

LeAnn Rimes and Eddie Cibrian Prepared the Kids for Their Wedding



LeAnn Rimes and

Eddie Cibrian sat down and had a very important conversation with Cibrian's young sons three days before their wedding, according to [People](#). Because it's Cibrian's second marriage, he wanted mason, 7, and Jake, 4, to know exactly what to expect on the big day. "The kids have known we were getting married since we got engaged," said Rimes. "We explained that they were going to have two families." Cibrian chimed in, saying, "The kids come first in everything we do. We wanted to make sure LeAnn and my wedding was not only ours, but their party too. They were beyond excited to celebrate us all coming together as a family." Rimes and Cibrian took the kids' role in their future marriage very seriously, as they even went to therapy to learn the best way to communicate with them.

How do you explain a second marriage to your kids?

Cupid's Advice:

It's not always easy to make children feel comfortable when it comes to one of their parents remarrying. Cupid has some advice on how to handle the situation:

1. Attend therapy: Take a cue from LeAnn Rime and Eddie Cibrian. If you're not quite sure how to explain a second marriage to your kids or how they may react, attending therapy as a family is a great idea. Everyone will be able to talk about their feelings in a safe environment.

2. Make it fun: A great way to get through to your kids may be to turn the situation into a game or fairy tale. Have a family game night where the kids are most comfortable and casually explain the situation. This way the children are calm and more receptive to the news.

3. Be honest: Simply be up front and explain to the kids how you two truly love each other and just because you're getting married, it doesn't mean you'll love *them* any less. Explain that a second marriage may be different, but different in a good way.

How did you explain your second marriage to your kids? Share your comment below.

David Hasselhoff Shows Off New Girlfriend At Coachella





Britain's Got

Talent judge David Hasselhoff isn't giving up on love, despite his two divorces. The former *Baywatch* actor has found new "like" with cosmetics saleswoman and part-time model, Hayley Roberts. According to RadarOnline.com, Roberts was sitting in the audience at one of Hasselhoff's *Britain's Got Talent* auditions when the actor was immediately drawn to her. The pair have apparently been inseparable ever since, and Hasselhoff even treated his new beauty to a trip to Coachella Music Festival on Friday. Is this pair in for a future together? "I'm big on romance," says Hasselhoff. "In the future, maybe I will marry again."

How will your life change after marriage?

Cupid's Advice:

Different people look at marriage various ways. Some people take it lightly and jump into it quickly, while others are more reserved and take things slow. Either way, your life changes when you tie the knot. Cupid's got some of these ways:

1. Financially: When you get married, your money becomes "our" money. You'll have to work together to come up with a budget that covers both of your expenses, and you'll be held

accountable for your spending by another person.

2. Commitment: Once you get married, you're done playing the field. There are no more fish in the sea. If your marriage is healthy, this won't be a problem. That said, make sure you trust your partner completely.

3. Decisions: Things you used to decide for yourself now become a mutual decision with your spouse. It's more important that you run things by each other, as a marriage is a union.

How did marriage change your life? Leave a comment below.

JJ Flizanes Helps You Attract Your Mate Through Fitness and Health with 'Fit 2 Love'





By [Jessica DeRubbo](#)

What if incorporating fitness into your life actually helped you meet the love of your life? Turns out there's a correlation between fitness and love, which JJ Flizanes, celebrity fitness trainer and exercise architect explains in her book, *Fit 2 Love: How to Get Physically, Emotionally and Spiritually Fit to Attract the Love of Your Life*. If you're single or looking for a better relationship with your partner and you struggle with weight loss or body issues, Flizanes' book may be just the thing you need to gain love and security through fitness and health. She says it's possible to attract your life mate by creating the body you desire from a place of self-acceptance, rather than self-loathing. Named by *Elite Traveler Magazine* as their 2007 Global Black Book pick of Best Personal Trainer in Los Angeles and one of *Shape Magazine's* top six fitness trainers in 2003, JJ Flizanes knows what it takes to get long lasting results in both fitness and relationships.

We had the privilege of speaking with Flizanes via phone last month. Take a look at what she had to say:

How do love and fitness go together?

Love and fitness go together in a couple different ways. The

first way is in how someone approaches fitness. Most of the fitness industry supports the idea that if you lose weight and have a nice looking body, then you'll love yourself. And unfortunately, that approach doesn't come from love; it comes from fear. It comes from the fear and the frustration and the disgust most people have with their bodies. And they get so upset and beside themselves that they want something different, and so they go and work out. But most of the time, that way of working out comes from a place of not liking your body ... You're coming from this attitude of negativity. There is another way, and that's honoring the body and doing things for it to support the future, and that feels differently. And that's how fitness and love go together.

I'm in an industry that loves to catch people in that very dark moment and then capitalize on it, which is why we're all fat and continue to not find solutions. And it's coming from a different place where you can empower yourself and have it become part of your life. Your self-care is a blueprint. How you take care of yourself are the exact signals and messages that you're sending out into the world of how it's acceptable to treat you. If you don't take care of your body and respect your health, why would you expect someone else to?

What were your goals in writing *Fit 2 Love*, and what inspired you to write it?

I always saw myself as different in this industry, and I was never able to quite pinpoint why until I read Geneen Roth's latest book, *Women, Food and God*. I read that book and I was inspired by her stories, and as far as I know, she doesn't have any credentials, yet her credentials are her life. She's gained and lost over 1,000 pounds throughout her life. I was sitting there thinking, "Well, what's my story?" because I'm not the trainer that's gained and lost 300 pounds in my lifetime. It didn't come from that place. It came from being in the gym and looking at the trainers and saying, "Wow. That looks good. I'd like to do that."

And then the love came from what my real story is: being able to attract my husband; being able to attract men and relationships into my life from how I was treating myself. I was watching different stages of my life and comparing them with how I was treating myself at those points. The time when I was taking care of myself on every level was the time when I met my husband. I know a ton of very smart and very attractive women who don't understand why they're single, and they don't take care of their bodies. And there's a correlation there.

Many trainers use the fear factor to get their clients in shape. Why haven't you adopted that approach?

I didn't feel right about instilling fear in people. It's different coming from a place of love than from a place of fear. I looked at my body and said, "I don't have any pain. I'd like to stay pain free." I see all these older people who have all these issues and I don't want to end up like that. I want people to feel better now; I don't want them to have to wait. You'll always have that "push, push, push," for where you are with both your body and your relationships. And if you can't accept where you are right now, you delay the kind of results you can get. The people who get lasting results are those who accept working out as a way of life, a new habit and a transition.

One review says you are a "rare commodity" because you actually live the truth that you preach. Is that true?

Well, the "rare commodity" comment comes from my passion and my drive for wanting people to be better and to be happier ... and to not force a way of being with pressure. When there is pressure, you're never focused on the person ... you're just focused on the results. It just dehumanizes us down to these numbers. I just try to help people find what works for them.

There is no perfect body, or standard that we all have to meet. I think half the population that doesn't work out don't do it because they're fighting against the idea that in order for someone to accept them, they have to look a certain way.

It just goes back to loving yourself first and taking care of yourself. You will not have long-lasting results until you're from that place.

What would you say is the answer for women out there who are single or unhappily in a relationship?

Ask yourself how you want someone to treat you and if you're treating yourself that way.

What's the most important piece of advice you've learned through this approach to love and fitness?

Your results will come faster and last longer when you come from a place of love.

Is there anything else you'd like to add?

The book outlines a 5-step process. I think these steps are very easy and very do-able for people. You can follow them in my book or in my workshop, and actually try to apply them to your own lives. It's something everyone can do no matter where you are with your body or where you are with your relationships. It can help you attract your ideal mate and it can also help improve any current relationship you're in.

Cupid thanks JJ Flizanes for her time! *Fit 2 Love: How to Get Physically, Emotionally and Spiritually Fit to Attract the Love of Your Life* is available on Amazon. For more information about her book and workshops, visit her website at www.invisiblefitness.com.

Tiger Woods' New Girlfriend Just Looking for a Good Time



Tiger Woods'

rumored girlfriend Alyse Lahti Johnston may not be in for the long haul, reports [RadarOnline](#). A source close to Johnston revealed that the 22-year-old may only be looking for fun.

"[Johnston] sent a BBM to a mutual friend of ours saying she didn't consider herself Tiger's girlfriend," says the source.

"They were just having a good time hooking up." Johnston and Woods, who were introduced by Johnston's golf instructor, have dodged many rumors regarding Johnston's motives. "Alyse wouldn't care about Tiger's money. That's never motivated her and she comes from a very well-to-do family anyway," says the source. "She just wants to have a good time and lots of fun.

I can definitely see her considering sex with Tiger a lot more fun than a relationship with him."

How do you know if he's committed?

Cupid's Advice:

The line between a committed relationship and a purely fun relationship is very thin. Here are a few ways to tell if your beau is truly committed:

- 1. Revisit your conversations:** A partner who is only looking for fun will not want to bring up serious topics in conversation. If the conversations you have with your partner are always light-hearted and playful, it may be time to try discussing deeper issues.
 - 2. Observe his helpfulness:** If your beau is comforting and supportive after a rough day, then it's likely that he is committed. A partner merely looking for fun would not stick around to help on the "bad" days.
 - 3. Ask him:** As your partner, he should be able to answer questions about your relationship. If you have doubts, ask about his commitment. You will probably get an honest and enlightening answer.
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Can She Ever Forget Her First Love?





By Chandler Jones

You've just met the perfect woman: she's beautiful, sexy, and best of all deeply in love with you! There's just one problem: you are not her first love. Can she love you more than she loved her first flame? Was he better than you in bed? Does she think of him while making love with you?

A common belief is that one's first love is also the most powerful. In fact, a lot of people say that you never forget your first love. What does this mean?

I've talked with various women about the subject, all of them married to men who are not their first loves. To my surprise, they all essentially told me the same thing. They said that the first love is mostly passion and the second love is much deeper.

When a woman is in love for the first time, she thinks he's the only one for her and that she has no choice in the matter.

Without him, she 's lost. When she loves for the second time, however, she knows that there are a lot of other men available to her, but she's choosing to be with the one she loves because she feels that he is the best one for her. The first time, a woman can love a guy simply because he was the first, and for no real reason other than that. It can be full

of fear and insecurity – something that's fuel for passion, but nothing much more than that. The second time around, it's because she's able to see his fine qualities and love him for who he is. She's loves with all her heart because she knows her man deserves it.

Celebrities are no exception to this new rule. Zac Efron and Vanessa Hudgens met on the set of the Disney Channel movie *High School Musical* and continued to date for almost four years. Having met as teenagers, they were each other's first true love. Now, having split, both are moving on. Both Efron and Hudgens have been spotted with new potential mates, and although they will most likely never forget each other, it may be time for more than passion.

This is all fairly good news if you're the second in line, but we haven't gotten to the biggest questions yet. Does she think of him when she's in bed with you? Does she truly love you? Consider this. If she truly loves you, then she enjoys every moment the two of you are together, which includes every touch, every caress and every kiss.

Over time , your first love becomes just another story tucked away in the corner of your mind. So, if you're the one she's chosen, fear not! Just concentrate on being the love of her life, and forget about her first love, as she's probably already done.

Visit www.DatinginForSingles.com now for the full scoop from Chandler Jones on expert dating and seduction techniques. Make sure to download your FREE library of seven eye-opening ebooks on how to flirt, kiss on the first date and be a better lover.

Joe Jonas Gives Golden Birthday Gift to Ashley Greene



Twilight star

Ashley Greene had much to celebrate this past weekend. The actress rang in her 24th year by celebrating in Sin City with rockstar boyfriend, Joe Jonas, [People](#) reports. Jonas gifted Greene with a Chanel bracelet, accidentally crediting the jewelry as a token from Coach. Greene adores her new jewelry. "Coach, Chanel, [it] makes no difference to him ... [But] I absolutely love it because he knows what I like," said Greene. But besides birthday jewels, Greene credits her favorite gift as, "having my best friends fly in to celebrate with me."

What are some ways to decide what gift to give your partner?

Cupid's Advice:

It takes real talent, time and thought to pick out the perfect present for the one you love. Cupid has some tips:

1. Stop, look and listen: Slow down and make a mental note when your partner makes a passing comment about something that catches his or her interest. If it's something your mate keeps mentioning, but won't go out of his or her way to buy, consider it gift appropriate.

2. Make a connection: If you and your significant other are just starting out and you're having a hard time with gift ideas, try to find something that unites you as a couple. Is there an inside joke you both share or an uncommon interest that bonds you? The thoughtful trinket will show you care.

3. Make him or her feel young again: To ease the harshness of aging, turn back the clock with a toy from his childhood. Is it a summer birthday? A pair of water guns should bring a smile to his face.

Sexting: Good, Bad or the New Lipstick on Your Collar?





By Emily Macintosh

of My Life On Match

If you've read my blog, you know that I popped my sexting cherry this year. I found sexting to be flirty, scandalous and fun, but I also found it to be a bit dangerous. If I took a picture of myself and sent it, would he show it to his friends? Could it end up on the Internet? What if I go missing on a hike and that's the last picture they have of me to show on the 6 o' clock news? In this new age of technology, is sexting just another step in the dating world or is it the new way to cheat (and think you're not going to get caught)?

Several celebrities have jumped on the sexting and technology train this year, too. Couples like Ashton Kutcher and Demi Moore and Lamar Odom and Khole Kardashian have been publicly showing their love for each other over Twitter. But, sexting is different. It's meant for the two people who are involved and not the rest of the world. Unfortunately, because cell phone records are not as private as we sometimes would like to believe, some celebrities have gotten into some serious scandals in less than 30 seconds, 10 words and the press of the "send" button.

In the last few months, several of those couples have broken

up due to sexting scandals. *X Factor* judge Cheryl Cole separated from her husband, footballer Ashley Cole, after rumors surfaced about his sexting with a topless model. Tony Parker and Eva Longoria also split after Parker was caught having a “sexting affair” with one of his basketball teammate’s wives. Brett Favre also found himself in the middle of a media storm when he sent revealing photos of himself to a *Sports Illustrated* columnist!

And, no, this isn’t just an athlete thing. Let’s not forget Michelle “Bombshell” McGee ,who shared her sexts with *InTouch* Magazine as proof of her affair with Jesse James.

Sexting can be fun and may spice up a relationship when it gets bland, but remember, technology is our “big brother.” In one click (fwd, RT, send), your sexts could be in the wrong hands.

Must-Dos for a Memorable Valentine’s Day





By Babe Scott,

author of *Delicious Dating*

Heidi Klum is going to say it with a surprise box of confetti hearts, cute underwear and chocolates. Katy Perry is said to be buying Russell Brand a lilac-colored Bentley. So how are *you* going to make your guy feel like the only man in the universe on [Valentine's Day](#)?

It's a given that your beau will romance you with a candle-lit dinner, but what will you do to ensure this night of love will be forever brulée-torched in your memories? Here are a few tips:

Dress to Impress

Ditch your Bridget Jones-style orthopedic underpants and usual denims. Your man is booking a delicious meal in an attempt to ignite your sensual appetite, so the least you can do is make an effort.

Men are very Pavlovian when it comes to clothes, and what turns them on is a fitted dress and soft, figure-hugging fabrics. The Little Black Dress is always a good standby – a little cleavage, a spritz of perfume and high heels should have him salivating. Take a cue from Heidi, and make sure that what's underneath is equally enticing. Forget the Spanx,

and put on those sexy knickers and a push-up bra.

Give Him a Gift

You might not be buying him a Bentley, but that doesn't mean the effort is all his. Give him a token of your appreciation and affection – maybe a guy necklace, a compilation CD of both of your favorite songs, or even a framed photograph of you together. You want this gift to remind him of you every time he sees or wears it, so avoid the generic.

Create Some Ambiance

Chances are, you'll be at your place later, so make sure you have all the ingredients to whip up his favorite cocktail and snacks. Remember to tidy up, and set the stage with dim lighting and soft pillows. Have candles and mood music at the ready, put some flowers in a vase, and get your best and softest clean sheets on the bed. It's the little details that count. Maybe have some strawberries and sparkling wine, if not Champagne, in the fridge for the morning.

The night doesn't stop once he pays the check. You want to continue the romance when you get home, and nothing says, "I don't care" more than a messy apartment and an unmade bed.

If you plan out every detail, you'll be in for a delicious night!

Babe Scott, a self-declared "manthropologist," is the author of Delicious Dating: The Single Girl's Guide to Decoding Men by Their Wining and Dining Styles. A magazine publisher in her native Australia, Babe broke bread with more than 100 men, and interviewed more than 200 men and women to reveal how to judge a man's potential as a lover and husband by what and where he eats. Learn more at www.BabeScott.com, and follow her on Twitter: @DeliciousDating.

Jennifer Aniston Insists She Is Happy



Though the rumors about Jennifer Aniston adopting have finally died down, she's having a hard time killing the biggest rumor out there. "That I'm unhappy," the actress tells [People](#). The actress insists, "I'm really happy. Really!" Between the rumors of Jennifer dating, adopting a child and getting a dog, she just can't catch a break! "I think people honestly just want to see me as a mom and married and barefoot and pregnant in the kitchen," the actress says. "I just want to say, 'Everybody, relax! It's going to happen.'" But the star is in no rush. For now, she's busy promoting her new fragrance and her romantic comedy *Just Go with It*, which hits theaters today.

Should you take an extended break from dating?

Cupid's Advice:

In some cases, much like Jennifer Anistons, taking a break from dating can be very healthy. If you're struggling with this decision, Cupid thought of a few instances where taking a long break might be the right choice:

1. Busy job: If achieving your career goals requires a lot of time and effort, dating someone could be very difficult. There's nothing wrong with putting all of your focus on your career. Don't feel rushed; dating isn't going anywhere, but that promotion might!

2. Kids: Dating with kids is a huge commitment. From finding bonding time with your kids to finding a babysitter, you're going to have little attention to share with a new partner. Wait until the kids are a little older or at least until you find a system that works. When you can give yourself fully to a relationship, it'll be worth it.

3. Bad breakup: If your last relationship was destructive and ended on a bad note, don't move too quickly into a new one. Take some time to be happy on your own. Allow yourself to trust in love again before you take a chance on it.

**Owen Wilson Welcomes
Fatherhood and Talks About
'The One'**



Congratulations to

first-time father Owen Wilson and his girlfriend, Jade Duell! The couple welcomed a son in Hawaii on Friday, according to *UsMagazine.com*. Wilson has stayed quiet about his girlfriend's pregnancy, but a source says that he was looking forward to becoming a father. "He's super into it and asks a lot of questions to make sure he knows what's going on every step of the way," the source said. Although the actor has yet to pop the question, he does believe that Duell is "The One."

What are some ways to tell that you're in love?

Cupid's Advice:

Being in love is a wonderful feeling, but how do you know if you've found Mr. or Mrs. Right? Cupid has some telling signs:

1. Emotions: The mushy feelings you had at the beginning of your relationship are still there, even after many months or years.

2. Sleep deprivation: You aren't getting a sufficient amount of sleep, yet you still feel energized. You spend countless nights thinking about your partner, and it seeps into your dreams on a nightly basis.

3. Everything is there: When you're in love, you don't feel like you're lacking anything in life. Everything you've wanted has finally come true. You also know that no one can replace your partner.

Advanced Clips: Bravo's Millionaire Matchmaker Finale



Patti's returns to a former (and crazy!) client as she rounds out her stay in New York City. Will Patti finally be able to tame Stacey and prove that she knows what's right for her? This troublesome

client won't go down without a fight, and proves it once again during a lie detector test. On the other hand, Patti's second client is a good guy who tends to pick the wrong women. Will he learn from Patti and be able to avoid falling for a gold digger? And will Patti get the final word when it comes to Stacey? Find out tomorrow night **January 11 @ 9/8c** on the ***FINALE*** of BRAVO's **The Millionaire Matchmaker**

[Taking a Lie Detector Test: Patti Stanger gives this millionairess another shot but first has her take a lie detector test.](#)

[Gold Digger or Not: Patti Stanger helps former NFL player Freddie Mitchell on how to spot a gold digger.](#)

Nicole Kidman Chooses Great Love with Keith Urban Over Amazing Career





To most people,

winning an Oscar would be a dream come true. For Nicole Kidman, it's nothing compared to winning Keith Urban's heart. "I remember thinking, *Oh, my God, if you ever gave me a man like that, I promise I would be completely devoted for the rest of my life. Something that wild,*" Kidman, 43, tells guest interviewer Jennifer Aniston in February's *Harper's Bazaar*. Kidman's prayers were answered when she and Urban got married in 2006. According to *People*, the pair now reside on a beautiful farm outside Nashville with their daughter, Sunday Rose. "I like to ask people if they would rather have a great love that lasts a lifetime or an amazing career where you go down in history," Kidman says. "Some people do answer that they want an extraordinary career." But Kidman and Aniston agree that great love is a "no-brainer."

How do you choose between love and a career?

Cupid's Advice

For Nicole Kidman, choosing love over her career was a piece of cake. However, it's a decision with which many successful people struggle. When it comes to choosing between your job and your relationship, Cupid has some things to consider:

1. Think ahead: The best thing to do when making a life-

changing decision is to think about the future. If you have to make a choice between your special someone and your career, ask yourself which one will last longer. A lot can happen in five years at a job, but if you don't see yourself being serious with the person you're dating years down the road, then maybe it's not your job you need to quit.

2. Imagine yourself without one: Some people have dreamt about their wedding day since they were kids, while others wanted success. No matter what *your* dreams are, don't give up on them.

3. Follow your heart: If someone flipped a coin and said, "Heads is career, tails is love," and didn't show you the coin right away, which side would you have wished for more? Sometimes the answer is already in your heart. When in doubt, go with your gut!

Christie Brinkley Says Finding Love Isn't a Priority





Even though

Christie Brinkley has been divorced for two years, she's in no hurry to find love again, according to *People*. Why?

According to the model, she's not as likely to meet people when she has her kids with her, which is a lot of the time.

Also, she says, "you never really know if someone is talking to you because you're a celebrity. It's not my number one priority." Brinkley currently has three children, and says that being a mother "takes a lot of work. My works makes me a better mom. It gives me a little door to step out of my parenting and bring the excitement from that day back home."

Her advice to bounce back from a painful divorce? "You've got to find a way to keep laughing, even if it's black humor, and my friends are very good at that," she says. "Some people think of happiness as a luxury, but it's a necessity, and you need to make space for it in your life."

How do you know if someone likes you for the right reasons?

Cupid's Advice:

Celebrities can never tell if people are into them because they're famous or because they actually like them. Even for those of us who aren't famous, it can be tough to tell if someone's interested for the right reasons. Here are some hints:

1. Eye contact: It may seem simple, but if someone is actually interested in what you're saying, he will make eye contact with you during a conversation. If it seems like he's constantly glancing around to see who's watching, he might be a fake.

2. He's attentive: He sends you cute texts in between dates, he remembers things you said the last time you saw him and follows up on them, and he goes out of his way for you on a regular basis. These are all signs that he likes you for you.

3. He sings your praises: Instead of simply telling his friends he's dating you and leaving it at that, he gushes to them about all of your finer qualities – the ones that matter. This proves he's actually getting to know you and likes what he sees so far.

Little Fockers with Ben Stiller, Teri Polo, Robert DeNiro and more...





Greg Focker (Ben Stiller) was fortunate enough to meet his soul mate (Teri Polo), fall in love and get married. He is living the dream, but there's just one problem – his father-in-law. Retired CIA Agent, Jack Byrnes (Robert DeNiro) makes Greg's life extremely difficult throughout the first two films before finally accepting him as a son-in law. Now, in the third installment of the hilarious Fockers trilogy, with a birthday bash for Greg and Pam's twins right around the corner, Jack must accept Greg as the man of the house. Will the inevitable accusations, fabrications and confusion finally get the best of Greg, or will his love for his wife and his Little Fockers shine through and prove his worth as the family's next "Godfocker?"

How can you deal with difficult in-laws?

Cupid's Advice:

There is constant tension between Greg Focker and his father-in-law. But even though it knocks him down, he gets back up and overcomes it for love. If you find yourself in the same position, Cupid has some advice:

1. Set boundaries: Making the rules of the house is between you and your spouse. It's not between you, your spouse and their parents. Work as a team with your special someone to set limits and then communicate those to your in-laws. They don't have to agree, but make sure they understand.

2. Communicate directly: If something is bothering you about your in-laws, don't communicate with them via a third party. Don't ever get involve your spouse or kids. Go directly to the source, and they might even respect you for it.

3. Always be kind: Above all else, be kind and respectful. Even if it's extremely difficult, keep your friendly face on. When you really have nothing pleasant to say, hold your breath and smile.

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Leighton Meester Hopes to Find True Love Someday





Leighton Meester

has high hopes for true love. According to [People](#), the *Gossip Girl* star is looking for the kind of relationship that her character on the show, Blair, shares with onscreen love, Chuck Bass (Ed Westwick). “Because the way they love each other is very real, and not for the sake of being dramatic,” says Meester. Though 24 and single, the accomplished actress is far from giving up. “It’s okay if you don’t find him and you’re 24. You can find it someday.”

How do you know when you’ve found “real” love?

Cupid’s Advice:

Leighton Meester says, “Real love is not for the sake of being dramatic.” If you’re not sure whether you’re in love or not, Cupid has a few telling signs:

1. It goes deeper than looks: Make sure you enjoy talking to your partner just as much as you like looking at him. If you find yourself constantly fixated on your partner’s physical appearance, you may be confusing love with lust.

2. It’s not just physical: If your relationship is more physical than it is emotional, it’s probably not love. You should be getting to know your partner inside and out. When it’s time to say, “I do,” you should be looking forward to

more than the honeymoon.

3. You make sacrifices: The biggest sign of love is putting your partner's needs before your own. Sometimes you have to make sacrifices, even if they're small. If you're always thinking what this person can do to help you instead of what you can do to help them, you're probably not in love yet.

Spotted: Selena Gomez and Justin Bieber at IHOP



Is it possible to be "just friends" with someone of the opposite sex?

Cupid's Advice:

This question has been debated for years, and there isn't one

universal answer. Cupid has some ways to tell if it's possible to remain "just" friends:

1. You're physically attracted to each other: If you or your friend have a physical attraction to one another, the odds are that sooner or later it's going to get in the way of your friendship.

2. You're part of the same group of friends: If you've been close friends for years and have mutual friends, there's a good chance you can keep your friendship without having to worry about it turning into more. On the other hand, if you just met this person and are both single, things might start to get a little tricky in the "friend" department.

3. You spend a lot of time together: If you're constantly with your friend of the opposite sex without other friends around, it 's possible you might be setting yourself up for more than friendship. Always make sure you're both on the same page.

How Do You Know? featuring Reese Witherspoon and Owen Wilson





How do you know when you're in love? That's exactly the question new movie *How Do You Know?* is asking. Filled with an A-list cast, Reese Witherspoon, Owen Wilson and Paul Rudd promise to bring laughs and smiles to this romantic comedy.

When Lisa Jorgenson (Witherspoon, *Four Christmases*) begins dating Manny (Wilson, *Marley and Me*) she seems to hit a wall when presented with the opportunity to further their relationship. Bring in George (Rudd, *The Hangover*), a former flame of Lisa's, and the three of them make for a little love triangle. Written and directed by James L. Brooks, *How Do You Know?* leaves Cupid wondering:

How do you know when you're in love?

Cupid's Advice:

It's touch to know when lust turns to love. Here are a few tell-tale signs:

1. You aren't pretending: When you're not afraid to be yourself and can talk to him about anything, that means that you really share a connection with this person.

2. He appears perfect to you: You can deal with his flaws. So what if he picks steak out of his teeth with his knife at

dinner? That just shows you that he's comfortable around you.

3. You see your mutual future: Suddenly you're thinking about things that you never thought about before. You're concerned where life is going to take you and if he's going to be a part of it. Suddenly, it's not just yourself in your future plans.

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My Love Relationship with Celebrities and Fame





By Royal Young of

Interview Magazine

Charlie Sheen's recent escort escapades are good for a raunchy laugh, but they are part of a trend in bad celebrity behavior that has poisoned my own ideas about passion. I have always chased fame – which never seemed to match up with love – despite the fact that my devoted parents have been together for almost 30 years. While I'm sure there are plenty of Hollywood homebodies with happy marriages, we are constantly bombarded with the burning Bentley car wreck of celebrity relationships.

Growing up as a reserved Jewish boy already predisposed to solitude who would only come alive when performing, I decided I would never need to use my heart. Spotlights were flirtatious, and applause was better than the attention I couldn't get from pretty girls my own age. I turned into a hungry ghost, too self-obsessed to want anything but vague, vacuous fame – at any cost.

I was raised on the Lower East Side in the '90s (before its multi-million dollar reincarnation) and went to LaGuardia "Fame" High School. I chased gaudy glamour after graduation and skipped college for empty extra roles in music videos, sleazy modeling gigs, sex exchanged for money and promises of

lines in movies that were never made – all which led to failed, fledgling relationships. I wore outlandish, revealing outfits for attention, and was thrilled when shutterbugs snapped my portrait for a street style section picked up by Gawker, where, to my glee, I received so much hate mail. Yet without any long-term girlfriend – since I pushed away every person who tried to get close to me – I felt empty.

At 24, I realized I hadn't been in a normal relationship for ten years. Sure, I've hooked up with models and had two seconds of screen time in some indie movies, Boy George once winked at me and I've partied with Yoko Ono, but I suddenly craved the comfort of a real lover. For the first time in my life, I wanted the stability and support my parents seemed to have, working through their issues as a loving team. But I had no idea where to start. I no longer wanted to be a fame shark, get featured on Perez Hilton, or go dancing with the stars. I knew none of that would make me feel like I had a home or a heart, or allow me to be satisfied with who I was: a shy loner who longed to fit in with a loud, lascivious crowd. When it came to love, I realized there were no rules except for letting go; I just wish there were some tabloids that could teach me how.

Royal Young just completed his debut memoir *Fame Shark*. He works with *Interview Magazine* (www.interviewmagazine.com) and you can follow him at [Twitter.com/RoyalYoung](https://twitter.com/RoyalYoung).

**'Bachelor Pad' Stars Tenley
Molzahn and Kiptyn Locke**

Think Marriage



Though reality stars Tenley Molzahn and Kiptyn Locke may have yet to win a reality show, but the couple has succeeded in finding love with each other. Both Molzahn and Locke came in second on [The Bachelor](#) and *The Bachelorette*, respectively, and then received the silver medal on *Bachelor Pad*, a new reality show that gave runners-up from *The Bachelor* and *The Bachelorette* a chance to win money and possibly find love. Now that the shows have all ended, the pair is looking forward to letting their relationship develop without the stress of the cameras. “On those shows you go straight into meeting the parents and talking about marriage, and there’s so much pressure,” Molzahn told [People](#). “But with the two of us together it’s just laughter all night long.” **Where are some unique places to meet your match?**

Cupid’s Advice:

While reality shows aren’t where most people find lasting

relationships, Molzahn went on the shows with a purpose. “You need to date the ones that you think you can marry,” she says. “I don’t believe in dating someone if you can’t see them in your future.” So where can you find the ones you think you can marry?

1. Where you’re comfortable: If you want to meet a mate with something in common, try looking in places where you’re already going: your art class, gym or even for chefs, at the grocery store. Not only will you be more at ease in your element, but you’ll also have something to start chatting about.

2. Where you loved being: Think back to what you loved doing during your childhood for inspiration for a new hobby. Loved sports? Join a local recreational team. Loved playing music? Join a community class or band. By rediscovering new passions, you will add dimension to your life, and possibly find someone to share those passions and grow with you.

3. Where you want them to be: Are you looking for a guy who’s nerdy chic? Try the Apple Store. Or how about a woman that’s fashion-forward? Try chatting to someone browsing through Macy’s. As long as you’re somewhere you can be comfortable and natural, stepping outside of your usual stomping grounds to find a partner in their natural habitat will help you expand your horizons.

Chris Lambton and Ty Brown in

Talks to be Next 'Bachelor'



Two of last

season's bachelors, who appeared on *The Bachelorette*, may have a second chance at love. According to [People](#), sources say Chris Lambton and Ty Brown are among those who have been "in serious talks" with ABC about the next season of *The Bachelor*. Neither Lambton nor Brown have confirmed as of yet.

Meanwhile, ABC and Warner Horizon, who produce *The Bachelor*, decline to comment on casting speculation. **Can you find true love on reality TV?**

Cupid's Advice:

Reality TV has taken over the airwaves, and many in search of love have turned to the tube to see if they can find their soul mates. Cupid is here with some advice to help determine if searching for love on TV will result in a prime-time relationship or leave you with nothing but dead air:

1. Let's get real: Learn to spot the difference between real

love and camera love. Are the contestants actually falling for each other, or are they simply influenced by the desire to become famous and grab as much air time as possible?

2. Don't get blinded by the spotlight: If you are determined to find true love on a reality show, make sure you define your priorities. The goal is to find a soul mate, not to let the paparazzi and tabloids dictate your feelings.

3. Avoid playing the desperate role: You have to wonder if people who go on national TV to find love are serious or simply desperate. According to Starpulse, it's called "not having anything else to do." Being stuck in a house with dozens of other women competing to earn one man's attention will most definitely make you *think* you are falling in love, so make sure to separate your sense of competition from actual emotion.

Kate Hudson Looks for Love, Not Marriage





Kate Hudson isn't

planning another trip down the aisle anytime soon. As the blonde bombshell recently told [People](#), she is looking for love, but not necessarily marriage. Having split from rocker Chris Robinson in 2007, Hudson now has a new rock star in her life in the form of Muse member Matthew Bellamy. Even after her divorce, she refuses to be reluctant to fall in love again. "I'll just see what happens. I think a lot of times people are terrified of love and stop themselves from experiencing it. I don't ever want to get that jaded," said Hudson.

Do love and marriage go hand-in-hand?

Cupid's Advice:

A white wedding is often idealized in society as the way a couple is expected to express their love for one another. The fact is, marriage doesn't necessarily equal love, and love doesn't necessarily equal marriage.

1. Times have changed: Today, many couples are seeking alternatives to marriage. Those who want a modern take on an old tradition are sharing commitment ceremonies, spiritual unions or are simply cohabitating.

2. Outside factors: When it comes to the legal and financial

aspects of marriage, walking down the aisle isn't the best choice for everyone. Oprah Winfrey's 20-year relationship with Stedman Graham is a good example. Though the two are deeply in love, marriage is not for them due to their need to protect their wealth and business assets.

3. It's about the couple: Weddings can be beautiful and if that is what you dream of as a couple, go for it. However, the planning and execution of a wedding can end up being so focused on the guest list and the caterer that people forget about the couple and the love they have for one another.

Julia Roberts In 'Eat, Pray, Love'



Julia Roberts stars in this week's *Eat, Pray, Love* as a modern wife who realizes

she's missing something in her life. Deciding that her soul is unfulfilled, she divorces her husband and takes a yearlong, life-altering journey. She first stops in Italy, where she finds ethereal joy in the art of eating. She then goes to India, where she studies with yogis at an ashram, finding strength through prayer, as well as gaining inner tranquility. Finally, she heads to Bali, where she meets her true love.

What can you do to lead a fulfilling life?

Cupid's Advice:

Eat, Pray, Love was adapted from Elizabeth Gilbert's memoir, where she chronicled her own personal choices to change her way of life. Below are some of Cupid's suggestions to help you figure out how to get your life where you want it to:

- 1. Assess your situation:** Categorize every aspect of your life, and summarize each section. When complete, read through it to see if there's room for improvement. With family or friends, figure out ways to work on what's missing.
- 2. Think of yourself:** Most people put others before themselves, leading to unresolved resentments that get tucked away in the subconscious. If you take a few moments each week to reflect on your personal choices, and how they have, or will affect you, you might find positive ways to resolve any conflicts that arise ahead of time.
- 3. Be true to your opinion:** This may sound corny, but if you don't believe in yourself, or if you let others provide your opinion for you, you'll end up miserable. Offer your insight to the conversation and make your voice heard.

Life can be a challenge. What you make from the cards you've been dealt is up to you and the choices you make.

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