

Denise Richards Protects Children From Charlie Sheen



It's no secret that Charlie Sheen has constantly been in and out of rehab, but now it's affecting his children. As a result of the media frenzy surrounding the actor's rambunctious behavior, according to *People*, ex-wife Denise Richards has been trying her hardest to protect their daughters Sam, 6 and Lola, 5. With new drama about the *Two and a Half Men* star in the news every day, shielding the kids is getting to be a full-time job for Richards, who has said she still cares about her ex a great deal. The actor also has 2-year-old twins with ex-wife, Brooke Mueller.

When should you protect your children from your ex?

Cupid's Advice:

It's the parents' job to protect and shelter their children for as long as possible. In certain cases, that responsibility extends to protecting them from your ex. Here are some of those cases:

1. When drugs or alcohol are involved: Until your partner or ex-partner can sober up, he or she should not be allowed around the kids.

2. When they are abusive: If your mate is physically or emotionally abusive to you or the kids, cut off all contact. Protect your kids by telling them that they are safe and that abuse is not acceptable behavior.

3. Mental or physical illness: Though it may not be your partner's fault that they are ill, children need to be protected from the pain serious illness can cause. At least shelter them from some of the gruesome details.

Kate Hudson Talks Pregnancy and Engagement Rumors





Actress Kate

Hudson's pregnancy is igniting many rumors, most of which are absurdly untrue, reports UsMagazine.com. While on the England-based talk show *The Graham Norton Show*, Hudson effectively debunked several rumors. She revealed that while she is pregnant with boyfriend Matt Bellamy's child, she's not engaged to him. When asked about the possibility of a marriage, she replied, "I don't like putting that sort of pressure on it and I don't feel it necessary to get married." The actress went on to explain, "I just want to be happy."

Is getting married unnecessary pressure to a relationship?

Cupid's Advice:

Many feel that a relationship is only worthwhile if it results in marriage. However, more and more people are finding this untrue. Before you begin to stress over a dead-end relationship, consider the following factors:

1. Don't rush: Your relationship will pan out in its own time. Even if it seems to have a long way to go before marriage enters into the equation, have no fear.

2. Think things through: Before you sprint to the altar, think about the reasoning behind your decision. Do you want to

marry to please others, or is it really what *you* want? Marriage is life-changing, so take it seriously.

3. Your happiness: Ultimately, the point of marriage is for the couple in love to be happy together. If you and your partner are happy already and you don't think marriage will enhance it, it's totally fine to keep things the way they are.

Bride-to-Be Reese Witherspoon Focuses on Upcoming Wedding



Wedding bells are ringing for Reese Witherspoon! After a divorce from her ex-husband, Ryan Phillippe, the actress is now engaged to Hollywood agent, Jim Toth. In fact, she recently went wedding shopping in Paris with three of her girlfriends and a source says that she's thrilled about starting a new life with her

fiancé. “He’s a grown-up who’s really ready to take the next step,” says Witherspoon’s friend. “He’s a family-oriented guy, and that’s all she ever wanted.”

How do you know if your partner is family-oriented?

Cupid’s Advice:

Now that you’ve fallen in love, you’re ready to settle down. But how do you know your partner is family-oriented? Cupid has some telling signs:

- 1. Family time:** Your future spouse has a close relationship with his or her family and enjoys spending quality time with yours.
- 2. Interactive:** Does your fiancé like interacting with children? If so, this is an indication that your significant other more than likely has a soft spot for children and may want some of his or her own.
- 3. Children:** He or she has openly talked about having children and building a family with you.

Are Scarlett Johansson and Jason Sudeikis Dating?





Actress Scarlett

Johansson and SNL's Jason Seudeikis are not dating, *People* reports. The two were spotted at dinner together along with Seudeikis's former SNL cast-mate, Will Forte. The duo claims the dinner was just friendly and not romantic. Johansson recently separated from her husband of two years, Ryan Reynolds and filed for divorce shortly after. Her rep says that she is not dating Seudeikis, or anyone else for that matter.

Is it truly possible to be “just friends”?

Cupid's Advice:

Why is it okay to have boy-friends as a kid, but it's considered weird as an adult? Cupid thinks you can be just friends with someone of the opposite sex:

- 1. If it starts at work:** If you meet someone of the opposite sex at work, it's a lot easier to keep it on the friend level. There's no expectation to take the relationship past being friendly, because a work environment keeps romance out of the equation.
- 2. If you grow up together:** If you've been friends with him or her from the time you were little, it's easy to stick with your close friendship. When you meet someone at a bar, it's

tough to start a friendship, as there are expectations of making it more. Knowing someone from back in the day takes away that expectation.

3. It just happens: Some people simply have an easier time making friends with the opposite sex and connecting with them on a friendly level than they do with someone of their own gender. No one goes out in hopes of landing themselves a great friend of the opposite sex. It's something that happens without even realizing it.

Will Kelsey Grammer Beat His Daughter to the Altar?



Kelsey Grammer's eldest daughter, Spencer Grammer, recently announced her engagement to longtime boyfriend James Hesketh, but will she

have to pick out a dress for her dad's wedding before her own wedding dress? Kelsey plans on marrying girlfriend Kayte Williams in February, even though his divorce from his wife Camille is not yet final. Thanks to California divorce law, if a judge agrees to "bifurcate" the proceedings, he will be able to remarry while continuing to battle over the assets.

According to RadarOnline, Spencer has yet to pick a date to walk down the aisle.

Why should you get married sooner rather than later?

Cupid's Advice:

Some couples spend years getting to know each other before walking down the aisle, while others wait only months. Cupid thought of a few situations where it's good to get married sooner rather than later:

1. If you're older: As the years go on, the dating rules change a bit. We're more comfortable with who we are and what we like. As we get older, the rest of our lives seem less intimidating! If you find true love later in life, don't waste any time!

2. If you're divorced: After being married once or twice, you know the ropes. So maybe you weren't with the right person, but now that you're alone it's difficult to be single again. If you find someone who makes you feel that puppy love you missed so much and you know what mistakes to avoid this time around, don't procrastinate with the "I do's!"

3. If you're widowed: Losing a spouse is incredibly painful. Lying in bed with nothing next to you, but an empty space will constantly remind you of the empty space left in your heart. If you're lucky enough to find someone that truly makes you happy, let him or her help fill those spaces right away.

Jaime Pressly Splits with Husband Simran Singh After 16 Months



Jamie Pressly and Simran Singh have decided to call it quits, according to UsMagazine.com. It doesn't seem to be a good year for Pressly, as she was also recently arrested on suspicion of a DUI. An insider says of the split, "It's over. I don't think they have officially filed anything yet though." The source added, "I think it comes down to she married this guy too fast. He seemed like a good guy but he is super full of himself and puts her down for everything. He picks fights with her for any little thing."

How do you avoid unnecessary arguments?

Cupid's Advice:

Every relationship has its ups and downs, but some fights are more avoidable than others. Cupid has some tips on how to avoid unnecessary arguments:

1. See the other side: It's easy to see things from your perspective. Take a minute to put yourself in your partner's shoes. Understanding is key.

2. Avoid sensitive topics: The closer we are to people, the more we know what buttons to push. If you have a particular topic is sensitive, try to avoid it. If it's absolutely necessary, approach it with caution.

3. Ponder it first: Make sure you filter your thoughts before saying them out loud. If you're upset about something your partner did, make sure it's really worth an argument. The best way to do that is to keep it to yourself for a few hours or days. If you still think you need to bring it up, at least you know it's worth it.

Even Jesse James Deserves a Second Chance





Right now, it seems the internet is a buzz with the news of Jesse James and Kat Von D's engagement. I was fairly surprised at the intense debate their announcement fueled, but then I got to thinking about second chances and leaving the past in the past. We all know what transpired between Jesse James and Sandra Bullock. America's sweetheart was left betrayed and left to adopt a son alone, so who wouldn't be on her side? Now there's Jesse, the resident bad boy now starting a new life with Kat Von D, who is about as opposite from a Sandra Bullock type as you can get. Same story, different couple.

The thing is, nobody really knows what goes on in a relationship, but the two people who are in it. Jesse James and Sandra Bullock are no more, but does that mean that Jesse doesn't deserve happiness with someone else? I'm not saying Jesse and Kat will last forever, but who can you really say that about, as nothing in life is guaranteed, anyway?

People can change, although to what extent, nobody knows. People also do really terrible things in relationships and hearts get broken ... but life goes on and hearts continue to beat. I don't believe someone should be punished for the rest of their life after one mistake. It's so easy for us to write someone off as a horrible person; in fact, it's too

easy. It's more difficult to give someone the chance to redeem him or herself, and second chances can be so worth it.

Should Kat be aware of what she's getting into? Heck yes! I am not suggesting one should disregard the past actions of another. I'm fairly certain there are tons of people just waiting to tell her, "I told you so!" But if it feels right in her heart, then really, who are we to judge?

Speaking of judgment, what do you guys think of this announcement? Comment below.

Jewel and Husband Ty Murray Are Having a Boy



Jewel and Ty Murray have finally found out the sex of their baby. It's a boy! The

couple is very excited to finally be able to get the ball rolling on decorating the nursery. “We would have been happy either way, of course, but we are so excited to be having a little boy,” Jewel, 36, tells *People*. Murray agrees, saying, “I have to admit, I was doing a little dance on our way out of the doctor’s office when we found out!”

How do you prepare for a baby boy versus a girl? Cupid’s Advice: Although any baby is a blessing, the way you prepare for each one can vary. Cupid has some tips on how to prepare for a baby boy versus a girl:

1. Blues and greens: Now that you know you’re having a little boy, ditch the pinks and stock up on the typical boy colors. Even though people say yellow is neutral, it’s cute to pair it with blues and greens as well.

2. Baby boy themes: You want to design the nursery with your new baby boy in mind. Trucks, airplanes and trains are always safe picks for boy nursery decor. Dinosaurs and farm animals are also great choices.

3. Plan of action: Before your baby is born, make sure to discuss how you want to raise him. Put together a plan for how you’re going to instill values (like how to treat women) in him.

Kim Kardashian Flirts with Kanye West



On the Sunday night premiere of *Kourtney and Kim Take New York*, viewers got an up-close and personal look at Kim Kardashian's love life. The one-minute clip shown on UsMagazine.com shows a playful Kim showing singer Kanye West the new Dash boutique located in the SoHo neighborhood in New York City. Shortly after, West and Kim were caught having a giggly conversation about Las Vegas, and sister Kourtney explained. "Kim is single now, and she is the most boy crazy girl I've ever seen. She just loves to flirt."

What are some flirting rules to keep in mind?

Cupid's Advice:

Flirting is fun, and nearly everybody is guilty of it. However, there are a few rules you should always keep in mind:

- 1. Less is more:** When it comes to flirting, don't over-do it. Excessive flirting may cause you to seem like a woman with little class, and you may give guys the wrong idea. Desperation isn't attractive!

2. Know when to stop: The best way to make an impression is to mix flirting with some actual conversation. Flirt and joke with each other for a while, and then share your opinions and connect on a more personal level.

3. Don't be too physical: It's perfectly fine to flirt with a guy, but unless you're looking for a fling, be sure not to make too much physical contact. It's astonishingly easy for potential dates to misinterpret your flirting.

For more on Kim Kardashian:

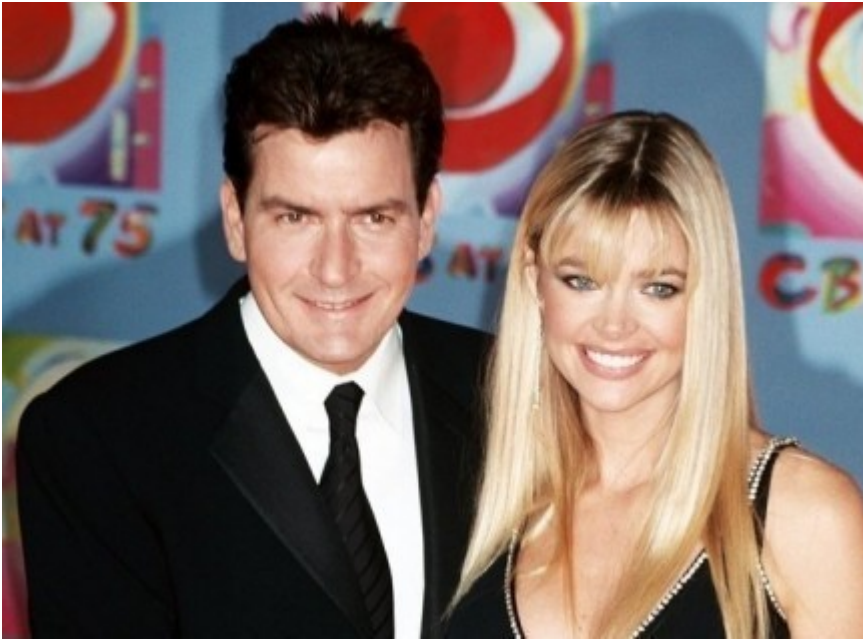
[Kim Kardashian Plays Hard to Get on Reality Show Date](#)

[Kourtney & Kim Take New York Season Premiere](#)

['Kourtney & Kim Take New York' Earns More Viewers Than 'Miami'](#)

Jessica Simpson Talks Up Eric Johnson's 'Perfect Tush'





Jessica Simpson

isn't shy about letting her fans in on the details to what she finds attractive in her fiancé, Eric Johnson, according to UsMagazine.com. In fact, Simpson tweeted on Saturday, "Saying my prayers before bedtime...Thank you Lord for blessing me with a Man that has the perfect Tush." This isn't the first time Simpson has made a public declaration about her love and attraction to free agent Johnson. The duo have been captured in the past locking lips in Italy as well as licking frosting off of each other's faces.

Are physical attributes important in a partner?

Cupid's Advice:

The rules of attraction are vague, as people have their own preferences. Sometimes we don't like to admit that our boyfriends won us over initially with their looks (and then later his personality), but there may be more to it than just an easy pair of eyes:

1. It's all science: While we may swoon for a man with a strong jaw, what our subconscious is seeing is a man with good genes who is a potential mate. Even though we think we're choosing our partners, our primal instincts may really be running the show.

2. It's not just looks: Sometimes after you've been in a relationship for awhile you sit and joke with your girlfriends about how you landed your flame. Pheromones, or a subtle scent that every person emits like a perfume, can attract you to your match more than looks alone.

3. Physical attraction is important: No matter the reason, there's no denying that you need to be physically attracted to your partner in order to be in a successful relationship. As long as you like him for more than his good looks, that's all that matters. That said, there's nothing wrong with appreciating his assets!

Is Sandra Bullock Heading for Heartache Again?



By Dawn Maslar,

author of *From Heartbreak to Heart's Desire: Developing a Healthy GPS (Guy Picking System)*

Just about everyone loves America's sweetheart Sandra Bullock.

She showed such grace and charm winning the Golden Globe Award just months after filing for divorce following the devastating cheating scandal with ex-hubby Jesse James. Bullock maintained her dignity while her husband's tawdry affairs were displayed on just about every magazine cover.

Most of us couldn't image the pain she was going through.

Now the grocery store checkout lane is displaying Sandra Bullock and Ryan Reynolds in a rebound romance. Bullock divorced Jesse James in June 2010, while Reynolds' marriage with Scarlett Johansson just ended a few weeks ago.

Besides the fact that rebound relationships usually lead to heartbreak, neither of the stars have very good partner picking skills. Bullock's past attraction to a bad boy biker (who just announced his impending fourth marriage to Kat Von D) shows an attraction to men with questionable loyalty. And Reynolds' past relationship choices aren't much better. His marriage to Johansson only lasted two years, which is actually record breaking for the young actress, since her previous relationships usually lasted less than a year.

If we take a look at who Johansson dated prior to Reynolds, we see many red flags. She dated Justin Timberlake, who has a string of affairs with women who are attracted to the wrong men, including Britney Spears and Cameron Diaz. Diaz's is currently dating Alex Rodriguez, whose dating history is one of a classic player (and I'm not talking about baseball).

Diaz also dated Chris Angel, and the relationship seemed to evaporate into thin air. The point is, by looking through this cycle of relationships, it's easy to see why both Bullock and Reynolds should probably keep their distance ... at least for now.

Spokespeople for both of the actors claim the pair are just friends, and we hope they keep it that way. Their relationship histories and current rebound states indicate that a potential relationship could end in heartbreak.

Jason Mraz Won't Marry Until Gay Marriage is Legal



Singer Jason Mraz may have proposed to his fiancée, Tristan Prettyman, in December, but he doesn't see a marriage in the new future, according to UsMagazine.com. At Elton John's Concert to Benefit the American Foundation for Equal Rights, Mraz explained the reason for his long engagement. "The wedding would be nice for our family, our friends, our community – our moms especially – and so it puts us in the fight," said Mraz.

“We can’t get married until [gay] marriage is legal and equal...I think giving people the right to marry will be a huge movement in civil rights.”

What are some reasons to prolong your engagement?

Cupid’s Advice:

It’s perfectly acceptable to delay your rush to the altar. If a too-soon marriage is causing strife, then consider a long engagement. Here are a few reasons to prolong your engagement:

- 1. Career issues:** Planning a wedding is a lot of work. If you or your partner are facing a stressful time at work, then consider waiting for your careers to settle down before tying the knot.
- 2. Last minute details:** In many relationships, especially long-distance relationships, there are many final details to work out. Living arrangements, career changes and relocation are only a few of the issues facing engaged couples.
- 3. Not being ready:** There’s no room for second thoughts. If you’re not sure you’re prepared to make it official, there’s no harm in waiting. You’ve already found ‘the one,’ so the pressure’s off.

True Blood’s Joe Manganiello Will Invite Cast to Wedding



Joe Manganiello and fiancé Audra Marie won't be leaving anyone out of their wedding festivities, including the entire cast of *True Blood*, according to *People*. Manganiello, who plays a werewolf on HBO's hit vampire series, is engaged to model/actress Audra Marie. After announcing his intentions to invite each *True Blood* cast member at the PGA Awards in Beverly Hills, he said, "I love them. They're like my family." He also credits the show for making the wedding proposal possible, as he used his first check as a series regular to purchase a ring for his lovely bride-to-be. With vampires and werewolves in the same room, this should be an interesting wedding.

Who should you invite to your wedding?

Cupid's Advice:

The bride and groom are always faced with the burden and privilege of making a guest list for the big day. Since it isn't always possible to invite everyone you know, it's necessary pick and choose. Keep these people in mind:

1. Family, and friends that are like family: Start with the people closest to you such as immediate family members and other people you care the most about.

2. People from work: You spend 40+ hours a week with your co-workers. Therefore, you should consider bringing them along for the ride. If inviting everyone from work is not in the budget, then just invite your boss. Who knows? They could have so much fun at the reception that it could lead to a promotion.

3. Parents' friends: Friends of your parents have watched you grow up and would love to see you get married. Invite the select few that you remember seeing often as a child.

Miranda Kerr and Orlando Bloom Welcome a Son





Orlando Bloom is no longer the only man in the house! According to *People*, Bloom and wife Miranda Kerr welcomed their son Flynn on January 6th.

“I gave birth to him naturally; without any pain medication and it was a long, arduous and difficult labor, but Orlando was with me the whole time supporting and guiding me through it. I could not have done it without him,” the model said on her Kora Organics Web site on Tuesday. “We are so happy and are enjoying our time together as a family. He is our little ray of sunshine. Thank you everyone for your beautiful well wishes and your lovely thoughts.”

How can you support each other during the birthing process?

Cupid’s Advice:

It’s no secret that having a child is a difficult process, but with a little help from your spouse, it doesn’t have to be a nightmare. Cupid has a few ways you and your partner can support one another:

1. Learn together: It’s important that you and your spouse are familiar and comfortable with the process before it happens. Attend birthing classes together. You have to learn about effective ways to support each other before you can actually do it.

2. Communicate: It's not easy to support your partner if you're not sure how to help. Keep the line of communication open about the experience and how it's affecting the both of you. Always remind each other that you're in this together!

3. Have a plan: The worst time to panic is when the baby is on his or her way. Have a solid plan in place ahead of time so that when the time does come, all you have to worry about is being there for each other.

No Strings Attached featuring Natalie Portman and Ashton Kutcher



Emma (Natalie Portman) and Adam (Ashton Kutcher) have been close friends for as long as they can remember. One morning they make the mistake of a lifetime; they sleep together. In an effort to keep their friendship intact, Emma proposes something that Adam would be a fool to refuse – a relationship with no strings attached. They can do whatever they want with whomever they want with no consequences whatsoever. It sounds great, right? Only one small problem: what happens if one of them actually falls in love? Filled with a cast who are hard not to love, *No Strings Attached* brings humor to one of life's most often debated questions. Can a friendship survive a relationship?

Should you date your best friend?

Cupid's Advice:

It can be really tough to decide whether to take a friendship to the next level, because there's a lot that can be lost.

Cupid has a few tips on how to decide:

1. Attraction levels: In order to actually date someone, you need to be physically attracted to him or her. Although this is one of the shallower things to base the decision on, there's no point in risking your friendship unless you're sure there's more than a platonic spark there.

2. Matching morals and values: It's easier to be friends with differing values than it is to be partners where that's the case. If you plan on taking the next step with a close friend, make sure you talk about those basic things you never really thought about discussing before.

3. Future goals: Don't risk the friendship for a relationship if you don't both plan on being serious about the outcome.

It's simply not worth it to put yourselves out there for a

casual fling. Make sure you're on the same page about that.

Release Date: January 21, 2011

Pregnant Kate Hudson Will Not Marry Matt Bellamy Anytime Soon



Kate Hudson may be three months pregnant, but she has no immediate plans to marry the father of her child, Muse musician Matt Bellamy, according to *UsMagazine.com*. The actress, 31, has a previous child with rocker Chris Robinson; her son, Ryder, is now 6. “[Hudson] wanted Ryder to have a sibling, and Matt happened to be her

boyfriend,” explained a source. “[Bellamy] went along with it.”

Should you marry the father of your child?

Cupid’s Advice:

Single mothers are becoming more and more common. Before committing to the father of your child, you should consider a few of the following:

1. The baby: Make sure that you are marrying your partner for the right reasons. If you’re only tying the knot because of your pregnancy, take your beliefs and values into question. Having a child together may not be good enough of a reason to commit to each other for life.

2. Your financial future: Don’t get married for financial reasons. Money is one of the key factors that can ruin a relationship. There’s always child support if you’d rather not tie the knot with the father of your child.

3. Your feelings: Analyze your relationship with the father of your child. If you’re in love, and you feel that a life with him would make you happy, then go for it! Having a traditional family arrangement is just an added bonus.

Rob Pattinson and Kristen Stewart Shoot Provocative

Scene for New Twilight Movie



It looks

like *Twilight* lovers Robert Pattinson and Kristen Stewart will be getting hot and heavy in the third installment of the popular sci-fi movies, according to *Digital Spy*. The duo, who also spend quality time together as a couple off-screen, were caught in a compromising position in the most recently released photo from the film. Pattinson and Stewart met on the set of the first installment of *Twilight* and have been keeping their relationship under wraps ever since. Despite their professional partnership, the two seem to be in it for the long haul. **Is it OK to work professionally with your partner?**

Cupid's Advice:

There's a commonly held belief that people should keep their personal and professional lives completely separate. Cupid has some reasons it might actually be a good idea to work with your partner:

1. You know each other: Chances are that you know your partner better than almost anyone else in your life. In a work environment, you can achieve efficiency easier with your partner because you're able to see eye-to-eye on things.

2. Motivations are the same: In a professional setting, you often start to question your co-workers' motivations and wonder if they match your own. Especially if you're married, you and your partner's motivations are pretty much guaranteed to be the same. You're working for a common cause.

3. Enables understanding: The best thing about working with your partner is that it allows you to better understand each other. Instead of having a big portion of your life off-limits, your mate knows exactly where you've been all day and exactly what you've achieved. There's no mystery!

Angelina Jolie and Brad Pitt Share a PDA-Filled Golden Globes





Angelina Jolie may not have won big at the Golden Globes this past Sunday, but she didn't leave empty-handed! At the end of the night, she still got to go home with her hunky mate, Brad Pitt. As host Ricky Gervais brutally mocked Jolie's nomination for *The Tourist*, the 35-year-old actress sat with her head resting on her man's shoulder. Then, according to *UsMagazine.com*, she was later seen sweetly fixing Pitt's tie. Although Jolie didn't get an award, her partner's reassuring consolation certainly won her heart!

What are subtle ways to show you care in public?

Cupid's Advice:

At the Golden Globes, Angelina Jolie and Brad Pitt managed to show that they cared for each other without getting too mushy.

Cupid thought of some ways that you can do the same:

1. Hold hands: Holding your special someone's hand in public is a great way to make him or her feel special. It may not seem like you're doing much, but it's actually a great way to show your partner that you're proud to be in a relationship.

2. Do sweet favors: When it comes to adoring your partner in public, waiting on them hand and foot never fails. It could

be as simple as taking her jacket, filling her glass of wine, or even helping her out of a chair. If you do something before she has to ask, it shows you were thinking about her happiness first.

3. Wink: A very simple and overlooked gesture that goes a long way is a small bat of the eye. A wink as you smile at your partner shows her that you have eyes for no one else!

JWOWW's Ex-Boyfriend Speaks Out About Her Dating Advice Book



Jersey Shore star Jenni "JWoww" Farley is catching some heat in response to her new relationship advice book called, *The Rules According To*

JWOWW, according to *RadarOnline*. Her ex-boyfriend, Tom Lippolis, is anything but supportive of her newest endeavor, as he calls her book “laughable.” “How could she write a book about dating when she’s done nothing but cheat on her boyfriend on national television?” Lippolis asks. Although Lippolis and JWOWW were the only couple to last through more than one season, that ended during season 3 of the hit reality show when Lippolis saw a picture of his girlfriend kissing tattooed trucker, Roger Williams. “If her dating book is about infidelity, disrespect, and/or lack of self-respect in a relationship then I think it will do well, definitely her expertise!” says Lippolis.

Who should you trust to give you reliable relationship advice?

Cupid’s Advice:

Choosing who to love and spend your life with is an incredibly important decision, and wanting to get advice and opinions on the matter is a natural result of that. There’s no lack of opinions in this world, however, so make sure you only trust reliable sources when it comes to relationship advice:

1. Longtime friends: It takes a long time to truly get to know someone. Instead of trusting the advice of someone who has only known you for a short while, seek the opinions of those who have known you the longest. Plus, they’re likely to have your best interests at heart.

2. Family: Your family members have not only known you your whole life, but they’re more likely to be straight with you. Instead of the “tactful” filter that’s in place with your friends, they’ll be blunt with you about their true feelings on the relationship in question.

3. Experts: Check credentials. When you’re in the market to hire someone for a job, that person must submit a resume of past experiences to prove he or she is qualified. Take the

same approach with relationship advice. Make sure the person giving you advice has experience to draw from.

Lamar Odom Is Surprised by Khloe Kardashian's Intelligence



LA Laker Lamar Odom admits that he was surprised at how smart wife Khloe Kardashian was when they first met, according to UsMagazine.com. Odom says in *Playboy's* February issue, "You don't know what to expect. Next thing I know I'm spending every day with her. We just hit it off." The couple wed in September 2010 after dating for only 32 days. And Odom definitely doesn't regret his decision to become a married

man. “With her I was like, ‘If I do what I normally do, I’m going to lose her,’” Odom explains. “‘And if I lose her, I think it’s going to hurt a lot.’ Right then and there I knew. We were together every day.”

Should you change for your partner?

Cupid’s Advice:

Nothing is more exciting than connecting with someone new, but as time goes on, you may begin to notice some important differences between yourself and your partner. Should you change yourself to match your partner? Cupid has some thoughts:

- 1. Keep morals and values intact:** It takes a long time to develop personal morals and values, and they shouldn’t be taken lightly. Chances are that you think the way you do for a reason, so don’t be too quick to change your views for someone else.
- 2. Opposites attract:** It’s not secret that it’s possible to fall for someone who is very different from you, but make sure to stay true to yourself in the relationship.
- 3. Change if it’s for the best:** Who’s to say that change is always a bad thing? There may be something about your partner that you particularly admire, so changing yourself to match that quality you aspire to is perfectly fine.

How to Have a Relationship

with Yourself



Maybe you've never been to rehab and maybe you've never been accused of assault while in aforementioned rehab, but you must know what it's like to be in over your head. You know what it's like to nearly have a panic attack when things are going wrong. We've all made mistakes, and we've all grimaced at the fact that life is not turning out the way we wanted. Once you reach that point of regret and self-awareness, you'll hopefully come to one solid conclusion: before you can move on to your next relationship, you must work on yourself.

But how do you do it? There's no internal switch that makes you focus on personal development. You have to find the motivation within yourself! Perhaps your inspiration comes from the desire to be with someone special, but many of us aren't in the right place to meet that person, yet. If you don't have your most basic issues analyzed and set on the road to recovery, then how do you expect any relationship (romantic, friendly, or familial) to work out? Self-

improvement—a relationship with yourself—must come before all others.

Since leaving rehab, 24-year-old actress, Lindsay Lohan, has been busy. In fact, she can teach us a few lessons. Several sources for celebrity news refer to her as “newly sober.”

1: Once personal development begins, you get a clean slate: In this context, every day can be the first day of your journey to self-improvement. The best part about unlimited fresh starts is that you have numerous chances to succeed.

2: You need an overarching goal: Figure out what you’re working towards, and never forget it. In Lohan’s case, staying sober might be her main objective along with sub-goals, possibly including a shoe line or a successful movie in the future. Maybe she’s even keeping her eye out for a new and healthy relationship.

The paparazzi have been keeping a close eye on Lohan. Their pictures allow us and the rest of the world to speculate about whether she’s on the right path.

3: Only value the advice of people who truly know and care for you: Those who don’t have your best interest at heart should be ignored. Lindsay Lohan should stay focused on herself and those close to her.

You might have minor issues to work on, or you may need to completely restructure your life. That said, you no longer have to worry about your answer to the question, “Are you seeing anyone?” Now, you can hold your head up high and say, “No. I’m just working on a relationship with myself.”

Nicole Kidman and Keith Urban Welcome a Baby Girl



Actress Nicole

Kidman and husband Keith Urban welcomed the arrival of their surrogate daughter, Faith Margaret, on December 28th. Their newborn is the second daughter to join the family, along with two-year-old Sunday Rose. The couple kept the surrogate process secret from reporters until recently, when they issued statements to *UsMagazine.com*. "Our family is truly blessed, and just so thankful, to have been given the gift of baby Faith Margaret," said Kidman. "No words can adequately convey the incredible gratitude that we feel for everyone who was so supportive throughout this process, in particular our gestational carrier."

How should you welcome your surrogate child?

Cupid's Advice:

Whether adopting or welcoming a surrogate child to your family, sometimes it's hard to feel at home with a child you're only just meeting. Here are a few ways to welcome your new child to the family:

1. Throw a baby shower: Even though the baby isn't arriving traditionally, the child will still be yours to care for and love for the rest of your life. Take the opportunity to throw a baby shower, both anticipating the new baby and thanking the birth mother for her selflessness.

2. Make a transition: If your child experienced a lapse in time between birth and coming to live with you, the baby has probably become used to his or her environment. Ease the transition by incorporating the smells and textures your baby is accustomed to into your own home.

3. Make a connection: Just because you didn't physically give birth to your child doesn't mean you aren't the baby's "real" parents. Spend the time needed to establish a parental connection.

Sandra Bullock Denies Romance with Ryan Reynolds





Apparently, Sandra Bullock and Ryan Reynolds are not “lovahs,” at least according to Bullock’s interview with Al Roker in an interview earlier this week. The actors have been close friends for 10 years, but at this time in her life the only man Bullock looks forward to seeing at the end of her day is her son, Louis, according to *People*. “I think there will be a collective sigh amongst women across the United States when I say he’s not my lovah,” she said.

How do you use humor to fend off relationship rumors?

Cupid’s Advice:

Constant pestering from family and friends about you potentially dating a close friend can get obnoxious. That said, sometimes it’s best to combat those comments with humor:

1. Make a funny: If nobody believes your denial, give in and play along. By giving dramatic fabricated details about a date that never happened, the topic will soon die out when friends finally get what they want, which is you discussing the “relationship.”

2. Do as Sandra does: Play light on the subject. By saying something along the lines of, “I could only wish he’d take me out,” you acknowledge that you two aren’t dating and at the

same time give the audience a mental picture of you two together.

3. Stay away from sarcasm: Although a dry joke may be your weapon of choice, take into consideration others' feelings beforehand so you don't offend anyone. Only use sarcasm if you're sure it will be well-received.

Dawn Maslar Talks About Her New Book, 'From Heartbreak to Heart's Desire: Developing a Healthy GPS (Guy Picking System)'





By Kari Arneson

Have you ever felt hopeless when it comes to dating? Do you feel like you are doomed to date men who are wrong for you? Do you look back on past relationships and cringe? According to professor, author, speaker and life coach Dawn Maslar, the solution to all your dating problems is simple: You have a broken GPS, or Guy Picking System. Failed relationship after failed relationship, Dawn knew she had to make a change. She decided that in order to fix her broken “picker,” she needed to go on her own journey of self-discovery – without a man. In her book, *From Heartbreak to Heart’s Desire: Developing a Healthy GPS (Guy Picking System)*, Dawn outlines a plan to help women discover why they pick the wrong men and how to stop in order to go “from heartbreak to happiness.” See what the author had to say about her experience:

What was your goal in writing *From Heartbreak to Heart’s Desire: Developing a Healthy GPS (Guy Picking System)*?

The goal of writing of writing the book is to help other women like myself find their heart’s desires. For years, I went from one painful relationship to the next, while it seemed as everyone else had been given the secret to happiness.

Finally, after one more failed relationship, I searched for answers, but became frustrated with the lack of available information. I finally found help – I found some in therapy, some in one book, and something else in another book, but I never found all the information in one place. *From Heartbreak to Heart's Desire: Developing a Healthy GPS (Guy Picking System)* takes all the available information and puts it in one easy-to-follow guide. It explains what causes you to be attracted to the wrong men and allows you to customize your own journey from heartbreak to happiness.

Why do you think so many women pick the wrong men?

There are several reasons women pick the wrong men. Anyone with a broken guy picking system has at least one of these and some people may have two or more. The main causes of a broken GPS are:

- Unresolved pain
- A believe in a lack of love
- Negative programming
- Not defining what you want

The most common cause is unresolved pain. Unresolved pain is when you get stuck somewhere in the grieving process. The grieving process has five stages:

- Denial
- Anger
- Bargaining
- Depression
- Acceptance

You need to go through each step to reach acceptance. If you try to skip a step, or get stuck somewhere in the middle, you have unresolved pain. For example, Katherine was divorced two years ago. She insists that she is ready to date, but at the same time she seethes with contempt when asked about her ex-husband. Obviously she is still stuck in the anger. In order to heal, she needs to continue through the grieving process

until she reaches acceptance. It's only after she reaches acceptance and finds the blessing in the experience will she truly be ready for love again. Katherine's example is fairly obvious, but not all unresolved pain is so evident. *From Heartbreak to Heart's Desire* helps you to discover what your unique block to love is, then provides you with a step by step guide to heal and find the love you desire.

In the book, you outline an easy-to-follow plan for fixing your broken picker, including swearing off men, meditation, exercise and journaling. What do you think is the most important step in the plan?

I believe all the steps are important. However it is critical that you take time off to work on yourself. If you don't take the time to work on yourself you will continue to keep picking the wrong person. But just taking time doesn't work by itself. You need to take the time and do some work. The internal work helps you heal so you are no longer attracted to the same type of relationship. When your relationships end with heartbreak, that means your heart is broken. Your heart needs to be healed. Taking time off is giving your heart the time it needs to heal. So in other words, if you leave a relationship that breaks your heart, you don't want to jump into another one – you need time to heal.

What about your own experiences with dating prompted you to write this book? Did following the plan work for you?

I spent many years stumbling from one painful relationship to the next. When the pain and frustration became great enough, I decided to stop the madness. Everything I wrote about in the book is exactly what I did. And yes, the plan works. It worked for me and for many others. I meet a wonderful man about four years ago and have been living a life of my dreams.

How did you manage to stay optimistic after so many dating disappointments? What is your advice to other women who feel

hopeless?

The good news is when you are at the bottom, there is no place to go but up. What I tell all the women I work with is, you can have the life you desire if you are willing to believe and do a little work. Not only will you find love, you can have a life beyond your wildest dreams.

Cupid thanks Dawn Maslar for her time! To buy the book, check out Central Recovery Press.