

# Is Jennifer Love Hewitt Going After Newly Single Adam Levine?



Jennifer Love Hewitt currently lists her marital status as “single.” According to [People](#), however, she could be looking to make a change now that Adam Levine has become available. “I just read two days ago that Adam Levine is single again ... I’m just saying,” said *The Client List* star on *The Ellen DeGeneres Show*. The Maroon 5 frontman has just split from his girlfriend of two years, Anne Vyalitsyna, and may not stay single for long. Hewitt split from actor-director, Alex Beh, last year.

**How do you show someone you’re interested without being overbearing?**

**Cupid’s Advice:**

It’s always good to show interest in someone you could see

yourself in a relationship with, but don't overdo it. Cupid has some tips:

- 1. Be funny:** People are attracted to those who are fun to be around. Break the ice by telling a joke.
- 2. Exude confidence:** You may be pining over the new hottie, but keep in mind you're pretty desirable yourself.
- 3. Leave an out:** Sometimes, it just doesn't work out with the person you're crushing on, and it's okay. It's best to try and fail than to have never tried at all.

**What can you do to get your crush's attention? Share your advice in a comment below.**

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## **Shannen Doherty Says Married Life Is 'Phenomenal'**





Shannen Doherty is chronicling her wedding planning process in a new reality show called *Shannen Says*, which premieres Tuesday, April 10, at 10 p.m. ET on WE tv. According to [People](#), the actress is truly enjoying life as a newlywed. “Things couldn’t be better.

Married life is amazing, and I can only say that because of my partner, because of Kurt,” said Doherty. The actress has been married twice before, but both marriages were short-lived. “Marriage to me is such a gigantic commitment that it’s not something I’d ever go into lightly anymore,” she added. “I’ve learned my lesson.”

**What changes do you need to prepare yourself for when you get married?**

### **Cupid’s Advice:**

Getting married is one of the biggest changes you will experience in your life. Here are some ways to prepare:

**1. Living together:** Living together first isn’t a requirement, but it’s doesn’t hurt to practice for marriage by cohabiting. You’ll learn about each other’s quirks and habits.

**2. Having a second half:** Marriage is a union that binds you to someone for better or for worse. You will always need to consult your partner before making any major decisions.

**3. Making time:** Spending quality time with your partner is important when dating, but it's even more important once you've tied the knot.

Should marriage be considered a sacrifice? Share your opinion below.

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## Michelle Williams to Reportedly Avoid Heath Ledger Mistakes With Jason Segel



Michelle Williams is ready to get serious with new boyfriend Jason Segel. It's been a tough past couple of years for Williams, having mourned the death ex-fiance, Heath Ledger. An insider told [UsMagazine.com](http://UsMagazine.com), "She is a romantic and always felt partly

responsible for not being able to help Heath.” But, Segel has done the single mother some good, and now she’s reportedly in love! The *5 Year Engagement* star is ready to commit, and having learned from past mistakes with Ledger, the two are moving forward.

**What are some ways past mistakes help future relationships?**

### **Cupid’s Advice:**

The best part of a faulty past relationship, is that it’s in the past. You now have control of your new relationships and know exactly what to avoid. Here are some ways past mistakes can help you in the future:

**1. You know how to avoid silly arguments:** From past relationships, you realize that all of the little fights you had were pointless, and you know to just avoid those all together in the future.

**2. Improve communication:** The biggest aspect of a relationship is communication. A lot of the time, arguments are started because there was a miscommunication. So in your new relationship, you know exactly how to say things and when to say them.

**3. Don’t let a relationship take over:** As you can see from past faulty relationships, sometimes things just don’t work out. Now you know to keep that balance between your normal life and your new beau.

**What are some other things you can learn from past relationships? Share your ideas below.**

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# Peter Facinelli Speaks Out About Split with Jennie Garth



*Twilight* star, Peter

Facinelli, opened up to Kelly Ripa about his divorce with Jennie Garth on Wednesday's *Live! with Kelly*. According to [People](#), Facinelli told Ripa that Garth will always be in his life. He's right about that, as the couple are parents to three daughters: Luca, 14, Lola, 9 and Fiona, 5. Facinelli said that he and Garth are trying to stay out of the limelight for the sake of their little ones. "We're very dedicated to being great parents," he said.

**How do you make a divorce drama-less for your children?**

## **Cupid's Advice:**

Divorces can get nasty, but it's important to protect you and your ex's greatest asset-your children. Here are some ways to get through your breakup without your kids having to deal



with the drama:

**1. Keep it between grown-ups:** There is no need to let your children in on every little detail of the divorce. Keep kids out of grown-up business.

**2. Don't ask them to take sides:** Pinning your children against your ex will only backfire. Keep them happy by respecting your ex around them.

**3. Talk it out:** It's a good idea to ask your children about their feelings regarding the divorce. Divorce means change, and it's important to take the time to validate your kids' emotions.

**How have you made your divorce drama-free for your children? Share your comments below.**

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## Rihanna Explains Why She's Still in Contact with Chris Brown





In May's issue of *ELLE*, Rihanna finally shared with the world why she is back in contact with ex-boyfriend Chris Brown. It's been three years since Brown assaulted Rihanna and, according to [UsMagazine.com](http://UsMagazine.com), since then the duo has collaborated on two singles and has been secretly hooking up for about a year. Rihanna says, "I respect what other people have to say. The bottom line is that everyone thinks differently," in response to the furious reactions from fans and critics about the couple reuniting. "It's very hard for me to accept, but I get it. People end up wasting their time on the blogs or whatever, ranting away, and that's all right. I don't hate them for it," she says. However, the singer refuses to apologize. "Because tomorrow I'm still going to be the same person. I'm still going to do what I want to do."

**When your partner makes a mistake, how do you know whether to forgive them or not?**

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

It's hard to know when to give your sweetheart a second chance or not. Cupid has some advice:

**1. Weigh your options:** Will this same thing happen again? Will you be more miserable with or without your beau? These



are some important questions to consider when dealing with mistakes made by your lover.

**2. Consider the mistake:** Breaking up or staying together after a mistake all depends on the magnitude of the error. If your man cheated on you, say goodbye and move on. If your guy made a fool of himself in front of your parents, talk to him about it and ensure it won't happen again.

**3. Wait for an apology:** If your partner realizes they are in the wrong on their own and they apologize, breaking up with them is too extreme. However, if your significant other does not even realize they've upset you, you probably need to let them know and consider breaking things off.

**How did you decide if it was okay to forgive your partner? Share your stories below.**

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## Five Celebrity Divorces We Really Weren't Expecting





By Francesca B.

The world of celebrity is fraught with ups and downs. Scandals of drug abuse, cheating husbands and lying wives make for gripping and sensational stories when they come to public attention. We have come to expect a bit of drama from Hollywood romances, but even so, there have been some celebrity divorces that we really didn't see coming. Here are a few:

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### **Tom Cruise and Nicole Kidman**

The original Hollywood sweethearts, Tom and Nicole met on the set of the hit movie, *Days of Thunder*, in which they played a young and romantically entwined couple very believably indeed.

It was therefore no great surprise when their on-screen romance started to become apparent off screen as well, and they were eventually wed on Christmas Eve, 1990. A popular and adorable couple, they stuck it out for over a decade before "irreconcilable differences" saw them seeking the advice of divorce solicitors and putting an end to the fairy tale romance the whole world had enjoyed. Still, both parties have now happily remarried and have children with their new partners.

## **Kate Winslet and Sam Mendes**

The beautiful actress of *Titanic* fame, who we all thought would marry the gorgeous Leonardo DiCaprio, instead fell for dashing director, Sam Mendes. Despite being 10 years her senior, he definitely wasn't her sugar daddy, with Winslet being worth about double the Mendes fortune. They painted a picture of domestic bliss, but following the making of *Revolutionary Road*, a film starring Winslet and directed by Mendes and ironically about a couple stuck in a failing marriage, their relationship hit the rocks. To the surprise of the couple's friends and fans, they split in March 2010, leaving Winslet with two children from two marriages at just 34.

**Related:** [Why Celebrities Fall In and Out of Love So Quickly](#)

## **Courteney Cox and David Arquette**

One of the world's best-known faces of the '90s for her role in *Friends*, Courteney Cox surprised everyone when she hooked up with David Arquette after starring in the *Scream* movies with him. However, even more shocking was the news that after 11 years of marriage and a child together, the couple had decided to split. Despite speculation about the real reasons, Cox stated that she "was tired of being (David's) mother."

## **Madonna and Guy Ritchie**

We all love Madge, and when she decided to marry a quirky British director and settle down in the English countryside, the place we held in our hearts for her grew a little bit bigger. The announcement that the couple were splitting up in 2011 came as a complete shock to most, with Madonna claiming that Ritchie 'drinks too much' as the reason for the split. That's OK, Madge, we still love you.

## **Jennifer Aniston and Brad Pitt**

Another celebrity of *Friends* fame and so popular she had an entire generation of young ladies going into hairdressers and asking for 'a Rachel,' Jennifer Aniston tied the knot with the most eligible bachelor in the world, Mr. Brad Pitt. Without a doubt the hottest couple in Hollywood, it seemed nothing could come between them. But that was until naughty Brad went off to film Mr. and Mrs. Smith and reportedly fell in love with Miss Luscious Lips herself, Angelina Jolie. Brad and Jen split a few months later, back in 2005, but even today Hollywood still rumbles with the scandal from time to time.

Whether expected or unexpected, Hollywood splits never cease to rock the Tinseltown boat with rumors and gossip. If only everyone could just be happy all the time!

*Francesca is a freelance writer and blogger who enjoys writing about a variety of subjects from celebrity gossip and fashion, to travel and food. Be sure to let her know what you think of this guest post by leaving a comment below or Tweeting her @franki\_blogs.*

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## Sources Shoot Down Rumors that Kate Middleton Is Pregnant





Although Prince William and Kate Middleton will be celebrating their first wedding anniversary, they will not be planning any baby showers just yet. According to [UsMagazine.com](http://UsMagazine.com), “Kate is not pregnant or about to make a pregnancy announcement.” Rumors surfaced in November, when she refused peanut paste in Denmark. Peanut paste is often off limits to pregnant women to prevent allergies for their babies-to-be. Middleton was seen sipping sherry on St. Patrick’s Day and was skiing in France in the past few weeks. Overall, a witness says, “They looked very happy together.”

**How do you know when it’s time to start a family with your significant other?**

### **Cupid’s Advice:**

Starting a family is a major step to take with your significant other. Here are a few tips to know when you’re ready:

**1. You’re settled:** When you and your man are comfortable and have fallen into a routine with one another and you’re looking for something new, it’s time to start talking about bringing a new life into the picture. Having jobs and a nice savings account won’t hurt either.

**2 You have a home:** Having a warm and welcoming home is very important when bringing a baby into the picture. Being settled in a nice neighborhood with good schools will give you the chance to raise your child with safety, as well as compassion.

**3. It feels right:** Lastly, you will know it's time when you feel it. Everything will fall into place. Having the big talk with your lover should feel natural and exciting, not nerve wracking or uncomfortable.

**How did you know it was time to start a family? Share your stories below.**

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## **Relationship Advice from the 'Hunger Games'**







By Amy Osmond Cook,

Ph.D.

If any of you saw the *Hunger Games* recently, you were in for a bloodbath—a very entertaining, very well produced bloodbath.

I'm a huge fan of Suzanne Collins, and the movie was one of the best I've seen in a long time. But while I cheered for Katniss, cursed the gamekeeper, and threw popcorn at President Snow, I couldn't help but notice that some of the lessons of *Hunger Games* could also be applied to relationships:

### **Hunger Games Tip #1: Don't Let Him (or Her) Own You**

Before going into the *Hunger Games* arena, Peeta and Katniss spend a quiet moment looking over the city. With a wistful glance at his would-be lover and soon-to-be fellow Gladiator, Peeta tells Katniss, "I keep wishing I could think of a way . . . to show the capitol they don't own me. That I'm more than a piece in their games." And show them he does.

Healthy relationships are built on equality. If you feel owned or used, there's a good chance that you are being played in someone's game. You may be their most important game piece. But regardless of whether you are a queen or a pawn, if your relationship feels like a chess match, run!

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### **Hunger Games Tip #2: Don't Eat the Berries**

While Katniss is out hunting for food, Peeta tries to be helpful and unknowingly picks poisonous Nightlock berries to eat with the meal. Foxface watches Peeta and picks berries of her own, thinking they are edible. She dies instantly upon ingestion.

Affairs, abuse, and drug and alcohol addiction are common forms of relationship Nightlock. While they are possible for some couples to overcome, they can be instant relationship killers. So if you are tempted to stray, to use, or to be otherwise despicable, be aware that you are putting your relationship seriously at risk.

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### **Hunger Games Tip #3: Just Be Yourself**

When Katniss first arrives at the Capitol, she is told that she needs to make people like her. Sponsors, Haymitch (her mentor) states, can make the difference between life and death. Katniss fails miserably at this until Cinna, her stylist, tells her, "Don't try to make people like you . . . Just be yourself." When she forgets about public opinion and is true to herself, she becomes beloved by district and Capitol people alike.

It goes without saying that it's important to be yourself in a relationship. There's nothing worse than sushi and ballet when all you really want is barbeque and line dancing. Don't pretend to be someone you're not, if for no other reason than it's just plain tiring—and it's impossible to keep up the façade forever. When the walls come down and the real you shows through, don't you want someone who shares your secret passion for all things Woody Allen, or at least loves you for it?

Suzanne Collins is more about opposing the Man and the media than providing commentary on romantic relationships. But forging relationships based on equal power dynamics, avoiding toxic situations, and having personal integrity are lessons as applicable to the bedroom as the Hunger Games arena.

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## Elisabeth RÃ¶hm Explains Why Family Dinners Are Important





*Law & Order* actress

Elisabeth Röhm took to her [People](#) blog this week to explain the importance of family dinners. Röhm came into contact with cookbook author Ellamarie Fortenbach and learned about the importance of eating dinner as a family. The actress and her 3-year-old daughter, Easton August, participated in the production of Fortenbach's cookbook. "Cooking together and finding a connection through mealtime has been important and a challenge for our family," said Röhm in her blog. "Cooking together and then eating that meal is truly nurturing!"

**What are some reasons it's important to eat meals as a family?**

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

Though it can be difficult to coordinate schedules, eating meals as a family is still a valued tradition. Here are a few reasons why it's important:

**1. Catch up:** Mealtimes are an opportunity to share with your family the things that have been on your mind during the day. Your children can voice their worries about school and their friends while you can chip in with stories from work or around the house.

**2. Good for children:** Children who have meals with their families are statistically proven to do better in school.

Bonding time at the dinner table is important for developing minds.

**3. Unity:** A family that eats together is undoubtedly stronger as a unit than one who does not. It's important to find time for your family despite your busy lives.

**Do you eat dinner as a family? What do you like about it? Feel free to leave a comment below.**

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## Ashlee Simpson Says There's "Plenty of Time" Before Jessica Simpson's Birth



Though her sister Jessica Simpson is very much pregnant and ready to become a mom, Ashlee Simpson had no worries she's miss the birth when

attending an event in Australia recently. According to [UsMagazine.com](http://UsMagazine.com), Simpson brushed off concerns, saying, "I have plenty of time and I'm going home [today] so it will be fine."

Jessica Simpson was heard saying that she still had "a month to go" so Ashlee will definitely be in attendance at the birth of her sister's first child.

**How do you decide who you want with you when you give birth?**

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

It's not always clear who should be with you in that hospital room when it's finally time for the baby's arrival. Cupid has some advice:

**1. Focus:** During childbirth you'll want all the focus on you. Make sure to choose people who are able to focus on you entirely during the birth as support. Perhaps choose a sibling or parent.

**2. Coach:** Just because you want your partner there doesn't mean you have to have them there as your coach during the birth. Have someone else important to you take on that role if your sweetheart isn't quite ready to be around the action.

**3. Friends/family:** Beyond having a coach and your partner there during the birth, you may want some other people present during the birth such as your mother. Have them there for a reason though, as childbirth is not a show and they should know they're there as a support team.

**How did you decide who you wanted present during birth? Let us know in a comment below.**

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# Hilary Duff Hits the Gym 1.5 Weeks After Giving Birth



Hilary Duff is wasting no time getting back to the gym. After giving birth nearly two weeks ago to her and her husband's, Mike Comrie, first baby together, Luca Cruz, Duff is already yearning to tone up her post baby body. "20 minutes on the elliptical seems like an eternity!!! What the hell..." the former Disney star tweeted Saturday. Besides getting some much needed time pampering herself at the Nine Zero One hair salon last Thursday, the new mom spent a little time toning her body doing Pilates on Monday. "Did a little Pilates today. Felt so good to stretch!..." the former *Lizzie McGuire* star said via twitter.

**How can you help your partner get back into shape after pregnancy?**

**Cupid's Advice:**

After gaining a few pounds, it may seem like a stretch to get back to your desirable weight, but it's definitely possible.

Men, here are a few tips to help your woman get back into the sexy shape she had before giving birth:

**1. Workout together:** Instead of letting her take that mile run by herself, join her and also take advantage of enrolling in yoga or gym classes together. Not only will this encourage her to keep her progress up, but it will also give you two some great bonding time.

**2. Healthy choices:** There are plenty of meals you and your lady can enjoy together that will taste delicious and are healthy for you. Look up different recipes online that both you and your lover can enjoy making and eating together.

**3. Support:** The number one thing your significant other needs when they're trying to achieve their weight loss goal (or any goal) is your support. Besides working out and cooking together, give her words of encouragement to keep her going.

**How did you help your partner get back into shape? Share your comments below.**

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## Why Celebrities Fall In and Out of Love So Quickly





By [Whitney Baker](#)

In recent years, the divorce rate in America has hovered around 50 percent, and in Hollywood, this statistic appears to be closer to 70 percent.

For some celebrity couples, rushing into a serious relationship or even marriage is no big deal; they can always break up or file for an annulment or divorce, knowing that their family, friends and fans will stand behind them. They are not held accountable by their vows, viewing any “easy way out” as an acceptable solution.

But why do so many Tinseltown twosomes approach romance with such a wavering attitude, in such fleeting terms? Here are just a few reasons why some celebrity relationships change with the seasons:

**1. Publicity:** They say that all you need is love, but in the case of some celebrity relationships, all they want is publicity. And some celebrity couples continue to demand attention even *after* the break-up. Take Jon and Kate Gosselin, for example. The *Jon & Kate Plus 8* stars are still garnering media attention for their failed marriage and exceptionally large family.

**Related:** [Celebrities Who Share Too Much PDA](#)

**2. Rushing things:** Many celebrity couples mistake lust for love and rush into something too serious when they're still in the "get to know you" phase of their relationships. Beyond their own feelings, there may be outside pressure from family, friends and perhaps the media. For instance, Kim Kardashian's whirlwind romance with Kris Humphries lasted only 11 months, but included a made-for-television proposal, wedding and divorce. As this relationship's quick demise proved, infatuation can easily outweigh true love, but it doesn't last nearly as long.

**Related:** [How to Avoid the Reality Show Relationship Curse](#)

**3. Time apart:** Relationships require both time and effort to flourish. For celebrities, time together isn't always possible. Their busy schedules often keep them apart; such was the case with Katy Perry and Russell Brand. After only 14 months of marriage and a Christmas spent 7,000 miles apart, Brand filed for divorce. As celebrities focus on their individual careers, they fail to make the proper commitment to build a lasting and meaningful relationship.

**4. Just because they can:** Among some celebrities (such as Britney Spears in her younger years and Brandi Glanville of *The Real Housewives of Beverly Hills* fame), there's a sense that they can do anything they want. Spears married childhood friend Jason Alexander in a Las Vegas ceremony, only to have it annulled a mere 55 hours later. Glanville – a divorced mother of two – rushed into Las Vegas nuptials with a close friend on New Year's Eve. Calling it a "[drunken BFF thing](#)," she later admitted that they were just having fun.

**5. Constant media attention:** Sure, some celebrities fall in and out of love for publicity's sake, but on the opposite note, too much media hype can also lead to heartbreak. Back in 2003, Nick Lachey and Jessica Simpson seemed to be living a fairytale romance until MTV cameras invaded their home for the reality hit *Newlyweds: Nick and Jessica*. Similarly, Taylor

Swift and Jake Gyllenhaal dated for only two months at the end of 2011 and sources blame the short-lived romance on aggressive media coverage.

Why do you think some celebrity romances don't last? Share your comments below.

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## Adam Levine and Model Girlfriend Call It Quits



*The Voice* judge and

Maroon 5 frontman Adam Levine may have something new to sing about. Levine announced his split from model girlfriend Anne Vyalitsyna, who he was dating for two years, reports [People](#).

"Adam and I have decided to separate in an amicable and supportive manner. We still love and respect each other as friends. I wish him all the best," said Vyalitsyna in a

statement. Levine and Vyalitsyna met at a Sports Illustrated swimsuit issue release party in 2010.

## **How do you know when it's time to call it quits?**

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

Even though a relationship may seem perfect on the outside, it pays to know when to call it quits. Here are a few clues:

**1. No spark:** After time, many couples just seem to fizzle out. If you and your partner have lost the spark in your relationship despite your tries to reconnect, consider ending the relationship.

**2. Lack of progress:** If your relationship doesn't seem to be going anywhere, you may want to reevaluate your goals. Your current relationship could only be holding you back, especially if you have hopes of starting a family in the future.

**3. You have different goals:** There comes a time in a relationship when you have to sit down and discuss your plans for the future and how your relationship fits into those plans. If you and your partner want different things in life, it may be time to end the relationship.

**How did you know when it was time to call it quits with your partner? Feel free to leave a comment below.**

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## **Jim Toth Steps Up as Stepdad**



# to Reese Witherspoon's Kids



Reese Witherspoon has found a stand up guy to be her husband! Jim Toth has definitely shown himself to be parent material, which is a good thing since the couple is expecting a child together.

According to [UsMagazine.com](http://UsMagazine.com), Toth wasn't "sure about having kids" when they first began dating in 2010, but warmed up to the idea once he got to know Witherspoon's two children. Toth is all about family now and the couple are "big family people."

**What are some important things to remember when you marry someone with kids?**

## **Cupid's Advice:**

Sometimes it can be difficult adjusting to a new parent.

Cupid shares some things to consider when you marry someone who already has children:

**1. Blending families:** It's important to remember that even

though you're becoming a part of a family and thus creating a new one with your partner, these kids may already have a parent and may not be immediately receptive to your new role.

**2. Do you like kids?:** Don't marry into a family with children if you don't like children. Simple as that. It's not any easier raising a child that is not biologically yours, so make sure you're ready to be a parent.

**3. Lifestyle:** Make sure you're ready to change your lifestyle. While dating someone with kids, you may not have experienced many changes socially; however, once you have the role of step parent, you have to become a role-model.

**What did you think about before becoming a step-parent? Share your thoughts below.**

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## What Attracts Us to Bad Boys?





By Dr. Carole

Lieberman

Though we women pride ourselves on how ‘we’ve come a long way, baby,’ we still fall prey to the charms of bad boys. Why? It all starts with Daddy – the first man we’ve ever loved. If this relationship was dysfunctional, such as with a father who was abusive, depressed, a workaholic, or simply divorced and unavailable, we feel unlovable and grow up with a penchant for bad boys.

The Dozen Dangerous Devils, or 12 types of bad boys, include the: Fixer-Upper Lover, Compulsive Flirt, Grandiose Dreamer, Misunderstood and Married, Mr. Power Mad, Commitment Phobe, Wounded Poet, Self-Absorbed Seducer, Man of Mystery, Dramatic Daredevil, Prince of Darkness and Lethal Lover. We are attracted to one or more of these types in an unconscious effort to turn our disappointment with Daddy into a fairytale happy ending.

**Related:** [Five Reasons Why Opposites Attract](#)

For example, if a little girl’s father abandoned her, such as by death, divorce or emotional distance, she would likely grow up to be attracted to a Fixer-Upper Lover (also named the Frazzled Frog), who seems like he would be the least likely

man to abandon her because his life is in need of much repair.

But, once she provides him with the nurturance he craves and helps him get his act together, he hops away to find a more discerning princess. All Dozen Dangerous Devils are heartbreakers. They just break a woman's heart in 12 different ways!

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Headlines are perpetually filled with celebrity bad boys – from Brad Pitt, who claimed to be Misunderstood and Married when he fell for Angelina Jolie; to Chris Brown, an abusive Prince of Darkness who Rihanna still can't resist; to *Bachelor* Ben Flajnik, who's become a Compulsive Flirt despite his engagement.

Some bad boys can be tamed, but a woman must be careful not to lose her self-respect or sanity in the process. Look where it got Catherine Greig, the woman who harbored mob boss James 'Whitey' Bulger, a Lethal Lover. She'd laughed about liking bad boys until it landed her in jail!

*Dr. Carole Lieberman is an internationally renowned "Media Psychiatrist." On TV, Radio, the Internet, in Film, Print, as a Speaker and as the first "Shrink on Board" airline in-flight entertainment, Dr. Carole's insights help people seize the moment to live happier, more fulfilling lives. She's also the author of Bad Boys: Why We Love Them, How to Live with Them and When to Leave Them.*

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# Jennie Garth Says She and

# Peter Facinelli Are 'Great Parents Together'



Jennie Garth and

Peter Facinelli have tried to make their divorce as painless as possible for their three daughters Luca, Lola, and Fiona. "We are great parents together, so when it's about the kids, it's wonderful," said Garth, according to [People](#). Having discussed the couple's divorce with the kids, they are all on the same page and understand what is happening, without feeling the need to choose sides. Garth and Facinelli want nothing more for their family to be happy and healthy. The former *90210* actress is even considering moving back to Los Angeles so that the girls have more access to their dad.

**How do you remain united in parenting after a split?**

**Cupid's Advice:**

When you're in the middle of a divorce, it's also very

difficult for your children. Here are some ways you can work together to be good parents, even when separated:

**1. Make a schedule:** Now that you aren't living together anymore, it's difficult to collaborate your schedules. Therefore, set certain days and times where you each want to spend time with the kids so there are no arguments or confusion.

**2. Talk to your children:** A good parent will talk to their kids about what is going on and get their feedback. Ask them how they feel and how they want to spend their time with each parent.

**3. Share Holidays:** The most stressful times are when it comes to holidays. Your kids don't want to have to choose how they will spend the best times of the year. Try sharing these important dates, for the kids.

**What do you think are ways to remain good parents while being separated? Share your ideas below.**

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## Bruce Willis and Emma Heming Welcome a Baby Daughter







It's official!

Bruce Willis and his wife of three years, Emma Heming, have welcomed the newest addition to their family, daughter Mabel Ray Willis. Mabel joins three half-sisters, Rumer, 23, Scout, 20, and Tallulah, 18, who Willis had with ex-wife Demi Moore, according to [People](#). The *Die Hard* actor and designer-model, according to their rep, "are overjoyed about the newest member of their family. Both mother and baby are healthy and doing beautifully."

**What are some ways to prepare your existing family for an infant addition?**

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

When you're getting ready to welcome a new addition to your family, it's important to prepare certain things. Cupid has some tips:

**1. Prepare your other children:** Keep your kids up to date about the pregnancy and what it will be like when you bring the baby home. Have them help get the nursery ready and offer baby names. The more involved the feel, the more accepting they'll be of the situation.

**2. Get your finances in order:** Another child means one more mouth to feed and one more body to clothe. Kids are by no

means inexpensive, so it's important to make sure you're getting your finances in tip top shape before having a baby.

**3. Prepare yourselves:** If you already have kids, another child in the mix means you'll be all the more busy and worn out. Make sure you're staying in shape and taking care of yourself as you prepare to welcome another addition to your family.

**How did you prepare your family for an additional child? Share your tips below.**

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## Blake Shelton Discusses 'Country's Hottest Guy' Title with Miranda Lambert



Country music star Blake Shelton may have been named "Country's Hottest Guy"

by *People Country*, but he admits that he doesn't often feel sexy. "Right now, I'm feeling sweaty and a little bit overweight and buzzed," he said, according to [People](#).

However, his country superstar wife Miranda Lambert had a very different opinion on *The Voice* coach's rugged good looks.

"He's hot, I agree, but I see him at his best and his worst," she said.

**What do you do if your significant other gets hit on often by others?**

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

A healthy and happy relationship is always based on trust. No matter how desirable your partner is, as long as you trust them, you won't ever have to worry about anyone else coming into the picture. However, that isn't going to stop them from trying. Here are some ways to deal:

**1. Talk it out:** Be honest with your partner about your feelings, and they will be honest with you if they feel someone is coming on too strong.

**2. Feel flattered:** You landed your amazingly hot partner when others have tried and failed.

**3. Don't think about it:** When you stress about something, often your imagination can run away with you. Try to take a reality check whenever possible.

**What are ways you can create trust in a relationship? Share your tips below.**

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# Peter Facinelli Officially Files for Divorce From Jennie Garth



Due to irreconcilable differences, Jennie Garth and *Twilight* star Peter Facinelli officially filed for divorce on Wednesday, TMZ reports. That said, sources told [UsMagazine.com](http://UsMagazine.com) that the two have been separated for quite some time already. "It's been over for months, maybe even a year," one source says. The duo hasn't taken the separation lightly because of their three daughters, Luca, 14, Lola, 9, and Fiona, 5. "They kept up some sort of charade for their kids," the source claims. Facinelli and Garth are working together to make this separation as painless as possible for their children. Facinelli has asked for joint custody of the daughters and both have agreed to pay legal fees. At the announcement of their split, they released the following statement: "We both share the same deep love and devotion to

our children. We remain dedicated to raising our beautiful daughters together.”

**What are some ways to cope when your partner wants a divorce?**

**Cupid's Advice:**

A divorce can be a long, pain staking process. But, you eventually have to move on with your life and stop analyzing what went wrong. Here are some ways to make the process of recovering from a divorce a little easier:

**1. Join a class:** There's nothing better than signing up for a class to keep you busy. If your mind is busy, you don't have time to drown in your sorrows at home. Take a cooking class or yoga, meet new people and keep busy.

**2. Take a vacation:** Get away from all the stress in your life for a couple of days, and take a nice relaxing vacation. Go with a couple of friends to the Bahamas or make it a fun trip and visit Vegas.

**3. See a life coach:** At the start of a divorce, you may feel a little lost in life. Go see a life coach, as he or she will help motivate you into doing new things with your new life and will help you feel better about yourself.

**Do you know anyone who has been through a divorce? What do you think is the best way to cope? Share your thoughts below.**

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# **Can Being A Sibling Teach You**

# To Have A Good Relationship?



By Steven Zangrillo

My sister and I grew up in Suburbia, which affords bored, middle-class children multiple opportunities for creative mayhem. My sister, therefore, functioned as a guinea pig of sorts. For instance, picture a 10-year-old and his friends chasing you around with Super Soakers filled to the hilt with pickle juice. You'd have hated me, too. When we both hit adolescence, we grew up a little bit. We went to high school and started to test the dating waters. As if being a 14-year-old, pimple-faced fat kid wasn't enough, I had to come home to the chiding laughter of my older, hotter, more dating-tested sister whenever I failed. Good news of failed romance spreads fast in Suburbia. My immaturity blinded me from taking in the romance lessons that are now so clear to me. Let's break them down:

**Related:** [10 Love Lessons From Bruce Springsteen](#)



## **1. People will always aggravate you, but how you react is dependent on how you want this situation to end.**

On Easter we would have an Easter egg hunt, followed by a trip to the Sunday car show downtown. My sister would wake up extra early and find out where the eggs were, leave them there and go back to bed. When our parents woke us up a little later, Samantha would rifle through the house and snag every egg. Me? I was left in bitter tears and tuxedo pajamas (they were sweet, don't judge). She won the battle, and I didn't complain. I won the war later when I, not she, got to sit in the cars first at the show. Karma comes back around.

The lesson here is that your significant other will purposefully or unintentionally do aggravating things, just like your sibling. Whatever habits, issues, or situations you're faced with, remember that you can either continue to stamp your feet and cry while everyone goes to the car show, or you can calm down and hop your little tush into the front seat of a '72 Corvette.

## **2. Everyone is equally accountable under the same roof.**

I had a Sega Genesis; she had a boom box. Montel Jordan was particularly popular at the time. You're already singing it in your head, *"Thiiiiis is how we doooo itttttt..."*

I was busy freezing people and knocking their heads off in *Mortal Kombat* when Samantha came bounding down the stairs, asking if she could play. I shrugged and, since I was bored anyway, surrendered the game console to her. I began to aimlessly prance around the house as quickly as my 7-year-old body would allow me to move. I stumbled upon her glistening, gorgeous new Sony boom box. Somewhere between the chorus and the second stanza I managed to scramble up the tape deck. I was left with a mangled mess of what once was a cassette.

Needless to say, my sister and I brawled that day.

The lesson here, of course, is to communicate. Want to borrow

his toothbrush? Fine, just say so. The idea that “What’s yours is mine, and mine is yours,” is great up until that last drop of orange juice is gone and someone is forced to adjust their routine because you didn’t say anything. It seems mundane, but little things add up. Give yourself few chances to be accused of things.

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

**3. Be a softie- it’s okay, seriously. If you don’t know how to be one, open yourself to learning about it.**

My sister and I have spent 24 years being absolutely obnoxious towards each other. Between the passive-aggressive verbal assaults, physical encounters, finger pointing, name-gaming nonsense, we’ve seen some real and palpable tough times. There have been days where I’ve been called on to be her little brother. That’s a role that I relish and will always take seriously.

The same thing goes for relationships. It’s easy to be a fun, happy boyfriend or girlfriend. Life is great when you’re out on the town having drinks and dinner, going to your favorite club, seeing a movie, or whatever the case may be. The next day that person may be in need of something more concrete.

You might be called on to be there for support and you better be ready for it. If you aren’t, then just listen to everything they have to say to you. Be a softie. Listen, understand and appreciate. That’s your job as a sibling, significant other and a person in the world.

**Do you think being a sibling has helped shape your relationship? Share your comments below.**

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# Michelle Williams and Jason Segel: A Serious Couple?



It seems that things are heating up between *My Week With Marilyn* star Michelle Williams and actor Jason Segel ... and many people didn't see it coming. However, according to [UsMagazine.com](http://UsMagazine.com), friends close to the couple are surprised it didn't happen sooner. The couple have known each other for years and met through Williams' good friend Busy Philipps, who starred with Segel in *Freaks and Geeks*.

**How do you know when your relationship has turned serious?**

## **Cupid's Advice:**

Even when you both have feelings for one another, labeling your relationship as "serious" can be difficult. Here are some signs that it's approaching that label:

**1. You're Facebook official:** Once you've both announced your

relationship to your friends via your social media circles, it's safe to say you're serious.

**2. You've met the family:** Meeting your partner's family and introducing them to yours is a huge step for a couple. It's one that you don't take unless you're serious.

**3. You're moving in together:** Signing a lease together is a big step that's never to be taken lightly.

**How did you know your relationship was serious? Share your thoughts below.**

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# **Britney Spears and Jason Trawick Take a Secret Trip to San Francisco**





Britney Spears and

her fiancé Jason Trawick took a private vacation to San Francisco away from the paparazzi and Spears's legal issues.

According to *People*, Spears and Trawick stayed at the Westfield San Francisco Centre in the Extreme-Wow suite. A source said that the couple was very low-key and the getaway was just about the two of them.

**What are some fun ways to spend time alone with your partner?**

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

Spending alone time with your partner is important, but it can sometimes get boring. Here are a few fun ways to spend time alone with your significant other:

- 1. Play make believe:** Book a hotel room or bed and breakfast in another city for some alone time where no one else knows the two of you. Pretend to be lovers in a secret relationship.
- 2. Take a road trip:** A road trip can be a lot of fun. Full of sing alongs and junk food, it will bring the two of you closer.
- 3. Everyone loves a good game:** Game night is the best way to spend some time alone with your partner without the mushy

[romantic](#) factor. Whether it's a board game or watching a sport, you'll have a great time.

What are some fun ways that you spend time with your partner? Share your comments below.

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## Octomom Nadya Suleman Won't Date Until Kids Are 18



Octomom, Nadya

Suleman, said that she doesn't plan on dating until her kids are at least 18-years old. "I get way too much male attention," said the single mom, according to [People](#). "When men look at me, I look away and they know not to approach me.

I know I'm beautiful – I don't need a man to tell me that."

As for now, Suleman's biggest concern is her children, and she doesn't plan on that changing anytime soon.



## What are some obstacles to dating as a single parent?

### Cupid's Advice:

Dating in general is a challenge, let alone when you have kids. Cupid has some tips:

**1. Attatchments:** Kids that grow up without a father figure are going to look for someone else to fill that role. If you bring home the people you date, you don't want your kids to get too attached – especially if it's not something that you could see working long term.

**2. Commitment:** As a single parent you're constantly busy with work and the kids, and having time to build a strong relationship may be a difficult task. However, don't be afraid to find a babysitter a few nights a month without feeling guilty, because you deserve to find love if you're seeking it.

**3. Prioritizing:** New love interests can be exciting and it's easy to love the flirting and mystery, but don't let yourself get too caught up. Remember that you have a family to think of, and a crush should never come before your children. If you prioritize your time, you just might end up snagging Mr. Right.

How do you find time to date as a single parent? Share your comments below.

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## New Couple: Michelle Williams

# and Jason Segel Are Dating



Longtime friends Jason Segel and Michelle Williams are the newest celebrity couple. According to a source, “They are smitten and very serious.” The duo was caught taking a romantic stroll after a meal at Frankie Spuntino in Brooklyn this weekend, reported [UsMagazine.com](http://UsMagazine.com). A source says, “They seemed very relaxed.” The day after the pair’s stroll and meal, Segal was spotted playing with Matilda, Williams’ 6-year-old daughter. Living on different coasts makes their relationship challenging, but the source says the couple is “trying to make it work. She hasn’t been this happy in a long time.”

**How do you stay close to your long distance mate?**

## **Cupid’s Advice:**

Being in a relationship is hard enough as it is, but what about when you are in separate states, or even separate countries? Here are some tips on how to stay as close in a

long distance relationship:

**1. Skype:** Skype is a lifesaver for long distance relationships. Seeing your sweetheart's face every day makes the distance seem much more bearable. Even if you chat for only five minutes, talking face-to-face will keep your relationship alive better than any text message could.

**2. Share photos:** Send each other pictures. Even if it's only what you had for lunch, share your life with your partner. Send pictures of things you would normally laugh about together, or something you tried for the first time together and are passing in the grocery store. Keeping your partner in the know will make reuniting seamless.

**3. Make countdowns:** Countdowns can definitely help you through a long distance relationship. If you have visits planned, count down to those. Or, if you have a birthday coming up, count down to that. The smaller and simpler the count down, the better they will make you feel, until the ultimate countdown of being able to be together for good.

**How do you stay close to your long distance partner? Share your stories below.**