

# 5 Reasons Why Powerful Men Like Arnold Schwarzenegger Cheat



By Terri Orbuch PhD, The Love Doctorâ„¢

As a researcher and psychologist who's been studying marriage and divorce for more than 25 years, I'm interested in the motivations of men who seem to "have it all" and then throw it all away, facing public humiliation in the aftermath and subjecting their families to the same.

Here are five ways to understand why men like Arnold Schwarzenegger, Tiger Woods and John Edwards risk it all to have an affair:

**1. The illusion of invulnerability.** Often, powerful men have affairs because they think they won't get caught. And even if they do, they believe they won't get in trouble because they have the resources to cover it up. These men often don't worry about the long-term effects of their actions on others, only the short-term gains for themselves.

**2. Ample opportunities for temptation.** Wealth, fame and power are attractive to many women, who make themselves available to powerful men, sometimes aggressively and without scruples. Then such men are away from home for days at a time, and the loneliness and the desire for female companionship can trigger infidelity.

**3. Adrenaline dependency.** Many powerful men have positions that require a lot of responsibility and authority. They perform well under high stress and continually need and enjoy excitement or challenges to drive them forward. An affair gives them the same type of exhilaration in their private life.

**4. Enabled by yes men.** Powerful men tend to be surrounded by people who protect them, idolize them, and even "enable" their vices in order to remain inside their influential orbit. Being surrounded by people who don't challenge your decisions or give you honest feedback has an effect on your ego and your sense of propriety and limits.

**5. Desire for change.** Let's not forget that powerful men are still men, and usually an affair signals an internal need for change. Something in the man's life or his relationship isn't okay – and the affair creates the trigger for change. Boredom and relationship ruts are common reasons couples cite for infidelity.

While influence, wealth and celebrity may present some additional challenges that are unique to powerful men, the fact is that not all such men succumb to infidelity. And the

explanations above are certainly not excuses for the behavior of those who do.

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## Newlywed Sara Rue Says She's Never Been Happier





*Rules of Engagement* actress and Jenny Craig spokeswoman Sara Rue put her new hot body to use in a wedding dress recently and could not be happier. “I feel so lucky to have found someone as kind, funny and smart as Kevin (Price),” she recently gushed in [UsMagazine.com](http://UsMagazine.com). The two wed Saturday in a beach-themed affair, held at the Bel Air Bay Club in Malibu.

The guest list was small, only 112 total for this “small and intimate” affair (according to wedding planner Rachel Hollis).

“One of the first things Sara ever told me was that she was obsessed with butterflies and hummingbirds,” Hollis spoke of the reception. “She loves specifically hummingbirds. She had this idea of a vintage inspired garden party and it evolved from there.”

**What are some ways to make your wedding reception unique?**

### **Cupid’s Advice:**

Your big day should be everything you wished for and more, so why not change it up? Instead of the traditional wedding and reception, here are a few ways Cupid guarantees your wedding will stand out from others:



**1. Themed wedding:** Most feel this is tacky, but what better way to stand out? Agree on a theme with your partner and give your guests the most unforgettable wedding reception they've ever seen.

**2. Top chef:** Most of your guests have been to these before. They're over the traditional, cliché reception platters. Switch it up by considering a hibachi-style sushi bar or other personally-made entrées.

**3. Make it meaningful:** Share the amazing experiences you've shared with each other with everyone else throughout your special day. Select food and decoration choices based on what you've gone through as a couple.

**How did you out-do the traditional wedding reception? Share your stories below.**

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## **Blake Lively and Leonardo DiCaprio Spotted Together In Italy**





Looks like love may be in the air for newly single Blake Lively and Leonardo DiCaprio. DiCaprio, who just ended his 5-year relationship with Bar Rafaeli and Lively, who split from Penn Badgley in late 2010, were spotted together in Italy this past Sunday, according to [UsMagazine.com](http://UsMagazine.com). It seems that the two wasted no time in getting to know each other on a cute, romantic getaway. Talk about starting off a relationship in a unique way!

**How do you start off your relationship in an unforgettable way?**

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

The start of any new relationship is exciting and memorable, but Cupid has some tips on how to make it *unforgettable*:

**1. Try new things:** What better way to start off a relationship than by going out and trying new things. Try eating at a new restaurant that you wouldn't typically go to or try a new activity. Freshness will help make your new relationship special and memorable.

**2. Take candid pictures:** The beginning of any relationship is considered the “honeymoon” stage, so why not keep those memories alive by taking pictures of all the fun times you two are having together? This way, you’ll always remember the fun you had from the very start.

**3. Have fun:** The most important part of starting a new relationship is to make sure you relax and have fun. This is the best way to open up and get to know your new significant other without any expectations and judgements. Take a ride on a rollercoaster or go rock climbing. Do something crazy and fun.

**How did you make the start of your relationship unforgettable? Share your stories below!**

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## **Michael Bublé and New Wife Plan Second Wedding in Canada**





A wedding is one of the most important days of your life, and Michael Bublé may get to experience it twice. The crooner recently married Luisana Loreley Lopilato de la Torre, and the lucky bride may head down the aisle once again. Roughly a month and a half ago, the pair wed in Buenos Aires where Torre's family is located, according to [E! Online](#). Bublé's reps confirm there will be no second wedding, yet rumor has it that a second wedding will take place for his family in Canada. Reps do confirm, however, that there will be a reception for those who could not make it to their ceremony.

The newlywed will then venture off to Italy before Bublé's big tour.

**How can you celebrate your wedding with family from two parts of the world?**

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

Making both of your families happy can be tricky, and you'll need to compromise. Your wedding day is supposed to be one of the best days of your lives, and you'll of course want to share it with those you love. Cupid has a few ways you can



make sure all of your family members and friends are included:

**1. Destination wedding:** This may be expensive, but why not go all out? Everyone can meet up and take a cruise through the tropics while you two exchange vows at sea.

**2. The sympathy card:** Guys, she's really stressed out right now, and she wants her day to be perfect. If she wants to get married in her hometown, have your family come to her. Those truly close to you will make arrangements to be there no matter what.

**3. Meet in the middle:** Find somewhere that is mutual territory and that makes sense. Perhaps that means halfway for both parties, or even in your own backyard.

How did you make both of your families happy at your wedding?  
Share your stories below.

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## Ginnifer Goodwin and Fiancé Break Off Engagement





It looks like the engagement between Ginnifer Goodwin and her fiancé Joey Kern is off, sources tell [People](#). Goodwin, a former star of the HBO series *Big Love*, apparently split from the *Super Troopers* actor a few weeks ago. The duo had been engaged since December after being introduced to each other by a mutual friend.

**When is it time to break up?**

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

Not all loves in this world are supposed to last. Cupid has a few suggestions on how to know when it's time to leave:

**1. Where is the love?:** If the love and connection you used to your feel with your partner has now vanished or decreased significantly, it may be time to re-evaluate your relationship.

**2. Mirror check:** Take a look at yourself in the mirror periodically and make sure your'e the person you want to be. If your relationship is changing your values and priorities, then you may need to let it go.

**3. Butting heads:** Sometimes you may be in love with someone, but you can't seem to find a way to compromise about a problem in your relationship. If it's a big enough issue that it's starting to tear you apart, it might be time to step away for a while and think things through.

**When did you know it was time to end your last relationship? Share your experiences below.**

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## **How Maria Shriver Found Out About Arnold Schwarzenegger's Love Child**





New details about how Maria Shriver learned of her husband's infidelity have surfaced. [UsMagazine.com](http://UsMagazine.com) reports that Shriver, 55, went out to eat with girlfriends Oprah Winfrey and Gayle King right before the news broke that Arnold Schwarzenegger fathered a child with a member of their household staff. Shriver supported her friend Oprah by attending her talk show send-off just days after the scandal went public. "Not only did she come, she came, she showed up, she did the part," King, 54, said. "[Maria's] a class act and she's handling it with such grace, trying to figure out what to do...how to help the children through. It's just a very difficult time and heartbreaking to see."

**What are some ways to react when you find out your partner has cheated?**

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

Learning about a partner's affair is tough, and there are lots of different ways to react. Cupid has some ideas on the best and worst ways to respond:



**1. Get your revenge:** Often our first instinct is to get angry and take it out on your cheating partner. While it's important to feel your frustration and sadness, don't do or say something you'll regret later.

**2. Become a hermit:** Once you hear the earth-shattering news, you may need some time alone to grieve. But don't forget that going out and spending time with friends and family is essential during a difficult time.

**3. Keep it classy:** Even though you may want to either hole up or lash out at your mate, try to stay above all the pettiness. Take the high road, and remember that life goes on.

How would you respond to news that your significant other cheated? Share your comments below.

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## 'Bachelor' Brad Womack Drunk Dials Emily Maynard After Breakup





There appears to be some debate as to what the deal is between Brad Womack and fiancée Emily Maynard. Three sources confirmed in the most recent [UsMagazine.com](http://UsMagazine.com) that the couple broke up two weeks ago and that the star of *The Bachelor* has been drunk dialing Maynard. “Brad and Emily are over, and Brad keeps drunk-dialing her,” one insider said. “Brad is such a loser.” A friend close to the couple, on the other hand, says that the couple is still together and engaged.

“They are on and off, but there is a lot of love there. This is just a rough patch,” the friend said. A third source said that the 25-year old single mother couldn’t handle the long distance relationship and ended things after heading to Texas to smooth things over.

**What are some ways to handle an obsessed ex-partner?**

### **Cupid’s Advice:**

For some people, it’s really hard to let go of past relationships, especially if they feel responsible for the breakup. Here are some pointers to dealing with your ex:

**1. Keep it to yourself:** You're going to have to do your best to avoid your ex's calls and attempts to talk to you. Even if you plan on staying friends, it might be a good idea to defriend him or her on Facebook ... at least for now.

**2. 'To the Left':** One way to make things easier for both you and your former lover is to give your personal property back to one another. That way you won't have to be reminded of each other.

**3. Restrain yourself:** In the most extreme cases, you might need to get outside help to keep your former lover away from you. You don't always have to get a legal restraining order, but perhaps just a close friend calmly talking to your ex may do the trick.

**Have any stories of exes who wouldn't leave you alone? Leave a comment below.**

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## **Arnold Schwarzenegger's Love Child: Did He Break Up Housekeeper's Marriage?**





Lately, the news has been filled with the tragic separation of Arnold Schwarzenegger and Maria Shriver after a long-kept secret surfaced that the former governor of California fathered a child with Mildred Patricia Baena, a housekeeper and assistant in the family home. This shocking affair, however, also may have resulted in a divorce between Mildred Baena and her former husband, Rogelio de Jesus Baena. The couple split in 2008 over “irreconcilable differences.”

According to [People](#), contrary to the birth certificate that identifies Rogelio as the father, the divorce documents between the Baenas do not mention any minor children.

**How do you get over the trauma of an affair?**

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

It can be tough to get over an affair. In fact, most people who experience this type of trauma in a marriage are never able to salvage their relationships. However, if you do choose to move on and remain with your partner post-affair, the only way to do it is to spare yourself the details:



**1. Two affairs don't make a marriage:** If you choose to forgive your partner's infidelities, don't try to make things even by having an affair yourself. It will only make matters worse and will never make you feel better in the end.

**2. Restore trust:** Trust takes a lot of time to restore. Don't stay with your partner unless you plan on being patient. Without trust, you can't have a healthy relationship.

**3. Don't ask about the details:** If you're going to move on, you can't do so with images in your head of your partner with someone else. Stick to a don't ask don't tell policy, at least as far as vivid descriptions are concerned.

If you have ever been with a partner who had an affair, we want to hear your story. Comment below.

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## LeAnn Rimes and Eddie Cibrian Pack On the PDA At Bash





LeAnn Rimes and new husband Eddie Cibrian were anything, but shy at an NBC upfront bash at Del Posto in NYC last week.

According to [UsMagazine.com](http://UsMagazine.com), the newlyweds were indulging in some major PDA at the party. They were apparently “making out in the middle of [everything],” said a source. The source explained by saying that Rimes was “making a compete scene and holding up her camera as they are making out so she [could] take pictures of them making out – it was unreal.”

**Is there such a thing as too much PDA?**

### **Cupid’s Advice:**

Everyone has a different opinion on what is an acceptable amount of affection to reveal to the public. Cupid has some general guidelines to follow when you’re unsure:

**1. Think about another couple:** If you saw a random couple in public, would it gross you out to watch them make out in front of you? If the answer is “yes,” then you probably should refrain from doing the same thing with your partner. As the old adage says, treat those around you as you’d want to be

treated.

**2. Decide if it's necessary:** It's always a good thing to ensure that your partner feels loved and cared for at all times, and that includes when you're out in public. That said, think about whether showing excessive affection in front of people is truly needed. The answer is, probably not.

**3. Analyze your reasoning:** Are you just showing affection in front of people to make someone jealous? Are you simply trying to reassure yourself that the relationship is solid? Either way, those are probably not good reasons to do it. Sometimes the reasoning behind our actions reveal deeper truths.

**What's your view on PDA? Share your opinions below.**

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## **'The Office' Star Jenna Fischer Is Expecting**





When *The Office*'s Jenna Fischer became an aunt, she said, "I already wanted kids, but even more so now." Well, it looks like that wish is coming true. Fischer and husband Lee Kirk are expecting their first child, according to [People](#). The cute couple were engaged in 2009 while vacationing in Europe and tied the knot last July with *Survivor*'s Jeff Probst officiating the ceremony. Now Fischer can follow in her TV character Pam's footsteps and become a mother to her own child!

**What are some ways to prepare your relationship for a baby?**

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

There's no doubt that your relationship will change when you have a child. In order to avoid a negative impact, Cupid has some ways to prepare your relationship pre-baby:

**1. Plan:** Avoid being surprised by child-related obstacles as much as possible by doing the research you need to do before the baby is born. Make Daddy read the Daddy chapters in *What to Expect While Expecting*.



**2. Strengthen your bond:** Spend as much romantic and quality time together as possible pre-birth. Make sure your relationship is as strong as it can possibly be before your lives are changed forever.

**3. Discuss expectations:** Make sure that you both view raising a child in the same way. Determine what morals and values you plan on instilling so that you don't find out when it counts and fight about it.

**What did you do to prepare your relationship before you had a child? Share your experience below.**

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## Miranda Lambert and Blake Shelton Go On Bass Fishing Honeymoon





Talk about a romantic honeymoon! Newlyweds Miranda Lambert and Blake Shelton who tied the knot this past Saturday have been updating us via Twitter about their fun getaway, according to [E! Online](#). The two decided to go bass fishing for their honeymoon instead of the traditional island getaway. Lambert certainly isn't hiding her excitement about the recent wedding either, as she tweeted "Mrs Shelton here! Winning!!!!!" in true Charlie Sheen fashion. Plus, she accompanied her tweet with a picture of the bass she caught. It seems like she is most certainly is "winning" on her honeymoon!

**How do you decide where to go and what to do on your honeymoon?**

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

Choosing where to go and what to do on your honeymoon is one of the most stressful parts of the whole wedding planning process. Luckily, Cupid has some pointers on how to make those decisions a little bit easier:

**1. Ask for opinions:** Ask your family and friends where they

think may be a good honeymoon destination for the two of you. Your friends and family know you well and will be able to give the best advice.

**2. Pick one of your dream destinations:** Everyone has that one place they'd love to go to, and your honeymoon is the perfect opportunity to live out that dream. If the two of you have two different ideas, compromise and pick a location that has a little of both of your destinations in it.

**3. Meet with a travel agent:** Sometimes travel agents have the best ideas of where to go on a honeymoon, based on good deals and unique locations. Meeting with an agent may open your eyes to a bunch of places you may not have known existed.

**How did you decide where to go and what to do on your honeymoon? Share your stories below.**

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## Kelsey Grammer Files for Sole Custody of Kids





Kelsey and Camille Grammer have been through rough times lately, and now there are even more issues to resolve. Court records reveal that Kelsey, 56, has filed for sole custody of their children, Mason and Jude. “Any statement would be inappropriate,” Kelsey’s rep told [People](#). “The filing speaks for itself.” Papers were filed in LA County Superior Court, which states the *Real Housewives* star would have her children half of their summer and winter breaks.

**What are some things to consider about your ex in the midst of a custody battle?**

### **Cupid’s Advice:**

When going through divorce, or even getting separated, the children are always the top priority. However, it’s easy to get possessive. This can be for selfish reasons, or it may be because the former partner is not prepared for joint or sole parenting. Cupid has some things to consider:

**1. Economic standing:** Can your ex afford to support the children? You need to make sure your children have everything that they need to receive a good education and live a healthy



lifestyle. If your former partner can't provide these elements, they probably should not have custody.

**2. The ultimate downfall:** What was the final straw? If your relationship ended on bad terms and if you feel threatened, you should be cautious about letting the kids around him or her. True colors really come out during breakups, and there may be a sick, crazy side to which you have been blind.

**3. Lifestyle:** If your former partner suffers from alcoholism or any other addiction, they cannot be a role model for the children. If you want joint custody, you need to make sure you're on the same page and each doing your part.

Have you or someone you know been through a rough custody battle? Share your comments below.

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## Zimbio's Top 10 Sizzling Celebrity Couples





When it comes to celebrity couples, everyone wants to know which ones are hot and which ones simply don't make the cut. Zimbio came up with a list of their 100 Hottest Celebrity Couples. Celebs were rated on their levels of success, attractiveness, popularity and staying power. The total of the scores in the four categories determined each couple's rank on the list. Although one of the couples has since split, the other nine are still happily together – as of now. Let's take a look at how hot Zimbio's top 10 list is:

**1. Angelina Jolie and Brad Pitt:** Who other than “Brangelina” should get the number one spot? Jolie and Pitt's names have graced headlines ever since word got out that they were an item. On success, Zimbio said, “These two command the box office,” and their attractiveness and popularity are self-explanatory. As far as staying power, Zimbio believes they have more reasons to stay together than the average celebrity couple.

**2. Beyonce and Jay-Z:** *Parade* magazine reported that this couple racked up a total of \$162 million this year, proving their obvious success. Also, this couple keeps their

relationship strictly between them, giving their relationship longevity.

**3. David and Victoria Beckham:** Their attractiveness ranked a scorching 19 on the scale of one to 20. Posh Spice remains a feisty diva who has perfected her fashion tip, and the soccer player has always been noted for his good looks. Though rumors have circulated about the couple having affairs, they are still holding strong, 12 years later.

**4. Gisele Bundchen and Tom Brady:** There's no need to speak on success, as Brady is one of the hottest names in the NFL and the former Victoria's Secret angel continues to land many cosmetic endorsements. This is a first marriage for this seemingly ageless couple – one that will hopefully last!

**5. Faith Hill and Tom McGraw:** Though Zimbio doesn't think this couple is too hot, success sums them up in a nutshell. Hill had 1.2 million Google searches last month, and McGraw's 2.25 million was enough to put them in the top tier of most popular couples, according to the site. We predict that this couple will continue their happily ever after, as their staying power ranks 20 out of 20.

**6. Will Smith and Jada Pinkett:** You should have known this hot Hollywood couple was coming! Smith and Pinkett are the epitome of the sweet, down-to-earth duo everyone loves. They have both spoken out about divorce before, and simply put, it won't happen.

**7. Jessica Biel and Justin Timberlake:** Although this couple gained a spot in the top 10 list, the fire to their flame has been blown out. However, the former pair ranked 19 out of 20 for both popularity and attractiveness.

**8. Gwen Stefani and Gavin Rossdale:** While they aren't as successful as the others, this musical couple ranks high in attractiveness. Though Stefani used to date No Doubt band mate Tony Kanal, there's "no doubt" she and Rossdale are a

match made in heaven.

**9. Johnny Depp and Vanessa Paradis:** According to Zimbio, “Johnny Depp became the highest-paid actor for a single role in the history of film” after shooting *Pirates of the Caribbean: Dead Man’s Chest*. If that’s not success, we don’t know what is! These dark-haired lookers have an unpredictable staying power and didn’t rank high in popularity, but made the top 10. Kudos!

**10. Heidi Klum and Seal:** Seal’s album *Soul* ranked number one on the French album charts for 13 weeks straight last year, and Klum’s 2010 income was said to be \$14 million, according to *Forbes* Celebrity 100. Though Seal has a rare condition called discoid lupus erythematosus that caused the scars on his face, Klum, the bombshell Victoria’s Secret model, only noticed his flawless personality.

This Top 10 list is just a small portion of what’s on Zimbio’s Top 100 menu; if you can’t take the heat, stay out of the kitchen. For the rest of the list, visit [Zimbio.com](http://Zimbio.com).

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## Diets and Dating







By Sally M.

Let's face it – diets are personal. Add in a new relationship, and it's easy to feel insecure about bringing up a diet, even though it's part of your daily regimen. Personally, if I'm trying to drop a few pounds, I wouldn't necessarily scream it from the rooftops to a guy I just met!

These anxieties should be put to rest. Adjusting your diet is nothing to feel weird about, especially if you're doing it properly. That being said, you should always contact your healthcare provider or a nutritionist before altering your food intake.

Unfortunately for dieters, dating activities tend to revolve around food. Here are a few ways to watch what you eat while on three different types of dates:

### **1. Dinner Date**

– Have a healthy snack prior to dinner so that you won't be tempted to order excess food which you wouldn't normally eat. Remember, "bad foods" are okay in moderation and it's nice to treat yourself to a meal you didn't cook at home every once in

a while. Be yourself and order what you want (and it doesn't have to be a salad – unless, of course, that's what you want).  
– It's totally acceptable if you don't finish your meal. Grab a doggy bag to take home. This is a great idea for those on a portion-control diet.

## **2. Cocktail Date**

As a rule of thumb, alcohol is usually considered a BIG NO when dieting. However, some options are healthier than others if you decide to indulge. Regardless, know your limit and don't get drunk; the more drinks you have, the more you risk compromising your diet (and other inhibitions).

- Wine: Wine is the best diet-friendly alcohol, but that doesn't mean you should order a bottle; finishing the whole thing isn't ideal if you're counting calories.
- Liquor: Hard liquor is the second best choice, but which ones? According to [sparkpeople.com](http://sparkpeople.com), vermouth contains the least amount of calories, followed by coconut rum and Beefeater Gin. Mind you, that's a serving of 1.5 ounces.
- Beer: Order a light beer, and you won't compromise your diet too much.

## **3. Movie Date**

- Theater popcorn is tempting. If you must have it, choose the small-sized popcorn (usually seven cups of popcorn, equaling 500 calories). Even if buying the medium-sized bag is only a few cents more, don't do it; those calories will add up quickly. If you can get away with purchasing the kid's-sized version, that's even better! Also, it should go without saying ... no extra butter and no refills.
- When it comes to washing down your popcorn, stick to small-sized diet sodas or ask for water. Bonus: You won't miss the movie because of a bathroom break!
- If you have a big purse, bring in your own healthy snacks. This is technically against the rules, but until movie theaters can offer diet-friendly treats, it may be the only

way to eat well in front of the big screen. Just remember to share.

Remember, dieting and dating is only awkward if you make it that way. You can still have fun and enjoy yourself without sacrificing your personal goals. Move forward with confidence!

*Sally M. is the founder of Eat Breathe Blog. If she could be best friends with any television character it would be Carrie Bradshaw from "Sex in the City."*

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## Rihanna Follows Chris Brown On Twitter and Angers Fans





Rihanna made her lack of anger towards Chris Brown apparent on Monday, when she decided to follow her abusive ex on Twitter, reports [UsMagazine.com](http://UsMagazine.com). Rihanna and Chris Brown had a very public breakup after Brown attacked Rihanna nearly two years ago. The domestic violence case still deeply resonates with fans. One of Rihanna's Twitter followers tweeted, "I never thought you would go back to him! You better not. It's your life, but you do have people that look up to you (e.g. young girls)." Rihanna replied, typing, "It's f\*cking Twitter, not the altar! Calm down!" The singer then qualified her harsh words, adding, ""Baby girl, I'm sorry. I didn't mean to hurt or offend you – just needed to make it clear!"

**What are the perks to staying civil with an ex who hurt you?**

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

While many of your friends may advise against it, remaining civil toward an ex does have some benefits:

**1. He serves as a reminder:** Having your ex somewhat close to you can help you ward off remaining feelings of affection. It



will be easier to stay away from your ex when you are able to more easily remember the pain he caused you.

**2. You can help him:** If your partner's injustice against you was due to a problem he was battling, then you may be able to help him recover. For instance, if his anger issues ended your relationship, you can encourage him enroll in anger management.

**3. Your conscience benefits:** While it may not be easy to take the high road, remaining civil is the right thing to do. Being kind to people, even those who may not necessarily deserve your kindness, is rewarding.

**Have you ever had a hurtful ex? Leave a comment below!**

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## **'Bachelorette' Stars Ali Fedotowsky and Roberto Martinez Celebrate One Year Engaged**





The fire is still burning for *The Bachelorette*'s Ali Fedotowsky and fiancé Roberto Martinez. The couple spent their one year engagement anniversary last week reliving some of their special moments from the reality show that brought them together. They traveled to the island of Bora Bora, where Martinez proposed to Fedotowsky on the finale of *The Bachelorette*. Fedotowsky was thrilled with how they spent their one year engagement. "We made it to the one year mark!" she told [People](#). "The engagement took place last year on May 8th, and when Roberto proposed it was so beautiful. It was great to go back and reflect on the year because it was very special."

**How do you make your first anniversary extra special?**

### **Cupid's Advice**

The first anniversary is one of the most important to get right. Cupid has some advice on how to make yours extra special:

**1. Re-live your honeymoon or proposal:** Why not take a cue from

Ali and Roberto and revisit your honeymoon destination or even the place that he popped the question? It's romantic and brings back lovely memories.

**2. Plan a special vacation:** The perfect way to make your first anniversary special is to take a trip to a new place the two of you have been dying to go to and share in some new experiences.

**3. Have a romantic night:** If you don't feel like traveling for your one-year anniversary, indulge in a romantic dinner, come home and go through your home videos and photos from the year you've shared together and reminisce.

**How did you make your first anniversary extra special? Share your experiences below.**

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## **Pippa Middleton and Ex-Boyfriend George Percy Enjoy Madrid Together**





New media darling Pippa Middleton visited Madrid, Spain with friends over the weekend, reports [UsMagazine.com](http://UsMagazine.com). In attendance was George Percy, Middleton's ex-beau from her days at Edinburgh University nearly a decade ago. The two have remained close friends since their days at school. Middleton and her friends were seen partying at the popular Fortuna Nightclub and relaxing at Madrid's Retiro Park. Middleton's current beau, Alex Loudon, was absent from the trip.

**Is it truly possible to be good friends with an ex-partner?**

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

Remaining friends with a partner post-breakup is easier said than done. Here are a few factors that matter when considering your new "friendship":

**1. The nature of your breakup:** If you and your ex-partner suffered a nasty breakup, then friendship is probably not an option. However, if the split was mutual and relatively painless, then the two of you have a good shot at remaining close friends.



**2. Time:** It may be cliché, but time does heal all wounds. While hanging out with your ex may be painful now, your pain will greatly lessen a few months (or years, if needed) down the line.

**3. Mutual friends:** It's difficult to remain in touch with a person when the meetings between you are isolated and awkward. However, if the pair of you have mutual friends, it is much more likely that you'll adjust to each other's presence in a more gradual and comfortable manner.

**Are you friends with your ex-partner? Feel free to share your story below.**

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## Prince William and Kate Middleton's Honeymoon Is Super-Exclusive





Money can't buy happiness, but it can buy a royal and elaborate honeymoon. It 's been reported that Prince William and new wife Kate Middleton spent \$72,000 a night on their special getaway. The two flew last Tuesday to the Seychelles in the Indian Ocean, according to [RadarOnline](#). They rented their own private resort on a privately-owned island. "We rented the island to the British royal family," owner and German businessman Farhad Vladi explained. "Prince William and Kate are spending their honeymoon there."

**What are some ways to lower the cost of your honeymoon without taking away the romance?**

### **Cupids Advice:**

Honeymoons do not need to be expensive at all. Here are some cheap ways to still have a romantic getaway:

- 1. Road trip:** Pick a close resort, hop in the car and go. This will save hundreds or thousands in airfare or cruising.
- 2. Be creative:** Come up with fun activities, like beach volleyball or card games, that do not cost any money but will

still make fond memories for you and your new spouse.

**3. Shop-free:** You don't need a keychain from the tropical island you just visited. Take lots of pictures instead, or collect shells, brochures, etc. and make a memory box of your trip.

How did you save money on your honeymoon? Share your comments below.

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## Are Nick Jonas and Delta Goodrem Dating?



It looks like the youngest Jonas Brother may have a new love connection! Nick Jonas was spotted with Australian pop star Delta Goodrem over the weekend, according to [People](#). Jonas, 18, and Goodrem, 26, were photographed coming out of a moving theater in Hollywood on Sunday, and they did not shy away from each other even when spotted by the paparazzi. Jonas seemed happy with his weekend activities, as he tweeted, "I feel so blessed. Had a great weekend" on Monday. This isn't the first time the duo have been caught together. In March, Goodrem posted a photo with Jonas on Twitter showing them with their arms around each other and smiling.

**What are some tell-tale signs that your two friends are more than just friends?**

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

Sometimes your friends choose to keep their new relationship a secret, but Cupid has some things to look for tell if they're more than just friends:

- 1. Lots of eye contact:** If you're hanging out in a group, keep a lookout for eye contact between your friend and his or her suspected new partner. If you catch them exchanging meaningful glances, chances are they've left the friend zone.
- 2. Higher texting volume:** If your friend who isn't usually texting a lot is starting to bring out his or her phone all the time, this may be a sign that he or she has a new love interest. Increased cell phone usage is definitely telling!
- 3. Avoidance:** Your friend may be avoiding all topics related to relationships when you talk to him or her. Omission is always something of which to be suspicious.

**How did you tell your friends were in a relationship? Share your experience below.**



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# Celebrity Secrets for Lasting Love



By Dr. Diana Kirschner

“It” couple, Khloe Kardashian and Lamar Odom, are best friends who are madly in love and even launching their own reality TV series centered around their relationship. They got married after a mere one-month courtship and renewed their wedding vows at their first anniversary. How did they find committed love so quickly? It’s hard to say exactly what happened in their situation – true love always has its mysteries. But most probably there were certain factors at play – celebrity love secrets which you can use to create success in your own

dating and love relationships. Here are a few of those secrets from my brand new book, *Sealing the Deal: The Love Mentor's Guide to Lasting Love*.

One critical secret involves using the three-question reality check about a hottie you may be dating:

**1. Is he or she crazy about you?** This is a big question, since you don't want to pine after a person who is not into you!

**2. Is this person willing to grow?** There are no perfect partners out there, for sure. That said, if the person is gaga for you and willing to work on themselves, they could become an **AMAZINGLY** great partner!

**3. Is he or she meeting the basics?** In other words, is this a good person with integrity, who is successful, wants a relationship and shares some chemistry with you?

If your partner meets these criteria, give him or her a real chance. You could develop a crazy-in-love relationship that gets better and better... and lasts for 10, 20 or even 30 years!!

**Another key secret:** Look for consistently improving contact. When you meet a new hottie, the sparks are great and you are high as a kite. But the question is, how is the relationship changing over time?

Is there more closeness between you? Are you sharing more of your thoughts and feelings? Is the L word being used? Are you sharing each other's space, meeting each other's friends or family members? Are you beginning to talk about thoughts of a shared future together?

Really look at the trends in your relationship. Is it fading out? Is it getting boring? Are you starting to take each other for granted? Are you having longer or meaner fights?

Or is the trend improving over the months, or even years, just as it seems to be for Khloe and Lamar? There are always downticks in love, even in the beginning. But, if in the face of this, things bounce back, makeup sex happens and the intimacy is actually getting better, this is a very good sign. This means you could be with the One.

So, while it is very rare to have a one-month courtship that leads to lasting love, like Khloe Kardashian and Lamar Odom seem to have, it's still possible to have a right-for-you courtship that works to create the love you really want. Bottom line: you can use these relationship secrets to get to your own happiest-ever-after!

*Diana Kirschner, Ph.D. is a frequent guest psychologist on The Today Show & author of the new book, **Sealing the Deal: The Love Mentor's Guide to Lasting Love** which has been acclaimed by 14 top self-help gurus, including Dr. Christiane Northrup & John Gray. She authored the bestselling book, "Love in 90 Days," which was the basis of a PBS Special on love. Get weekly support from Dr. Diana through her **FREE Relationship and Dating Advice Newsletter**.*

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## Jesse James Says That Millions of Married Men Cheat





Famed serial cheater Jesse James recently defended his bad behavior by pointing out that he's not the only one, reports [UsMagazine.com](http://UsMagazine.com). The *Monster Garage* star told *Men's Journal*, "I never shied away from anything I did. I took full responsibility. I cheated on my wife. Guess what? So do millions of other men." The 42-year-old, who divorced Sandra Bullock last year, is currently engaged to Kat Von D.

**How do you know if you can trust your partner after past indiscretions?**

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

After your mate is unfaithful, it's hard to trust them completely again. Cupid has some tips on how to know if your partner really has changed for good:

- 1. Accept the apology:** If your partner made one mistake and is truly sorry, think before throwing away your entire relationship. Give your mate another shot if you feel they are being genuine.
- 2. Don't forgive multiple affairs:** If your significant other



has had multiple indiscretions in the past and doesn't seem fully committed to your relationship, you probably can't trust them to stay faithful in the future.

**3. Have faith:** The bottom line is, you'll never know for sure if your partner is going to cheat again. But if you decide to give them another chance, give them your complete trust. There's no point in starting over and giving the relationship a shot if you're not fully trustful.

**Would you trust a partner who cheated in the past? Share your comments below.**

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## Miranda Lambert and Blake Shelton Get Married





Country music royalty Miranda Lambert and Blake Shelton got hitched Saturday night in true country style at Don Strange Ranch in Boerne, Texas. Going along with the country theme, the menu was far from the typical chicken or fish options seen at most receptions. According to [People](#), the main dish was venison harvested by the bride herself. The star-studded guest list included A-listers such as Katherine Heigl, Kelly Clarkson and Laura Bell Bundy.

**How do you make your wedding menu unique?**

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

Let's face it: it's fun to break away from "typical." Cupid has some ideas on how to do just that when it comes to the menu at your wedding:

**1. Do an "around the world" theme:** Can't decide on what kind of food to serve at your wedding? Then choose all of them. Choosing dishes from multiple ethnicities can be fun for both you and your guests.

**2. Recreate your first date:** Even if you just went to a local

diner, getting catered food from the place you went to on your first date is a great way to celebrate the beginnings of your relationship on your wedding day.

**3. Go all out:** If you have the budget and the taste for fine food, make your menu completely gourmet. It will be a meal your guests will always remember.

**What kind of food do you plan on serving at your wedding?  
Share your menu below.**

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## Bridesmaids featuring Kristen Wig and Maya Rudolph





She's broke, she's single and now she's the maid of honor.

Annie (Kristen Wig) is set to be the maid of honor for her best friend Lillian (Maya Rudolph), and she's backed up by a rag-tag team of bridesmaids. Annie has to find a way to surpass her life situation to prove to Lillian and the other bridesmaids how far you'll go for a best friend. Critics are saying this is *The Hangover* fused with a chick flick.

**What are the duties of a maid of honor?**

**Cupid's Advice:**

It seems hectic leading up to the big day, but here are the three most important jobs if you're chosen to be the maid of honor:

**1. Go-to-girl:** From helping to pick out the venue to deciding on invitation design, you have a bigger say in planning out the little details ... maybe even more than the groom-to-be! Choose wisely.



**2. The maid's speech:** At the reception, you're going to have to give a big, heartfelt speech. A tip: avoid drinking too much alcohol prior to the address.

**3. Party, party, yeah:** Of course, you'll have to plan and host the bridal shower and bachelorette party. Try to keep it lighthearted and fun, whether that means bowling and beer or a night of Vegas-style debauchery.

Release date: May 13

Cupid's Rating: 4/5

**Have any good maid of honor stories of your own? Leave a comment below.**

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## Michael Bolton Is Waiting for the Right Woman





Singer Michael Bolton is open to finding the right woman, but as for now, his schedule seems to be completely booked. As he told [People](#), “I almost wouldn’t wish me upon [a girlfriend] right now. There’s just not a lot of time.” After putting together his new album, *Gems – The Duets Collection*, and performing his new single “I’m Not Ready” with Delta Goodman on *Dancing with the Stars*, it’s no surprise that time is tight for Bolton. However, after the nonstop busy schedule subsides, Michael Bolton is open to finding love.

**How do you stay open-minded about finding a mate?**

### **Cupid’s Advice:**

As you get older and things continually don’t work out with your relationships, it’s easy to lose hope. Cupid’s got some ways to keep yourself open and dating around, because you never know what may come of it!:

**1. Join a dating site:** As technology gets bigger and better, more and more relationships and marriages are beginning online. Find out for yourself if it’s worth all the hype.

**2. Go on a blind date:** Though blind dates tend to have a stigma, you never know who you could meet. Be open to it. After all, it's a date not a wedding. Plus, sometimes the friends who set you up on them know you better than you know yourself.

**3. Have fun with friends:** As you're in the process of looking for love, be sure to be seen about town having fun with your friends. A potential date wants to be with someone who they know can have fun, in and outside a relationship.

**What strategy do you use to find love? Share your tips below.**