

# Reduce Stress and Maximize Romance this Winter



By Lindsay Kriger

During the hectic holiday season, it's easy for stress levels to rise, which can sometimes equal the downfall of romance and intimacy.

To ensure you and your sweetie don't turn sour on each other, here are some of my personal tips for relaxation that you and your partner can practice to help keep you breathing easy this season:

- 1. Devote a little time to indulging in like-no-one's-watching fun.**

Newlyweds Nikki Reed and Paul McDonald are known for loving to hit the dance floor. They've been seen together at many a club cutting a rug. That said, it's time to take their lead and relax with your mate by going out dancing. You'll not only enjoy an intimate evening due to sensual physical contact, you'll also melt away stress and raise your serotonin levels with all that great exercise. And you'll burn lots of calories to boot – by shaking your booties!

## **2. Share spiked hot cocoa by a fireplace.**

If no fireplace is at the ready, light lots and lots of candles. Bring some blankets into the mix. A touch of quiet flame-lit togetherness will soothe your addled nerves, and it's has been known to seriously soften the mood.

**Related:** [Date Idea – Spend an Intimate Night Inside](#)

## **3. Get outdoors with your sweetheart.**

Take a cue from lovebirds Ryan Gosling and Eva Mendes, who were recently photographed strolling around Paris hand-in-hand. Even if Paris isn't in the cards this winter, getting outside and breathing in some chilly fresh air might be an invigorating and rejuvenating move. Leaving your phone at home, put on your coats, hold hands and walk together – even if it's just around your own neighborhood. It'll enable you to devote time to connecting, talking and truly listening to one another – all of which are essential steps to strengthening your bond.

**Related:** [First Date Oufit Ideas – Outdoor Festival](#)

## **4. If it's too cold to venture outside, stay in and cook together.**

Learn how to bake apple pie from scratch. Rolling and punching dough is fantastic stress relief – plus it's kind of sexy. Also, studies have shown vanilla and cinnamon to be

some of the ultimate aphrodisiac scents, so be sure to mix lots of these flavors into your recipe.

## **5. Take a hot bubble bath together.**

While you're at this indoor-activity stuff, since the weather is foul, climb in a hot bubbly bath together. Lots of delicious-smelling products and lots of physical intimacy are your ticket to a stress-free night. It's like a free couples' therapy session.

## **6. Do yoga – and strrrreettttttccchhh the stress out of your body.**

On your own, yoga is great for your mind and body and can really help reduce the anxieties of everyday life. Bringing your partner into the experience is great, too, as it adds in a touch of sensuality. After all, it's always wonderful to have the opportunity to touch and be touched by your partner.

As you each help the other to move your bodies in new ways, it might even give you new ideas for how to move your bodies once you're off that yoga mat. Yep, a few good downward-facing dogs and you may both find yourselves feeling refreshed and energized for romance in no time!

*Lindsay Kriger is a New York University grad with a B.A. in Psychology. She has trained with the PAX Mastership and Leadership Program, taught by internationally recognized Relationship Expert Alison Armstrong, and at 22 is the program's youngest trainee to date.*

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# Brandi Glanville Admits to Hooking Up with Gerard Butler



Brandi Glanville has come out and admitted to fooling around with Gerard Butler in Malibu last August. According to [UsMagazine.com](http://UsMagazine.com), Glanville revealed the secret to Andy Cohen on *What Happens Live*. Although it was denied in September when rumors surfaced, it is now confirmed by Glanville that the couple “had a little week of fun.” Glanville even admitted that Butler was an 11 on the lover scale of one to ten. A source said the “fooling around” occurred shortly after Glanville was left by ex-husband Eddie Cibrian.

**What do you do if a former partner starts bragging about hooking up with you?**

## **Cupid's Advice:**

It might seem like flattery when an ex brags about being with you, but it can also be a little too over the top and way too much information. Here are some tips on how to handle the situation:

**1. Politely ask your ex to stop:** Without causing unnecessary drama, talk to your ex and request that they stop discussing your private matters. This is easier said than done, but if you are polite, patient and understanding towards your former partner the showdown should run smoothly.

**2. Make sure the facts are straight:** If your ex does not stop, be sure he is at least blabbing the right story to the public. If his word is coming out sideways against yours, go ahead and set the tale straight.

**3. Warn your current lover about what they might hear:** Dealing with exes in new relationships is a sticky subject. If your current beau is clueless about your past lover, be sure to tell him before someone else does. Even the hard stuff sounds better coming from your own lips.

**What did you do when a former partner was bragging about hooking up with you? Share your stories below.**

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# **Seal Says He's Grieving and Shocked Post-Split with Heidi Klum**





Similar to our own shock over the news, Seal is upset and grieving over his breakup and impending divorce from model Heidi Klum. That said, according to [People](#), he remains amicable saying that his love and respect for Klum hasn't changed. Seal also claims that this will help "make it easier to make that transition," and that the children are the "first priority." For Seal, it's important to acknowledge that he isn't that only one who has gone through a painful split like this. He adds, "It is just unfortunately a chapter of life."

### **What are some ways to mourn after a split?**

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

Sometimes it can be hard to get over a difficult breakup or split. Cupid shares some ways to mourn:

**1. A specific end is helpful:** Being able to look back at the

relationship and acknowledge when it was really over can help you to move on. It allows you to adjust to the breakup or divorce more easily.

**2. Accept some responsibility:** Being able to realize what went wrong in the relationship can be very therapeutic. It's important to be able to realize that this divorce is not really a rejection of you personally; it's just a combination of two people that didn't work out.

**3. Cut off communication:** Completely shutting down communication lines can be hard when you have children like Heidi Klum and Seal, but to be able to truly mourn and get over a split, you have to take some time for yourself.

**What are some ways you've gotten over a relationship? Let us know in a comment below.**

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## **Jay Cutler Says He Never Broke Up With Kristin Cavallari**





Kristin Cavallari and Jay Cutler are expecting their first child together, but it seems like there might be more critics than fans. Despite the couple's rocky relationship and rumors of a previous split, Cutler denies the accusations. As a result, the duo have taken matters into their own hands.

According to [People](#), Cutler commented on Twitter saying, "Thanks for all the tweets. We couldn't be more excited. We don't usually comment on our relationship, but for the record I never broke up with Kristin. It's unfortunate some people are saying hurtful things during such a joyous moment in our life." Cavallari showed her support by retweeting his message.

**What do you do if those around you aren't happy about your pregnancy?**

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

It's *your* pregnancy so don't worry about what everybody else has to say. Cupid has some tips to keep your cool when you're getting to much heat from outsiders:



**1. Be polite:** It can be easy to lash out on people sticking their noses where they don't belong, so instead politely ask them to be respectful of your situation, and if they can't be happy for you, to leave you alone.

**2. Understanding:** If it's someone close to you who's acting negatively, take the time to hear their side. Then let them hear yours, and ask for their understanding and support. Babies typically bring families and friends together in the end.

**3. Keep private:** Leave all the thoughts and decision-making about your pregnancy between you and your partner. Getting other people's perspective and comments in the mix can make things messy and lead to unnecessary arguing.

**What are your suggestions for someone going through this situation? Share your comments below.**

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## **Kristin Cavallari and Jay Cutler Are Expecting**





Kristin Cavallari and Jay Cutler were done for good after Cavallari did a full blown bridal gown spread for a magazine, right before they called off their engagement in 2011. Talk about embarrassing! Luckily, the duo announced their re-engagement right the the new year. Just as the couple were over the drama and planning their wedding, Cavallari and Cutler have announced that they are expecting their first child together. What about the wedding date? According to [UsMagazine.com](http://UsMagazine.com), the reality starlet says, "We're just enjoying being engaged."

**What are some ways to inform your partner about a surprise pregnancy?**

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

Telling your partner about a pregnancy can be nerve racking, especially if the pregnancy is a total surprise. Here are some ways to let your partner in on the good news:

**1. Surprise:** Think of a fun and creative way to spill the news to your partner. Maybe a romantic date that ends with the big

baby news is just the key.

**2. Be understanding:** Since the pregnancy is a shock, your partner may not react the way you want them to. Understand that this may take a while to comprehend.

**3. Talk about the options:** What do you want to do about the pregnancy and the relationship? A big surprise like this needs a planned decision.

**How did you tell your partner about a surprised pregnancy?  
Share your comments with us below.**

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## **Celebrities Who Share Too Much PDA**





By Katanya Royster

You're on the subway, and the couple next to you starts hooking up. By the third stop, she's sitting on his lap, and his hand suspiciously disappears into her gray cardigan. One of her crossed legs casually rests on yours. There you sit – an unwilling participant in a *ménage à trois*.

The truth is, a little PDA is part of any healthy relationship, and it's no different for our favorite celebrity couples. But, when PDA goes from “frisky” to all-out “foreplay,” couples should pull the curtains on the show and head indoors. While some Hollywood duos try to keep their lip-locking to a minimum in public, these celebrity couples opted out of getting a room and gave their fans a VIP pass into their love life:

**1. Justin Bieber and Selena Gomez.** Since Bieber and Gomez took their relationship public, the PDA has been in full force. Earlier this year, the actress/singer was photographed straddling Bieber and kissing him in Hawaii, while her 17-year-old pop star beau's hands were spotted getting well



acquainted with Gomez's backside.

**Related:** [Justin Bieber Tells Selena Gomez She's 'Very Beautiful'](#)

**2. Kelsey Grammer and Kayte Walsh.** Things got hot and steamy between this couple as they laid on top of each other during a make-out session in Miami Beach, Florida, last year. Perhaps the couple, who wed a few days after this PDA session, decided to take their honeymoon *before* the wedding?

**3. Angelina Jolie and Brad Pitt.** Forget about holding hands or planting a kiss on her famous lips; Pitt grabbed a handful of Jolie's booty at the NYC premiere of *The Tourist*. The couple, who usually keeps it modest while in public, believes that romantic alone time in their relationship is crucial, even with six kids to look after.

**Related:** [Celebrity Couples Who Shy Away from the Spotlight](#)

**4. Madonna and Britney Spears, Christina Aguilera and her former back-up dancer.** How many girls can Madonna kiss for shock value before it's no longer shocking? Either way, the pop star's most infamous PDA moments leave us suspecting she has a very specific type – young and hot! Her most recent beau, Braham Zaibat, confirms those suspicions.

**5. LeAnn Rimes and Eddie Cibrian.** This pair's relationship started while they were both married to other people, resulting in a storm of negative press. However, bad publicity didn't slowing down their PDA.

**When do you think PDA has gone too far? Share your comments below.**

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# Heidi Klum and Seal Confirm Separation



After almost seven years of marriage and four children, Heidi Klum and Seal are calling it quits. The *Project Runway* host and Grammy winner began dating in 2003, and became engaged in December of 2004. As of January 2012, however, the supermodel is rumored to be filing for divorce from the singer claiming “irreconcilable differences,” according to [People](#). In a statement, Klum said, “While we have enjoyed seven very loving, loyal and happy years of marriage, after much soul-searching we have decided to separate. We have had the deepest respect for one another throughout our relationship and continue to love each other very much, but we have grown apart. This is an amicable process and protecting the well-being of our children remains our top priority, especially

during this time of transition. We thank our family, friends, and fans for their kind words of support. And for our children's sake, we appreciate you respecting our privacy."

**How do you keep a split amicable when there are children involved?**

**Cupid's Advice:**

Breaking up is difficult as it is, but when you bring children into the picture, it's even more taxing. Here are some ways to keep your split amicable for the sake of your kids:

**1. Be fair:** Although you and your ex-husband may be upset with one another due to a divorce, remember that they most likely love your children as much as you do. You also have to remember that the children deserve and love both parents as well, so be fair to your ex and the kids.

**2. Win-win outlook:** You need to discuss and plan together with a positive attitude instead of an *I win, you lose* motive. The split is going to be hard on both you and your kids, so don't make it worse for the kids by using them as leverage.

**3. Pay attention:** Your feelings aren't the only ones involved. Don't be selfish, and sit down as a family to discuss the situation. Let everyone take a turn talking about how they feel and what they want, and then later make the executive decisions with your ex. Your children will appreciate being involved in the choices you're making for them.

**What are some other ways to keep a break-up amicable? Share your thoughts below.**

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# How to Dignify Your Relationship Daily



By [Donna Hicks, Ph.D.](#)

Why we can so quickly get into an argument with the one we [love](#)? What is it about intimate relationships that leave us all vulnerable to lashing out against the person we care about the most? Does it have something to do with dignity?

One of the common desires we all share as human beings is to be treated well. We all want to be seen, heard, acknowledged and understood. In short, we want our worth recognized, no matter what kind of relationship we are in. This desire becomes even stronger when our connection involves romance.

We have a hair-trigger sensitivity to when we are dismissed, ignored, criticized, judged or treated badly by our partners.



Add to it that the reactions we have to these insults to our dignity usually happen behind closed doors, and out of the public eye. As a result, the worst part of us can appear in a matter of seconds.

Assaults to our dignity create a fast track to our primal, self-defensive impulses, and we can turn into fighting men and women without even being fully aware of what is happening.

What's the result? We get locked into a never-ending cycle of indignity that is hard to break. We can say and do the cruelest things when it feels like our own worth is on the line.

**Related:** [Three Tips to Enjoy Marriage Despite the Battles](#)

My experience working with people all over the world tells me that most conflicts in intimate relationships, at their core, have underlying and unaddressed dignity issues that are keeping them from experiencing the deep love and connection for which everyone yearns.

**Related:** [How Happy Is Your Love Life?](#)

This is all easy to say, and we can agree that dignity is important in relationships, but what would it look like if we did honor the dignity of our loved ones on a daily basis, making it the glue that holds us together? Here would be some results:

**1. Vulnerability:** We would recognize how important dignity is and that we are all vulnerable to having it injured and react positively when it's honored.

**2. Assumptions:** We would make a conscious decision to give our partners the benefit of the doubt, and to assume they have integrity.

**3. Responsibility:** We would acknowledge when we have done something hurtful and not assume we are the innocent victims

when the relationship breaks down.

**4. Viewpoints:** We will switch our default setting. Instead of focusing on all the things that our partner has done wrong, we will ask ourselves, “What might I be doing that has contributed to this conflict? What am I doing that could be violating the dignity of my partner?”

**5. Constructive criticism:** We will ask our partners to let us know the ways in which we might be violating them, and we will listen instead of getting defensive.

**6. Congratulations:** We will ask our partners to let us know when they feel we have honored their dignity, and then do more of it!

Feeling listened to, heard, responded to and taken seriously is what we all want. It communicates to our partners that what they say and how they feel matters. We all have to work at it and make conscious decisions about the way we want to treat others and how we want to be treated. After all, what is love if not a mutual honoring of each other’s dignity? It is far more than just saying “I love you.” We need to act like it.

*Donna Hicks, PhD, psychologist and Associate at Weatherhead Center for International affairs at Harvard University is the author of DIGNITY: The Essential Role It Plays in Resolving Conflict.*

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# Prince William Prepares to

# Join Kate Middleton on Caribbean Vacation



Kate Middleton will not be vacationing solo for much longer. [UsMagazine.com](http://UsMagazine.com) reports that Prince William will be joining his wife on the Caribbean island of Mustique later in the week. "It wasn't set in stone because William needed to clear the week of work first," said a source. The couple are on the island to celebrate Middleton's mother's 57th birthday. This will be the last bit of relaxation Prince William, a search-and-rescue co-pilot for the Royal Air Force, enjoys before being deployed to the Falkland Islands next month.

**What are the benefits of going on vacation with your partner?**

**Cupid's Advice:**

Though vacationing with family and friends is always fun, going with your partner can have its perks as well. Here are a few benefits:

**1. Quality time:** Though you can bond with your partner at home, going on vacation is an easy way to get some quality time together. You will be able to focus on each other instead of work or friends.

**2. Get to know them better:** Traveling with your partner can be very enlightening, especially if the two of you don't already live together. By being in such close proximity to each other, you will become more familiar with your partner's habits.

**3. Easier planning:** Vacationing is easier when you travel as a couple. You can book one hotel room instead of two and pay for plane tickets together instead of buying them separately.

**Have you ever traveled with your partner? Feel free to leave a comment below.**

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## **Is Russell Brand Writing a Memoir About Katy Perry?**







Russell Brand is full of surprises. After filing divorce from Katy Perry, Brand has decided to do what celebrities do best after a break-up: write a feel-for-all book. According to [UsMagazine.com](http://UsMagazine.com), Brand will reveal all the details of his marriage with Perry in a memoir. A friend of Perry said, "Katy is insulted and feels betrayed that Russell has treated her so poorly. She will never forgive him. Ever."

**What do you do if your ex airs details of your failed relationship?**

**Cupid's Advice:**

It would be nice to think that after a break-up, your [ex](#) would refrain from giving away the good and the bad of your relationship. However, sometimes it happens. Here's how to cope:

- 1. Ignore:** It may seem easier said than done, but you need to be the bigger person and show your ex that you are a confident single gal.
- 2. Fight fire with fire:** If you want to get rid of your

babbling ex partner, why not tell everyone a secret from your past relationship that will put him/her to shame? This may be stooping to his level, however, so think about it carefully before doing so.

**3. Own up:** Go ahead and confess to the bad that your ex is laying out to the world. You will look like the honest ex who has nothing better to do, but move on.

**How have you dealt with your ex telling details of your failed relationship? Share your comments below.**

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## **Rumor: Are Heidi Klum and Seal Getting a Divorce?**





Though they are both still wearing their wedding bands, rumors are flying around Hollywood that Heidi Klum and Seal are headed for a split. According to [People](#), distance has been the major issue within this rocky patch in the marriage. Seal has been away a lot lately promoting his new album, *Soul 2*, which has put a strain on the couple. However, now that the two have reunited, they seem to be doing a lot better.

**What do you do if you notice the fighting in your relationship is increasing?**

**Cupid's Advice:**

All relationships have their highs and lows. When fighting increases, don't be afraid to ask for help, look within yourself or change your surroundings:

- 1. Couples therapy:** Lots of couples have gotten through their troubles by bringing in an involved third party professional, such as a therapist, to talk out your problems with.
- 2. Look within yourself:** You may not be able to change the

actions of others, but you certainly can change your own. Reevaluate yourself to see if there is something you're doing to cause distance between you and your partner.

**3. Talk it out:** Problems are solved by talking, not by yelling.

**What amount of fighting is too much in a relationship? Share your thoughts below.**

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## **Katherine Heigl Falls For A Bad Boy in 'One For The Money'**







Katherine Heigl is back in a romantic comedy with an edge: *One For The Money*. Based on Janet Evanovich's sixteen-book mystery series, Heigl plays Stephanie Plum, a newly divorced and unemployed New Jersey girl. Stephanie talks her cousin into giving her a job at his bail bonding company as a recovery agent to get gain some cash. Stephanie agrees to catch Joe Morelli (Jason O' Mara), a former cop, murder suspect and the [ex](#) who dumped her in high school. With no idea how to handle a gun and pay back on her mind, she begins to fall for Joe all over again.

**How do you get over a bad boy?**

**Cupid's Advice:**

Women love rebels, but sometimes they can be a bad idea. Here are some ways to get over your bad boy tendencies:

**1. Personality:** It's okay to like a guy who can hold his own,

but it can be bad if he uses his strength against you. Look for a nice guy with the positive qualities of a rebel.

**2. Become a bad girl:** Bad boys do what they want to do. You need to find your inner bad girl, and leave the relationship if you're not happy.

**3. Illusion:** Bad boys are all about portraying an image to the world. Once you see through the act, say goodbye to the false relationship, and find a real partner.

**How have you gotten over a bad boy? Share your comments below.**

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## **Five Conversations to Avoid on the First Date**





By Steven Zangrillo

Here it is, your huge, nerve wracking first date. After obsessively digging through the mountain range of shoes, dresses, belts and bags in your closet, you've nailed down the perfect outfit. Your hair looks good and you've even managed not to overdo your make-up. All signs point toward success.

Lest we forget, as great as you may look, you must "wow" him or her with your intellectual acumen. That is, don't say anything that'll earn you a trip back to Match.com. We've outlined a few conversational situations to steer away from, should you find yourself talking yourself ... into a corner.

**1. Avoid Talking About Your Ex:** You'd think that people follow this rule to a tee with ardent discipline. In truth, it happens a little bit more than you think. It's easy, as well as unfair, to overtly express comparisons between your new potential mate and past flames. The important thing to remember is that the person you are considering is *not* guilty of the romance crimes your ex committed. Show this person

you're interested in them, not how they stack up to someone else.

**Related:** [Kim K's Divorce – A Reminder About Relationship Mistakes to Avoid](#)

**2. Avoid Talking About Things You Dislike:** No one cares that you don't like movies, spinach or *Harry Potter*. Do you know why? Ask yourself if you've ever been told to list your "disinterests" or "dislikes." Your date wants to know what you *like* so they can treat you to those things. Tell them how you like the theatre or going to football games. This way, you can determine what you have in common. Discussing the positive things will lead to a second date, and that's the goal.

**Related:** [Ashton Kutcher Describes What He Doesn't Like in a Woman](#)

**3. Avoid Talking Too Much:** While not a conversational topic per se, talking too much is a dangerous proposition. While there's no doubt that your new potential partner will want to find out as much as they can about you, they probably want to talk about themselves a little bit, too. After all, they're just as invested in the conversation as you are and they're just as nervous. There's no harm in sipping your wine, while listening to them talk about whatever they want. Being a good listener is an integral pillar in the foundation of a strong relationship and shows you have communication skills. That's a huge turn on.

**4. Avoid Talking About How Much Money You (or They) Make:** Your careers will be a huge topic on the first date. "What do you do?" is a classic and predictable first date query. Generally, you'll be able to determine how much money this person is making when they tell you they're a doctor, public relations professional, lawyer, fry cook or waiter. If you don't feel that you're of equal pay grade, don't embarrass

them and don't embarrass yourself. While "it's not about money," both of you should be in stable professional situations. Don't be unfair and make anyone feel awkward though; you can figure this information out for yourself.

**5. Avoid Talking About Your Physical Relationships:** Don't tell your date your "number." You will be judged with subdued harshness. No matter what *anyone* says, don't let this conversation happen. You're on this first date for the purposes of getting to know each other and to have some fun. You are, in a sense, auditioning to be in each other's lives. Don't screw this up by trying to figure out which one of you is more promiscuous. This conversation will happen eventually, so don't be in a rush to have an awkward conversation with someone you don't know very well.

**What conversations are important to discuss on the first date? Share your suggestions below.**

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## **J. Lo's New Beau Says Age Doesn't Matter**







Jennifer Lopez's rumored romance with dancer Casper Smart may be more than a fling. Smart, who's 18 years Lopez's junior, took to Twitter to share his thoughts, reports [People](#). "Age, status, [and] opinions of others are irrelevant. Our hearts are endless and our souls infinite," tweeted Smart. "Ages are mere reminders of the hours logged on this earth and the precious time remaining. Close your ears and open your hearts; Love and be happy."

**How do you handle people's criticism of the age difference in your relationship?**

**Cupid's Advice:**

Though an age difference might not matter to you, it may bother others. Here are a few ways to handle the criticism:

- 1. Ignore the naysayers:** Ultimately, your opinion and your partner's opinion are the only opinions that matter in the relationship. Ignore the skeptics, and eventually their criticism will die down.
- 2. Talk to your partner:** Though the age difference may not

bother you, make sure that your partner is comfortable with it as well. He or she may need your encouragement in the face of adversity.

**3. Express your happiness:** An easy way to stop people's criticism is to show them that they're wrong. Try being a little more open with your relationship, and let others see how happy you are.

**Have you ever been in a relationship with a person much older or younger than you? Feel free to leave a comment below.**

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## **Miley Cyrus Buys Liam Hemsworth a Puppy for his Birthday**





A new puppy was the gift of choice for Miley Cyrus's boyfriend Liam Hemsworth. According to [People](#), Cyrus tweeted, "Got Liam THE best bday pressie ever!" on Friday when Hemsworth turned 22. The puppy, who has been named Ziggy, was a rescue dog. Ziggy is the newest addition to Cyrus's family, Lila and Floyd being her other two dogs. "She's an angel! She loves her bro and sis, too!" Cyrus told a friend.

**What type of dog makes the best gift for your partner?**

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

The type of dog you buy for your partner depends on his or her preference, but here are some guidelines:

**1. A big dog:** Most guys want a big dog that they can play in the yard with, or go on runs with. Getting your man a big dog will ultimately make him feel, well, manlier. Women often prefer smaller dogs that they can pamper and easily handle.

**2. A dog of choice:** Take your partner dog shopping, but turn it into a game. Pretend to build your future, all the way down to what dog your significant other might enjoy running

around the apartment with. After you see exactly what they like, sneak back to the pet store and take the dog home.

**3. A dog you can deal with:** Giving your mate a dog means you'll be spending a lot of time with it, too. So, make sure the pooch is one that you love as well. As long as you're in a relationship, the dog will be your new baby.

**What type of dog did you get your partner? Share your stories below.**

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## **Avril Lavigne and Brody Jenner Speak Out Amidst Breakup Speculations**







Avril Lavigne and Brody Jenner may have gone their separate ways, but that doesn't mean they aren't Twitter pals.

Amidst rumors of a nasty breakup, Jenner tweeted, "It really upsets me to read all the FALSE!! stories. Avril has always been there for me and is the closest person to my heart. I love her." According to [People](#), the singer/fashion designer replied on the social networking site with, "Luv u 2!!! @brodyjenner."

### **How do you put forth a united front after a breakup?**

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

Just because you've broken up with your partner, doesn't mean you can't still be a team. If you have children together, for example, it's best that you always present a united front:

**1. Stay strong:** People may expect you to turn against each other now that you're broken up, but there's nothing wrong with still being friends.

**2. Compliment each other:** You may not have been good together in a relationship, but that doesn't mean you aren't both great



in your own ways.

**3. Keep in touch:** Keep up with what your ex-partner is up to, and wish them luck.

**Why can some exes stay friends and others can't? Share your thoughts below.**

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## LeAnn Rimes Announces Love for Eddie Cibrian with a New Tattoo



Freshly inked [LeAnn Rimes](#) showed her love for husband, Eddie

Cibrian with the words “The only one that matters” sprawled across her foot. Rimes shared a photo of her new tattoo with the world via Twitter saying, “Ok? Here it is?! It’s dainty. All of my tattoos are very feminine.” Not only is the tattoo girly, but it’s also meaningful. According to [People](#), “It’s something Eddie said to me. It was sweet. It was something Eddie said I was to him.” This is not Rimes’ first tattoo for Cibrian. Right after [tying the knot](#), Rimes got a temporary [tattoo](#) on her ribcage that said, “You gave me the courage to be truthful, I promise to give you the comfort to be trustful.”

**Is it wise to get a tattoo in honor of your partner?**

### **Cupid’s Advice:**

Tattoos are forever, but hopefully your relationship is, too. Here are some things to consider before getting inked:

**1. Your partner’s feelings about tattoos:** Your lover might think of this as a mistake you’re making for yourself, rather than a loving gesture towards them. Think about how your significant other feels about tattoos and what [message it might send](#) to them.

**2. Your future children:** Someday your own [children](#) might want a tattoo, and saying “no” to them might be an issue if you’re sporting your own ink.

**3. Superstitions:** Some superstitious people say a tattoo that represents a [relationship](#) will be the end of that relationship. Rimes is living proof that this doesn’t happen to everyone (so far). That said, make sure you and your partner are in the relationship for the long haul.

**Did you get a tattoo in honor of your partner? Share your stories below.**

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# What Led to Avril Lavigne and Brody Jenner's Split?



Avril Lavigne's love life is now much more complicated. The singer and Brody Jenner reportedly split last week after nearly two years together, reports [UsMagazine.com](http://UsMagazine.com). "It was mutual, but Brody really broke up with her," said a source. "He told her he was tired of always being her plus-one, and always going on tour with her." Lavigne is currently planning an upcoming tour in Asia. "[Jenner] said he needs a career of his own again, and he didn't want to go on the tour. Avril didn't like that. Brody said, "I need to stay in L.A. and get back into TV, either scripted or reality. But I feel like a loser."

**What do you do if your partner isn't achieving success in their career?**

**Cupid's Advice:**

Encouraging your partner is tough, especially when your successes outweigh their own. Here are a few ways to handle your partner's faltering career:

**1. Be supportive:** If you offer tactful and sincere advice, your partner will appreciate your efforts. Be cautious not to belittle your partner's struggles.

**2. Watch your words:** If you have a particularly good day at work, be careful what you say. It's okay to tell your partner about your successes every once in a while, but sharing your excitement too frequently will come across as bragging.

**3. Offer to help:** If your partner's lack of success at work is due to issues that can easily be fixed, offer to help. Spell-check your partner's latest presentation or forward some necessary emails. Hopefully, you will be able to get some work done and bond.

**Have you ever been more or less successful at work than your partner? How did you handle it? Feel free to leave a comment below.**

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**'Desperate Housewives' Actor Jesse Metcalfe Is Engaged to**



# Cara Santana



Desperate Housewives actor Jesse Metcalfe is finally engaged to his longtime girlfriend Cara Santana. A source confirmed the news of the engagement to [UsMagazine.com](http://UsMagazine.com), and said that the two “have been dating for four to five years and living together for at least three.” Metcalfe previously dated model Courtney Robertson, who is now taking another shot at love on Ben Flajnik’s season of *The Bachelor*.

**How do you know when you’re ready to stop dating and tie the knot?**

## **Cupid’s Advice:**

No relationship is the same, and getting married happens to every couple differently. Cupid has some tips to help you know when it’s your turn to walk down the aisle:



**1. Confident:** When both you and your partner have enough confidence and faith in your relationship, that's when you can consider tying the knot.

**2. Time:** Don't rush into a marriage, because you may end up like Kim Kardashian, and you'll realize you didn't know what you were getting yourself into. Take time to work out the kinks and get to know each other inside and out before taking that next step.

**3. Committed:** When you and your partner have completely committed your lives to supporting each other through the good and bad times, then it's time to move forward. You know that you could never feel the way you feel about your partner with anyone else, then you're ready to make them yours forever.

**How did you know you were ready to take the next step? Share your comments below.**

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## How to Deal with Online Dating Rejection





By Debbie Lamedman

When you're dating online, you never know to whom you're talking. It's a voice in the dark. All you see is someone's profile and a picture, and if you contact them and there's no response, you move on. It's a rejection, but there's no reason to take it personally. How can you when the person you've attempted to contact doesn't even know you? Well, that's easier said than done.

Britney Spears recently got engaged again, this time to Jason Trawick. You can bet that she dealt with rejection upon the termination of all of her previous relationships, but she is persevering. People get rejected right and left, especially when they date online. If you start to let it get to you, it will take a toll. It becomes more difficult when you've actually made contact with the person and suddenly that contact between you ceases. This happens often, and there is logical reason for it. You can make up stories about why the person stopped returning your emails after many lively conversations, but you will never know the real reason unless they reappear in your inbox. You never know what's going on

in someone else's life, and you never know what someone's motivation is for starting to date online. That said, there are definitely ways to deal with rejection.

Unfortunately, we saw Spears' downfall and witnessed her reactions to rejection from many people in her life. To avoid crashing into depression, you must learn to maintain a certain level of detachment while your online relationship evolves.

This may sound harsh, but people take off as often as they stick around, so protect yourself, your heart and your self-esteem.

No one likes feeling rejected. If you've never met your date in person, you can't take their rejection personally.

Unfortunately, people tend to judge others for the smallest things. If it was something about the way you looked in your photo, or something you said in your profile that turned the other person off, so be it. You can't please everyone.

**Related:** [Julie Spira Discusses 'The Perils of Cyber-Dating'](#)

Take online dating rejection lightly, and move on. After all, there are plenty more matches where they came from. People you meet online will fall by the wayside, leaving you with the room and opportunity to meet quality people who deserve your time and attention. If you've met your online date in person and things don't work out, there's no reason to take that to heart either. Just go back online, and keep hunting!

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## Christina Aguilera Parties in

# San Diego with Boyfriend and Son



Christina Aguilera and boyfriend Matthew Rutler took Aguilera's four-year-old son, Max, on a birthday trip to remember. According to [People](#), Aguilera and friends took her son to *Legoland* which served as one present, as well as "the Hard Rock Hotel San Diego, where she checked into a luxe Rock Star Suite" in which Max was "showered with gifts." He was later taken to a Japanese restaurant and a nightclub. Last time Aguilera was at the hotel was with Rutler last year for Valentine's Day.

**How do you make your children comfortable around a new partner?**

## **Cupid's Advice:**

Children can often take time to adjust to a new special someone in your life. Cupid shares ways to help your child adjust:

**1. The first introduction:** Ease your way into the first meeting. Ask your child questions and let them ask you questions about this new significant other in your life. Give them time if they need it, but make sure it's within reason.

**2. The first meeting:** Don't make the first encounter entirely focused on the significant other. Take a page from Christina Aguilera and have it coincide with another event. Not only does it say money, but this allows the child to associate good memories with your new partner.

**3. Avoid conflict:** You won't always be able to please both your partner and your children, but avoid situations where you have to choose between them. This is especially true if it's a highly tense situation which could lead to resentment.

**How did you introduce your new partner to your children? Share your advice below.**

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# **Ashton Kutcher Chats with Demi's Daughter Rumer at Pre-Golden Globes Party**







Actor Ashton Kutcher and ex wife actress Demi Moore found themselves at the same Pre-Golden Globes party, and Kutcher didn't hesitate to catch up with Moore's daughter, Rumer Willis. As the *Two and a Half Men* actor made his rounds to chat, [People](#) reported that he and Willis were all laughs and smiles until she went back to join her mother.

**Is it OK to keep in touch with your ex's children?**

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

It can be difficult to "dump" the rest of your ex's family after a breakup, especially when it comes to kids. Cupid has some tips:

**1. Healing time:** If you're the one who's broken up with your partner, it might be a good idea to step aside and give them their space by avoiding their kids as well.

**2. Be a friend:** If you want to continue the relationship that you've built with your ex's kids, it would be best for both sides if you and your ex were friends. Whatever you do, don't vent to the kids about your past relationship and current

feelings about your ex.

**3. Be respectful:** Your ex may want you out of their lives and their children's lives completely. If this is the case, then you need to be respectful of their decision. Losing that connection is a risk you took once you broke up.

**Do you think it's OK to allow your ex and your children to interact? Share your comments below.**

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## Rumor: Did Avril Lavigne and Brody Jenner Break Up?



Could Avril Lavigne and Brody Jenner be calling it quits after

2 years of dating? According to [Hollyscoop](#), Lavigne is ready to settle down, and Jenner just isn't. We wonder if Jenner might be nervous because he knows Lavigne's previous marriage to rocker, Deryck Whibley, didn't work out or because his step sister, Kim Kardashian's, union to ex hubby Kris Humphries ended in such a short time. Also, maybe that bar fight back in November put a strain on the relationship. We'll have to see.

**What are some ways to tell it's time to break up with your partner after a long-term relationship?**

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

After long time dating, you may find yourself questioning the relationship. Here are some ways to know if you need to break-up or should hang in there:

- 1. Company:** If you are annoyed or unhappy when you spend quality time with your partner, it may be time to move on.
- 2. Intimacy:** Is the intimacy non-existent or are you using sex to make the relationship better? If you said "yes" to either, re-evaluate why you are with your significant other.
- 3. Different values:** If the two of you want different things out of your relationship, and it seems like each other's plans have changed over time, it may be time to make plans solo.

**How did you know it was time to end your long term relationship? Share your comments below.**

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# Khloe Kardashian and Lamar Odom Lease New Apartment in Dallas



According to [E! Online](#), Khloe Kardashian and NBA basketball player Lamar Odom have finally settled down and rented an amazing new apartment in Dallas, Texas. The happy couple is leasing a two-bedroom, two-bath at \$7,500 a month in the W Dallas Victory Hotel & Residences after Lamar recently signed to play with the Dallas, Mavericks. Their new pad is owned by Mack Hicks, the son of Texas Rangers owner and Dallas business magnate Tom Hicks and is beautifully designed by Penny Sanders of Sanders Studio. It features slate flooring, wet bar, kitchen with Miele appliances, bathrooms tiled in Mother of Pearl and a pool table, all things the Kardashian clan can

enjoy when visiting. When taking time to relax from their hectic celebrity lives, the couple can enjoy the W residences luxuries which include a pair of fitness centers, Bliss spa, zero-edge infinity pool, private entertainment room and something called a 'Whatever Whenever' service.

*For more videos from CupidsPulse.com, check out our [YouTube channel](#).*