

# Fitness Tips: How to Workout After Having a Baby



By [Bonnie Griffin](#)

Working out after childbirth might seem like a daunting task. Your body is out of whack after pregnancy due to hormones that can linger up to six to eight weeks postpartum. Exercising will only make you stronger and will help you recover faster after giving birth to your new little one. According to *Prevention.com*, [Eva Longoria](#) has been following a strict [celebrity workout](#) and a healthy eating plan since giving birth to her [celebrity baby](#) boy six months ago, and it shows! This celebrity mom looks amazing. You might be interested in these [fitness tips](#) for working out after having a baby if you want your pre-baby body back.

# In these fitness tips, find out how working out will benefit you after having a baby!

Exercise after having a baby is recommended because you'll heal faster and build your strength while toning your muscles. Not only will it physically help you heal, but you'll be in a better mood and have more energy when exercising. Physical activity relieves stress and helps you to lose weight, which leads to you becoming a fitter and happier version of yourself. Cupid has some [fitness advice](#) to help you decide on a workout routine after having a baby:

**1. Abdominal exercises:** When you are a new mom, you'll want to start out with low-risk exercises such as abdominal bracing. For this exercise, pull in your lower tummy towards your spine and brace for a few seconds. These can be done three to four times a day in reps of eight to twelve. Stop working out if you experience any pain. Physical activity is beneficial, but not if you push your body too hard too soon.

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**2. Pelvic floor exercises:** Another low-risk option for new moms are pelvic floor exercises. You can sit and lean slightly forward while keeping a straight back. Squeeze your pelvic muscles for a few seconds. Do these in reps of eight to twelve.

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**3. Walking:** Walking is another great way to exercise after having a baby. You can walk on a treadmill, or put your new son or daughter in the stroller. Take a nice walk around the neighborhood. Not only is it a good and safe exercise after childbirth, but it will get you out of the house for some

sunshine. It's also a fantastic mood booster!

**4. Swimming:** You'll want to avoid high impact workouts. Swimming is an ideal way to exercise post-childbirth. You can exercise without any of the impacts you'll experience with something like running. You'll have fun in the water, too!

**5. Rest after your workout:** When you're a new mom, rest seems like something impossible to come by with a newborn who isn't on your schedule. It is important to take a few moments after a workout to rest because it can help replenish your strength and leave you feeling rested and restored.

Working out safely after having a baby can improve your health and mood. Let us know some of your workout routines after having a baby in the comments below.

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## Celebrity Baby News: Eva Longoria Welcomes a Baby Boy with Jose Bastón





By [Haley Lerner](#)

In [celebrity baby news](#), Eva Longoria and her husband Jose Bastón welcomed a baby boy into the world on June 19. According to *Us.Hola.com*, the [celebrity couple](#) named their son Santiago Enrique Bastón. The proud parents told the publication “We are so grateful for this beautiful blessing.” Longoria first confirmed her pregnancy last December and debuted her baby bump in Miami Beach soon after. The *Desperate Housewives* actress has been looking forward to becoming a mother for a while, as she told *EOnline.com*, “I can’t wait to meet him. I just can’t wait to see what his personality is like, what he looks like, how much hair he’s going to have. There’s so much to look forward to, and it’s becoming more real every day.”

**In this celebrity baby news, Eva Longoria is now a mother! What are**



# some ways to prepare yourself for motherhood?

## Cupid's Advice:

Having a baby is exciting, but also nerve-wracking! Cupid has some tips to prepare yourself for motherhood:

**1. Ask for help:** Before having your child, don't be afraid to reach out to family and friends for help. Ask those who already have children what their experience was like and have them give you any advice you may need. Also, the people closest to you can help you with shopping, doctors' visits and more leading up to your due date to help make the whole process easier for you.

**Related Link:** [Celebrity Baby News: Eva Longoria is Pregnant with Her First Child!](#)

**2. Have "me" time:** It's important that before becoming a mom, you take advantage of your child-free life. Spend some quality time with yourself and go shopping, have a spa day and enjoy your favorite television shows. You need to practice some self-care before bringing a new life into the world.

**Related Link:** [Eva Longoria Talks Celebrity Wedding and Future Baby Plans](#)

**3. Connect with your partner:** While you and your partner will soon be parents, it's important you two connect with each other before things get very hectic. Make sure to spend some quality time with your beau before your baby is born!

**Have any more tips on how to prepare for motherhood? Comment below!**

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# Celebrity Baby News: Eva Longoria is Pregnant with Her First Child!



By [Jessica Gomez](#)

In [celebrity baby](#) news, [celebrity couple](#) Eva Longoria and Jose Bastón are expecting a baby boy, according to [EOnline.com](#). Longoria has raved about being a stepmother, and was in no rush to have children of her own. "If it happens, it happens, if it's meant to be it would be a blessing," she said last year. Turns out, it is meant to be!

# Eva Longoria's very own celebrity baby is coming into a full house! What are some ways to prepare step-children for a new baby?

## Cupid's Advice:

Parents are not the only ones that need to be prepared for a baby. Everyone in the household needs to be, including children. Cupid has some advice:

**1. Involve them:** Allow the children to bond with the baby. They can read a bedtime story, play music, or sing. Get them excited to be an older sibling! Or have them talk through your belly. This connects the children to the baby before he or she is even born.

**Related Link:** [Kirsten Dunst Is Expecting First Child With Jesse Plemons](#)

**2. Create rules before the baby comes:** Talk to the kids. Keep them in the loop! Let them know how things will be once the baby comes and what you expect from them. This is important so children won't be caught off guard by any changes.

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**3. Spend time with them:** You have more time now than you will once the baby is born, so take advantage. Spending quality time is always important, but it is especially essential when a transition period is approaching. You can plan family outings or one-on-one time. Blocks of uninterrupted time with your kiddos now is important because it will not come by as often once the baby arrives.

What are some ways you prepared children to a new baby?  
Comment below!

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# Celebrity Baby: Eva Longoria Is Not Pregnant Despite Rumors, Rep Says



By [Ashleigh Underwood](#)

The [latest celebrity news](#) surrounds actress Eva Longoria. While enjoying a romantic vacation in Athens, Greece, Longoria and husband José Bastón were strolling around enjoying the



view. While out, Longoria was spotted wearing a long flowing dress that sent her fans into chaos, according to [UsMagazine.com](http://UsMagazine.com). Although this is not her first [celebrity pregnancy](#) rumor, Longoria's representatives have continuously denied the rumors.

## The rumor mill was wrong with this celebrity baby theory! What are some ways to keep the pressure to have kids from affecting you?

### Cupid's Advice:

It can be hard dealing with outside influences, especially when it's a sensitive subject. Here are a few ways to deal with the pressure of having kids:

**1. Stay cool:** If you are receiving continuous pressure to have kids, but are sure you don't want any, it can be easy to get worked up. When you let the baby pressure get to you and take over your emotions, you are nothing, but miserable. Instead, take a breath and ignore the baby talk.

**Related Link:** [Celebrity News: 'Bachelorette' Alum Shawn Booth Open Up About Having Kids with Kaitlyn Bristowe](#)

**2. Have a sense of humor:** It can be easy to take baby pressure and rumors personally. Instead, just laugh it all off. When people are urging you to have kids, they are not intending to hurt your feelings. So, just carry on with a positive and humorous attitude.

**Related Link:** [Celebrity Baby News: 'Bachelorette' Rachel Lindsay Says Bryan's Mom 'Is Pressuring Us for Babies'](#)

**3. Go with it:** Even after telling people over and over again

that a baby is not in your near future, they still might not get the point. When this happens, it is easiest to just let them run with their imagination. This will take the pressure off of you to keep convincing them otherwise, and eventually they will figure out they are wrong.

**How do you avoid the pressure to have kids? Comment below!**

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## Celebrity Fitness: 5 Basic Yoga Poses by Celebrities



By [Marissa Donovan](#)

Many celebrities enjoy staying in shape and becoming relaxed

through yoga. Yoga is one of the many ways you can improve your flexibility and posture. For those who are beginners and need guidance, here are a few poses you can try.

## Check out how to stay on top of your [fitness](#) goals with these yoga poses that celebrities have tried!

**1. Karlie Kloss's Lotus Pose:** Taylor Swift's Bestie and supermodel Karlie Kloss shows off her peaceful pose at the beach. To perform this pose, sit down bend your right knee and left knee out so your legs can cross. Press your hands in front of you and raise them above your head to form a triangle. The benefits of this pose can help improve breathing and can help reduce stress. This is the easiest variation of the pose.



Photo:  
[karliekloss/Instagram](#)

**Related Link:** [Rachel Brathen Shares Love Advice in New Book 'Yoga Girl': "Each Moment is New and So Full of Potential!"](#)

**2. Gisele Bündchen's Downward-Facing Dog Pose:** When this supermodel isn't cheering on her husband Tom Brady or

modeling, she seems to enjoy practicing her yoga poses with her children. Gisele Bündchen proves to us that her and her child can do the Downward-Facing Dog. For this pose, you will need to place your hands wide on the ground and almost in front of your shoulders. Make sure that when you bend down that your knees are below your hips and not locked. To achieve good form to not let your head hang by keeping it placed between your upper arms. According to [Yogajournal.com](http://Yogajournal.com), this is great for those who enjoy rock climbing or want to improve their strength.



Photo: gisele/Instagram **Related Link:** [Gaiam Product Review: Learn Yoga and the Art of Self-Love with Rachel Brathen](#)

**3. Eva Longoria's Tree Pose:** This *Desperate Housewives* star is skilled at perfecting the tree pose! Like Eva Longoria, slowly put your weight on your left foot and bend your right knee. For support, gently grab your right ankle with your right hand. Make sure your right foot is placed on your inner left thigh by adjustment of the heel near your left groin muscle. Stretch your tailbone to the ground and press your hands together above your head forming a triangle. This pose will help you achieve excellent posture and balance.





Photo:  
evalongoria/Instagram

**Related Link:** [Actress and Producer Eva Longoria Decides Not To Have Kids](#)

**4. Miranda Kerr's Wheel Pose:** This Victoria Secret angel is extremely flexible! Miranda Kerr is a pro at yoga, but this can be a basic move for those who have the strength to bend backwards and have core balance. To start the wheel pose, lie on your back and set your feet on the ground by bending your knees. Next bend your elbows and open up the palms of your hands next to your head. Lift your body with by pressing your feet in the ground to help guide your tailbone lift your butt up. The muscles in your arms will help you hold this pose while taking deep breaths. Beginners should practice going into a back bend before lifting one leg from the pose. The wheel can stretch your chest and lungs, while also giving helping core areas like the abdomen become stronger.



Photo:  
mirandakerr/Instagram

**Related Link:** [Product Review: Check Out Gaiam's New Athletic Yoga Collection for Men – Just in Time for Valentine's Day!](#)

**5. Miley Cyrus's Tolasana Pose:** We can't stop being amazed by [Miley Cyrus's](#) skill level! This may not be the most basic pose to try, but some may find it to be easy. The first step to the tolasana pose is to put your bend your right knee and place your right hand in the small pocket of where your knee bends. Lean forward and slowly put your right foot at where your left hip curves forward. Make sure your inner groin and inner knee are aligned in a bend that you are comfortable with. Use your left hand to help cross your bent left leg over your bent right leg. Try your best to bring both knees closer together to prefect your form. Take a moment to focus on your breathing. After you feel comfortable, with a deep exhale push down on your hands to help lift off your knees and butt from the ground. Look straight ahead while pushing off and make sure your knees are next to your belly button. Hold the pose as long as you can and take slow breaths. To come down from the pose, slightly lean forward and undo your left foot from your right thigh and your right foot from your left. This pose can help make your abs stronger while also help you focus on your posture.

Which yoga pose will you try first? Let us know in the comments!

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# Eva Longoria Talks Celebrity Wedding and Future Baby Plans



By [Cortney Moore](#)

On Wednesday, June 1, newly married [celebrity couple](#) Eva Longoria and Jose Antonio Bastón were spotted at the L.A. Film Festival! This was their first red carpet appearance as Mr. and Mrs. The celebrity couple celebrated their star-studded [celebrity wedding](#) last week in Mexico. According to a report

from [UsMagazine.com](https://www.usmagazine.com), Longoria opened up about their current family and whether a [celebrity baby](#) could be in their future, “We have a family. Three kids [Bastón has Natalia, Mariana and Jose from a previous relationship], so we’re just continuing with our family we have now and waiting.” Fingers crossed that we get to see an adorable celebrity baby from this famous couple soon!

## **This celebrity wedding is over and done, but now baby plans may be next! What are some ways to decide when to have your first child?**

### **Cupid’s Advice:**

Marriage is an exciting relationship milestone, but when the nuptials are over, you might find yourself wanting to expand your family. Cupid is here to help you figure out when you should have your first child:

**1. Security:** A perfect time to have a child is when you are secure financially and emotionally. Children are huge responsibilities, especially when they’re infants. Making sure you can provide all that they need and deserve will help you get through this sometimes stressful stage.

**Related Link:** [Celebrity Couple Predictions: Drake, Eva Longoria and Lea Michele](#)

**2. Confidence:** The first pregnancy is the most shocking pregnancy. Your body will undergo many changes within those nine months. You have to be absolutely confident mentally and physically in your decision to have a baby. Your health will have to be top priority since it will also affect your baby’s overall health.



**Related Link:** [Celebrity Baby News: 'DWTs' Pros Maks Chmerkovskiy & Peta Murgatroyd Are Reportedly Expecting](#)

**3. Clarity:** Last but not least, your partner needs to be on the same page and also ready to have a baby. Some people just aren't fond of surprises, and as a couple there needs to be a discussion of when it would be best to have a baby. The only way you'll be a hundred percent sure of your decision is by talking to your spouse.

**How did you plan for your bundle of joy? Share your stories below!**

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## **Eva Longoria Discusses Victoria Beckham's Involvement In Her Celebrity Wedding**





By Nicole Caico

Eva Longoria and Jose Baston's [celebrity wedding](#) took place at a stunning location, Baston's estate in Acapulco, Mexico. But, what wedding is complete without a custom dress celebrity style? Eva Longoria revealed that [Victoria Beckham](#) was the mastermind behind her gorgeous gown. Not only was Beckham the dress designer on the big day, but she was also a witness for the marriage. According to [UsMagazine.com](#), Longoria wouldn't have wanted it any other way, saying, "She was the best, sweetest person to have there on this day, not only did she do my wedding dress but she's one of my best friends so for her to be there was so special."

**Even in celebrity weddings, friendships play a big part! What are some ways to incorporate your friends in your wedding**

# festivities?

## Cupid's Advice:

While we may not all be lucky enough to have a celebrity designer as a BFF, having friends add something to your wedding is a meaningful experience in a friendship. Aside from asking them to join your bridal party, there are many more ways to let your friends play a role in your wedding. They play a huge role in your life, so it's important to incorporate them in your special day:

**1. Part of the planning:** Try to loosen your grip on the wedding planning reins and allow your friends to contribute ideas. If they know you're normally a control freak, they'll be touched by your consideration and incorporation of their ideas. Your friends have your best interests at heart and may even be able to talk you out of some bad ideas, from your dress to your decorations. Friends who have already gotten married may have some extra valuable advice.

**Related Link:** [Celebrity News: Russell Wilson Says Fiancee Ciara is Way Out of His League](#)

**2. Bigger than the bridal party:** If you keep your bridal party small, but still have friends attending the wedding who are not part of the bridal party, be sure to get a professional picture taken with them, too. Not everyone has to be a bridesmaid, and not everyone wants to be a bridesmaid, so make sure to take the time out to get a great group photo with all of your closest friends. Sending them copies of the photo after the wedding will be a nice touch.

**Related Link:** [Kim Kardashian & Kanye West Celebrate 2 Year Celebrity Wedding Anniversary in Italy](#)

**3. Speech, speech, speech!:** The only person making the rules for who can and cannot make a speech at your wedding is you.

Give your friends the opportunity to say a few words about you and your years as friends. Let them get creative with a group speech or give the honors to one specific person. Giving the spotlight to a few of your closest friends on your special day will show them how important they are to you, and it will be a memorable moment in your life.

**How would you incorporate your friends into your wedding?  
Comment below!**

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## **Eva Longoria Marries Jose Baston in Romantic Celebrity Wedding in Mexico**







By Nicole Caico

[Celebrity couple](#) Eva Longoria and Jose “Pepe” Baston first made their [celebrity relationship](#) public in November 2013, and just this past weekend, the longtime love birds celebrated their [celebrity wedding](#) in Acapulco, Mexico on May 21 in front of friends and family. According to [UsMagazine.com](#), Longoria wore a custom-made gown from [Victoria Beckham](#), who was in attendance at the celebrity wedding on Saturday with her husband, David Beckham. The ceremony took place outside at Baston’s luxury estate, a setting almost as exotic as the couple’s picture-perfect engagement in Dubai this past December.

**Mark another celebrity wedding down in the record books! What are some reasons to have your wedding in an exotic location?**

**Cupid’s Advice:**

Celebrity weddings are on another level, but just because celeb couples spend at least double or triple the usual couples' budget doesn't mean they can't serve as fantastic inspo.

**1. Stand out:** Taking a hint from the rich and famous, and having your wedding in an exotic location is a surefire way to set your wedding apart from the rest. Mexico, Hawaii, or anywhere in the Caribbean are good options.

**Related Link:** [Celebrity Wedding: Get Details on Blac Chyna's Engagement Ring from Rob Kardashian](#)

**2. R&R for everyone:** While an exotic wedding will absolutely be memorable of you and your betrothed, it is also a welcomed change of pace for guests. Attending wedding after wedding, they all seem to blend together. A destination wedding can be the vacation your friends and family have been waiting for an excuse to go on.

**Related Link:** [Celebrity News: Russell Wilson Says Fiancee Ciara is Way Out of His League](#)

**3. The pictures!:** A scenic and exotic location is the best backdrop to your special day. You'll have the photos forever, and everyone you know will be super jealous!

**What's your dream wedding destination? Comment below!**

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# Eva Longoria & Fiance Jose Baston Set to Tie the Knot in

# Acapulco This Weekend



By [Stephanie Sacco](#)

Looks like another [celebrity wedding](#) is in the works. In [celebrity news](#), Eva Longoria and Jose Baston announced their engagement in December. According to [UsMagazine.com](#), Longoria wants a “big fat Mexican wedding”. She claims the [celebrity couple](#) has been calling each other ‘husband’ and ‘wife’ for a while now. She says, “We feel married.” The [celebrity gossip](#) is that this will be Longoria’s third marriage. Hopefully third time’s the charm for this celebrity couple.

## This celebrity wedding news has us

# excited! What are some ways to decide the location in which you'll tie the knot?

## Cupid's Advice:

Wedding bells require some major planning and lots of decisions. The location should be one of the first things to consider. Cupid is here to help:

**1. Guest list:** Depending on how many people you are planning on inviting to your wedding, you have to pick a venue big enough. If you want a small intimate wedding, choose accordingly. Whatever you so desire should be laid on the table before deciding on a location.

**Related Link:** [Celebrity Wedding: Jodie Sweetin Is Engaged to BF Justin Hodak](#)

**2. Budget:** If you have a bigger bank account and want to take the guests on the road, have a destination wedding. Or maybe you want to spend your special day at the church you grew up in. Decide what's best for you and your partner and come to a conclusion that works for the both of you.

**Related Link:** [Celebrity Wedding: Gwen Stefani Catches Bouquet at the Wedding of Blake Shelton's Hair Stylist](#)

**3. Style:** The theme you dream up is an important aspect of your wedding. If you want a beach wedding or a church wedding, the location changes. There's so many to choose from and without knowing what your vision is you can't choose a location so make sure to discuss this with your partner sooner rather than later.

**How would you decide on a wedding location? Comment below!**



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# Celebrity Couple Predictions: Drake, Eva Longoria and Lea Michele



By [Shoshi](#)

In the latest [celebrity news](#), three famous couples have caught the public's attention, whether it be Drake and Rihanna's rumored celebrity relationship, Eva Longoria's third celebrity wedding, or Lea Michele's next shot at love. Who's stepping out in Hollywood this time around hand in hand? Join me as I look into the crystal ball of relationships and love. Below, I share my predictions for these [celebrity couples](#).

# Celebrity Couple Predictions: Celebrity Relationships That May or May Not Last

**Drake and Rihanna:** It seems like nobody believes that Drake and Rihanna are just friends. Who doesn't twerk their booty on a friend any chance they get? It's time to let this rumor go! They aren't a secret couple, contrary to the anonymous sources that keep popping up in the press. Recently Drake was asked point blank if he was dating RiRi and his answer was that they are just friends. That is not to say that they do not practice being friends with benefits from time to time. Why shouldn't they? They are both attractive adults, so why not help each other maintain pleasure when necessary? It would be nice to see these two in a relationship with each other, or with whoever makes their heart skip a beat. It looks like Drake and Rihanna aren't making time for romance, though. They are both working, traveling, and involved in their careers. However, look for Rihanna to be in the relationship by the end of the summer.

**Related Link:** [New Celebrity Couple? Rihanna & Drake Spotted Getting Cozy at Concert Afterparty](#)

**Eva Longoria and Jose Baston:** Looks like the third time's the charm for Eva Longoria. She walked down the aisle with Jose Baston, President of Televisa, Latin America's largest media company. This is Longoria's third marriage and it looks like her last. The celebrity couple was married in Mexico in front of A-list guests. It would seem Longoria has hit the jackpot with Baston. He sees her as his equal and loves that she is a strong and passionate woman. After two failed marriages, Longoria knew exactly what she was looking for in a partner. She has definitely found the right one this time around. Before the wedding, they had already been calling each other

husband and wife. I see a new dog in their future and a discussion about children. Right now a baby is a possibility, but if Longoria is not pregnant by next year, more than likely the couple will not have children together. Either way, they will continue to be just as happy as ever.

**Related Link:** [Eva Longoria Marries Jose Baston in Romantic Celebrity Wedding in Mexico](#)

**Lea Michele and Robert Buckley:** Lea Michele has not been so lucky in love. That is not to say that she isn't trying. She dated that so-called model/actor and ex-gigolo Matthew Paetz, who allegedly broke her heart. Then there was her boyfriend and *Glee* co-star, Cory Monteith, who died of a drug overdose. Most women would have locked up their heart and thrown away the key. Despite these negative experiences, Michele is currently dating actor Robert Buckley, and says that she is very happy. That's definitely good news. It's nice to see her find love again. Where is it all going? That remains to be seen. Michele wants to be married with kids but not necessarily right now. It looks like it's on her mind. Buckley may not be the guy she walks down the aisle with, but he is getting her ready for when the time is right.

**Related Link:** [New Celebrity Couple: Lea Michele Is Dating 'One Tree Hill' Star Robert Buckley](#)

*For more information on Shoshi click [here](#).*

**What celebrity couples do you want to see predictions for next? Tell us in the comments below!**

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# Top 5 Celebrity Couples With Tattoo Regret



[By Katie Gray](#)

Ah! There's nothing like famous [celebrity couples](#) who are romantics at heart. Many celebrity couples in Hollywood have shown their love and affection for their significant other by getting a tattoo in their honor. Nothing says "I love you" like putting it in ink, right? That means it's forever! Well, it turns out that sometimes ink isn't forever, even in Hollywood. Rihanna has stars on her back and behind her ear, songstress Mariah Carey has a butterfly, and Britney Spears has one on her hip. Everyone from actors Charlie Sheen and Denise Richards, to supermodel Heidi Klum, to boy band icon Nick Carter and heiress Paris Hilton, to Kelly Cuoco from *The Big Bang Theory* has put their love in ink. But the saying



goes, “All good things must come to an end.” This is true for some of our favorite celebs who have regretted and then removed their tattoo. We can all learn from this celebrity [dating advice](#). Maybe it’s best to wait a very long time before putting our love in ink ... or maybe it’s best to avoid it altogether.

## Cupid has the top 5 celebrity couples with tattoo regrets:

1. **[Justin Bieber](#)**: “What do you mean?” Pop icon Justin Bieber broke out with his romantic pop songs about love such as “Baby” and “U Smile I Smile” and took the world by storm. It was a match made in pop music heaven when he dated sexy songstress Selena Gomez, who has been blowing everyone away recently with hits like “Good For You,” “Can’t Keep My Hands To Myself” and “Come And Get It.” Bieber had a tattoo of Gomez on his wrist; it was a perfect resemblance. He told *Vogue*, “This is my ex-girlfriend,” he said. “I kind of tried to cover her face up with some shading, but people still know.” On the bright side, this pair keeps it cordial and are clearly still happy for one another’s success.

2. **Eva Longoria**: Eva Longoria is known to be in love with love! This talented actress had her breakout role on *Desperate Housewives* but she is far from desperate. They say the third time is a charm, which is probably why she had three tattoos dedicated to her ex-husband. After her marriage to NBA star Tony Parker went sour, she started the process of having the tattoos removed.

**Related Link:** [13 Most Shocking Celebrity Couple Affairs](#)

3. **Britney Spears**: Hit her baby, one more time! The princess of pop, Britney Spears, was married to Kevin Federline. The couple had matching dice tattoos for one another. Britney’s



was pink and Kevin's was blue. But since their relationship ended up [celebrity divorce](#), they also had their tattoos removed. Love is a gamble!

**4. Johnny Depp:** Hey brother, pour the wine! Back in the day, hottie Johnny Depp was with Winona Ryder, and he had "Winona Forever" on his arm to pay homage to her. After the celebrity relationship fell through between these talented actors, he had it appropriately changed to "Wino Forever."

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**5. Angelina Jolie:** This icon was with Billy Bob Thornton back in the day and they had their names tattooed on their bodies. Angelina had Thornton's name on her arm, whereas; he had her name on his bicep. After a few years of marriage, they got divorced. Subsequently, she had her tattoo removed and covered it up afterward with her children's birthplaces. He also covered up his tattoo with an angel and the word "peace."

**What celebrity tattoos do you admire? Share your stories below.**

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## 13 Most Shocking Celebrity Couple Affairs





[By Katie Gray](#)

In Hollywood, it's not always glitz and glam. We feel a bond with the actors and singers that we admire. In fact, it's almost as if we directly know them. Therefore, when there is a break-up or [celebrity divorce](#), we take it to heart. The [famous celebrity couples](#) we love will hopefully last forever. However; sometimes things have to fall apart so better things can fall together in the future. This is the case with some of the most shocking [celebrity couple](#) affairs.

## **Cupid has the 13 most shocking celebrity couple affairs:**

**1. Tiger Woods and Elin Nordegren:** Arguably the world's most famous golfer, Tiger Woods is known for his scandalous affairs in addition to being a professional golfer on the green. Woods' voicemails on multiple women's answering machines were leaked, exposing his many indiscretions. He admitted to having cheated on his model wife, Elin Nordegren. The Ludacris song "Sexting" is based off of this scandal. The couple

subsequently split, and she received \$100 million dollars from him in the divorce.

**2. Peter Cook and Christie Brinkley:** Famous American model and actress, Christie Brinkley, has been the All American Girl for decades. Remember her role in the movie *Vacation* as the red corvette girl? At 62 years old right now, she's still killin' it! She was married to Billy Joel and was even in his iconic "Uptown Girl" music video, and they have a daughter together – Alexa Joel. Afterward, she was married to architect Peter Cook until he cheated on her with an 18 year old, Diana Bianchi. This ended in celebrity divorce after 12 years.

**Related Link:** [Relationship Advice: 10 Actresses To Look To For Guidance](#)

**3. Kristen Stewart and Robert Pattinson:** This cheating scandal rocked the world and broke *Twilight* fans' hearts. Kristen Stewart and Robert Pattinson shared a romance on camera and off, during the famous *Twilight* series. However, while she was filming a movie on her own, photos of her and the director Rupert Sanders looking cozy were leaked, and she admitted the truth. He was married and 44 at the time, and she was 22. Stewart and Pattinson later got back together, but then went their separate ways again. At least we can still watch them together in the vampire love story on screen!

**4. Maria Shriver and Arnold Schwarzenegger:** Everybody loved Maria Shriver and Arnold Schwarzenegger! They were American royalty because Maria Shriver is a Kennedy. It turned out that Schwarzenegger had an affair with their maid, and even a love child that was kept secret. The couple separated after 25 years of marriage and later divorced.

**5. Ethan Hawke and Uma Thurman:** Uma Thurman is known for her empowering female roles, like in *Kill Bill*. She was married to actor Ethan Hawke, when he had an affair with Ryan Shawhughes and later married her. The couple have two children together.

**Related:** [Relationship Advice: 10 Emotional Stages of Being in a New Relationship](#)

**6. Jennifer Aniston and Brad Pitt:** Hollywood's golden couple used to be Jennifer Aniston and Brad Pitt. During the filming of *Mr. & Mrs. Smith*, which starred Pitt and Angelina Jolie, there was a lot of speculation that an affair happened between the two. It remains unknown, however; Pitt and Jolie began dating afterward the making of the movie and then married and have many children together. Aniston told *The Hollywood Reporter* last year, "Nobody did anything wrong.... It was just like, sometimes things happen."

**7. Eva Longoria and Tony Parker:** Eva Longoria hit it big time when she landed her role as Gabrielle Solis on *Desperate Housewives*, but she is far from being desperate. She's beautiful, inside and out. She was married to NBA star Tony Parker, when she discovered text messages on his phone from another woman. It turned out to be a teammate's wife, and the situation ended in a celebrity divorce. But, as the face of L'Oreal, we know she's still worth it!

**8. Sandra Bullock and Jesse James:** Sandra Bullock is one of the best actresses in the industry. She is talented and plays diverse roles, such as starring in *The Proposal*, *The Blind Side*, *Gravity*, *Miss Congeniality*, *Hope Floats*, and many more. She was married to Jesse James, when multiple allegations from women came out saying they had been with him. Bullock filed for divorce. She was too good for him anyway! Her talent, beauty and kindness will continue to get her far in life.

**9. Sienna Miller and Jude Law:** You can't have a list of shocking affairs, without listing Jude Law. It was plastered all over the tabloids that the actor cheated on model/actress Sienna Miller with his children's nanny, Daisy Wright. He issued a public apology to her, and they went their separate ways.

**10. Tori Spelling and Dean McDermott:** Author and actress, Tori Spelling, is the daughter of Hollywood legend Aaron Spelling who brought us countless shows such as *Charmed*, *Beverly Hills 90210*, *Charlie's Angels*, *Dynasty* and *Love Boat*. She's married to Dean McDermott and they have children together. He had an affair, and Spelling documented it on a Lifetime show titled *True Tori*. They worked through their issues and are to this day married.

**11. Reese Witherspoon and Ryan Phillippe:** Oscar winner and America's sweetheart Reese Witherspoon was married to her *Cruel Intentions* co-star, Ryan Phillippe. Rumor has it that Phillippe cheated with Abbie Cornish, but there is no way to know if those rumors are true. Phillippe and Witherspoon did divorce, although they are raising their children together. Witherspoon continued to stay strong and *Walk The Line* and is happily remarried.

**12. Jason Aldean and Jessica Ussery:** Country superstar, Jason Aldean, is currently married to *American Idol* contestant Brittany Kerr. It is known that he was married to Jessica Ussery when they began seeing one another, and he admitted it was inappropriate. He divorced his high school sweetheart, and last spring Aldean and Kerr were married.

**13. Ben Affleck and Jennifer Garner:** The most recent incident to break our hearts is the separation of Ben Affleck and Jennifer Garner. There are allegations that he cheated with the nanny. Garner stated she didn't hear about that until after they were separated. They are remaining friends for the sake of their three children.

**What are the most shocking celebrity couple affairs in your opinion? Share your stories below.**

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# Actress and Producer Eva Longoria Decides Not To Have Kids



By Sanetra Richards

From the looks of it, Eva Longoria decides not to have kids anytime soon. “It’s just not in my future,” said the 39-year old to [People](#) at the Brita Burbank YMCA special event on Wednesday, which acknowledged the company’s donation of water filtration pitchers and dispensers to nationwide YMCA locations. The *Devious Maids* producer went on to talk about her interest for the cause: “With kids, I love their energy and spirit and innocence,” she said. “It’s really important for us to be here today to talk to them about water because that stays with them. Water’s the original energy drink. Water

is really good for you. Water can be fun.” The former *Desperate Housewives* actress also revealed her methods to staying lean and fit. “I run a lot. I’m a big runner. And I do yoga,” she said. “So, I just alternate. Run, yoga, run, yoga. I do weight training as well.”

## **How do you decide if it’s the right decision to have kids?**

### **Cupid’s Advice:**

You and your partner have been contemplating whether or not to start a family. One minute you all want to, and the next you are rethinking the entire thing. Indeed, a lot does come along with having children – it is a lifetime commitment. How exactly do you decide if it is a bright idea? Well, Cupid has some advice to see if parenthood is right for you:

**1. Compatibility:** The most important step when deciding to have kids with your partner is figuring out if you are truly compatible. As stated before, parenthood is a commitment for life – you will be forever connected to your partner. You want to be as “friendly” as possible, just in case things turn sour later down the road, your bond with him/her will still remain and co-parenting will not be a big issue.

**Related:** [Michelle Duggar Admits That Lots of Kids Aren’t for Everyone](#)

**2. Same morals:** Raising a child(ren) is certainly not a piece of cake. Before having a baby, you and your significant other should thoroughly discuss what kind of parenting skills you are aiming for. Also, talk about the environment/household you wish to expose your child to. This especially matters when it comes to teaching the child values as they grow, as well as obedience.

**Related:** [Heidi Klum Protects Her Kids From Public Split](#)

**3. Finances:** You have probably heard before that over the

course of 18 years, a child costs the parents nearly a million dollars. Whether you believe this or not, pretend that is true. You want to be as financially ready as possible before starting a family. Why so? There may come a time when things get a little difficult money-wise – you always want to have that cushion, so your child can be provided for, as well as the additional household.

**What are some other ways to decide whether to have kids or not? Share your thoughts below.**

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## **Eva Longoria Is ‘Very Happy’ With Boyfriend Jose Antonio Baston**





By Louisa Gonzales

Eva Longoria's boyfriend is so stylish it makes her want to up her game. According to [UsMagazine.com](http://UsMagazine.com), *The Desperate Housewives* alum, said on *The Ellen DeGeneres Show*, her boyfriend Jose "Pepe" Antonio Baston, is such a "good dresser" that she always has to "step it up" when it comes to fashion, on Monday, April 14. During the show she revealed little more about her relationship with him, as she is very private, but did say she is "very happy" and "lucky" to have him. The couple got together last fall, shortly after Longoria split from *Ready for Love* contestant Ernesto Arguello, and have spent a lot of time together ever since.

**What are some ways to put past relationships in the past?**

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

It can be hard to move on sometimes, especially when you feel like you're not ready to let a person go. However, sometimes you have to let the person in your past relationship or even the relationship itself go, in order to let your heart be open



to something or someone new. Cupid has some advice on some ways to put past relationships in the past:

**1. Focus on the new:** Whether you are in a brand new relationship or single and ready to mingle, try to stay focused on what you currently want in your life. Live in the moment, don't let the ghost of relationship pasts, prevent you from forming new relationships. If you keep yourself busy, let yourself grow and move on eventually you will stop letting past failed relationships haunt you, and start living life in the present.

**Related:** [Eva Longoria Goes Public with New Boyfriend Jose Antonio Baston](#)

**2. Grow from past relationships:** It's okay to acknowledge and learn from things in your past, especially when it comes to past relationships. It can be good to reflect on some of your past relationships and realize why they didn't work or what you liked or didn't like. Doing this reflecting can help you move on, grow and let you know what you actually want in relationship or what to look for.

**Related:** [Eva Longoria Says She's Not Angry About Ex Tony Parker's Affair](#)

**3. Find closure:** Finding closure from past relationships is essential to be able to finally put the past in the past. How each of us get our closure depends on who we are or how our relationship ended, so just do whatever works for you. Whether that is some kind of ritual or routine, talking it through with people close to you, going out, or even writing it all out, it doesn't matter what you do what is important is what helps marks the end of your past relationship.

**How would you put past relationships in the past? Share in the comments below.**



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# 5 Celebrity Women Who Only Date Athletes



By [Whitney Johnson](#)

In today's tabloids, it's never a surprise to see yet another Hollywood beauty on the arm of a hunky athlete. From country crooners to television actresses to reality starlets, these five celebrity women have ditched their singer and actor exes to date – and in some cases, marry! – athletes instead:

**1. Jessica Simpson:** After her divorce from boy bander Nick Lachey, this lovable pop princess dove right back into the

dating game, shifting her focus from singers (a rocky relationship with John Mayer aside) to football players. She dated Dallas Cowboys quarterback Tony Romo for two years before settling down with former NFL wide receiver Eric Johnson. The happy couple, who are parents to daughter Maxwell Drew and son Ace Knute, are set to walk down the aisle this spring.

**Related Link:** [Celebrity Couple Predictions: Jessica Simpson and Eric Johnson](#)

**2. Carrie Underwood:** This blonde beauty has a similar penchant for professional athletes. Before Romo hooked up with Simpson, he was linked to Underwood for a brief six months. After he did her wrong (and no, Cowboy Casanova is not about him), the *American Idol* winner met handsome hockey player Mike Fisher. The couple married in 2010 and have made their home in Music City, where Underwood is often spotted cheering her husband on as he plays with the Nashville Predators.

**3. Hayden Panettiere:** Panettiere is yet another tow-headed singer who gravitates towards sporty boys. The *Nashville* star first dated Ukrainian boxer Wladimir Klitschko in 2010. She was then seen out and about with former New York Jets wide receiver Scotty McKnight before reuniting with Klitschko. After months of speculation, the petite actress confirmed their engagement on *Live With Kelly and Michael* in October 2013.

**4. Khloe Kardashian:** It looks like Kim – who dated not one but *three* athletes before starting a family with rapper Kanye West – isn't the only Kardashian sister who likes muscular men. Her younger sister got hitched to Los Angeles Lakers forward Lamar Odom after only one month of dating. This past fall, she announced her divorce from him after four years of marriage and has since been linked to Los Angeles Dodgers star Matt Kemp.

**Related Link:** [Khloe Kardashian Files for Divorce from Lamar Odom](#)

**5. Eva Longoria:** The *Desperate Housewives* actress married San Antonio Spurs point guard Tony Parker in a fairy tale ceremony in 2007. Unfortunately, after three years of marriage and reports of his infidelity, the couple ended their union. A few years later, she dated New York Jets quarterback Mark Sanchez for a couple of months.

**Cupid wants to know: Why do you think celebrity women so often fall for pro-athletes?**

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## Eva Longoria Goes Public with New Boyfriend Jose Antonio Baston





By Kerri Sheehan

Love is in the air for Eva Longoria and Jose Antonio Baston! On Friday night the former *Desperate Housewives* star and president of Televisa, the largest media company in Latin America walked the red carpet for the Museo Jumex Opening dinner at Casa De La Bola in Mexico City Mexico together. This is their first red carpet appearance together since they began their romance several weeks ago. A source dished to [People](#), "He's been sweeping her off her feet and courting her like a proper gentleman."

**How do you know when to reveal your partner to family and friends?**

**Cupid's Advice:**

How soon is too soon to tell your friends and family about the new lover in your life? Let Cupid help you decide.

**Related Link:** [What to Do When Your Mother Doesn't Like Your Partner](#)



**1. Once you're exclusive:** Bringing home a guy before you two are exclusive can be uncomfortable for all parties involved. Your family and friends won't really know what kind of boundaries you two have so things can get pretty weird pretty fast. It's best to keep your new guy private until you migrate out of that awkward gray area.

**2. Check with your partner:** Meeting friends and family is super nerve racking, so make sure your new beau is okay with taking that step. Some people may want to be together longer than others before making that move which is perfectly normal.

**Related Link:** [5 Conversations Every Couple Should Have Before Getting Married](#)

**3. Let it happen naturally:** Don't try to force anything with an overly planned dinner or an elaborate show. You'll likely be with your new partner a lot of the time so them meeting your friends and family will come organically with time.

**How did you reveal your new partner to your family and friends? Share below.**

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## Are Eva Longoria and Eduardo Cruz Back Together?





By Kerri Sheehan

The stars can't hide from Cupid! Eva Longoria and Eduardo Cruz were spotted in New York City having lunch at Serafina. The couple has been on and off since they called it quits in March. This lunch date shows that they may be back on. An onlooker dished to [People](#), "They cuddled subtly at first and eventually shared a more passionate kiss. They really looked like they were in love during the lunch."

**How do you know whether to get back together with an ex?**

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

Sometimes a long lost love can become your one and only. Let Cupid help you decide if you should get back together with your ex:

**1. You've grown:** The only way that a failed relationship can be renewed is if one or both parties have had significant growth since the end of the union. If something went wrong the first time then it will likely go wrong again if neither party has changed.

**2. You miss them:** If you find that both of you miss being together then that may be a sign to give it another go. However, you should proceed with caution because you can never love someone as much as you can miss him or her. Keep in mind that when you miss him or her you may be remembering the good times far more clearly than the bad times.

**3. Open connections:** The only way to renew a failed relationship is to sit down and talk about what didn't work during your first breakup. If you two can make it through this conversation with a big blow up then all will be well.

**Would you ever get back with your ex? Share below.**

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## **Celebrity News: 10 Hot Latin Celebrities**





By Jennifer Harrington

It's no secret that the influence of Latino celebrities is growing every day (Latino celebrities have 600 million followers on Facebook and Twitter!). And with a new South American pope in office, Cinco de Mayo quickly approaching, and frequent news coverage of the growing Latino population in the United States, we figured it was a good time to look at the hottest Latino/Latina celebrities. Here's Cupid's opinion of who is sizzling!

## **Jennifer Lopez**

Jennifer was born in New York City to Puerto Rican parents, and she's been a staple in the entertainment world for years – as a dancer, actress, entrepreneur, fashion designer, singer, and *American Idol* judge. When J-Lo joined *American Idol* as a judge, it was seen as an important move because the show is very popular with Hispanic audiences, and she brought a kinder, more positive attitude to the show. While she's moved on from the popular show, there's no question she will continue to remain a staple in pop culture.

**Related:** [Jennifer Lopez Still Believes in the Fairytale Marriage](#)

### Alex Rodriguez

Like Jennifer Lopez, Alex was born in New York City. He was raised in a Dominican family and currently plays baseball for his hometown team, the New York Yankees (although he grew up a Mets fan!). In addition to making plays on the baseball diamond, Alex has also been linked romantically to several major celebrities, including Kate Hudson, Cameron Diaz, and Madonna.

### Eva Longoria

Eva is a Mexican-American, and best known for her roles on *The Young and the Restless* and *Desperate Housewives*. Her role as the saucy Gabrielle Solis on *Desperate Housewives* may have ended when the series wrapped last year, but Eva remains in the spotlight. Most notably, she was actively involved in President Barack Obama's re-election campaign in 2012, and she even spoke at the Democratic National Convention!

### Mario Lopez

Mario is a close friend of Eva's, and like Eva, he is of Mexican descent. Mario is best known for his role as A.C. Slater on *Saved by the Bell*, and in recent years, he's remained in the limelight with an appearance on *Dancing with the Stars* and as host of the daily entertainment program, *Extra*. Recently, it was announced that Mario's family with dancer Courtney Mazza is expanding; the couple is expecting their second child in the fall.

### Sofia Vergara

Sofia is a Colombian-born actress, television hostess, and model – and if you watch television, it's hard to miss her. A star of ABC's hit TV show *Modern Family*, Sofia is also



featured in advertisements for Diet Pepsi and Cover Girl cosmetics. Sofia has also made a splash within the Latino community because many wonder if she takes the Latino stereotype too far with her portrayal of loud and boisterous Gloria on *Modern Family* and remarks she made in a 2012 interview with *Esquire* magazine about common Latino stereotypes.

### Enrique Iglesias

Enrique was born in Spain, and his father was a well-known singer and entertainer. Enrique established himself as a singer in the late 1990s with songs such as “Bailamos” and “Hero”. He has performed at the Super Bowl, and has been dating tennis star Anna Kournikova for the past decade. Enrique is extremely private about his relationship with Anna, and has even remarked that marriage is not a priority for the couple as long as they are happy and committed to each other.

### Penelope Cruz

Penelope was born in Spain, and is well-known worldwide for her work as an actress. She first burst on the scene with films such as *Blow* and *Vanilla Sky* (this movie also sparked her three-year romance with co-star Tom Cruise; the couple allegedly broke up because she refused to embrace his Scientology beliefs). She’s now married to Spanish actor Javier Bardem, and she is expecting the couple’s second child later this year.

### Antonio Banderas

Antonio is also Spanish. He was in several high-profile movies in the 1990s, including *Evita*, *Interview with the Vampire*, *Philadelphia*, and *The Mask of Zorro*. He is married to fellow celebrity Melanie Griffith. Today, Antonio does voice work for movies such as *Shrek* and focuses on parenting his daughter, Stella. He’s spoken out about the importance he places on fatherhood by saying that he takes Stella out on “daddy-

daughter” date nights once a week.

### Shakira

Shakira is a Colombian singer-songwriter. She crossed over into the English market in 2001 (a native Spanish speaker, she’s fluent in English and Portuguese, and can speak some Italian, French, and Catalan) with hits like “Whatever, Whenever” and “Hips Don’t Lie”. Shakira is featured on this season’s installment of *The Voice* and recently welcomed her first child (son Milan) with her boyfriend, a Spanish football player.

### Salma Hayek

Like Eva and Mario, Salma is Mexican-American. She’s known for her roles in films like *Desperado*, *Dogma*, and *Frida* and the television show *Ugly Betty*. She is married to French billionaire François-Henri Pinault, and the couple has a young daughter. Her charitable work over the years has increased, and she focuses her efforts on raising awareness of violence against women and discrimination against immigrants.

What do you think – who is your favorite Latin celebrity, and why? Share your comment below.

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## Cancelled: Why NBC’s “Ready For Love” Fueled America’s Hatred



By Marni Battista, Founder of Dating with Dignity

Let's face it: while Disney, RomCom's and The Bachelor have consistently fueled American women's desire to be swept off their feet by the dashing, handsome, successful, and sensitive man, they are, simply put, not stupid.

As a dignity dating and relationship expert who works with thousands and thousands of single women around the globe, I can tell you that women are, in fact, ready for love. However, just as NBC has promptly cancelled its newest reality dating show Friday, with the same title, women are taking a stand for their dignity and what they really want to experience when it comes to finding love.

**Related Link:** [Guiliana and Bill Rancic Talk About Marriage, Parenthood and Hosting NBC's New Dating Reality Show 'Ready for Love'](#)

My clients (who posted hundreds of comments in a private Facebook group on Wednesday morning, the day after *Ready for Love*'s second episode aired) became disheartened by the message the show was sending to single women just like them, reinforcing the beliefs they are desperately trying to shake.

Amy posts...

*...after watching last night, there was a part of me that feels as though the show reinforced some of my limiting beliefs that in order to find love you have to be America's version of perfect (two of the women were runners-up in the Miss Universe pageant).*

Luckily, Amy has the benefit of being in a community of women who have drawn a line in the sand and are beginning to understand how important it is to, in Amy's words, "really know and believe in oneself to combat subtle messages the media relentlessly broadcasts that impact my thoughts."

So, does NBC's cancellation of the show as result of dismal ratings mean that they are ready to finally admit that American women no longer want to watch flawless looking women with low self-esteem throw themselves at men they don't know?

And, while having the matchmakers on the show was brilliant in that it pointed out that pretty women actually do not necessarily have any sort of advantage when it comes to surviving in the dating jungle (FACT: when gorgeous blondes talk about farting on a first date or share that they have a list of 50 characteristics a man has to have in order to be her partner, looks become insignificant), it quite frankly isn't enough.

**Related Link:** [Matthew Hussey Helps Women "Get the Guy" as One of Three Coaches on NBC's 'Ready for Love'](#)

If television executives want to produce dating shows, perhaps they ought to create programming that real women want. They

want advice. They want direction. They want tips and strategies they can apply now, in real life. They want to know how to love themselves even when Disney, RomCom's and *The Bachelor* say that pretty girls always finish first and that love doesn't last. They want hope. And they want inspiration.

Perhaps, it's time for something akin to *The Biggest Loser* meets *The Bachelor*, except that there aren't three men himbos whining about wanting to find their "best friend," and the women have, in fact transformed, realizing that THEY have the power to choose their partner, and that getting "rejected" means it wasn't the right match, and that they are still valuable, loving and love-able humans with or without a man in their life.

I believe it is time for a new era in the television dating arena. Perhaps my mission to help women love themselves so that they can then find someone to love is actually taking hold.

Bravo to the viewers who said "no," and thank you to NBC for listening.

As the founder of **Dating with Dignity** and with more than 25 years of personal relationship and dating experience, Marni Battista dated, was married for 17 years and divorced, and then successfully dated again in the 21st century. She has undergone professional training in dating and relationship coaching as well as training in the Core Energy Coaching Process from the Institute of Professional Excellence in Coaching (IPEC). Marni also has extensive training as a Facilitator with the Hoffman Institute, one of the world's foremost organizations in personal development. More importantly, as a divorcee for more than five years, Marni truly understands what it feels like to be lonely and sick of wasting time on dates with men that go nowhere. A woman who is not your mother, best friend, or therapist, Marni is the professional relationship and dating expert who will stand



*behind you to provide love, compassion, support and honest guidance as you embark on one of the most important, fulfilling adventures in your life.*

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## **NBC's 'Ready for Love' Contestant Ben Patton Says, "When You've Fallen in Love, You Can't Deny That It Exists"**



By [Whitney Baker Johnson](#)

It's no secret that dating-based reality shows like [The Bachelor](#) and *The Bachelorette* are a huge hit among fans – even if they very rarely end with a match made in heaven (or on some Caribbean island, as is often the case). In twenty-four seasons of the ABC shows, only two couples, both from *The Bachelorette*, have made it to the altar: Trista Rehn and Ryan Sutter and Ashley Hebert and J.P. Rosenbaum. For those of us who can't give up the hope that someone *can* find their soul mate on television, NBC introduces [Ready for Love](#), a show that enlists three talented matchmakers to help three eligible men find the one thing missing in their lives: true love. Adding credibility to the show, which premieres tonight, are three big names: Eva Longoria is an executive producer, while Bill and Giuliana Rancic are the hosts.

One of those lucky bachelors is Ben Patton, a 30-year-old international financier from Dallas. Patton moved back to Texas from Dubai in 2011 because, even though business was great overseas, he was missing balance in his life. "I didn't have a personal life that was really growing, and I wanted to move back to the states so that I could establish my roots a little more," he shares. "Truth be told, I wanted to start dating again and hopefully meet someone special."

**Related Link:** [‘Ready for Love’ Host Giuliana Rancic Says, “Having a Strong Marriage is the Greatest Example You Can Set for Your Child”](#)

As for why *now* was the time to look for love, Patton says it was mostly social awareness. Attending wedding after wedding without a date – "I've attended more weddings as a single guy than anyone else I know!" – he realized that a part of his life was missing. "Everyone I know is getting married, and all of the sudden, it started moving up on my priority list. Everything was great, but I wanted to fill that gap – and really, that gap, at the end of the day, is the most important

thing.”

Of course, even fans of similar shows would be skeptical of actually finding love on television. And Patton was no different. As he explains, “I wasn’t home but eight months before I got a call from NBC. Eva got on the phone, and she’s pretty good at selling you on an idea. She convinced me that the format was completely different than other dating shows.”

Unlike *The Bachelor*, *Ready for Love* shows the process of picking the girls who will be the best fit for the three guys. Matchmakers Amber Kelleher-Andrews, Tracy McMillan and Matthew Hussey each select four compatible girls to introduce to each bachelor. “It’s not about finding a bunch of cute, little girls who are going to be dramatic for the cameras,” Patton says. “It’s about introducing you to the other guys first; then, when women apply for the show and the matchmakers see real compatibility, that’s when they decide who they want to put on the show.”

He adds, “If there’s any sort of competition, it’s among the matchmakers to prove that they know what it takes to find a match for us – not among the guys or the girls.”

During the first week, the guys talk to their twelve matches and get to know each of the ladies without ever meeting them face-to-face. Based on the chemistry that they feel, they eliminate three girls and then start the dating process with the nine remaining contestants.

**Related Link:** [Tracy McMillan Says ‘Ready for Love’ Will Change the Way America Dates](#)

Like many people, Patton had never worked with a matchmaker prior to the show. In fact, he never felt like he needed help from a professional when it came to his love life. He describes *Ready for Love* as a “learning experience” and says it definitely changed his mind. “I started to realize that it’s really okay to go to someone for help and admit that

you're obviously doing something wrong. At the end of the day, 90 percent of what matchmakers tell people is pretty much common sense, but it's easier to hear it from a professional than to hear it from your best friend, your girlfriend or your parents."

Even with professional help, Patton still had to believe that true love exists. It's easy to become jaded after a few failed relationships, but this bachelor didn't let a broken heart deter him. "When you've fallen in love – and I've been in love before – you can't deny that it's there, that it exists," he says with conviction. "When you are really, absolutely in love with someone, everything takes a sideline to that relationship. You just want to make sure that person is okay because she means so much to you."

So did Patton find that all-consuming, lasts-for-a-lifetime love? While he can't reveal too much about the show's ending, he does say that he's very happy. Of course, it's been a struggle to keep his relationship under wraps for so many months. "We're always having to see each other in secret," he shares. "It's like, 'Hey, I'll meet you in Arkansas for the weekend.' We're going to towns where people won't recognize us so that we can go out to dinner together."

Filming the show last summer, he's had a lot of time to reflect on his journey, and given the outcome, he encourages people to never give up. "It's really easy to get frustrated in relationships and just throw in the towel. For a long time, that's what I did," he explains. "But you should just hang on because there's somebody out there who probably feels the same way. You guys will run into each other one day and be like, 'Where the hell have you been my whole life?'"

In other words, always be *Ready for Love*.

Don't miss the two-hour series premiere of '[Ready for Love](#)' on Tuesday, April 9th at 9/8c NBC. For more information about



*Ben, follow him on Twitter @Ben\_Patton.*

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# Ready for Love: Three Extraordinary Men



By Sammi-T for TVGrapevine.com

36 WOMEN WILL COMPETE TO FIND TRUE LOVE ON THE NEW NBC RELATIONSHIP SERIES 'READY FOR LOVE,' PREMIERING APRIL 9 AT 9/8c.

NBC announced today that its new relationship show *Ready for Love* has revealed the 36 women who will have the opportunity to compete for true love. The women have a chance to find



romance with three successful and handsome men, hand-selected by executive producer Eva Longoria (*Desperate Housewives*). The series, from Longoria's UnbeliEVAble Entertainment, Renegade 83 and Universal Television, focuses on three extraordinary men – Ben Patton, an international financier from Dallas, Texas; Tim Lopez, a member of the popular music group Plain White T's from Austin, Texas; and Ernesto Arguello, an entrepreneur with a social vision from Miami, Florida – who are committed to finding their soul mate.

Giuliana and Bill Rancic will host the series, where preeminent matchmaker Amber Kelleher-Andrews, relationship author Tracy McMillan and professional dating coach Matthew Hussey will help the men find their perfect matches.

Listed below are the women vying for the men's affections.

#### **BEN'S MATCHES:**

ALLIE WAGNER (Age: 26) – Resides in Cincinnati, Ohio – Wagner can brighten up any room with her smile. She is the opposite of shy; she loves the spotlight; and she and her twin sister, Mandy, grew up in Kentucky competing in numerous beauty pageants. She currently works as an event coordinator. Wagner thinks her love of family makes her the perfect match for family-oriented Ben.

ANGELA ZATOPEK (Age: 24) – Resides in Houston, Texas – Zatopek is a sassy, savvy communications executive. Zatopek devotes a lot of her time to philanthropy and even helped build a school in Uganda. She values her faith and therefore has made the decision to save herself for marriage. Zatopek believes her Christian upbringing has shaped her attitudes towards love and marriage and believes it will make her a perfect match for Ben.

BETH RICHMAN (Age: 30) – Resides in Charlotte, North Carolina – Richman studied business management and human resources at

Ohio State and now works for a medical device company in Charlotte. She loves to travel and believes Ben is the perfect mate with whom to tackle new adventures.

JADE DHIR (Age: 24) – Resides in Austin, Texas – Dhir is an independent and outgoing woman who is dedicated to spending a lot of time with her family. She considers herself to be very driven and believes her over-achieving nature will make her a great match for career-oriented Ben.

KARI KRAKOWSKI (Age: 27) – Resides in Dallas, Texas – Krakowski thinks that Patton is the perfect man for her. They met when she first moved to Dallas and soon began dating. Due to their busy schedules, they ended it and decided it would be best to remain friends. She is now ready to take a leap of faith and fight for true love. Krakowski thinks her previous personal connection with Ben will reignite their flame.

KATIE COYLE (Age: 34) – Resides in Pella, Iowa – Coyle is a mother to two wonderful children. She lives by the philosophy that life is too short not to be happy. In 2011, she had a health scare in which she made a full recovery but decided to never again take life for granted. In her spare time, she enjoys running, Pilates, yoga and boxing. Coyle thinks her energetic lifestyle makes her the perfect match for Ben.

KRISTINA ZAPATA (Age: 26) – Resides in Los Angeles – Zapata is dedicated to her family and her education. She studied broadcast journalism at the Universidad Catolica de Colombia to work towards her dream of becoming a Spanish news broadcaster. Zapata is very dedicated to her career but also makes sure she has plenty of time to relax. She thinks her balance of career and free time are a perfect match for Ben's life plans.

LYNSEE GONZALES (Age: 26) – Resides in Portland, Oregon – Gonzales is a small-town girl that turned her dreams of becoming an international model into a reality. She has

traveled around the world to pursue her career, modeling for print publications and working the runway. She recently ended her relationship with her adulterous fiancé and is looking forward to a fresh start. Gonzales thinks it is time to focus on love and be the wife of Ben's dreams.

RACHEL BRIESE (Age: 26) – Resides in Schaumburg, Illinois – Briese is a fun-loving girl with a quirky personality. She is a self-proclaimed video-game junkie who is also obsessed with sci-fi movies and *Star Wars*. Briese loves being different and won't change her seemingly nerdy ways for anyone. She believes that if she stays true to herself, then a genuine, great guy like Ben will love her for who she is.

RENAE VIRATA (Age: 31) – Resides in Houston, Texas – Virata is a go-getter. After earning a Bachelor of Science degree from Vanderbilt, she worked as a marketing consultant. Virata then took a risk and chose to quit her high-paying job to begin her own Internet start-up company. Virata believes her enthusiastic lifestyle would be the perfect match because she emulates Ben's ambitious work ethic.

SENECA BERNIARD (Age: 34) – Resides in Los Angeles – Bernard is a woman that uses her intellect to be a positive contribution to the world. She studied law at Loyola Law School and obtained her Masters in Business Administration from Keller Graduate School of Management. She currently works as a public defender. Bernard believes her level of success will make her a great half to a power couple with Ben.

TARYNN FRANCO (Age: 26) – Resides in San Francisco – Franco has a love for traveling, learning about different cultures and trying new things. Her appetite for adventure and exploration has led her to a career in the private aviation industry. Franco appreciates a night on the town with her best friends, but currently longs for a man that gives her a good reason to stay home. She believes her desire for adventure will be a perfect match for Ben's love of travel.

## **TIM'S MATCHES:**

ALEXIS RODRIGUEZ (Age: 23) – Resides in Scottsdale, Arizona – Rodriguez is a recent college graduate. She currently enjoys her time working as a local radio personality in Arizona but can't wait to start her career. Rodriguez believes that her fun nature and closeness with her family is the perfect match for Tim, who shares similar family values.

CHRISTINA RIGAUD (Age: 25) – Resides in New Orleans, Louisiana – Rigaud is a classically trained pianist who graduated from the University of Arizona with a degree in English. The avid cook and gardener started a non-profit organization helping others learn how to raise fish and grow vegetables in a sustainable environment. She is looking for a man that is as passionate about life as she is. Rigaud believes she and Tim will bond through their shared music backgrounds.

DANIELLE DUFF (Age: 27) – Resides in Tucson, Arizona – Duff is a committed and loyal woman. After being married for nine-and-a-half years, Duff and her ex-husband realized they were not meant for each other and divorced. She believes that her overall readiness for love and experiencing the same loss as Tim makes their duo a perfect match.

HAILEY CLARK (Age: 31) – Resides in Indialantic, Florida – Clark is an elementary school art teacher by day and an expressionist painter by night. In fact, her paintings have been featured in several local art shows. Clark believes that her compassion for others and quirky sense of humor will be a perfect match for Tim's open personality.

JENNA REEVES (Age: 23) – Resides in Austin, Texas – Reeves is young but wise beyond her years. Unlike most of her peers, Reeves is ready to settle down and find her husband right away. She loves her life and prides herself on her determination in becoming the first in her family to finish college. Reeves believes her open-minded and free-spirited



personality reflects Tim's same attitude towards life.

LANA SEARS (Age: 26) – Resides in Kansas City, Missouri – Sears is the girl next-door that most guys want to take home to introduce to their parents. The self-described tomboy grew up in a small farm town, has never had a problem dating and usually finds herself in a serious relationship. Although fond of committed relationships, Sears is very independent and likes for her partner to be the same. She believes that her independent mindset would be a perfect match with Tim's rock-star lifestyle.

LEAH TROGAN (Age: 27) – Resides in Austin, Texas – Trogan is a close friend of Tim. She is a makeup artist, but her biggest accomplishment is raising her son, Ryder, as a single mother. Trogan has known Tim for seven years and is looking forward to finally sharing her true feelings for him. She thinks that friendship makes for the best relationships.

LISA CONLON (Age: 32) – Resides in Vernon, Connecticut – Conlon has her hands full with her music career and is studying to receive her doctorate in music. She insists that music keeps her balanced in a relationship. When her mother was diagnosed with cancer, Conlon transferred schools to act as her mother's caretaker. Conlon believes that her dedication to both music and her loved ones would make her a perfect match for Tim.

SARA LAVAGNINO (Age: 30) – Resides in Franklin, Tennessee – Lavagnino is characterized as a strong and determined woman. She and her identical twin sister are very close and have a singing group called the Lava Girls, but she also works as a licensed real estate agent. She has faced adversity with the loss of her fiancé to cancer but credits that experience to making her a good partner and continues to search for love. Lavagnino believes both she and Tim are ready to find love again after persevering through painful loss.

SARA MOORE (Age: 28) – Resides in Charlotte, North Carolina – Moore is a self-described “girly girl.” She is currently working on obtaining a Master’s degree in teaching. She is a laid-back Southern belle who loves to laugh, watch sports and believes Sundays should be devoted to God and football. Moore believes her Southern roots will wrangle in the Texas part of Tim’s personality.

SIHAM BENGOUA (Age: 25) – Resides in Philadelphia, Pennsylvania – Bengoua is a self-sufficient woman who created her own hair-care business to finance her studies at Temple University, where she studied marketing. A few years ago, she lost her sister, and although she describes it as the worst time of her life, she knows it made her stronger. Bengoua believes that her dedication to loved ones will make her the perfect wife for Tim.

TAONAYA FLEURY (Age: 31) – Resides in Miramar, Florida – Fleury wants to make a difference in this world and is looking to earn a Master’s degree in marriage and family counseling. In addition, Fleury and her cousin are looking to start a charity for sickle cell disease. Fleury believes that her deep-rooted understanding of commitment reflects Tim’s belief that love is eternal.

#### **ERNESTO’S MATCHES:**

ALBA REYES (Age: 30) – Resides in Houston, Texas – The perfect combination of beauty and brains, Reyes has it all. She graduated from law school, and currently works in health law while she postpones taking the bar. In addition, Reyes was crowned Miss Puerto Rico in 2004 and the second runner-up for Miss Universe. Reyes believes she is more ready than ever to find true love and felt a spark when she saw Ernesto’s video.

ELIZABETH CAPELA (Age: 30) – Resides in Dallas, Texas – Capela is dependable, honest, and an overall giving person. As a fifth-grade English teacher, Capela thrives on putting her

heart into her lessons and helping her pupils grow. Her role in helping educate the youth will mesh nicely with Ernesto's charitable role in helping the less fortunate.

ERICA LARSON (Age: 25) – Resides in Addison, Texas – Larson is a recent graduate of Texas State University with a degree in fashion merchandising and currently works in the fashion industry. She enjoys dancing, cheerleading, swimming, reading and traveling. After watching her parents happily married for 38 years, she believes in true love and is ready for someone who will love her unconditionally. Larson believes Ernesto's similar upbringing will make for a long-lasting relationship.

KATIE CROSBY (Age: 26) – Resides in Chicago, Illinois – Crosby has lived with a "live life to the fullest" attitude since the tragic passing of her brother. While she misses him dearly, her relationship with her family has remained strong. Crosby has spent the past few years focusing solely on work, but now wants to put her attention on love. Ernesto's giving nature left her inspired and she would love to partner in his philanthropic endeavors.

KRISTEN SIKORSKI (Age: 25) – Resides in Austin, Texas – Sikorski is a no-nonsense Texas woman who was raised on a ranch by her father and mother. Although she is an elementary school teacher, she majored in history and enjoys war movies and military facts. Sikorski was wowed when she saw Ernesto's video and knows she is ready to take on the full-time role as wife for a family man such as Ernesto.

LISA MARIE HALL (Age: 30) – Resides in Covina, California – Hall's friends describe her as funny, sweet and giving. While working as a children's theme park performer in America and Japan for the past 10 years, she prides herself on making others happy. In her free time she likes to stay active by dancing, skating and biking. Hall is looking for a man that can keep up with her on new adventures, and she believes Ernesto is that guy.

MANDY WAGNER (Age: 26) – Resides in Studio City, California – Wagner is the State Director of Pure American Girl Pageants that aims at making its participants humble and genuine, as well as competitive. Wagner's twin sister, Allie, is also a participant on the show and their parents are excited for them to find the right guy. Wagner believes her down-to-earth family and genuine nature makes her and Ernesto the perfect match.

OLIVIA MATTI (Age: 26) – Resides in Sterling Heights, Michigan – Matti is energetic, fearless, and fierce. She claims that her tough love attitude gives her a charm that other women lack. Matti needs someone that can match her energy and give her the passionate relationship that she desires. Matti, like Ernesto, has never been in love and believes they'll bond over waiting to share those special three words with the right person.

SHANDI FINNESSEY (Age: 33) – Resides in Los Angeles – Finnessey is a driven woman, who isn't afraid to break boundaries. In fact, she became the first woman from Missouri to win the Miss USA title in 2004. She's currently a TV host on an entertainment Web series and has modeled in numerous magazines. Finnessey values family and religion and she believes Ernesto's similar upbringing will make them the perfect match.

SONIA LETTIG (Age: 29) – Resides in Los Angeles – Lettig graduated magna cum laude from Villanova and then went to receive her Master's degree from Pepperdine University. She has a background in human resources and professional development. Sonia is currently a business development director for an online fundraising company that raises money for charity, which allows fulfilling her passion of organizing community service events and giving back. Lettig thinks her charitable nature makes her a great match for Ernesto since he's always giving back to his community.

SUMMER BURNS (Age: 31) – Resides in Austin, Texas – Already a loving mother to a three-year-old son, Burns is ready to complete her family portrait with a husband. As a single mother, she has developed the perfect combination of strength and compassion. She would like her son to have a father figure and, based on his video, she believes Ernesto is the right fit for her family.

VICTORIA MORA (Age: 24) – Resides in Chicago, Illinois – Mora has a free-spirit attitude, but is grounded and humbled by her tight-knit Mexican family. She wants to be with a man that is confident and willing to take on anything by her side. According to Mora, love is a two-way street and she will be the most loving and supportive partner as long as she receives the same respect. Mora believes Ernesto's confidence is the perfect match for her challenging nature.

***Ready for Love*** is produced by UnbeliEVAble Entertainment, Renegade 83, and Universal Television. Longoria (*Desperate Housewives*), Jason Ehrlich (*The Bachelor, The Bachelorette*), Greg Goldman (*Secret Millionaire, Don't Forget the Lyrics!*), David Garfinkle (*Blind Date, The 5th Wheel*) and Jay Renfroe (*Blind Date, The 5th Wheel*) serve as executive producers.

Longoria created UnbeliEVAble Entertainment, her own production company, which develops films, and television shows, that have been sold to NBC, ABC, CW, ABC Family, and VH1. Additionally, UnbeliEVAble Entertainment produces The NCLR Alma Awards on NBC.

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## Does Your Past Interfere with



# Your Present?



By Relationship & Sex Talk, Jane Greer, Ph.D., for GalTime.com

## **how past betrayals can hurt new relationships**

Did Eva Longoria's recent breakup with Mark Sanchez have anything to do with the memories of Tony Parker's infidelity?

There didn't seem to be any indication that they were having trouble, but sometimes there is nothing to see because it is what's going on below the surface that can cause the problem. For many, it's hard to start over, especially if you've been betrayed in a previous relationship. All of the anger, suspicion, and fear come through and can affect your current romantic situation.

You don't have to be a celebrity to ask the question: is your

past interfering with your present?

Sometimes all it takes is one betrayal in your love life to leave you so devastated and reeling that it becomes a challenge to trust future partners. If you have experienced deception, it is not unusual for your reaction to that to be unwittingly repeated with new people even if they have done nothing to deserve it.

Take my patient Hillary, for example. Her boyfriend had been cheated on by his previous girlfriend. He always wants to know where Hillary is, who she is talking to. She has no intention of hurting him or being with another guy, but his demands and constant questioning make her feel boxed in. The other day, when an old friend called, she didn't tell her boyfriend, not because she had anything to hide, but because she was afraid of how he would react. He found out later and blew up, saying she didn't tell him so how can he trust her? There was no actual problem, but he was creating one. His jealousy and accusations were perpetuating the very thing he was looking to avoid.

**Try your best to take your partner at face value.** If Hillary had been able to explain it was just an old college friend who had called, and her boyfriend had been able to listen and believe it, things would have been smoother.

**Look at the consistency between what someone says and what they do.** My patient wasn't making any moves to elude him, or attempt to be with someone else. If he hadn't been carrying over the fear from his last heartbreak, he would have been able to see that things were good between them.

**And most important, focus on the present, not the past or what scary thing might happen in the future.** That way, you can stay connected and work toward building your own, strong relationship.

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# Hollywood Stars Who Rebounded With a Hot and Heavy Romance



By Daniela Agurcia

The best revenge is happiness. You may feel like wallowing in your sorrows after a breakup with someone who you once thought was “the love of your life,” but the best thing to do is get back on your feet and start dating again. Feeling sorry for yourself won’t get you anywhere, and won’t help you move on to bigger and better things, which is what you should want. Regardless of the reasons of why you and your partner ended things, you should want to look better than ever and get back into the dating scene.

You rebound to find that hot and heavy romance you were lacking in your previous relationship, and that's just what these celebrities did:

**1. Kim Kardashian and Kanye West:** We all remember the infamous divorce between Kim Kardashian and NBA player, Kris Humphries that lasted a total of 72 days. We all thought that Kardashian, 31 would avoid dating for a while after all of the accusations over her divorce with Humphries, but just months later she was reported dating none other than Kanye West. The reality tv star bounced back quickly and looks happier than ever in her new relationship. Kardashian has been living the fabulous life with West from driving his luxurious Mercedes to taking a trip together to one of the most romantic cities in the world, Paris. Regardless of what people are saying, the couple is currently unstoppable and this must be driving Humphries absolutely crazy.

**Related Link:** [Can A Rebound Relationship Turn Into True Love?](#)

**2. Eva Longoria and Eduardo Cruz:** It was a tragic ending for Desperate Housewives star Eva Longoria's three-year marriage with Tony Parker when he was found cheating. Longoria was absolutely devastated when the trust was lost and she found herself filing for divorce in November, 2010. Just months later in February, 2011 the latin beauty began dating a man ten years younger than her, Penelope Cruz's brother, Eduardo Cruz. The on and off again couple keep laying on the PDA that has the unavoidable sparks flying between the two. Post-divorce has never looked so good, having now dated someone younger has the star looking younger and hotter than ever.

**3. Ashton Kutcher and Mila Kunis:** Even though Ashton Kutcher and Mila Kunis were always rumored to have a fling with one another after years of filming That 70's Show together, it's finally official. It was never the right timing between the two since Kutcher was married for the past six years to 49-year-old Demi Moore. But ever since last November, when Moore



and Kutcher split, rumors have been flying and Kunis was finally captured smooching Moore's ex at an LA party. We can't all help but wonder how it feels for Kutcher, 36, to go from dating a woman 13 years older than him to almost ten years younger than him. Even the new pair is trying to keep their distance in public as a respect for Moore, their chemistry is raging and you can see the love from miles away.

**Related Link:** [Rachel A. Sussman Helps Us Recover After A Breakup In 'The Breakup Bible'](#)

**4. Kate Winslet and Louis Dowler:** Kate Winslet made a complete 180 when she went from dating behind the scenes director, Sam Mendes to the hot model, Louis Dowler. Winslet has taken an immediate upgrade in the looks department, dating the Burberry model shortly after her separation to Mendes. Is the oscar-winning actress looking to settle down after her 7 year marriage to Mendes, or is she just looking to have fun with the popular British model...and others? There's no harm in getting back on your feet after a long marriage and sudden split and testing out the waters. Some hot and heavy romance with a model could be just what the doctor ordered for a sad case of the blues.

**What other Hollywood stars rebounded with a hot and heavy romance? Share your comments below.**

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## **Eva Longoria and Mark Sanchez Split**





By Jennifer Ross

It's back to the drawing board again. The relationship between Eva Longoria and Mark Sanchez has officially ended, a source told [People](#). The insider went on to say that Longoria, 37, and Sanchez, 25, ended their very brief relationship amicably and without any hang ups. "There is no drama." The former couple has been seen in public together since last July, although Longoria denied any relationship back then. Previously, the former *Desperate Housewives* star dated Eduardo Cruz, while New York Jets quarterback was seen with supermodel Kate Upton.

**What are some ways to remain civil with an ex shortly after a breakup?**

**Cupid's Advice:**

After a breakup, there will be instances where you will need

to remain in contact with your ex, such as you both work together or share custody of a child. Whatever the situation is, you will need to be respectful and courteous with him/her, regardless of whether you want to reconcile or not. To keep things even keel and successful, here are a few tips on how to approach situations with your ex:

**1. Be kind:** A great way to get along with you ex is to be kind in a respectful manner. If your ex doesn't agree with your mature attitude, don't stoop to his/her level. Continue in the same way, and eventually, he/she will come around to understand that you are serious about moving forward positively.

**2. Avoid intimate history:** The only way to leave your intimate relationship in the past is to not bring it up in the future. Therefore, don't dwell on why you two broke up or any of the bitter/sweet moments you had together. While the breakup is still fresh and new, focus only on the important topics and being amicable towards each other.

**3. Don't get others involved:** So as not to start any fights with your former partner, and show the respect they deserve, don't get outside parties involved by talking negatively about the breakup. It simply is too risky. There are many ways your words can get misconstrued and relayed back to your ex.

**Were you able to remain civil with your ex shortly after your relationship ended? How did you do it? Tell us below.**