

# Movie Review: Dance along to 'Mamma Mia! Here We Go Again'



B

y [Haley Lerner](#)

In this entertaining comedy, which releases in theaters on July 20, 2018, 10 years after the events of *Mamma Mia!*, Sophie (played by Amanda Seyfried) is pregnant with her fiancé Sky's child on the Greek island of Kalokairi while running her mother's villa. But, Sophie is unsure she can do it all by herself, so she enlists the guidance of her mother Donna's friends and former bandmates, Tanya and Rosie (played by Christine Baranski and Julie Walters, respectively). Throughout the movie, Sophie learns more about Donna (played by Meryl Streep, with Lily James as Young Donna) and how she met each one of Sophie's dads (Pierce Brosnan, Stellan Skarsgård and Colin Firth) and raised her daughter bravely on

her own, without a mother's guidance. Of course, things are turned upside down by a surprise visit by Sophie's grandmother, Ruby Sheridan (played by Cher).

***Mamma Mia! Here We Go Again* is all about the love between family and the true connection of a mother's bond with her daughter. Keep reading for our [movie review](#) and some tips on how to manage the stress of a first pregnancy:**

#### **Should you see it:**

Yes! This fun musical romantic comedy is filled with fun ABBA songs that will make you want to dance out of your seat. The romantic storylines and bond between a mother and daughter will truly make you fall in love with the movie.

#### **Who to take:**

Seeing this movie is the perfect [date idea](#) for you and your special someone. The movie is romantic, but also tons of fun! Grab some popcorn and a soda and cuddle up with your beau in the theater for this exciting rom com.

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

Being pregnant with your first child is incredibly stressful. Cupid has some tips to help make it easier for you:

**1. Reach out for help:** You don't need to struggle alone in your pregnancy! Reach out to your close family and friends, just like Sophie did. They can help you get through all the rough patches and lend you the advice you need for raising

your child.

**Related Link:** [Movie Review: Check Out the Ultimate Game of 'Tag'](#)

**2. Prepare in advance:** Before actually giving birth to your baby, make sure everything at your home is ready for your bundle of joy's arrival. Make sure your baby's room is all setup, you've got plenty of diapers and you know the route to the hospital. It's never too early to start nesting!

**Related Link:** [Movie Review: Adrift](#)

**3. Take a breath:** We know, having your first child is definitely scary. But take a deep breath and realize that you don't have to be a perfect parent right away. It's okay if you make mistakes, you're only human. You worrying so much is a clear sign your child is going to be raised in extremely caring hands!

**Have any more tips on having your first child? Comment below!**

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## Is Brad Pitt Ruining Your Love Life?





We know how effective media is in shaping our perspective and even our values, including our self-image. We know that being bombarded with images of beautiful men and women molds our vision of attractiveness. As we mature, we know it's fantasy, and that even Hollywood beauties don't look that stunning without professional hair, make-up, wardrobe and lighting.

By now, you've probably seen the Dove video called "Evolution." It shows how an attractive woman morphs into a fabulous knockout through professional hair, make-up, lighting, and yes, even Photoshop.

**How do these unrealistic images affect your dating life?**

**1. They can influence your expectation of a man's looks.** Very few men, especially middle-aged men, look anything close to George Clooney, Brad Pitt, Johnny Depp, Colin Firth or Pearce Bronson. While we realize these men personify an unattainable ideal, some small part of many women want – and perhaps expect – their guys to look as yummy.

**2. The Photoshopped images of pencil-thin people on magazine covers and in movies exacerbates women's feelings of**

**inadequacy.** Actresses like Cher, Teri Hatcher, Vanessa Williams, Julia Roberts, Helen Mirren, Glenn Close and Ellen Barkin are sparkling in their perfection – with personal trainers, private chefs, and perhaps a bit of nip-tuck. How many real-life middle-aged women do you see looking like that?

Just as women have unrealistic expectations of a man's looks, so, too, men have an idealized expectation that women should look like these air-brushed fantasy females.

So it seems like a lose-lose for both genders.

We think (hope?) that as one matures, people realize that these movie star looks are really just fantasy. But unfortunately, I've found both men and women hold themselves and their potential dates to standards that nearly no one meets in real life.

**So what can you do?**

**1. Play up your own physical attributes:** Got beautiful eyes? Don't hide them behind glasses. Get a makeover if you haven't had one in years, or make an appointment with a free personal shopper at a department store to help you dress to look your best.

**2. Realize that there are many good people underneath a few bags, sags and extra pounds:** While we know that goodness has nothing to do with outer appearances, we sometimes get caught up or put off by what we see. I've gone out with many wonderful men who aren't gorgeous. The thing is, they got more attractive as I got to know their kind hearts, senses of humor and caring natures.

*Dating Goddess is the author of the 13-book Adventures in Delicious Dating After 40 series. For information on her books and her blog, go to <http://www.DatingGoddess.com>.*