and that feels good,” Garth said on the premier of her new show *Jennie Garth: A Little Bit Country*. “I think that my animals give me a sense of like relief, like they make me feel like none of that other bull matters,” Garth told her assistant. Garth’s slow, paced country lifestyle is just what she needs to get back on her feet after her break-up.

How can pets help you cope with a split?

Cupid’s Advice:

Dealing with a split is always difficult. Here are some tips on how your pets can help the healing process go more smoothly:

- 1. You always have a companion:** Your cat will love you

unconditionally. With or without your ex, you will always have your pet around to make you feel better. Try snuggling up on the couch and watch your favorite movie.

2. Occupied attention: Taking care of your pet will keep your mind off your recent breakup. Give your dog an extra walk during the day instead of chatting with your ex. Your dog will love you for it.

3. Pick up a new beau: Walking your dog around the neighborhood could even lead you to meeting someone new.

How did your pet help you cope with your split? Share your stories below.

Drew Barrymore and Will Kopelman Celebrate Pregnancy and Engagement at Shower





Actress Drew Barrymore and her fiancé Will Kopelman have a lot to plan for with a wedding and a baby on the way! The couple of one year are excited for both dates to come quickly, and they celebrated the coming events with some of their closest friends with a baby shower and engagement party. “Everyone was doting on pregnant Drew and asking her how she is feeling,” a witness told UsMagazine.com. “She is so thrilled to be expecting, and also really excited about the wedding.”

What are some unique ways to celebrate your engagement?

Cupid’s Advice:

Getting engaged is one of the most exciting moments of your life, and this is when you and your fiancé begin a new chapter in your life. Cupid has some tips to make it special:

- 1. Getaway:** You and your new fiancé should take a weekend vacation together where you can celebrate your new status together and flaunt your hubby or wifey-to-be on your arm. This way you can have a little fun along with rest and relaxation before the stressful planning begins.

2. Surprise announcement: You'll hardly be able to hold the news inside, but if you can stand it for a couple of days, surprising your parents and closest friends at a dinner or party would be a great way for everyone to get really excited and celebrate together. A more unique approach might be putting a video together on YouTube and breaking the news on the web.

3. Make memoirs: Don't wait to get your engagement pictures because you'll be glowing with excitement and you want to be able to capture that. It's also a good (and maybe cheesy) idea to write love letters to each other including details of the proposal. Keeping a journal of your life together will be something you'll appreciate having later when you can look back and reminisce about your journey.

How did you make your engagement special? Share your comments below.

3 Times in Your Relationship When It's Better to Be Safe Than Sorry





By Amy Osmond Cook, Ph.D.

Zac Efron's well-publicized condom drop on the red carpet sparked Matt Lauer to comment, "Better to be safe than sorry, right?" Zac chuckled, "That's a great message to add to the many messages in the film."

Well, it turns out that "better to be safe than sorry" is a great message that applies not just to condoms, but also to relationships in general. Here are three times when it really IS better to be safe than sorry:

1. You suspect that your partner is cheating.

Barring a traumatic past relationship, people want to trust their partners. So if you keep having that nagging feeling that he's cheating, it's better to look into the possibility than to turn a blind eye. Hopefully, your worry is unfounded. But, unfortunately, each of my friends who suspected her partner was cheating really did have something to worry about. Consider the words of Ronald Reagan when discussing his relationship with the Soviet Union: "Trust. But verify."

Related: [You've Cheated, So Now What?](#)

2. You see a mean streak in your partner . . . but only with the guys.

No matter how nice your partner is to you right now, his true colors will shine through eventually. If you see him losing it on some guy at the bar, you can bet that given enough time, you'll be on the receiving end of the dude gone postal. And don't think that his gallant desire to protect the "weaker" sex will prevent an eventual outburst: a large majority of women who suffer from domestic violence were hit the first time while they were pregnant. Don't mess with a nasty temper. It will always come back to haunt you.

Related: [Hollywood Portrayals of Domestic Violence](#)

3. You get cold feet before the wedding.

Stories of commitment phobes and runaway brides who left their partners at the altar abound. It is often assumed that "cold feet" before a wedding is normal. While it may be common, anxiety before marriage is nothing to sweep under the rug—it's a manifestation that something isn't right about the relationship. Maybe it really is as simple as a commitment problem, and you need to get some tips from a professional about how to manage your impulse to run. But it's something that has to be worked out before the wedding, not afterwards. Just remember, an embarrassing day is much better than a life of misery or a divorce down the road.

Most of the time, it's best to give your partner the benefit of the doubt. But when you encounter a cheating heart, a bad temper, or feelings of anxiety, it's better to be safe than sorry.

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author of Hope After Divorce and Full Bloom: Cultivating Success. Amy and her husband, Jeff, have five children and look forward to welcoming baby #6 in April 2012. For more information about Amy, please visit amyosmondcook.com.