

# Celebrity Couple News: Eva Mendes Reveals Ryan Gosling's Secret Talents in the Kitchen



By Ellie Rice

In the latest [celebrity news](#), Eva Mendes has revealed on Instagram that her hubby, Ryan Gosling, knows his way around the kitchen. According to *UsMagazine.com*, Mendes stated that her cooking skills are limited to rice and juicing, while Gosling is not only a great chef, but quite the baker as well. The ever so secretive pair rarely share information about their family life, so we love hearing this!

# In this celebrity couple news, it's all about appreciation. What are some ways to show your partner you appreciate them?

## Cupid's Advice:

Showing your significant other how much you appreciate them is crucial to a healthy and long lasting relationship. Cupid has some advice for how you can go about this:

**1. Words of affirmation:** Everyone celebrates love in different ways depending on which love language they feel most empowered by. If your significant other likes hearing how much they mean to you, then let them know!

**Related Link:** [Celebrity Parents: Eva Mendes & Ryan Gosling Are Running Into Trouble Teaching Their Daughters Spanish](#)

**2. Give a little:** Pick up something special you know your boyfriend or girlfriend has been wanting, or even better, an item *you* think they would love! They will feel cherished and valued.

**Related Link:** [Celebrity Baby News: Find Out How Falling in Love with Ryan Gosling Changed Eva Mendes' Mind About Motherhood](#)

**3. Surprise them:** Show your partner you care by proving how much you listen to what they say. Has there been something your significant other has been dying to experience? Surprise them with it! Build memories and show your appreciation all at once.

**What are some ways you show your significant other you appreciate them? Start a conversation in the comments below!**

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# Celebrity Parents: Eva Mendes & Ryan Gosling Are Running Into Trouble Teaching Their Daughters Spanish



By Bonnie Griffin

In the latest [celebrity baby news](#), celebrity parents Eva Mendes and [Ryan Gosling](#) are discovering that children learn the language they hear the most. According to *EOnline.com*, Mendes, who is Cuban, wants her children to learn Spanish, but the actress is finding that what the children are

actually learning is Spanglish. Mendez told *The Talk* that she speaks “Spanglish, and that’s what they’re picking up. So it’s adorable, but it’s technically not a language.” Even celebrity children say the darndest things.

## **Even celebrity parents have issues with various parenting efforts! What are three tips for teaching your child a foreign language?**

### **Cupid’s Advice:**

Teaching children a foreign language can be difficult, but if you start when they are young and remain consistent, you can teach them to be bilingual. Cupid has some advice:

**1. Start teaching them while they are young:** Young children have minds that absorb knowledge like a sponge. If you teach your child both languages from the beginning, they will learn quickly. When children are first learning to really speak, typically at ages 2 to 3, they can learn words quickly, even in two languages.

**Related Link:** [Parenting Advice: How to Manage Being a Working Parent](#)

**2. Teach them one word at a time:** While formal lessons are an option, they are not a necessity to teach your child a foreign language. Use pictures and objects to teach them one word at a time, teaching them that the object or picture can be called two different things – one in each language they are learning.

**Related Link:** [Celebrity Parents: Inside Kate Hudson’s Co-Parenting with Exes Matt Bellamy & Chris Robinson](#)

**3. Communicate with them in the second language:** Choose

specific times throughout the day where you communicate using the second language. Another option for this method is to have one parent communicate in English while the other communicates with their child in the foreign language they are learning. Consistency is key when your child is learning another language.

What are some methods you may have used to teach your child a foreign language? Share your thoughts below.

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## Celebrity Baby News: Find Out How Falling in Love with Ryan Gosling Changed Eva Mendes' Mind About Motherhood







By Megan McIntosh

Not everyone thinks that motherhood is for them, and sometimes it isn't. But, a lot of times it just takes the right partner. [Celebrity couple](#) Ryan Gosling and Eva Mendes are examples of this. According to *EOnline.com*, Mendes never really considered being a mom until she fell in love with [Ryan Gosling](#) saying, "Then it made sense for me to have...not kids, but his kids. It was very specific to him." She says that a partnership and motherhood has shifted her focus from ambition in the workplace to ambition in the home. Instead of working hard on a movie set, Mendes says working at home with her children is "challenging her in so many ways." It's definitely enough to keep her occupied.

**In celebrity baby news, Eva Mendes changed her mind about motherhood because of her partner, Ryan**

# Gosling. What are some signs your partner will be a good parent?

## Cupid's Advice:

It can be difficult to know if you or your partner are ready to have a child together. But there are always signs to look out for that indicate whether your partner will be a good parent:

**1. Patience:** If your partner is patient when it comes to relationship squabbles, it's a good indicator that they'll be a patient parent. Watch how they interact when it comes to tiny annoyances. Kids know how to push all your buttons.

**Related Link:** [Parenting Advice: 5 Steps to More Effective Parenting](#)

**2. Flexibility:** Is your partner willing to accept other people's suggestions? If your partner is willing to be wrong or to compromise, this is a good sign they're flexible enough to be a parent with you. You won't always agree on parenting methods, so flexibility is key.

**Related Link:** [Parenting Tips: How To Set a Good Example For Your Child](#)

**3. Emotions:** Your partner doesn't have to be super emotional to be a good parent, but it is a good idea to look for signs of affection. If your partner readily shows affection, this is a good sign they're ready to be a parent in the future. At the same time, they shouldn't be quick to anger.

**What are some signs you look for to parent with you in the future? Share below!**

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# Celebrity Couple News: Ryan Gosling Is 'Completely Infatuated' With Wife Eva Mendes



By Ivana Jarmon

In [celebrity news](#), [Ryan Gosling](#) is completely head over heels in love with Eva Mendes. The [celebrity couple](#) has kept their relationship private. A source revealed to *UsMagazine.com*, "They're extremely private, you're not going to see them out on the town or hanging with other celebrities very often. Ryan



wants to keep his private life out of the public's reach." Gosling and Mendes are parents to daughter Esmeralda, 4, and Amada, 2. The couple are completely devoted to one another. A second source added, "Ryan is completely infatuated with Eva. His main goal is to make her happy."

## **In celebrity couple news, Ryan Gosling and Eva Mendes are certainly keeping the spark alive. What are some ways to keep the romance alive in your marriage?**

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

Life has a way at chipping away at a relationship. Cupid has some ways to keep the romance alive in your marriage.

**1. Make date night a priority:** Dating is what made you fall in love in the first place. So, it would make sense to keep at it to stay in love. But as we know life gets in the way. So, remember date night does have to elaborate or over the top, it could be something simple as a picnic. Just set aside time for each other each week for just the two of you to reconnect.

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**2. Don't give up:** A relationship is a roller coaster, full of ups and downs. Romance in marriage is about choosing each other again and again. It's also about learning, growing and forgiving. It's about falling in love with each other over and over again no matter how hard it gets. Love only weakens when we stop giving it our all. So never stop.

**Related Link:** [Celebrity Couple News: Find Out Why Kylie Jenner](#)

## [& Travis Scott Might Be Ready for Marriage](#)

**3. Never lose the PDA:** At the beginning of a relationship, you probably couldn't keep your hands off each other. Constantly holding hands, sneaking in an extra kiss or two, cuddling. Ask yourself how affectionate are you now? After a long period of time and kids' things can get a little trickery when it comes to the PDA. It's important to maintain that closeness that PDA provides. Physical touch should happen on a daily whether it's a peck on the cheek, holding hands or a slight pat on the butt. By maintaining the PDA you will be able to keep the romance alive.

**What are some ways to keep the romance alive in your marriage? Share your thoughts below.**

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## **Parenting Advice: How to Manage Being a Working Parent**





By Dr. Jane Greer

The push and pull between holding down a job and taking care of a home is an ongoing struggle. It can be hard to balance taking care of the kids, pursuing a career, and getting all of the daily housework and chores done. If a mom is going back to work after taking time off to start a family, it can be even harder to transition into the workforce again. Eva Mendes has opened up about her struggles as a working mother of two. She talked about how difficult some of the simple things can become when you are juggling so much, even just getting dressed.

**So what, if anything, is the answer to managing the tug of war and the potential chaos that comes with working and being a parent?**

There are two things going on when a mom decides to go back to

work after spending time at home with children. The first is something Eva touched on, getting the logistics into place. The second, and this one can often be even more difficult to deal with, is the guilt and longing that can go along with the decision to return to a job, and the transition of actually doing it. Not only might you want to be with your kids, but you also might feel you are not doing the right thing by leaving them with a nanny or at daycare. The hope is that you will be able to find a middle ground so you are not consumed by these feelings, and you are able to enjoy your work and be present there.

**Related Link:** [Relationship Advice: Get the Birthday Gift Right](#)

There is no one answer for all women, each one has to find her own way and her own balance. Here are a few things to keep in mind, though, as you navigate your way. The first is that while you may not be able to spend all day with your child anymore the way you are used to doing, know that research has shown that what is most important is the quality of the time you spend together, not the quantity. In other words, it is better to have one or two meaningful hours together a day, which you may be able to find before or after work, when you are completely focused on what your child needs, than it is to have all day every day when you are frazzled, possibly unfulfilled, and not paying full attention to your son or daughter. People often falsely equate the idea that being the “good enough mother “ means being with your child all the time. However, the term, used by Winnicott and other developmental theorists, in fact means setting aside your needs in order to be available and responsive to those of your kids, and in this way you are completely attuned to them, which ensures promoting their emotional well-being. This can be achieved in many different ways, and, in reality, it is how you spend the time you do have together, no matter how much it is in a given day, that really counts. With this knowledge, you may be able to set a few realistic goals which will help

ease the transition back to work. For example, you might be able to carve out a chunk of time in the day or night when you can really tune in to your child, whether it be reading together, singing, or even having fun choosing an outfit for the next day.

**Related Link:** [Relationship Advice: How to Cope with a Loved One Who Is an Addict](#)

Some women, though, become so consumed with being a stay-at-home mom that it can really color the enjoyment of the job. Of course, sometimes there is a hard and fast financial element to deciding to go back, and if that is the case know you are doing exactly what your family needs, and keep in mind that the research is on your side. If you are more flexible, though, and it won't interfere with your sense of self, see if you can delay the return to work so you can continue to be physically and emotionally present for your children for a while longer. Some people choose to never go back to work. Making that choice really comes down to determining how crucial the work is to your well-being. If you know you will regret it and resent not being at work more, explore the possibility of finding a compromise, and try to come up with a plan where you are not away from home all day, maybe you can work part time or a few days a week.

It sounds like Eva is finding her way with that and doing what every mom has to do – confronting that fork in the road and looking at what will be the most meaningful and viable way to move forward for her and her children. Ultimately, that is all you can ask of yourself.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://HealthyLife.net) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer*



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# Fitness Secrets: 5 Simple Tips to Stay Healthy



By [Jessica Gomez](#)

Being healthy is important; we all know that. However, keeping yourself healthy seems to never be an easy task. We are

constantly surrounded by temptation and lack of motivation, and so some of us urgently need some fitness advice. The trick is to find easy ways to stay healthy without the struggle – isn't that the dream? There are simple healthy habits that even fit celebrities take on.

**When it comes to staying or becoming healthy, there are things you can do that are simpler than others, and here they are. Brace yourself because some of these fitness secrets are super enjoyable:**

**1. Get enough sleep:** Eight hours should be your aim. Getting enough sleep is not just about not being tired. Sleep offers so much more than that! It helps you think clearly and improves your productivity, while also reducing stress and improving your mood. You are less likely to get sick as well, and can lower your risk for heart disease and diabetes. So, make the time!

**Related Link:** [Active Wear Inspiration to Kick Start Your Workout](#)

**2. Drink lots of water:** It's extremely good for you! Up to 60% of the human body is water, so that goes without saying that it's important to stay hydrated. Hydration has major effects on brain function, energy levels, and physical activities. Water is also good for many other things including healthy skin. Many celebrities drink water religiously, among those are [Kylie Jenner](#), [Kim Kardashian](#), [Jennifer Aniston](#), and Cameron Diaz. And you can tell that it works!

**3. Get a message to boost immunity:** Who doesn't love massages? What a wonderful and pleasurable way to stay healthy! Studies have found that a 45-minute massage can cause an increase in white blood cells that fight bacteria and viruses. And of course massages reduce stress and muscle aches – and feel amazing! \*Books massage\*

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**4. Small workouts:** including stretching. Walk as much as you can, take the stairs, and take time to stretch throughout the day. If you want to kick it up a notch without a full blown workout, then try jumping jacks and/or jumping rope. Simple, right? Consistency is key. After a while of being consistent with small workouts, your body will get used to it and then you can up your standards and up your game!

**5. Meditate:** Probably everyone has heard of the relaxing and stress-reducing effects of meditating. It just chills you out! But wait, there's more: studies have shown that people who practice yoga or meditation long-term had much more "disease-fighting genes" present! Mind over matter, right? Take at least 10 minutes of your day to clear your mind and take deep breaths. You will see the changes pretty soon! Celebrities like Oprah Winfrey, [Angelina Jolie](#), and Eva Mendes are among many who meditate.

**Related Link:** [5 Couple Exercises That Are Worth the Sweat](#)

Not everything has to be super hard, like we assume celebrity fitness to be. Make these five fitness tips into habits, and watch how they affect your health. It's game time!

**What are some easy fitness tips you swear by? Share below!**

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# Beauty Advice: The 5 Best Beauty Tips from Celebrities



By [Melissa Lee](#)

Celebs are always radiating the upmost beauty – whether it be thanks to their extensive hair and makeup teams, or their natural glow. However, if anyone can offer some beauty advice to make your day-to-day makeup routine a little easier, celebrities are some of the best resources. Head below if you're interested in enhancing your own natural beauty, or looking to learn some new tips on applying makeup!

## Check out some of the best beauty

# advice from our favorite stars!

**1. Wash your face:** After a long day, regardless of whether or not you have makeup on, you should always wash your face before heading to bed. Mary J. Blige advises to never go a full day or night without using some sort of cleanser or face wash. Your skin will thank you after you get rid of all that dirt and makeup out of your pores!

**2. Stay hydrated:** Besides the basic reasons needed to drink water, staying hydrated can also have some major positive effects on your skin. According to America Ferrera, when she started drinking more water, her skin, hair, and nails all flourished. The recommended amount of water to drink per day is at least eight ounces, so let's get to it!

**Related Link:** [Beauty Trend: Fake Freckles Are In!](#)

**3. Use one product for multiple things:** If you're in a rush or looking to condense your daily makeup routine, pick up a product like a lip or cheek tint. Jewel says that she wears a lip stain both on her lips and cheeks to give an overall rosy glow. Wear it under your foundation and this simple makeup look will be perfect for the day.

**4. Mix moisturizer and bronzer:** If you're looking to achieve a perfectly natural summer glow, Eva Mendes has a great tip – mix together a shimmery bronzer and your moisturizer, then apply it to your face and blend it out. This look is ideal for those days where you just don't want to wear makeup but still want to have a good base on your face.

**Related Link:** [Beauty Tips: The Rise of Microblading](#)

**5. Pick up a lighter concealer:** Instead of purchasing a concealer in the same color as your foundation, pick one up that's one or two shades lighter. Apply the lighter concealer to your under-eyes and high points of your face to give you a



refreshed look. [Kim Kardashian](#) says that she loves this tip because it's perfect for when you're extra tired, or have been traveling a lot.

What are your favorite beauty tips? Share them below!

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# Celebrity Parents Who Keep Their Kids Out of the Spotlight



By [Melissa Lee](#)

With living in a world absolutely obsessed with pop culture and celebrities, you can only wonder – what does the media love *more* than stars? The answer to that is unsurprising and comes in the form of little ones... celebrity families! Not only does our society idolize celebs, but we also have a fascination with famous families like the Kardashians. This obsession has caused celebrity parents to make the executive decision to keep their children out of the spotlight – and we can't exactly blame them!

## Check out these celebrity parents and their kids, who have managed to stay out of the limelight!

**1. Sandra Bullock:** Bullock adopted two children, Louis Bardo in 2010, and Laila in 2015. Although the paparazzi are always dying to catch candid photos of the single mom with her kids, Bullock has expressed her need for privacy on multiple occasions. "Most foster children are in foster care because they were taken from their birth homes under tragic circumstances," she says. "The last thing I wanted was to bring more harm to her because of the nature of my job."

**2. Adele:** Adele and husband Simon Konecki had their son in October 2012, and have kept him out of the spotlight to the best of their abilities. "We need to have some privacy," Adele explained. "I think it's really hard being a famous person's child." The couple even went as far as suing paparazzi in 2013 for taking photos of their son on a private family outing.

**Related Link:** [Celebrity Co-Parents: See How Stars Manage to Raise Their Children Post-Split](#)

**3. [Jennifer Garner](#):** When it comes to this celeb mom, her main concern was how aggressive the paparazzi were toward her three kids, Violet, Seraphina, and Samuel. She says that her kids

were constantly uncomfortable with the paparazzi, and didn't want them to know what they looked like. "They don't want this at all, and I don't want it for them," Garner said.

**4. [Ryan Gosling](#) and Eva Mendes:** These celebrity parents are notorious for keeping things under wraps. In fact, the majority of their six-year long relationship has been extremely private! The couple have two daughters together, Esmeralda and Amada. "I find the media's 'bump watch' obsession to be both intrusive and stressful," says Mendes. "So I made the decision to eject myself from it completely."

**Related Link:** [Parenting Tips: How to Cope With Stress](#)

**5. Tyra Banks:** Tyra welcomed her son, York, into the world just last year, and has made a great effort to keep his life relatively low-key. "I don't think that my son has ever asked to be seen, so I'm very, very conservative when it comes to showing him," said Banks.

**Who are some of your favorite celebrity families? Share your thoughts below!**

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## Celebrity News: Eva Mendes Opens Up About Raising Daughters With Ryan Gosling





By [Delaney Gilbride](#)

In [celebrity news](#), actress Eva Mendes is all about that family life! In a recent [celebrity interview](#) with *Shape* magazine, the 43 year-old actress opened up about her home life with handsome husband [Ryan Gosling](#), 36, saying, “What people don’t know about me is that I love being home. Instead of hitting the red carpet, I’d rather be with our girls.” The [celebrity couple](#) are parents to their two daughters Esmeralda, 2, and Amanda, 10 months, and it looks like they couldn’t be more in love with their little family! According to [UsMagazine.com](#), the actress also shared her struggle with losing extra baby weight, but it looks like her kids might be helping her out as she said, “It’s not as hard as I thought it would be, because I’m always running around with the kids. I never sit down – I’m on the move all day.”

**This celebrity mom has no problem being home with her [celebrity kids](#).**

# What are some benefits to being a stay-at-home parent?

## Cupid's Advice:

Chances are that when you have kids you're never going to want to leave the little munchkins! So, if you're able to be a stay-at-home parent, what are the advantages? Cupid's here to tell you all about it:

**1. If there's every an emergency – you'll be there:** If you're a stay-at-home parent you'll be able to act on any emergency immediately. You wont need to be worrying about what could happen to your kids while you're stuck behind a desk at work. You'll be right there ready to handle whatever is thrown at you!

**Related Link:** [Celebrity Baby News: Natalie Portman Gives Birth to Daughter Amalia Millepied](#)

**2. It's economically friendly:** If you're able to rely on only one partner for your income, being a stay-at-home parent can help save a lot of money in more ways than one. You'll save on gas, car maintenance, and most importantly child care. All of those things are bound to add up if you're working away from home.

**Related Link:** [Celebrity Baby: Tori Spelling & Dean McDermott Welcome Fifth Child, a Baby Boy](#)

**3. You'll have a constant routine:** If you're staying at home with your kids you don't have to worry about being pulled out of meetings or being late to work because of your hectic life at home. You'll be able to have a normal routine at home that most likely won't change too often.

**Are you a stay-at-home parent? Comment below with some of its pros!**



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# Celebrity Wedding: Ryan Gosling & Eva Mendes Secretly Married Earlier This Year



By Kayla Garritano

The silent wedding bells have rung! Ryan Gosling and Eva Mendes tied the knot with a secret [celebrity wedding](#)! According to [UsMagazine.com](#), this [celebrity couple](#) of five years decided to get married earlier this year among a small group of close friends and family. A source close to Mendes says, “Eva and Ryan have always felt like a married couple. They are infatuated with each other.”

# This celebrity duo are officially off the market. What are some ways to keep your wedding a secret?

## Cupid's Advice:

Secrets can be tough to keep, especially with something this big! But no worries; Cupid is here to help:

**1. No formal invites:** Sending out invitations may cause an issue if someone who wasn't invited happens to see it. If you want to invite only your closest friends and family, tell them in person, and have them write it down in their personal planner, or somewhere that it won't get out.

**Related Link:** [Product Review: Sparkle on Your Big Day With Cate & Chloe Wedding Jewelry!](#)

**2. Bye, bye social media:** To keep your wedding on the DL, it means you need to keep any other wedding-related thing private. The bridal shower, the bachelorette party, and maybe even your first picture of the engagement ring fall into that category. Posting your events on social media just makes people wonder when the wedding is going to be, and you'll get the constant nagging.

**Related Link:** [6 Celebrity Weddings We Can't Wait To Watch](#)

**3. No party, no problem:** We know it's exciting to get engaged to the one you love. You're going to want to throw the most exciting party to celebrate the start of your new lives. However, throwing a large party will leave guests with the anticipation of the wedding. This goes along with inviting only your close family and friends, as well as not posting anything on social media. If you want this wedding to remain a secret, you may want to convert the large party you crave to a smaller gathering. It can still be just as joyous and

cheerful!

How have you kept your wedding a secret? Comment below!

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# Ryan Gosling Gushes Over Celebrity Love Eva Mendes Calling Her 'Very Helpful'



By [Courtney Omernick](#)

The celebrity love between Eva Mendes and Ryan Gosling seems to be growing stronger every day! [E! Online.com](#) recently

reported that Gosling stated in an interview that Mendes has been instrumental in helping him direct his first film. It looks like their celebrity relationship is one for the record books!

## Celebrity love is in the air! What are some ways to help your partner through a difficult time?

### Cupid's Advice:

While the celebrity relationship between Eva Mendes and Ryan Gosling doesn't seem to need help, that's not always the case with other couples. Your partner may be having a difficult time, and you don't know what to do. Cupid has some relationship advice to help your partner through a difficult time:

**1. Talk it out:** It might not seem like the easiest thing to do right now, but helping your partner talk through their problems will assist them in gaining perspective. And, it will help you figure out what the real issue at hand is.

**Related Link:** [Famous Couple Brad Pitt and Angelina Jolie: When is it Time to Seek Help?](#)

**2. Listen:** Along with talking, comes listening. It's important that you're listening to their issues so that you can provide insight, not just because you're "waiting your turn." Really try to get a sense of what's going on with them.

**Related Link:** [5 Celebrity Couples Who Prove Love Can Last a Lifetime](#)

**3. Keep things present:** There's no use in getting your partner even more worried about what's going to happen in the future because of what's going on now. So, your best bet is to stay

focus on the present. What can you do to help them at this moment? Take this one day at a time.

Share your relationship advice with our readers. How have you helped your partner through a difficult time?

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# The Best Celebrity Relationship Moments of 2014







Gwyneth Paltrow and Chris Martin Announce Their “Consciously Uncoupling”

On March 25, 2014, the actress announced that she and the Coldplay singer were "consciously uncoupling" but were "first and foremost parents" to their two children. The couple has remained amicable, even as Martin quickly moved on with Jennifer Lawrence. Photo: Away! / PR Photos; Janet Mayer / PR Photos

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## **Famous Couples: First Comes Celebrity Baby, Then Comes Marriage**



Page 1 of 10



Brad Pitt and Angelina Jolie

This power couple has welcomed six adorable children into their family -- three of whom they adopted -- since they began dating in 2005. In April 2012, they announced their engagement, but they still haven't made any moves to tie the knot. Photo: Landmark / PRPhotos.com

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## Source Says Ryan Gosling Cooks for Eva Mendes and Baby



By Laura Seaman

Yet another celebrity baby is on the way, and father Ryan Gosling is ready. The handsome *Notebook* actor has been caring

for pregnant girlfriend Eva Mendes by both shopping and cooking for her. The couple first met in 2011, back when Gosling was quoted about wanting to have children. Now that it's happening, he seems just as excited. A source tells [UsMagazine.com](http://UsMagazine.com), "Ryan has already stepped into the role of caring father-to-be."

## **What are some ways to support your pregnant partner?**

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

Pregnancy is a unique, magical experience. However, sometimes it can feel less than magical to the mother. Some tasks are harder and everything seems to drain your energy a little faster than usual. That's why it's so important to have a supportive partner around! Here are some ways to support your partner during their pregnancy:

**1. Take the time to be there.** If you want to show that you'll be a supportive parent after the child is born, show your support for your partner by being there here and now. Take some days off work, put your phone aside, and spend quality time with your partner. Talk about what they're feeling, what you're feeling, and what you can do to help them out on a day to day basis.

**Related:** [When are You Ready to Be a Dad?](#)

**2. Read the books and go to the classes.** Preparing for a child, especially if it's your first, can mean reading a lot of pregnancy and parenting books or going to birthing and parenting classes. It shows dedication if you actively take part in these prepping activities and your efforts won't go unnoticed.

**Related:** [Ryan Gosling and Eva Mendes are Having a Baby; Pregnancy Revealed](#)

**3. Do some extra work around the house.** Even if it's the



seemingly small task of dusting a room, cooking a meal, or getting some beautiful flowers to put on the kitchen table, these are small things your partner doesn't have to do and will thank you for noticing. Parenting means teamwork, and this is an amazing start for you.

**How have you supported your pregnant partner, or how did your partner support you during your pregnancy? Tell us in the comments!**

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## **Eva Mendes and Ryan Gosling Are Having a Baby; Pregnancy Revealed**







By Sanetra Richards

Yes, you read the headline right! [UsMagazine.com](http://UsMagazine.com) reveals a source has confirmed that pregnant Eva Mendes and longtime boyfriend Ryan Gosling are expecting a bundle of joy. The news was verified shortly after rumors circulated around the web about the 40-year-old actress' seven month pregnancy. This will be the first child for the Mendes and Gosling. In an interview with Ellen Degeneres at the beginning of the year, the *Hitch* star joked about the pregnancy rumor frenzy that was happening: "It's so ridiculous," she said. "It all started because I didn't want to go through the scanners at the airport. You know those X-ray scanners, which are really creepy? They basically see you naked, right? And not only that, but there's a radiation aspect to it, so I always opt out."

**What are some ways to keep your pregnancy under wraps?**

**Cupid's Advice:** Expecting a baby is quite exciting! You are bringing a tiny human into the world, and there's no feeling that could possibly compare. For now though, you and your partner don't want anyone else to know your big news. Cupid

has some tips to help you hide your baby-to-be:

**1. Don't tell a soul:** If you are waiting until you're further along in your pregnancy to break the news, your best bet is to keep your lips sealed. You can tell a couple of close friends and family members; however, everyone else is off limits!

**Related Link:** [Eva Mendes Gets Giggly Over Ryan Gosling on 'Ellen'](#)

**2. Avoid hint-dropping:** You may be extremely tempted to post cute baby-related things on your social media accounts...but don't! People will probably figure out what you do not want to reveal. Remember, the ultimate goal is to keep this a secret until you're ready to share.

**Related Link:** [Are You Expecting Ryan Gosling Perfection?](#)

**3. Toss the fitted clothing:** Use your wardrobe to your advantage! Maybe you have some flowy, shift dresses to wear when out and about; opt for those instead of your tight tees and button downs. No one will suspect a baby bump is underneath.

**How do you keep your pregnancy under wraps? Share your suggestions below.**

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## **Celebrity Couple Predictions: Mary-Kate Olsen, Eva Mendes**

# and Amal Alamuddin



By [Shoshi](#)

For today's column, let's take a look at three celebrity couples that are on top of the media's radar— whether it's because of an odd pairing, an on-and-off-again relationship, or a surprising new coupling:

**Mary-Kate Olsen and Olivier Sarkozy:** The former child star turned fashion designer is rumored to be engaged to the banker, although she has yet to officially confirm the news. When this engagement was first announced, there was a collective “ew” heard around the world.

Olsen is 27 years old, while Sarkozy is 44 years old – but one can say that Olsen has experienced a lot in her 27 years.

Therefore, their 17-year age difference shouldn't be a major factor in this relationship. It's the visual of seeing them together that makes people stop and ponder a bit. She's a petite youthful-looking pixie, while he's over a foot taller than her and looks every bit of his four decades. In other words, he looks more like her daddy than her fiancé. Seeing the two of them with his teenage daughter definitely makes you do a double take!

Since Sarkozy and Olsen have been together, she seems to be completely drama-free. The two already live together in a six-million-dollar home in New York City, and the fashion designer has shown how she will be as a stepmom to Sarkozy's two children. So the next step appears to be marriage. I can see them getting married secretly and having a baby together before the relationship hits a major bump.

**Related Link:** [Mary-Kate Olsen Is Engaged to Olivier Sarkozy](#)

**Eva Mendes and Ryan Gosling:** Are they together or not? That's the question. The two of them haven't been photographed together for over three months. In the midst of the break-up rumors, she has been seen walking his dog, while he has been seen driving her car and peeking over her fence. One report even had the actor rekindling his relationships with his *The Notebook* co-star Rachel McAdams, who he admitted was his first love.

Maybe the twosome are just having fun and like to keep us all guessing. It could also be a way to get people interested in Gosling's directorial debut *How to Catch A Monster*, which Mendes stars in.

In looking at their relationship energy, I feel like these two can't figure out what they're doing. Either they commit to each other 100 percent and get married or buy a house together, or they split and move on. Part of why they're staying together is their comfort level.

Also, might I add that it looks like things in the bedroom are quite fabulous. Let's keep it real: Good loving will make anyone stay around a little bit longer!

**Related Link:** [George Clooney Vacations With Rumored New Girlfriend Amal Alamuddin](#)

**George Clooney and Amal Alamuddin:** It has finally happened: Clooney is dating a woman who has beauty *and* brains. This isn't to throw any shade at the lovely ladies he has dated in the past, but his new girlfriend has some major girl geek credentials. Alamuddin's resume includes a career in international law, fluency in French and Arabic, and a degree from Oxford. Plus, she's an author.

Some say that she's way out of Clooney's league. While the actor is no Oxford grad, he is deeper than some of his former dating choices. Let's not forget that he normally makes his intellectual statements in the movies that he produces and directs.

There is speculation that he staged the recent photos of the couple in New York because he's upset that his ex Stacy Keibler got married and is expecting a baby less than a year after their break-up. I won't go so far as to say that Clooney cried over Keibler's big news, but it bruised his ego a bit. He's used to his exes looking a little pitiful in the press when he drops them, whereas the beautiful blonde rebounded with a win.

His relationship with Alamuddin will have a typical Clooney run. She will accompany him to events, vacations, and other high-profile outings. However, she will bore of him versus him getting bored with her. She's a woman of many layers; Clooney picked a lady who will give him a run for his money.

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



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# Hollywood Couples that Went from Reel to Real



By April Littleton

It doesn't take much for two celebrities to hit it off while they're practicing lines together on the set of their new film or while shooting some improv on the latest hit television show. Many of us wonder what it would be like to see some of our favorite onscreen couples create a celebrity love story in real life. Well, brace yourself! Cupid has a list of [Hollywood couples](#) who took their romance off-camera:

# Celebrity Love Stories That Began On-Screen

**1. Liam Hemsworth and Miley Cyrus:** Although Miley Cyrus isn't necessarily singing Liam Hemsworth's praise with her newly-dropped single *Wrecking Ball*, who can forget the celebrity love story that unraveled when the two first met? During the production of the film *The Last Song*, the pop star began dating her Australian co-worker. She even went as far as to call him her "first serious boyfriend." However, the celebrity couple had a rocky relationship from the start. The duo broke up twice before announcing their celebrity engagement in June 2012. Three times wasn't the charm in this case either: The pair recently called off their relationship for good.

**Related Link:** [Celebrity Photo Gallery: Famous Couples Who Work Out Together](#)

**2. Channing Tatum and Jenna Dewan-Tatum:** It was love at first sight when Channing Tatum met his celebrity love on the set of the 2006 flick, *Step Up*. After the film wrapped, the pair began dating. Two years later, the famous couple got engaged in Maui, Hawaii, and they married on July 11, 2009 at Church Estates Vineyards in Malibu, California. The lovebirds recently added a new addition to their family, a baby girl named Everly Elizabeth Maiselle who was born on May 31st of this year.

**3. Ashton Kutcher and Mila Kunis:** It shouldn't be a shock to anyone that former *That 70's show* co-stars Mila Kunis and Ashton Kutcher are finally an item. After all, he was her first kiss. In 2001, Kunis admitted to *People* that she took a liking to Kutcher the moment she saw him. "I was like, 'Oh, he's so cute, it's the Calvin Klein model!' ... Then I was like, 'I have to kiss him?' I was so nervous and uncomfortable. I had the biggest crush on him." More than a decade has passed since that on-screen kiss, and the Hollywood couple have been

dating for over a year now.

**4. Eva Mendes and Ryan Gosling:** Eva Mendes and *The Notebook* actor met while filming *The Place Beyond the Pines*. Although the couple keeps their celebrity relationship tightly under wraps, Mendes did speak briefly to *The Edit* about her boyfriend of two years. “I literally lose my ability to speak... I live in a very protective kind of bubble that I’ve created for myself.”

**Related Link:** [10 Celebrity Couples We Never Knew Existed](#)

**5. Brad Pitt and Angelina Jolie:** The chemistry between these two was hot on and off the set of their movie *Mr. and Mrs. Smith*. Although Brad Pitt was still married to Jennifer Aniston during the filming of the 2005 box office hit, the *Lara Croft: Tomb Raider* actress later admitted that the two “fell in love” on the set. In January 2006, she confirmed to *People* that she was pregnant with Pitt’s first child. After a seven-year celebrity relationship together, Brangelina announced their engagement April 2012.

Who are some other Hollywood couples who turned their on-screen love into the real thing? Comment below.

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## Top 7 Best-Dressed Celebrity Couples of 2013





By Dixie Somers

Celebrity couples are almost always in sync in the fashion department. They coordinate their clothes most of the time, so their outfits usually complement each other. Here are the seven best-dressed celebrity couples we would all love to imitate in 2013:

### **1. Will and Kate**

Arguably the most adorable and loved celebrity couples, Prince William and Kate Middleton always bring their A-game in the fashion department. The Duke and Duchess of Cambridge always look put-together, stylish and classy. From Will's elegant suits and crisp footwear to Kate's ladylike-chic look, it's no wonder why this couple tops the list of the best dressed celebrity lovebirds.

**Related:** [What to Wear on a First Date](#)

### **2. Liam and Miley**

This adorable couple has the same edgy street style that

consist of grungy band shirts and polished jeans, but when they walk the red carpet, they definitely turn heads in a good way. Miley Cyrus usually sports an edgy/elegant dress that complements Liam Hemsworth's crisp suits in the best of ways. As a result, they will always be known as a fashionable couple.

### **3. Will and Jada**

Will Smith and Jada Pinkett-Smith always look superb on the red carpet. Because they both have a retro glamour style, they complement each other's look perfectly. Jada always wears sexy yet sophisticated gowns that fit her body perfectly, and Will always looks sharp in his suits and tuxedos.

**Related:** [Peter Facinelli's Girlfriend Jaime Alexander Stuns on the Red Carpet](#)

### **4. David and Victoria**

Posh Spice and Beckham always look amazing. Victoria's style is always trendy, always fashionable and always jaw-dropping. In fact, Posh is one of the most fashionable women in the world. Combine her fashion sense with Beckham's suave look and you've got a well-dressed celebrity couple who turn heads whenever they walk in a room.

### **5. Eva and Ryan**

Goodness, don't Eva Mendes and Ryan Gosling make such a cute couple? They also make a fashionable pair. Gosling always looks like, well, a celebrity, and so does Eva. Eva's glamorous flair pairs perfectly with Ryan's simple yet luxurious style.

### **6. Gwen and Gavin**

This rocker pair always looks edgy and cool whether they're walking the carpet or just strolling. Gwen Stefani's edgy style looks amazing when paired with her hubby, Gavin



Rossdale's similar rocker-cool look.

## 7. Emma and Andrew

This adorable couple is a match made in heaven. Emma Stone and Andrew Garfield have different styles, but they complement each other perfectly. On one hand, you've got Emma who wears some of the most beautifully sophisticated dresses on the carpet. On the other hand, you've got Andrew who likes to wear unexpected pieces like bold suits. Together, they look amazing.

*This article was written by Dixie Somers. [Reem clothing](#) offers trendy, fashionable clothing that is sure to spice up your man's closet.*

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# Source Says Ryan Gosling Is an 'Incredibly Sweet Boyfriend'





By Nic Baird

Ryan Gosling “is an incredibly sweet boyfriend,” according to a source for [People](#). *The Notebook* leading man seems to be just as engrossing off-screen based on these recent testimonials. Another insider said he and girlfriend Eva Mendes “get along so well because she’s not needy or smothering. They just work.” To top it off, the *Gangster Squad* director, Ruben Fleisher, calls Gosling, who stars in the film, “funny and charming.”

**What are some important characteristics to look for in a mate?**

### **Cupid’s Advice:**

For your own sanity of mind you should look for some characteristics above others. You need to evaluate the aspects you idealize in a partner and make those a priority. Though these are some essential examples of what you should focus on:

**1. Similar values:** It’s important to be aware of your partner’s priorities. Are they the type who can enjoy a monogamous relationship? Even if you’re just casually dating,

you should make sure you're both on the same page. At the very least, any relationship should have honesty and trust.

**2. Upfront attitude:** As you grow closer, it's natural that you'll learn more about your partner's life. Eventually you should have a good idea of how your significant other spends their day. If you're often surprised by your partner's actions, then you should question how much you know. For your own dignity you shouldn't invade your partner's privacy, but if they should not be resistant to communicating, and dispelling your doubts.

**3. Demonstrates respect:** No matter how you've tailored your relationship dynamic, it should include respect. When you feel your significant other's respect, trust comes more easily. Your partner should treat you well in public, and consider your feelings when acting.

**What are some important characteristics you look for in a mate? Share your comments below!**

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## Ryan Gosling and Eva Mendes Head to Canada





First, Eva Mendes and Ryan Gosling were spotted hand in hand in New York City, and now they are vacationing together. It's off to Canada for the two lovebirds. [People](#) reports that they took a flight to Montreal on Saturday from the Los Angeles International Airport. The Hollywood couple of almost a year skipped Sunday night's MTV Movie Awards to travel together. Gosling was up for a whopping three awards, none of which he won.

**What are some unique travel destinations for new couples?**

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

New couples dream of a getaway for some one-on-one time, but finding the perfect destination can be difficult. Here are some unique travel destinations so that your vacation doesn't fall into the 'been there, done that,' category:

**1. Ice hotel in Quebec:** If you have already been to Quebec, experience it like you never have before by staying at an ice hotel called the *Hôtel de Glace*. Your room and even your bed is made of sculpted ice, giving you and your partner a chance

to cuddle in an arctic sleeping bag together to keep cozy.

**2. Madagascar:** Madagascar, just off the Eastern Coast of Africa in the Indian Ocean, is a perfect isolated getaway for new couples to not only relax, but to explore. Whales can be seen from the beaches, and ninety percent of its native plant life is found nowhere else in the world, giving new couples a chance to experience new things together.

**3. Mosquito Bay:** Mosquito Bay is a bioluminescent bay located on the shore of the island of Isla de Vieques, Puerto Rico. The bay illuminates in a bright blue light due to organisms in the water being shaken. A tour on this bay would be a magical night and a once in a lifetime experience for new couples.

**What are some of your unique travel destination ideas for new couples? Tell us below.**

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## **Eva Mendes Gets Giggly Over Ryan Gosling on 'Ellen'**







Actress Eva Mendes appeared on the *Ellen DeGeneres Show*, and she managed to keep her rumored relationship with heartthrob Ryan Gosling under wraps – sort of. The talk show host didn't exactly assume that the couple was dating or that they'd ever even met, but she did get Mendes a gift to give to the *Crazy Stupid Love* actor in case she happened to run into him. Supposedly the two movie stars have something in common, and that's their love for onesie pajamas. "Because he likes them so much, when you see him – *if* you see him, if you run into him – I've got a gift that I think both of you would have fun [with]," DeGeneres joked, according to [People](#). "[This could] especially [work] as an icebreaker when you meet him for the first time."

**What are some ways to keep a new relationship a secret?**

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

You wouldn't want to spoil a new relationship by letting word get out too quickly! Cupid has some tips to keep things quiet until you're ready to go public:

**1. Location:** If you're going out on a date, don't pick a hot spot where you know there's the possibility of seeing friends or family. It will be fun to explore a new area and go to a restaurant that you've never been to before as a couple.

**2. Rumor mill:** The best way to prevent rumors is to withhold any kind of information that can get the mill churning. If you have friends or co-workers that you know are nosey-nellies, avoid talking about your new found crush in front of them.

**3. Play it cool:** When you start dating someone new it can be the only thing that's on your mind, but if you want it kept a secret, you have to learn to be subtle. If people question you, reply with a friendly answer and nonchalant tone to make it seem like it's not a big deal.

**Have you ever had to keep a new relationship a secret? Share your comments below!**

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## **Reduce Stress and Maximize Romance this Winter**





By Lindsay Kriger

During the hectic holiday season, it's easy for stress levels to rise, which can sometimes equal the downfall of romance and intimacy.

To ensure you and your sweetie don't turn sour on each other, here are some of my personal tips for relaxation that you and your partner can practice to help keep you breathing easy this season:

**1. Devote a little time to indulging in like-no-one's-watching fun.**

Newlyweds Nikki Reed and Paul McDonald are known for loving to hit the dance floor. They've been seen together at many a club cutting a rug. That said, it's time to take their lead and relax with your mate by going out dancing. You'll not only enjoy an intimate evening due to sensual physical contact, you'll also melt away stress and raise your serotonin levels with all that great exercise. And you'll burn lots of calories to boot – by shaking your booties!

## **2. Share spiked hot cocoa by a fireplace.**

If no fireplace is at the ready, light lots and lots of candles. Bring some blankets into the mix. A touch of quiet flame-lit togetherness will soothe your addled nerves, and it's has been known to seriously soften the mood.

**Related:** [Date Idea – Spend an Intimate Night Inside](#)

## **3. Get outdoors with your sweetheart.**

Take a cue from lovebirds Ryan Gosling and Eva Mendes, who were recently photographed strolling around Paris hand-in-hand. Even if Paris isn't in the cards this winter, getting outside and breathing in some chilly fresh air might be an invigorating and rejuvenating move. Leaving your phone at home, put on your coats, hold hands and walk together – even if it's just around your own neighborhood. It'll enable you to devote time to connecting, talking and truly listening to one another – all of which are essential steps to strengthening your bond.

**Related:** [First Date Outfit Ideas – Outdoor Festival](#)

## **4. If it's too cold to venture outside, stay in and cook together.**

Learn how to bake apple pie from scratch. Rolling and punching dough is fantastic stress relief – plus it's kind of sexy. Also, studies have shown vanilla and cinnamon to be some of the ultimate aphrodisiac scents, so be sure to mix lots of these flavors into your recipe.

## **5. Take a hot bubble bath together.**

While you're at this indoor-activity stuff, since the weather is foul, climb in a hot bubbly bath together. Lots of delicious-smelling products and lots of physical intimacy are your ticket to a stress-free night. It's like a free couples' therapy session.

## 6. Do yoga – and strrrrreettttttccchhh the stress out of your body.

On your own, yoga is great for your mind and body and can really help reduce the anxieties of everyday life. Bringing your partner into the experience is great, too, as it adds in a touch of sensuality. After all, it's always wonderful to have the opportunity to touch and be touched by your partner.

As you each help the other to move your bodies in new ways, it might even give you new ideas for how to move your bodies once you're off that yoga mat. Yep, a few good downward-facing dogs and you may both find yourselves feeling refreshed and energized for romance in no time!

*Lindsay Kriger is a New York University grad with a B.A. in Psychology. She has trained with the PAX Mastership and Leadership Program, taught by internationally recognized Relationship Expert Alison Armstrong, and at 22 is the program's youngest trainee to date.*

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## 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.**

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## Ryan Gosling and Eva Mendes Take a Morbid Tour of Paris





Death has never been this romantic for Ryan Gosling and Eva Mendes. The couple spent their date night Friday evening touring Paris' famous Pere-Lachaise, or "City of the Dead." The area is the final resting place of celebrities such as Jim Morrison, Oscar Wilde and Edith Piaf. Following their tour, Gosling, 31, and Mendes, 37, went down to the city's famous Catacombs of Paris, a location where over 6 million Parisians are buried. Despite all of the death, the couple stayed close. "They were holding [hands](#) and there was a lot of tenderness between them," an observer told [People](#).

**What are some creepy, yet romantic, date ideas?**

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

Although rather unorthodox, a scary date may help you and your love interest push each other outside of your comfort zones to a place of bonding. Cupid has a few suggestions:

**1. A deathly hallway:** A haunted house is a great way to spice things up on a cool evening. It will keep you both close and give you both a few laughs and scares later on.

**2. Scary movie marathon:** No, we're not talking about satirical slasher films. On a night in, watch some movies that scare you both a bit, and cuddle up to each other for comfort.

**3. Cemetery walk:** On the surface, a stroll through a cemetery may seem weird, but a night walk is always a great way to talk, and with no loud distractions near you, it'll be easier to listen. It may even be peaceful.

**What are some other creepy romantic date ideas? Share your thoughts below.**