

Lauren Conrad Has a Friendly Run-In with Ex-Boyfriend Derek Hough



Lauren Conrad is who we look up to as a cool ex-girlfriend! While enjoying a night out at Beacher's Madhouse in Hollywood, Conrad ran into her ex, Derek Hough. How did she react? She didn't even try to take cover in the ladies room or give him the cold shoulder. According to [People](#), the designer was happy to see Hough and embraced him with a hug. Way to be the bigger person, Lauren!

What are some ways to react when you run in to an ex partner?

Cupid's Advice:

Depending on how your relationship with your ex ended, bumping into your former lover can be an awkward moment. Here are some positive ways to react when you encounter in old flame:

1. Don't be fake: If you're not too happy to see your ex, don't jump up and give them a huge hug and don't slap them in the face either. Smile, say "hello" and end the conversation politely. Your ex should get the point. Acting upset seems desperate.

2. Keep the convo simple: Ask your ex what they've been up to since the break-up, and make sure to talk about your accomplishments. Don't get into each other's love lives. Keep the conversation platonic unless you're thinking about rekindling the relationship.

3. Take the attention off of you: Chances are that if you bump into your ex, you won't be alone. To avoid awkward silences, introduce them to your friends and let your ex know that you are in a hurry, whether you are or not.

How have you reacted when you bumped into an ex? Share your comments below.

'Felicity' Actress Keri Russell and Husband Welcome Baby Daughter





Former *Felicity*

star Keri Russell and husband Shane Dreary brought their second child into the world this past December. The couple's first child, River, has taken on the role of big brother to his new baby sister Willa Lou Dreary. According to *Celebrity Baby Scoop*, the actress mentioned that becoming a mother has transformed her. She also said that there's "just a whole new set of feelings that aren't as accessible to you before you have kids."

How does having a child change your priorities?

Cupid's Advice:

Once you have a child the world you once knew will no longer exist, and life will never be the same because you'll have different priorities. Cupid has some tips to help you prepare:

1. Focus: Remember when the world revolved around you? Well, those days are over. The majority of your energy and concentration will be about raising your child.

2. Flexibility: You can't just get up and go anymore. Going out and family trips have to be thoughtfully planned, and your wallet is going to tighten up as well. You're not going to

have money to blow like you might have before.

3. Family: If you're already close with your family, you're in luck because everyone is going to want to take their turns babysitting and you'll have a great support system for advice.

If you're not close with your family, a newborn in the family might be just the thing you needed to regain that connection.

How did having a child change your life? Share your comments below.

Lady Antebellum Singer Hillary Scott Ties the Knot



Congrats to Lady Antebellum singer Hillary Scott and drummer Chris Tyrrell, who

are officially married, as of Saturday. The couple, who has been engaged since July, held a small ceremony in upstate New York in front of family and close friends, according to [People](#). “We got married,” Scott, 25, said as she flashed a wedding ring in a video on Lady Antebellum’s website with her new hubby. “We just wanted you to hear it from us first. We love you. We’re so excited to be starting our life together and we just had to let you in on the exciting news.” Scott said she couldn’t be happier and loves having someone in her life who completely accepts her. “Everything is brighter. Everything has a deeper meaning. I’ve found a guy who truly embraces me for who I am and appreciates the things that I don’t necessarily love about myself.”

How do you know if your partner embraces you for who you are?

Cupid’s Advice:

While most people say they accept their lover, it’s sometimes can be difficult to believe it. Cupid has some ways to help you be sure:

- 1. Closeness:** Ask yourself where your partner is whenever you’re having a tough time. Someone who truly accepts you isn’t fair weathered.
- 2. No judgement:** Your significant other should be the person you confide in, and they don’t hold what you say against you.
- 3. Return the favor:** A person is more likely to accept you if they feel welcomed by you. Be sure to let your partner know how you feel toward them.

How do you know when your partner accepts you? Share your ideas below.

How to Keep Weight Gain from Ruining Your Love Life



It's easy to indulge in the mountain of cookies, candies and other calorie-packed goodies we stuff in our mouths over the Holidays without considering the consequences. However, if you pack more padding on your belly, it could have less-than-exciting ramifications for your love life.

Not to mention the fact that a few extra pounds can have an impact on your psyche. If you're looking for ways to improve your relationship whether it's losing a few inches or finding the self-confidence to love yourself, no matter what your jean size, here are a few tips to get you started:

1. Eat healthier: Although easier said than done, a few simple changes to your diet will kick start your metabolism – and the sparks between you and your man. Start by cutting out bad habits, such as having a daily dessert. Limit treats. Instead, save the raspberry swirled cheesecake when you are on a special date with your partner.

Related: [Stop Counting, Start Eating: Feel Fresh for Fall](#)

2. Get moving: Jump up and start moving. Dancing with your girlfriends, going for a walk with your man or even a shopping trip are some fun ways to work up a sweat. Of course, if you challenge each other at the gym and make fitness goals together you may be surprised at how your relationship can come back alive.

3. Enjoy Ambiance: If you're a proponent of ambiance and mood lighting, candlelight or other dim lights can engage a smoldering mood. Plan a romantic evening, and fill your home with a warm glow of cinnamon scented tealights. Mood lighting will provide a calm, relaxing background so you and your partner can enjoy each other's company even more.

4. Talk to your partner: For all you know, your man is a fan your curves. Many guys enjoy a full sized woman, as there's more to love. However, if you're feeling insecure about your shape, let your partner know how you feel. When you communicate the concerns you have with your body, he will most likely be supportive.

Related: [How to Communicate to Get What You Need](#)

5. Learn to accept your body at any size: According to *Good Morning America*, 68% of women wear a size 12. The average woman is not a size two, ladies; don't feel bad if you don't look like Angelina Jolie. Self-confidence is sexy. So what if you have a few extra pounds hanging around your middle? Find ways to work around it. The most important thing is to own your body. Have a little self-confidence and you'll be

surprised at how your relationship can improve.

Is your weight gain affecting your love life? Share your stories below.

Adele Visits a Swamp with New Boyfriend Simon Konecki



Under-the-weather singer Adele has been out and about recently. The “Somebody Like You” songstress, who’s recovering from vocal chord surgery, took a romantic walk with new boyfriend Simon Konecki in the Everglades on Monday, reports UsMagazine.com. Konecki, 36, is a founder of the charity Drop4Drop, which gives clean drinking water to those who need it. “[Konecki] watched [Adele’s] every move, especially when she was on the dock and

on the boat. He wanted to make sure she didn't fall into the water!" said a witness. "They were lovey dovey with one another [and] very into each other. She seems really happy."

What are some unique and romantic locations to take a walk with your partner?

Cupid's Advice:

Sometimes the best dates are the simplest ones. Here are a few unique and romantic places to take a stroll with your significant other:

1. The woods: Try escaping the hustle and bustle of city life and driving to a more rural location. Take your partner on an expedition in the woods. Bring along a camera and plenty of insect repellent.

2. The harbor: If you live by an ocean, there's most likely a nearby harbor. Most harbors have a boardwalk, some of which have stands that sell ice cream and other snacks. Take your partner and admire the ships and seagulls.

3. Your neighborhood: Though this seems less than exciting, chances are you haven't fully explored your own neighborhood. Take a left turn where you normally take a right, and discover the rest of your environment.

Have you ever gone for a walk with your partner? Feel free to leave a comment below.

Former 'Roswell' Actress Shiri Appleby Debuts Web Series on Dating



Shiri Appleby, 33, made us fall in love with her when she was on the hit alien show, *Roswell*. Now she is teaching us how to fall in love with ourselves before finding the right partner. Staying true to her acting roots, Appleby will be starring in a new web series, *Dating Rules For My Future Self*. Appleby's character works up the courage to not marry her boyfriend after receiving a text message from her future self. Through dating, she finds what makes her happy in a relationship and as a single gal, according to [YourTango](#). We definitely look forward to taking dating advice from this girl, who has been in a happy one year relationship.

How do you take control of your love life?

Cupid's Advice:

Being in a relationship is a 50/50 commitment, but that doesn't mean that you have to lose control of who you are.

When dating, you have to be able to have the courage to say "no" to what you don't want and say "yes" to new experiences:

1. Date on your terms: Date when you're ready, and date who you want to. Don't necessarily rule out blind dates, but don't force yourself to look for love where it isn't a chance of it happening.

2. Know when to say "no": Sometimes we get comfortable with a partner and are scared to let go when we feel that the relationship is not going right. If you're not happy, the relationship will fail.

3. Say "yes": Don't turn down the chance to go on a date with someone you probably wouldn't have thought of getting to know. If you're in a relationship, don't be afraid to say "yes" to trying new things to keep your love life fresh.

How do you take control of your love life? Share your thoughts below.

Marc Anthony Moves On from JLo with Venezuelan Model





Jennifer Lopez isn't the only one moving on. Recently divorced Marc Anthony revealed his relationship with 24-year-old Venezuelan model Shannon De Lima on Twitter, reports UsMagazine.com. The two went public with their relationship this past weekend, when Anthony, 43, sent New Years' wishes to the model. "To Shannon, my statue of liberty," said Anthony. "Kisses baby!"

What are some ways to tell if you're ready to date again?

Cupid's Advice:

After a rough split, it's hard to tell when you're ready to get back in the dating scene. Here are a few ways to decide:

- 1. You're in a good place:** Once you have fully recovered from your split and have had time to strengthen your bonds with friends and family, you should try dating again. Your future relationships will be more successful if you start them with a good attitude and an open heart.
- 2. You no longer worry about your ex:** Most people think about their ex for a while after the split. Once you stop thinking about your ex and worrying about the mistakes in your relationship, you'll be ready to move on.

3. You want to date again: Ultimately, you should only date again if you want to. Even if you are over your ex and content with your life, there is no need to jump right back into the dating scene. Feel free to enjoy single life for as long as it pleases you.

How did you know you were ready to date again? Feel free to share your experiences in a comment below.

Angelina Jolie Buys Brad Pitt a Waterfall



Talk about a grand gesture! Angelina Jolie, 35, bought husband, Brad Pitt, 48, a waterfall in California recently. According to UsMagazine.com, the grand gift served as both a birthday and

Christmas gift. Jolie plans to construct a home for Pitt and their six children over the waterfall. The new home will be inspired by Pitt's favorite architect, Frank Lloyd Wright. "Brad has dreamed of a home with the sound of a waterfall cascading under the house," says a source. Jolie's gift came at the perfect time, as the duo recently sold their former Malibu home to Ellen Degeneres and Portia de Rossi.

What are some natural gifts you can give to your partner?

Cupid's Advice:

Want to give your sweetheart the stars? Well, you really can!

1. Star: Adopting a star is now an option to the public. For a small fee, you can buy a star and have it named. Talk about giving it all to you sweetheart. No gift will ever top a star.

2. Tree: Planting a tree in honor of your partner is easy, fun and good for the environment. You can do it together, or plant it as a surprise. Either way the tree will continue to grow and flourish just as your relationship does.

3. Adopt a polar bear: Polar bears are becoming extinct, and what better way to save them than by adopting one? For any amount of money you can donate to World Wild Life Fund and have your very own polar bear. If your lover is into saving the animals, this is the perfect gift.

What are other natural gifts you can give your partner? Share your ideas below.

Date Idea: Enroll in a New Class



By Ché Blackwood

This weekend, step out of your comfort zone and learn something new by enrolling in a class with your partner. With a little research, you can easily find sites that connect you to local shops where you will learn to paint, make the perfect bottle of Merlot, or write a romantic poem. Whether you want to create a mouth-watering sushi roll or bowl the perfect game, there are plenty of classes available for couples to experience together.

Dating Advice to Incorporate Your Love's Interests Into Your

Relationship

Related Link: [Date Idea: Take a Risk and Be Daring](#)

Here's some [dating advice](#) from Cupid: For a special gift, enroll your significant other (and yourself) in a class that aligns with their interests. If they've been hinting at learning how to do the Downward Dog, search for a yoga studio in your area. If your partner's favorite movie moment is Demi Moore's pottery scene in *Ghost*, spend a few hours learning how to sculpt together and reenact the film. The two of you can create fun moments while aligning your interests.

If you're a busier couple, review your planners and look for upcoming special events that could spark the desire for learning something new. For example, if your best friend's wedding is approaching, take ballroom dance lessons. If a company dinner is on your agenda, then an etiquette or networking course could be fun to take. By combining your future obligations with an educational class, you'll be ensuring that your hectic schedule is helping, not hindering, your time together.

Related Link: [Prince William and Kate Middle Take Cooking Classes](#)

For the romantics among us, schedule a cooking class. Choose your favorite type of cuisine and spend a few hours sipping on a glass (or two) of wine as you whip up a special meal. Or, if you're the adventurous type, sign up to go skydiving with your sweetheart. You're bound to feel like you're on a date meant for your favorite reality TV show!

What kind of classes would you want to take on this date idea? Tell us your best dating advice in the comments below!

Rosie O'Donnell and Michelle Rounds Have a Date Night



Recently engaged Rosie O'Donnell and Michelle Rounds enjoyed a date night in Miami this weekend. According to [People](#), the couple went to a Zuma, a Japanese restaurant, where they shared king crab, pork belly skewers, Wagyu beef and yuzu key lime pie for dessert. After the date, O'Donnell tweeted, "The food was out of this world- and we had a blast- date night rocks." A source tells *People* that the couple "radiated happiness."

What are some ways to make your date night unforgettable?

Cupid's Advice:

The perfect way to spice up your relationship is a date night.

Go out, try new things, laugh and enjoy each other's company. Here are some ways to make your date night unforgettable:

1. Do something meaningful: Take your man to the spot he took you on your first date. Take a walk through the same park, but add something new to the night as well, such as a different restaurant. It will be sure to bring back tons of great memories and create many more meaningful ones.

2. Try new things: Try something new. A first time experience is special, whether it be trying sushi for the first time or ice skating. It doesn't matter if you end up hating sushi; it's the experience and time spent together that matters.

3. Take photos: Taking photos will guarantee that your date night will never be forgotten. Making silly faces for the camera will remind you of the laughs you and your sweetheart shared on your special night. The photos can also turn into a future gift or scrapbook!

How did you make your date night unforgettable? Share your stories below.

**Eva Mendes Meets Ryan
Gosling's Mom**





It seems as though Ryan Gosling brought in the New Year right with his two leading ladies by his side. After spending some quality time together earlier during the day on Sunday, Gosling and his mother, Donna, met up with Gosling's girlfriend, Eva Mendes at an AMC movie theater in uptown Manhattan. A source told [People](#) that Gosling and Mendes seemed very happy as the trio hung out and went to the movies together.

How do you prepare to meet your partner's parents?

Cupid's Advice:

Meeting your partner's parents is a big deal; sometimes their feelings about you can give your mate the final seal of approval ... or at worst, denial. Cupid has some advice:

1. Dress appropriately: When it comes to meeting your mate's parents, especially for the first time, it's always best to wear something respectable and not so revealing. You want them to focus on getting to know you instead of giving a bad first impression as soon as you set foot outside of the car. Think classy instead of tacky.

2. Be social: Sure, meeting the parents for the first time can cause you to become a bit nervous, but make sure to remain

calm and cool. Ask questions and casually keep the conversation going to show them that you're just as interested in getting to know them as they are in getting to know you.

3. Be you: There's nothing worse than being fake, and it's pretty obvious when you're doing it. The important thing parents want to know and see when they meet you is why their son or daughter fell in love with you. Be honest and confident.

How did you prepare when you met your partner's parents for the first time? Share your comments below.

Fergie Says She May Have a Baby This Year





It's a new year, and Fergie and husband Josh Duhamel might be considering making a new addition to the family. "Maybe, who knows?" the singer told [People](#). "We'll see." As of right now, Fergie's focus is on spending more time with her hubby of three years since she no longer has a schedule to follow everyday. "I'm looking forward to being home and not having to sleep in a different city or country every night," she said.

What are important factors to consider before having children?

Cupid's Advice:

Becoming pregnant often comes as a surprise, but many parents have the chance to decide when they're ready to give birth.

Cupid has some tips:

- 1. Maturity:** Be sure that you have the right mentality and you're ready to refocus all of your attention away from yourself and onto caring for your newborn.
- 2. Reasons:** If you believe you're ready, be sure you're prepared for all the right reasons. Be sure you're financially and emotionally stable.
- 3. Mutual:** Be sure both you *and* your partner ready to commit

to raising a child. There are plenty of single mothers out there who have raised perfectly brought up children on their own, but I'm sure they'd tell you that it was not an easy task to do alone.

How did you know you were ready? Share your comments below.

Rumor: Are Derek Jeter and Minka Kelly On-Again?



It looks like Derek Jeter and Minka Kelly might be rekindling their 3-year romance, as they vacationed in Paris over the holiday weekend. The Yankees all-star and *Charlie's Angels* actress stayed with friends while taking in some of the city's most popular tourist attractions. "They look very much in love, " an

observer told [People](#). “They were always very, very close [and] very playful as a couple with each other.”

What are some ways to decide whether to rekindle a romance?

Cupid's Advice:

Deciding to date an ex again can be a tough decision, but there are three important parts of yourself to consider:

- 1. Your gut:** Take your initial feeling into account, because more often than not your first instinct on a situation may be the right one.
- 2. Your heart:** Your heart may feel broken from the breakup, but make sure being back together is what's going to heal those wounds.
- 3. Your mind:** Often our hearts make us act irrationally, so try to think logically about the situation and weigh your options.

How did you decide to get back together with your ex? Share your experiences below.

What Did Kristen Stewart Get Robert Pattinson for Christmas?





As a gift for her man, Robert Pattinson, Kristen Stewart spent \$12,000 for two vintage guitars for Christmas. The *Twilight* star purchased the instruments from Norman's Rare Guitars in Los Angeles' Tarzana district on Dec. 23, according to UsMagazine.com. "She said 'He's gonna s-t when he sees them,'" said the shop's owner, Norman Harris, of Pattinson's potential reaction to the gift. The two guitars, a 1959 Fender Jazzmaster and a 1947 K&F Lap Steel, should be useful for Pattinson, as he plans on recording an album.

How do you decide what gifts to get your partner for special occasions?

Cupid's Advice:

It can be a challenge to find the right gift for your lover, whether it's for a holiday, birthday or anniversary. Cupid has some suggestions:

- 1. Hobbies:** Similar to Stewart, try to find a present that shows your support for your love's passions or interests.
- 2. Special meaning:** Perhaps you'd like to give your partner something that reflects a special moment in your relationship. For example, if you both enjoy music, then

perhaps tickets to see one of their favorite artists is a good idea.

3. A reflection: Whatever you choose to get, the right gift shows your appreciation for your lover and their commitment to you.

What did you get your partner for the latest special occasion? Share your comments below.

Find Out How George Clooney and Stacy Keibler Spent New Year's Eve



Stacy Keibler didn't have to worry about where her New Year's kiss was going to

come from because she and boyfriend George Clooney celebrated the arrival of 2012 together with family and friends at their home in Cabo San Lucas, Mexico. [People](#) reported that, although the former *Dancing With The Stars* contestant and hunky actor kept things low key this holiday, they still participated in usual NYE festivities. “There will *definitely* be some dancing and drinking going on,” Keibler explained beforehand.

What are the advantages of celebrating holidays at home?

Cupid’s Advice:

Spending New Year’s Eve in crowded bars can be fun, but it can also be a hassle. Cupid has some advantages to ringing in the New Year at home:

- 1. VIP list:** If you throw a holiday party at your home, you can invite all of your closest friends and family. There’s no chance you’ll be sitting next to strangers.
- 2. Save money:** Buying drinks or dinner out can be expensive. Make dinner at home, and accompany your meal with your favorite drinks made at a fraction of the price.
- 3. Intimate:** Spending the holiday with friends and family can be a blast, but it might be a nice change of pace to spend a romantic night alone alongside your partner.

How did you ring in the New Year? Share your comments below.

Russell Brand Files for

Divorce from Katy Perry



Russell Brand and

Katy Perry had a strenuous holiday season. Brand filed for divorce on Friday after 14 months of marriage, reports [People](#).

Rumors started circulating when Brand and Perry spent the holidays apart, with Brand in the U.K and Perry in Hawaii with friends. The couple were also spotted without their wedding rings in the days prior to the split. "Sadly, Katy and I are ending our marriage," said Brand in a statement. "I'll always adore her and I know we'll remain friends."

How do you stay on good terms with your ex during a very public divorce?

Cupid's Advice:

Going through a divorce is hard enough even without attention from others. Here are a few ways to stay friendly with your ex:

1. Monitor rumors: When a split gathers attention, false rumors are bound to pop up. Try monitoring the rumors, and denying false assumptions whenever possible.

2. Keep it private: Though you are probably surrounded by friends who want to know the details behind your split, some things are best kept private. You can tell your friends the details later when you and your ex have had time to heal.

3. Keep in touch with your ex: Keep in touch during your divorce. Don't let your lawyers do the communicating for you. In order to stay friends in the future, you'll have to lay the groundwork now.

Have you gone through a public split? Feel free to share your experience in a comment below.

LeBron James Is Engaged to Longtime Girlfriend Savannah Brinson





Miami Heat

basketball star, LeBron James, popped the question to his longtime girlfriend Savannah Brinson at a New Year's Eve dinner party at the Shelborne hotel in South Beach. According to [People](#), the party was hosted by his Heat teammate Dwyane Wade and his girlfriend Gabrielle Union. It was a celebration not only of 2012, but also a belated birthday party for James. According to witnesses, James picked up the couple's two sons and swung them around right after popping the question.

Where are some creative places to pop the question?

Cupid's Advice:

Getting engaged is a moment in your life that you'll never forget. Here are some great places to act as the setting for your amazing moment:

- 1. During fireworks:** Fireworks are always a sign of a joyous occasion and serve as a great backdrop to the question, "Will you marry me?".
- 2. On top of a rollercoaster:** As the old saying goes, life is a rollercoaster, so celebrate this high point in your life in the fast lane.

3. On a chairlift: The winter months are a time of romance. Pop the question on top of a white mountain or on a chairlift during a ski trip.

Where do you dream of being proposed to? Share your fantasy engagement below.

Ashton Kutcher Moves On from Demi Moore In Italy With New Woman



It looks like Ashton Kutcher may already be moving on. The *Two-and-a-Half Men* actor, 33, was recently spotted in Italy with writer-director Lorene Scafaria and business partner Matt Mazzant for

the holidays, reports [People](#). Kutcher posted a photo of the trio on twitter with the caption, “Roman holiday with homies.” Kutcher’s ex-wife Demi Moore, 49, is vacationing in the Caribbean with daughter Rumer Willis.

What are some single-friendly getaways post-breakup?

Cupid’s Advice:

Many people wish for a change in scenery after a tough breakup. Here are a few single-friendly getaways:

1. The family: Visiting your family is one of the most helpful ways to recover after a breakup. For some fun outside of the dating scene, try going shopping with your parents or taking your nieces to an amusement park.

2. Spa destinations: Traveling to the nearest spa/resort is a great way to relax after a breakup. Though often pricey, sharing a room at a resort with some close friends can help make the expense more manageable and the experience more memorable.

3. International locations: Take some time post-breakup to visit exotic locales that you’ve always wanted to see. You’ll be too busy trying to decipher the language to worry about your dating woes. Bring a friend to make the trip more exciting.

Have you ever taken a post-breakup trip? Feel free to share details in a comment below.

Date Idea: Create a List of New Year's Resolutions with Your Partner



A new year is here, and you know what that means: Time to make a few resolutions! This year, try something different and make a list with your partner. Setting resolutions together is not only a fun weekend date idea but a great way to strengthen your relationship. Figure out what you both need to do as a couple to keep things moving forward. Then, write down your suggestions for each other and for yourself. Take Cupid's [relationship advice](#) and make sure to commit to more quality time together.

Cupid's got relationship advice

just in time for the New Year! What resolutions will you and your sweetie work on together?

It's hard to find time when you're busy with work, but with a little creativity, you'd be surprised at how easy it can be. For instance, instead of sitting in front of the computer alone or running errands by yourself, invite your other half to work on projects or tasks with you. That's a great way to sneak in some time together.

Related Link: [Dating Advice: 7 Things All Healthy Relationships Require](#)

Don't forget to include communication on your list of resolutions. If you were to ask any relationship expert, they'd probably tell you that for a relationship and love to be successful and healthy, you *must* listen to one other. So why not make a date out of it? Express your needs to your partner and listen to theirs in return.

You can even turn to your favorite celebrity couple for inspiration. For instance, if you've always admired how easily [Jennifer Aniston](#) and Justin Theroux show their love for each other, talk to your significant other about it and let them know that you'd like to be more open about your feelings in front of your friends. Or, if you're struggling to fit romance into your busy lives, read some recent interviews with celebrity mom [Carrie Underwood](#) to see if she has any helpful love advice.

Related Link: [Celebrity News: Justin Theroux Constantly Tells Jennifer Aniston She's Beautiful](#)

If you run out of unique ideas for your list, you can always fall back on the tried and true resolutions, which include eating healthy, exercising, and getting rid of bad

habits like smoking. Think about your use of technology too: Try putting down the phone and texting less while you're together. You can also schedule one date night per month that *doesn't* involve staring at a screen: Instead of watching television or going to the movie theater, head to a nearby museum or just take a stroll in the snow.

Do you have any more relationship advice for couples writing New Year's resolutions together? Let us know in the comments below!

Rumor: Katy Perry and Russell Brand Celebrate Christmas Apart After "Massive Fight"





Pop sensation Katy

Perry and actor husband Russell Brand spent Christmas apart this year. After a planned trip to Brand's hometown of London, Perry ended up flying to Hawaii with some friends.

According to UsMagazine.com, the couple had a major argument, which resulted in cursing at each other and storming off.

Perry was spotted without her wedding ring while splashing in the Pacific Ocean, and Brand was seen catching up with old friends in a local pub in Coverack, Cornwall. Although the couple denied divorce rumors in November, trouble is threatening. "The split may come soon, but they are both so dramatic and volatile, the relationship could become great again," says a source.

What are some ways to quickly move on from a fight?

Cupid's Advice:

All couples fight, but avoiding it is impossible. Moving on quickly and peacefully is easier than you think. Cupid has some tips:

1. Admit when you're wrong: We all make mistakes sometimes, and it's okay to be wrong. The best way to move on from an argument is by pointing out your faults. Your partner will

appreciate it and will learn from your example. They may admit to their wrong doings in future situations.

2. Apologize: Along with admitting your mistakes, make sure you apologize to your sweetheart. Saying you're sorry makes all the difference in an argument. Also, show your significant other how much you care by making it up to them with a personalized apology.

3. Don't let the issues hang in the air: The longer the fight sits, the bigger it will grow. Talk about your issues soon after they arise. Discussing how both members of the relationship feel will make for an easy fix. Compromising on the matter will make you both happier.

How did you move on quickly from a fight? Share your stories below.

Sandra Bullock Explains Why She Returned to Acting Post-Split





After splitting with her husband, Jesse James in 2010, Sandra Bullock did not rush back to work. In fact, she told the [Associated Press](#), “I was perfectly content to be permanently broken.” And by broken she means not able to act. Director Stephen Daldry pushed for her to be in *Extremely Loud and Incredibly Close*, and that finally changed her mind. “I honestly didn’t think I was in a place where I wanted to work or wanted to step out of where I was... I wasn’t prepared. But that opportunity was louder than my head,” she said according to [People](#). “We had a great time. It’s no longer ‘selfish actress’ in the moment,” she says. “I wanted to have an amazing time with him and, fortunately, Mr. Daldry presented it. In every possible way, it was the best!”

How can your career help you move on after a breakup?

Cupid’s Advice:

After a rough break up, the career route is often the best road to take. Working on a project and being successful are the keys to moving up and moving on:

- 1. Your mind will be occupied:** With a challenging project at work, you will be more focused and not on your ex. Focusing

all of your negative energy on something positive can certainly do no harm to the healing process.

2. You can focus all of your energy on work: Your ex probably took up a lot of your time and energy. With him in the past, you can accomplish all of your career goals easily. No distractions and plenty of free time will allow you to achieve more.

3. A promotion could be headed your way: With all this new focus and motivation, a promotion might be the next exciting and needed change in your life. Working towards becoming number one in the office is a great way to distract yourself from a break up and an excellent way to boost your confidence.

How did your career help you after a breakup? Share your stories below.

What Your Gifts Say About Your Relationship





By Amy Osmond Cook,

Ph.D.

When it comes to gifts, I am an expert—at receiving them. I love gifts of any kind ... from other people. (No, I'm not going to buy myself a \$285,000 pink Bentley like Paris Hilton did last year.) The problem is, when it comes to giving gifts, I am a nervous wreck.

Gift giving represents two things: (1) that you care about a person enough to give a gift, and (2) that you know a person well enough to give something that he or she will like. Mess one of those up, and it does some damage to your relationship.

Related: [Valentine's Day Gift Ideas](#)

Take, for example, the gift I gave to my husband five years ago. We were newly married, and I wanted to get him something personal and meaningful. He loves golf, and he's a funny guy—so I thought the trick remote control golf ball (that you can move when your opponent is about to swing) was going to be a hit. I waited in anticipation as he opened the box and saw a momentary look of confusion before he masked it with a smile. He thanked me and said that he loved it, but the damage was done. In that one look, I knew that my gift had

tanked.

Fast forward five years. After watching him play golf (a lot!) and listening to his golfing adventures with his buddies (a lot more!), I would never give him a remote control golf ball. I now know that, for him, the rules of golf are sacred.

A serious golfer never tries to move an opponent's ball—especially for a laugh. It violates one of the cardinal rules of sportsmanship. (So does laughing at someone when he shanks his shot – I found out the hard way!) My gift bombed because I didn't know my husband well enough. I knew that he loved golf, but I missed the intricate details.

Stories like mine are a dime a dozen—a woman receives a vacuum cleaner from her husband, and she runs to her room and cries.

A man receives a toolbox and feels ashamed that he doesn't know how to use the tools inside. For better or worse, we attach special meaning to gifts, especially over the holidays.

So if you want to put some currency in your partner's emotional bank account this holiday season, buy . . .

Related: [10 Gift Ideas](#)

1. Something intimate. Take note if your partner voices his wish list for Christmas. If he cares enough to say what he actually wants, paying attention to that will make him feel valued and understood. If he doesn't have a Christmas wish, try to find something that will have special meaning between the two of you. Still have those Angels tickets from your first date? Frame them!

You can also make a gift meaningful by giving to something your partner cares about. For example, many celebrities, like Brad Pitt and Angelina Jolie, care deeply about charitable causes and prefer donations to their favorite charities to extravagant gifts.

2. Something valuable. Take this relatively. If you want to take your relationship to the next level, give your partner

something that says, “You are so valuable to me, I would sacrifice anything to have you in my life.” That’s what women hear when their boyfriends buy them expensive jewelry or spend all day helping them cook. It’s not the money or the time, exactly—it’s the fact that someone would sacrifice to give them something beautiful or meaningful. You don’t have to be like Nick Cannon and buy your significant other a \$400,000 Rolls-Royce Phantom or pull a Jude Law and buy your love a \$200,000 diamond-and-sapphire ring, but it should be better than the pack of bubble gum my friend got from her boyfriend one year.

If you’re like me, gift giving is a nail-biting phenomenon. That said, if you give your partner something meaningful and valuable, you can move that relationship dial to the next level. Then again, you could always take your chances and buy a pair of two-person mittens that Chelsea Handler and Chuy are sporting this year!

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Ring In The New Year Celebrity Style



By Steven Zangrillo

With 2012 approaching fast, it's time to plan the festivities!

Whether you're hosting a party with a group of friends or having a romantic dinner for two in New York City, it's important to plan ahead on this special evening. To get you started, we've outlined ten celebrity style activities that will ensure you have a 2012 celebration for the ages:

Related: [How To Snag The New Years Eve Kiss You Want](#)

1. Hit the Club

You can catch celebrities making New Year's Eve appearances at the most exclusive hot spots from New York to Miami and out on the West Coast too. If you want to hang at the same location as your favorite star, make sure you have your ticket in advance and you're dressed to impress.

2. Take a Vacation

Maybe you can't afford to schedule a jaunt to St. Barts or Lake Como, as Diddy and George Clooney have been known to do, respectively. However, there are many exotic and affordable locations around the world that you can explore. Websites like Expedia.com work hand-in-hand with resorts and airlines to put together affordable packages for couples and families looking for a New Year's getaway.

3. See a Show

If you're like Lil Jon, you'll be hanging out backstage rubbing elbows with your favorite DJs and popping endless amounts of bubbly. What better way to celebrate the New Year than to rock out to your favorite artist? DJs, singers, rappers and other talent flock to Vegas, New York and Miami to put on their most grandiose display.

4. Keep It Simple at Home

Stars like Ben Affleck maintain a low-key status by kicking back quietly at home with loved ones, especially as he and Jennifer Garner await the birth of their third child. You might also benefit from a little rest and relaxation. A home cooked meal and quietly watching the ball drop in front of the television may be the perfect way for you to start the New Year fresh (and hangover free).

Related: [Romance Resolutions For 2012](#)

5. Host a Cocktail Party

In Los Angeles, Drew Barrymore has been known to host a cocktail party with her closest friends. If you have a big enough place, why not pull off a stylish rendezvous of your own? If you're ballin' on a budget, have your friends bring their own booze. Just provide some finger food, a comfortable area to relax and a TV to watch the clock tick down with the rest of the world.

6. Head to Las Vegas

Las Vegas is America's playground. Do we really need to elaborate? You can experience the strip, the lights, the gambling (do it responsibly, please!), the shows and everything in between. Jamie Foxx is infamous for hosting various events, including his comedy tour, in Sin City. You can't lose, unless you sit at the Blackjack table a little too long.

7. Take To The Slopes

Aspen is the go-to destination for celebrity skiers looking for a chic and celebratory weekend in the mountains. New Year's Eve at the St. Regis is the area's premier event which has included celebrities like Billy Crystal and Arnold Schwarzenegger. Chances are that your nearest mountain resort will also be engaging in festivities. Go check it out.

8. Enjoy Dinner

Another successful formula for ringing in the New Year is by making reservations at a nice restaurant with your partner. Since it's one of the busiest times of the year, don't forget to call in advance to get your spot. You may even spot a celebrity or two eating at the table next to you.

9. Give Back to Your Community

Giving to a cause is a uniquely satisfying endeavor and can be done in a multitude of ways. For example, Tiger Woods, Peyton Manning and Former Met and Yankee Daryl Strawberry have been known to host charity golf tournaments. Local organizations in your area may host a benefit or be looking for volunteers to help them on New Years' Eve. If you have a cause dear to your heart, and they need help on this special night, this may be a good way to begin 2012.

10. Celebrate in New York City

There's nothing quite like New York City on New Year's Eve. Times Square can be an absolute zoo but it's definitely an experience to try it out once. If you're looking for something a bit more sophisticated, you can join the likes of Alec Baldwin and get tickets to see the New York Philharmonic at Avery Fisher Hall in Lincoln Center. The one thing about New York is that you don't need to plan your evening. The best moments in the city usually happen when you're being spontaneous.

How will you ring in the New Year? Share your ideas below.

How to Determine the Expiration Date of Your Relationship





By Allison

Pescosolido, M.A. and Andra Brosh, Ph.D.

When you think the milk in your fridge has gone bad, you look on the side of the carton for the expiration date. If the date of expiration has passed, you simply toss it in the garbage, and buy a new one.

Relationships can also have expiration dates, but unfortunately there is no stamp on your partner's forehead that tells you it's time to move on. As a result, many people stay too long in a sour relationship, which can be toxic and damaging for everyone involved.

Sometimes the last breath of a dying relationship happens early on, like with Kim Kardashian and Kris Humphries. In other situations it comes much later, like with Al and Tipper Gore. Deciding to stay in a relationship or get out is complicated. While there are no hard and fast rules about when it's time to leave, here are a few tips to help you finalize your decision:

Related: [When Is It Time To Break Up](#)

1. Have a bottom line: Be very clear about what you are willing to accept as part of your relationship. Ask yourself

if you are sacrificing your own integrity to save the relationship, and decide on what you are willing or are not willing to live with going forward. For example, once Sandra Bullock discovered that Jesse James was a serial cheater, she knew that the time had come to move on. She quickly separated and began a new life on her own with her adopted son.

2. Know thyself: Knowing if a relationship is healthy can be tricky, especially if you don't have any good role models to draw from. Many people know that their loves lives aren't happy, but can't really figure out why. Happiness comes from within, and knowing how and when you feel happy will help you decipher if it's you or the relationship that isn't up to par...or maybe both.

Related: [How Do You Know When It's Time To Call It Quits](#)

3. Trust your gut: If you know in your heart of hearts that the relationship has not felt right for a long time, trust your gut. It's easy to rationalize away the negative to avoid confronting what you don't want to face. Telling yourself lies so you don't have to leave will prevent you from making a rational decision. Look at the whole picture, not just the one you want to paint for yourself.

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