

Celebrity Couple News: Gwyneth Paltrow Explains Why She And Husband Brad Falchuk Don't Live Together Full-Time



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y [Emily Green](#)

In the latest [celebrity news](#), [Gwyneth Paltrow](#) opened up about why she and her husband Brad Falchuk do not live together full time, according to *UsMagazine.com*. This [celebrity couple](#) was married in September of 2018, and each have two children from previous marriages. Due to worrying how their children will adapt, Falchuk has a separate home he stays in when his children come to stay with him.

This celebrity couple doesn't live together full-time due to reasons pertaining to their kids. What are some ways to introduce the kids you had with your ex to your new love?

Cupid's Advice:

Introducing your children from a previous relationship to your new partner is not only a big step in your relationship, but a big adjustment for your children. By focusing on your children and how they feel, you can help ensure a smooth transition into this new period in your lives. Here are some of Cupid's tips to introduce your kids to your new partner:

1. Introduce them in a group setting: By introducing your kids to your new partner in a group setting like a barbecue or at the park, this creates a no pressure atmosphere with your kids, so they don't have to worry about making a amazing first impression and vice versa. By meeting them in public group settings the first few times, this gives the kids more time to become acquainted with who your partner is, and will feel more comfortable down the line.

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2. Go slowly: While you might be completely in love with your new partner, remember this is a totally new situation for your children. Watch how they interact with your new partner, and pay attention to their social cues. If they are having a problem with something, talk to them so you can work through it, and then you can move forward.

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[Parenting with Exes Matt Bellamy & Chris Robinson](#)

3. Go in with no expectations: People can't be forced to like one another. By telling your kids they need to be on their best behavior can plant that seed of worry, and immediately puts pressure on the meeting. Simply ask them to go in with an open mind, and they can form their own opinions to share with you after they get to know them.

What are some ways you have introduced your kids to your new partner? Let us know in the comments below!

Celebrity Couple News: Gwyneth Paltrow Gushes Over Newlywed Life with Brad Falchuk





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y [Courtney Shapiro](#)

In [celebrity news](#), Gwyneth Paltrow tied the knot two weeks ago with Brad Falchuk. The actress is currently taking in the joy associated with being a newlywed. The [celebrity relationship](#) bloomed nicely, and the pair got married nine months after becoming engaged. Paltrow discusses her happiness in the October 2018 digital issue of *Glamour U.K.* According to *E! Online*, the Goop owner told *Glamour*, “It’s fantastic. I feel so lucky, and I am so grateful. It’s different to be in your mid-40s; do it again and bring all your experience, your pain, your happiness, suffering—everything. It’s actually very heartening. I feel very optimistic!” Paltrow and Falchuk got married in the Hampton’s with plenty of friends and family in tow.

In celebrity couple news, Gwyneth Paltrow is loving being married.

What are some ways to cherish being newlyweds?

Cupid's Advice:

How can you cherish the newlywed lifestyle? Cupid has some tips:

1. Talk about it: Your friends might get sick of hearing all about the married life, but it's something that you're excited about. If it's something that makes you happy, feel free to share your bliss with others in your life.

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2. Remember that it's still the beginning: Being newlywed marks the first part of continuing to love and grow with one another. You'll want to take that time to be with each other as a couple. Don't rush into any future life plans, and let yourself have those moments together.

Related Link: [Celebrity Wedding News: Michelle Williams Secretly Marries Phil Elverum](#)

3. End your conversations in a positive way: Take advantage of the fact that you found someone to spend the rest of your life with. Don't forget to tell them you love them, or apologize if you have done something wrong.

How did you cherish being a newlywed? Share with us in the comments!

Celebrity Wedding: Gwyneth Paltrow Heads to Mexico for Her Bachelorette Party



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y [Carly Horowitz](#)

In [latest celebrity news](#), [Gwyneth Paltrow](#) celebrates her bachelorette party in Mexico with 11 of her gal pals! “They will be spending three days in Cabo before heading back to LA,” a source explained to [EOnline.com](#). “They plan to spend their days at the beach and the spa. They also will go off site for dinner.” Paltrow is embarking on this wonderful excursion due to her upcoming [celebrity wedding](#) with her fiancé Brad Falchuk. Their engagement was reported in November but Paltrow didn’t officially confirm it until January. The [celebrity couple](#) met in 2010 on the set of *Glee*. Their

relationship was confirmed in 2015 with an Instagram photo. The two conduct a relatively reserved relationship. We are so excited for the wedding!

This soon-to-be celebrity wedding wouldn't be complete without a girls' trip bachelorette prior to the big day! What are some exciting ways to spend your bachelorette party?

Cupid's Advice:

Wedding bells, long white dress, flowers...alcohol, sun, girlfriends. Don't let them fool you, girls dream about their bachelorette party just as much as they dream about their future wedding. Don't let down your expectations! Here are some exciting and unique ways to spend your bachelorette party:

1. Go camping: This probably isn't the first activity you think of when you think about planning a bachelorette party, but think about how much fun that would be. You can venture into nature with your girls and no other distractions. Gather around the campfire and reminisce about your college days together. Don't forget to bring an abundance of wine because you won't be able to go out and buy some more once you're all set up in the woods!

Related Link: [Celebrity Wedding: Gwyneth Paltrow & Brad Falchuk Confirm Engagement](#)

2. Have an old-school sleepover: What better way to get back into the feeling of your younger days one last time by having

a sleepover like you used to in middle school! Indulge in a bunch of ice cream and sip homemade cocktails while you watch wedding movies.

Related Link: [Celebrity News: It's Official! Gwyneth Paltrow Wishes Boyfriend Brad Falchuk Happy Birthday on Instagram](#)

3. Health-themed party: Depending on the type of person that the bride is, it might not be a bad idea to have a health-themed bachelorette party. Do some yoga, chef up a healthy meal with your pals, and have a group meditation. The best part is that you won't be hungover next day. Instead, you will feel replenished and joyous!

What are some other fun ways to spend your bachelorette party? Comment below!

Celebrity Wedding: Gwyneth Paltrow & Brad Falchuk Confirm Engagement





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y [Karley Kemble](#)

[Gwyneth Paltrow](#) is one step closer to saying “I do!” The actress and mogul announced her engagement to *Glee* producer Brad Falchuk, according to [EOnline.com!](#) The [celebrity couple](#) has been together since Paltrow’s split from Chris Martin in 2014. Though she has been married before, she is not afraid to walk down the aisle again because she has found her soulmate and “accepted the soul-stretching, pattern-breaking opportunities that (terrifyingly) are made possible by intimacy.” Expect to see the [celebrity wedding](#) sometime in the near future! Congrats to Paltrow and Falchuk!

There’s another celebrity wedding in the works! What are some ways to know you’re ready to take the next step in your relationship and get

engaged?

Cupid's Advice:

Think you're ready to take the next step in your relationship? Check out what Cupid has to say:

1. You genuinely feel like you've got it all: If you feel satisfied with all of your professional and personal endeavors, that is a great sign! Nowadays, people like to have it all – successful career and an awesome and fulfilling relationship. When you think about your life and feel fulfilled with all your aspirations, you definitely are ready to settle down!

Related Link: [Celebrity News: It's Official! Gwyneth Paltrow Wishes Boyfriend Brad Falchuk Happy Birthday on Instagram](#)

2. You enjoy the uneventful moments: Life isn't all ups and downs. Sometimes, it's just flatlines. While it sounds negative, it's nothing to be ashamed of. When you are truly in love with your partner, cherishing the anticlimactic moments are important. If you can FaceTime for hours without really saying anything, you may have found the one for you.

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3. You know everything about each other: Remember that episode of The Office where Jim and Pam couldn't think of any stories or moments they hadn't shared with each other? That's how you know you've found your forever partner. When you and your partner know everything about each other and confide in each other through and through, you are definitely ready to take the next step in your relationship!

How did you know when you found the right person? Share your story below!

Food Trend: Seasonal Foods to Bring Spring Cleaning to Your Body



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y [Rachel Sparks](#)

Spring means open windows, light breezes, knocking out the dust from every corner, and of course, getting ready for the dream beach body workout. Why limit spring cleaning to just your house? Your body has all of that sugar and fat leftover from decadent holiday foods, and the cold weather of winter made it pretty hard to keep up with your workout routine. Try these four easy [food trends](#) to cleanse your body and gear up

for summer.

These seasonal food trends will bring spring cleaning to your body!

1. Green smoothies: Smoothies have been all the rage for [celebrity diets](#) for a long time now. If you have yet to jump on board with this liquid diet, you should really consider doing it now. Smoothies are an easy way to start your morning with lots of energy, but make sure you're looking up healthy recipes. Anything with berries, especially blueberries, and dark leafy greens cleanse your body, provide important antioxidants for repair, and give you a boost of energy. [Gwyneth Paltrow](#), one of the healthiest foodies in the celebrity world, is all about juice diets!

Related Link: [Find Your True Weight with the Incredible Dukan Diet](#)

2. Turmeric: This is a classic Indian trick that many people haven't quite accepted yet. Turmeric is that yellow stuff you see in a lot of curries (although distinct from yellow curry). Curcumin, the compound in turmeric that makes it yellow, helps with digestive disorders, liver issues, and inflammation. It's great for anyone with IBS or arthritis as a natural supplement, and that's in addition to the cleansing it does! Even [Beyonce](#) has used this detox to drop weight!

Related Link: [Celebrity Diet: Get a Red-Carpet Ready Body & a Healthy Mind by Eating these Super Foods](#)

3. Green Tea detox: Did you know one cup of green tea has more caffeine than a cup of coffee? The powers of green tea have been the latest rave, but for good reason. The chemical that makes green tea green, polyphenols, help rid the body of harmful chemicals. Studies have shown a cup of green tea a day

helps reduce the risk of certain cancers, improves memory, and reduces belly fat. Maybe it's time to add green tea to the "apple a day" philosophy!

4. Lemon water: Lemon water is not being taken advantage of. If you're not starting your morning with a cup of lemon water (hot or cold) then you haven't felt utterly rejuvenated yet. Lemons contain antibacterial properties that purifies the blood and balances the pH of your colon. Nobody likes talking about the colon, but it really is quite dirty. Clean it up every once in awhile for much cleaner, easier, and healthier internal processing.

Do you have any special food tips to get your body in shape for the summer? Share your advice below!

Celebrity News: Harvey Weinstein Lied About Having Intimate Relations with Gwyneth Paltrow





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y [Rachel Sparks](#)

Harvey Weinstein's name has become a household warning. There's yet more [celebrity news](#) on Weinstein's decades long scandals. According to [EOnline.com](#) and *The New York Times*, [Gwyneth Paltrow](#) published a staggeringly long list of cover-ups and lies throughout Weinstein's career. One major lie Weinstein told was that Paltrow had consented to have sex with him in order to advance her career. Paltrow's name and Weinstein's lie was used as a weapon against other actresses in order for them to say "yes" to his advances.

This celebrity news has us cringing. What are some ways to ward off unwanted advances?

Cupid's Advice:

We all at some point will be in a position where we are made uncomfortable by unwanted advances. Male or female, someone

with power can abuse their position to negotiate with you something you don't want to do. Cupid has [relationship advice](#) to help you when you're in these situations:

1. Call them out: Use your best judgement. Sometimes, calling out a person on their advances is exactly what it takes to end it. If a person thinks they can get away with something because they don't think you'll speak up, prove them wrong. Sometimes, though, the person making the advances is too aggressive and calling them out will anger them. Again, use your best judgement, but don't be afraid to speak up for yourself.

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2. Tell them to leave you alone, in no uncertain terms: If you firmly say you want nothing more, sometimes the person coming onto you will stop. If you say this in front of a group, the other people can hold the advancer accountable for their actions. But be careful, doing this makes it much more uncomfortable being alone with that person, so avoid alone time at all costs.

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3. Report the behavior: If you've asked the person to stop and they haven't, told them to stop and they won't, called them out and they don't care, it's time to report this behavior. Telling an authority figure will likely mean someone steps in and protects you. There may be backlash, so don't be alone with that person. Stay strong.

How have you gotten out of unwanted advances? Share your advice below to protect others.

Celebrity Chef Recipes to Help You Eat Healthy This Year



y [Rachel Sparks](#)

Winter blues are on their way out, but some of that extra insulation you may have packed on over the holidays is still sticking around. We fully believe in your ability to accomplish your New Year's resolutions, so we're going to help you with those health goals. These [celebrity chef](#) recipes are the perfect inspiration to help you feeling clean and energized. Plus, they're the needed accompaniment to your

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fitness plan.

These celebrity chef recipes make eating healthy seem **glamorous!**

You may not be the next [Gwyneth Paltrow](#) in the kitchen, but these celebrity chef recipes are great references to get you started on a sustainable food journey. Healthy food doesn't mean a bland experience. These recipes will make you feel like you'll be ready to deck out in [celebrity style](#):

1. [Tom Colicchio's Roasted Chicken](#): The majority of us enjoy chicken as a regular staple for our families. Chicken is a great choice of protein while you're trying to be healthy; be conscious of how you choose to cook the meat. Frying, of course, is not the cleanest option. Roasting in the oven is not only healthier for you, but it's easy and delicious. Brown the skin on the stove top for extra flavor, or keep the oven on low for a juicy bite with a crisp skin. You won't want to use any other method for cooking chicken again.

Related Link: [Celebrity Diet: Get a Red-Carpet Ready Body and a Healthy Mind By Eating These Super Foods](#)

2. [Jason Franey's Mustard-Glazed Black Cod](#): Fish is a clean and delightful alternative to traditional animal proteins. Don't be afraid to add variety to your meals. Fish contains healthy and happy minerals, such as Omega-3, which fights heart disease, high blood pressure, depression, and anxiety. Fish cooks for less time, so it's a healthy and quick option when you forgot to set meat out to thaw. Try sautéing, grilling, roasting, or steaming for healthy and easy ways to cook fish.

3. [Leah Chase's Gumbo z'Herbes](#): We're throwing it back to the Meatless Monday trend, and there's a reason. Cutting meat out for a meal helps cleanse the body and gives you more energy

for endurance-heavy workouts. The plus side: this Louisiana classic is a real treat. The heat from the cayenne and paprika create a pleasant warm feeling and the slow-cooked greens are the savory staple of the South. With all this flavor you won't even know it doesn't have meat. The secret to good ole' Southern cooking: low and slow. This is definitely a recipe to add to your crockpot repertoire.

Related Link: [Find Your True Weight with the Incredible Dukan Diet](#)

4. [Herby Barley Salad with Butter Basted Mushrooms](#): Don't be fooled by the words salad and mushrooms. This is a delicious and protein-packed lunch. We love starches, but they don't love us. Try switching out standard carbs like rice with protein-heavy alternatives, such as quinoa, barley, or oats.

5. [Jonathon Brooks Ramen](#): Forget the old cup of noodles. Authentic ramen is packed with nutrients. The combination of the capsaicin from chiles, the zing of brightness from limes, cilantro, and stock feel like the cure for any illness. It's the perfect way to start a day when you feel down or the best way to end a day of too much fun. It really is one of the best ways to fill yourself with the most nutrients.

What secret recipes do you break out when you're trying to eat [healthy](#)? [Share below!](#)

Celebrity Parenting Tips: How To Keep Your Child Healthy

During Flu Season



y [Marissa Donovan](#)

Back in January 2013, *Supernatural* star Jared Padalecki shared that he was feeling bad for his nine-month old sick son Thomas Colton. According to [People.com](#), Padalecki thought that maybe he gave his son his sickness. As a parent, it's easy pass on a sickness to your children. Keeping your children healthy and practicing good hygiene with them can decrease the risk of them catching the flu this winter season.

Here are some [celebrity parenting tips](#) on how to keep your child from

catching the flu bug!

1. Get vaccinated: [Kristen Bell](#) strongly believes in children receiving flu vaccination during those risky winter months. According to her [parenting advice](#) for [Parents.com](#), Bell explains that even though the shot is roughly 50 percent effective, it's better than having your child be 100 percent at risk.

Related Link: [Celebrity Parents Open Up About Their Best Parenting Advice](#)

2. Have a strict diet: [Gwyneth Paltrow](#) is a [celebrity mom](#) who wants her kids eat healthy foods. According to [WomensMealthMag.com](#), she tries to stay away from noticeable food allergens and has her kids eating more plant-based. Eating healthy can keep your immune system on track.

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3. Be on top of their hygiene: [Tia Mowry](#) keeps her son super clean to prevent catching the flu. According to her interview with [Parents.com](#), she keeps her hand sanitizer handy for her son and once he gets home from school he puts on new clothes. Germs can stay attached to surfaces such as clothing, so Mowry encourages to put them into play clothes to keep them from catching the sickness and spreading it to family members.

Do you have other parenting tips in time for flu season? Leave your best advice in the comments!

Fitness Trend: Wearable Technology



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y [Noelle Downey](#)

With warm weather here it's time to party on the beach and play in the surf and sand. But what if you're feeling like your beach body isn't quite bikini-ready? There's a new [fitness trend](#) that could help you get outdoors for a sensational summertime in the sun *and* motivate you to start sculpting some killer abs too. With stars like [Ryan Reynolds](#) and [Gwyneth Paltrow](#) jumping on the bandwagon, it's official, the newest celebrity trend when it comes to fitness is wearable technology. From Fit Bit to Garmin, this trend is everywhere, and we here at Cupid's Pulse have the the top five celebrity-approved ways to catch up on this trendy tech breakthrough for summer fitness fun.

Looking for a great way to stay fit and fab this summer? Check out these awesome pieces of tech to stay on the fitness trend and on track to a red-carpet worthy body this summer!

1. Flaunt your abs with [Fitbit](#): While Fitbit is far from the only good option out there when it comes to wearable tech, it's definitely one of the most popular in the mainstream fitness world, probably partly because of the variety of models available. Tons of stars have been spotted with this handy piece of tech on their wrist as they work out. [Britney Spears](#) gets in some steps with an eye-catching pink Fitbit to match her workout ensemble, while Ryan Reynolds works on his killer abs with the Fitbit Flex, and [Kelly Ripa](#) struts her stuff with a Fitbit of her own tracking her every move toward a red-carpet worthy figure. Even former president Barack Obama has been spotted with a Fitbit Surge on his wrist during his daily runs. Whatever model you choose, this piece of tech wonder will do everything from track your steps and heart rate to monitor your sleep, with some models even synching directly to your smart phone to store and compare the data.

2. Push to the limit with the [Pebble SmartWatch](#): If you're looking for something a little less mainstream and slightly more upscale, try the Pebble SmartWatch for a fitness tracker that looks like a fashion statement in the form of a swanky watch. TV talk show host and comedian Stephen Colbert has been spotted multiple times with this great piece of wearable tech on his wrist. If you're looking for something that doesn't necessarily proclaim, "I'm working out right now," but you're still interested in tracking your fitness data, try Pebble

SmartWatch, which tracks your calories burned and distance covered and gives you personalized fitness encouragements when you need them. All of this is caught up in a sleek, celebrity style design that looks fashionable and stellar, and if you're not busy hitting the gym, you can discreetly set it to display the time and still get compliments on your gorgeous accessory.

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3. Burn calories with the [Nike + Fuelband](#): If you're looking for something a little more simple that's still celebrity-approved, try the Nike + Fuelband, a simple band around your wrist that tracks calories burned and steps taken while allowing you to set daily goals for yourself on a single simple screen. This chunky and funky band certainly isn't as sleek as some of its competitors, but it also does exactly what it needs to do to help you set a better fitness schedule, without all the fuss of a more high-tech gadget. And it certainly has a great celebrity endorsement from Serena Williams, who's been spotted on the court during many of her victorious championship tennis games with this trendy fitness gadget on her wrist.

4. Take a step forward with [Jawbone UP](#): If you're not feeling Fitbit but want a combination of Fitbits variety of models and the sleekness of the Pebble SmartWatch, look no further than Jawbone UP, which offers four different models with a variety of abilities, from the basic model that provides a smart coach, activity tracking, calories burned, and sleep tracking to the more advanced models that provide all of this as well as automatic sleep detection and data on heart health. This sleek and shiny band offers choices to those who decide to purchase from this brand, as well as a variety of colors and styles. Famous actress and health guru Gwyneth Paltrow has been seen wearing the Jawbone UP on many occasions! See if the Jawbone UP could be for you too!

Related Link: [Product Review: Get Your Fitness Wear By Naja, a Socially Conscious Lingerie Brand](#)

5. Get in shape with [Garmin VivoSmart](#): For a fitness monitoring tool that's approved by fitness icon and Virgin-founder Richard Branson, look no further than the Garmin VivoSmart. Garmin may not feature the fanciest models on the market when it comes to wearable tech, but it's also one of the most affordable, and you get a fairly good bang for your buck when it comes to using this handy fitness tool. Just like Richard Branson, you can strap this on and learn about your sleep and steps with one of their colorful and water-resistant models, or you can spring for one of the newer releases and get all day stress monitoring, rep counting, and more!

Have you ever used any wearable tech when it comes to fitness? What do you think of this trend? Will you be springing for one of these fitness tools soon? Let us know in the comments!

Celebrity Style: Which Celeb Body Do You Most Resemble?





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y Rayne Parvis

Do you wish you had the secret to looking your best in your clothes like your neighbor, friend or iconic movie star? Knowing what styles work for your body shape is essential to getting the best overall appearance. When you look at your favorite character from television or a movie, notice how they wear the same few silhouettes. This is because their glam celebrity style squad knows what to buy so they'll always look their best.

Find the celebrity your body most resembles and get stylin'!

Drew Barrymore, [Jessica Simpson](#) and Jennifer Hudson: You're wider on top than the bottom and are considered to have an apple body type. You most likely have a full bust and slender legs. Create a balance by wearing more subdued darker patterns and colors on top—and brighter hues and textures on the bottom. This balances out your shape. V-necks are your friend too!

[Jennifer Lopez](#), Beyonce and Kelly Clarkson: You have wider hips, narrow shoulders, smaller bust and are bigger on the bottom. Your body type can be described as pear shape. Create a balance in your shape by wearing your brighter patterns and colors up top. Minimize your bottom half with darker colors and simple bottoms.

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Gwyneth Paltrow, Nicole Kidman and Keira Knightly: You have an overall thin frame with an undefined waist, little curves like a rectangle. You can indulge in most necklines and can create the appearance of a curvier figure with full circle, trumpet and flared skirts and feminine tops that cinch at your waistline creating a hourglass shape.

Marilyn Monroe, [Kim Kardashian](#) and Christina Hendricks: You have a defined waist and your hips and bust are noticeably wider imitating an hourglass shape. Emphasizing your waist is key! Make a friend with a tailor. Most of your wardrobe will need to be taken in at the waist. Wrap dress and styles that have a built in waist will pair well with your body type.

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Oprah and Melissa McCarthy ladies are considered extra curvy in addition to one of the shapes above. Always create a waist and go for v-neck necklines. You can create an illusion of a smaller waist with belts– or buying styles that already have a seam that makes one for you–like A wrap or body seamed sheath dresses.

The common goal for all body types is to create and enhance your waist like the sex symbols of the 1950's. You can implement these simple tips to feel fab at any size.

For more tips on how to style and shop for your personality,

body-shape and lifestyle grab a copy of “Ultimate Guide to Style:From Drab to Fab!” on [Amazon](#). If you would like more fashion wisdom subscribe to her blog at www.StyleByRayne.com and follow her on Instagram [@rayneparvis](#) for inspiration to be bold & all kinds of beautiful.

Celebrity News: It's Official! Gwyneth Paltrow Wishes Boyfriend Brad Falchuk Happy Birthday on Instagram



y [Mallory McDonald](#)

In recent [celebrity news](#), Gwyneth Paltrow has made her [celebrity relationship](#) official on social media! According to [UsMagazine.com](#), she shared a sweet message to boyfriend Brad Falchuck on Instagram. She simply captioned the photo, "Happy Birthday handsome." The two have been together since 2014, but they keep their relationship private and out of the spotlight. Despite her still very close relationship with [celebrity ex](#) Chris Martin, she is moving forward in her relationship with Falchuck. We hope to see more of the couple in the near future!

In celebrity news, Gwyneth made her new relationship official on social media! What are some ways to use social media to your advantage in a relationship?

Cupid's Advice:

Social media can have a negative effect on a relationship, but done in the right way it can be an advantage:

1. Show them off: Insecurity can be a struggle for a lot of people in relationships, but posting them to your social media page for all of your followers to see it can reassure them of your commitment. It is also just a nice way to show you appreciate and love for them.

Related Link: [Former Celebrity Couple Gwyneth Paltrow & Chris Martin Reunite for Daughter's Birthday](#)

2. Surprise them: Use social media as a clever way to surprise them with a nice dinner or romantic date. While they are at

work or busy doing something, you can tag them in a post about your secret surprise.

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3. Retain memories: Social media is an awesome way to keep the memories of your relationship documented in one place. Scrolling through your profiles and going through all of the fun and interesting thing you and your significant other have done together is a huge advantage.

How do you use social media as a positive in your relationship?

Top 10 Sexy, Successful, Single Celebrity Women Over 40





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y [Katie Gray](#)

They say your 40's are the best years of your life! These famous celebrities show us that this statement is so accurate. Many of these stars have been in [celebrity relationships](#), but right now they are on the market. Whether they're in the film or music industry, there is no doubt that these stars are successful, sexy and single. They prove that you really can have it all. Age is just a number, and you must always reach for the stars!

Cupid has compiled the top 10 sexy, successful and single celebrity women over 40:

1. [Jennifer Lopez](#) (47): Don't be fooled by the rocks that she got, she's still Jenny from the block! Jennifer Lopez is a triple threat; singer, dancer and actress. Her major breakout was her lead role in the film *Selena*. Since then, she's starred in films and TV series, has released many albums and

even wrote a memoir. She has her own fashion and perfume lines as well and was a celebrity judge on *American Idol*. The mother of two has had highly publicized relationships including with Marc Anthony and [Ben Affleck](#). Lopez is also famously known for her behind, which led to her hit song with Iggy, "Booty." In fact, the song "I Like Big Butts" by Sir Mix A Lot was inspired by her! There isn't an industry that this mami can't tackle! She is a hottie for life.

2. Madonna (57): 'Cause you know that we are living in a material world, and she is a material girl! Madonna is the ultimate Queen of Pop! She still looks sexy at 57, puts on concerts and is in the best shape of her life. She frequently runs through Central Park, stays active and even does flips at her concerts. Who could forget her famous Superbowl Halftime Show performance? Madonna is still putting out new music, and we bet that her career will never die. Although now she is single, she's a happy mother of four and has a net worth of \$800 million!

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3. Diane Keaton (70): One of the biggest names in the industry is Diane Keaton. She's won too many awards to count. Her first major role was in *The Godfather*, and her career took off after that. She's never been married and doesn't intend to change that. In the past, she's had notable celebrity relationships, such as with Woody Allen. She's also a mother of two. Keaton shows us we can be successful and live our lives the way we want! There is no 'right way.'

4. [Jennifer Garner](#) (44): Golden Globe and SAG Award winner, Jennifer Garner, has been killin' it in the world of film and television for decades. She played CIA agent Sydney Bristow on *Alias*, but can also do funny comedies like *13 Going On 30*. She separated from her husband Ben Affleck last year, and they have three children together. Garner is attractive, smart, and educated, with a great personality. She definitely is

successful, sexy and now single!

5. Halle Berry (49): Oscar winner Halle Berry has starred in numerous films and she is often praised by the critics. She won the 'Best Actress' Academy Award for her role in *Monster's Ball* – making her the only black female to win this title to date. That is a huge accomplishment! She has been married three times, has two children, and is currently single and ready to mingle!

6. Marisa Tomei (51): Everyone knows Marisa Tomei best from the comedy film *My Cousin Vinny*. She's starred in numerous critically acclaimed films and it's earned her awards and notoriety. Although she's had two relationships, she really isn't about the married life. Tomei has stated, "I'm not that big a fan of marriage as an institution, and I don't know why women need to have children to be seen as complete human beings."

7. Drea de Matteo (44): Italian-American actress Drea de Matteo had her breakout role on *The Sopranos* as Adriana La Cerva. Her portrayal of that character scored her an Emmy award! Now she currently stars on *Shades of Blue* with Jennifer Lopez and Ray Liotta. Although she isn't dating anyone right now, she was with Shooter Jennings for many years and they have two beautiful children together.

8. Nicolette Sheridan (52): Although she's had her share of relationships in the public eye, Nicolette Sheridan is not married. Her most famous celebrity relationship was with Michael Bolton. You may remember her best as the character Edie on ABC's hit *Desperate Housewives*! There is no doubt about it that she is smoking hot! She plays the roles of sultry characters a lot, and does risqué campaigns. Go girl!

Related Link: [5 Stars in Open Celebrity Relationships](#)

9. [Gwyneth Paltrow \(43\)](#): Gwyneth Paltrow has been acting for a couple of decades, with many films under her belt. She was

famously married to Chris Martin, of Coldplay, until last year. The pair have two children together. She also founded Goop, which is a popular online site. She is even the author of two cookbooks and the founder of a lifestyle company. She's been the face of Coach and perfume for Estee Lauder, too. Paltrow shows us that you can be sexy, successful and single with children all at the same time.

10. Edie Falco (53): You may know her as Carmela Soprano or "Nurse Jackie", but it's no denying that Edie Falco rules the television scene. She's a talented actress, with numerous award wins to prove it. Falco also is a breast cancer survivor and looks great for her age. She is not married, but has adopted two children. It's true that we get better and better as we age.

Who are your favorite successful, sexy, single, female celebrities? Comment below!

Former Celebrity Couple Gwyneth Paltrow & Chris Martin Reunite for Daughter's Birthday





B

y [Stephanie Sacco](#)

[Gwyneth Paltrow](#) and Chris Martin have reunited, at least for the moment. According to [UsMagazine.com](#), Paltrow posted a selfie of the [celebrity exes](#) in Disneyland. In [celebrity news](#), their daughter Apple turned 12, and the pair spent the big day at the happiest place on earth. This former [celebrity couple](#) is stronger now more than ever. Paltrow says, "I think we are better as friends than we were [married]. We are very close and supportive of one another." Paltrow proves that you can be friends with your ex and still be a family.

This former celebrity couple is keeping a relationship for the kids. What are some ways to keep things civil with your ex for the sake of your children?

Cupid's Advice:

It's crucial after a divorce that your kids don't think it's their fault. If a relationship fails, you have to think of them first and if getting along with your ex is what it takes, then so be it. Cupid is here with some [relationship advice](#):

1. Stay positive: Don't spend too much time with your ex if you can help it, but when you do, make sure to keep the mood light. Don't discuss bills or your past in front of the children. Always think of them first before you open your mouth.

Related Link: [Scarlett Johansson Says She 'Hit Rock Bottom' in Celebrity Relationship](#)

2. Stay alert: If you feel yourself getting into angry territory with your ex, remember it's only a temporary visit. Laugh it off when you feel yourself start to slip. Look to your kids if you get desperate; they'll remind you who you're fighting for.

Related Link: [Celebrity News: Jennifer Garner Says She & Ex Ben Affleck WILL Make Co-Parenting Work](#)

3. Stay together: Be a team when it matters most. Try to make decisions as a unit and if you can't, at least compromise. Find a balance so neither of you has the upper hand. Be aware of the volume of your voices when you're around your child.



Chris Martin and Gwyneth Paltrow. Photo: Solarpix / PR Photos; Andrew Evans / PR Photos

Think you know how to be civil with your ex? Comment below!

Relationship Advice: 10 Actresses To Look To For Guidance



[y Katie Gray](#)

Lights. Camera. Action. There are so many talented actresses in Hollywood who represent strong, beautiful, classy, hard-working, empowering females. They not only play strong female leads on screen, but they are strong females who lead in the

real world by their actions. These women are great role models whom we can seek [relationship advice](#) from in our love lives, as well as in our careers.

Need relationship advice? Cupid has compiled the 10 actresses to seek guidance from:

1. [Jennifer Lawrence](#): This leading lady in Hollywood has accomplished so much. The Oscar winner is all about empowering women and creating wage equality between genders. She even wrote a wage inequality essay that all women can relate to! The *JOY* star has also maintained the right amount of publicity when it comes to her intimate [celebrity relationships](#). She doesn't hide anything, but doesn't publicize everything either. There was also a revealing leaked photo incident, which she handled like the class act that she is!

2. [Kate Hudson](#): This beauty has made films we all love, and so has her mother, Goldie Hawn. The release of her new book *Pretty Happy: Healthy Ways To Love Your Body* also encourages women to embrace themselves. She's a great mentor for health and fitness, and she even has a line of athletic gear called Fabletics.

Related Link: [Kate Hudson Would Marry Fiance Matt Bellamy 'For the Kids'](#)

3. [Mila Kunis](#): *That 70's Show* never gets old! This actress is happily married to fellow actor, Ashton Kutcher. The married pair has a beautiful daughter together who they dote on. We can learn a lot about their [celebrity relationship](#) by watching their dedication to parenting!

4. [Jennifer Garner](#): This television and film star has had many hits. Do *Alias* and *13 Going On 30* bring back any memories?

Although she's going through a divorce from Ben Affleck, she shows us how to maintain maturity even after you're separated and not a famous couple anymore. Jennifer really just lives for her children, and it's something we can all strive for!

Related Link: [Lessons From Jennifer Garner and Ben Affleck](#)

5. [Reese Witherspoon](#): As America's Sweetheart, Reese Witherspoon can play literally any role. Whether she's singing as June Carter in *Walk The Line*, being a lawyer on *Legally Blonde* or an innocent Catholic student in *Cruel Intentions*, she brings her heart and soul to her work and the role she is playing. She has two children with her ex-husband Ryan Phillippe, and remarried in 2011 to Jim Toth (talent agent and co-head of motion picture talent at Creative Artists Agency where Witherspoon is a client.) The pair have a son together, Tennessee James, who was born in 2012. She's the perfect example of having a career and making love the second time around work.

6. [Jennifer Aniston](#): Jennifer Aniston will forever have a place in Hollywood. She won the world's hearts for her portrayal of Rachel Green on the hit series *Friends*. She is also one of the highest paid actresses in the industry, and in 2012, she received a star on the Hollywood Walk of Fame. Her marriage and subsequent [celebrity divorce](#) from Brad Pitt, had everyone talking for years. Now, she is happily married to Justin Theroux as of 2015. She's a great example of having a career first and then finding love when you're mature and ready. It's never too late and honestly, she is still young!

7. [Julia Roberts](#): Julia Roberts will go down in Hollywood history as one of the best actresses of all time. The Academy Award and Golden Globe winner, broke out with the romantic comedy *Pretty Woman*. She also played another iconic female lead, Erin Brockovich. She was married for a couple years to Lyle Lovett in the 90's, but she has been happily married to Daniel Moder since 2002. They have three children together.

Roberts is also the aunt to actress, Emma Roberts, who is inspiring to young girls. It runs in the family!

8. [Angelina Jolie](#): The proud mother of six and wife to Brad Pitt, Angelina Jolie proves that having a good heart will always prevail. She has adopted multiple children and has had biological children as well with husband Brad Pitt. She is also known for her humanitarian work, women's rights efforts and spreading positive messages about inner beauty.

9. [Gwyneth Paltrow](#): Actress Gwyneth Paltrow is the proud mom of two children and is very into healthy eating. She's divorced from Chris Martin, the front man of the hit band, Coldplay. The pair are a great example on how to stay cordial and friendly with one another after separating, for the sake of their children. They still have a good friendship.

10. **Tori Spelling**: Donna Martin graduates! The daughter of legendary television icon, Aaron Spelling, is Tori Spelling who has inherited her father's work ethic. Outside of her career as an actress and author, she shows us that family is the most important thing. She has four children with her husband Dean McDermott. She puts her efforts into parenting and her marriage, this is her first priority!

Who are your favorite actresses to look to for guidance? Share with us below!

**Former Celebrity Couple
Gwyneth Paltrow and Chris**

Martin Spend Thanksgiving Together



B

y Katie Gray

In latest [celebrity news](#), former [celebrity couple](#), actress Gwyneth Paltrow and Coldplay front man Chris Martin, spent Thanksgiving together with their celebrity babies. They went through a celebrity divorce and have a tumultuous history, but they remain a united front for the children's sake. According to [UsMagazine.com](#), Paltrow had stated on her Goop website after the separation that they were going to remain close as parents, but simply "consciously uncouple."

This former celebrity couple is doing what's best for the kids. What are some ways to remain civil with your ex for your children?

Cupid's Advice:

It's important to always take the high road in life and to remember to stay positive. After you have split from your partner via separation or divorce, it can be very hard for you to be around your ex. It's crucial that you remain civil if there are children involved. Cupid has some tips:

1. Talk it out: Even though you are no longer together, you are still connected to each other because of your children for life, so you must get it together. It's good to talk to your ex about every aspect concerning the children's lives to make sure you are on the same page and know what's going on!

Related Link: [Celebrity News: Brad Pitt Is Handling Thanksgiving Turkey for Angelina Jolie and Kids](#)

2. Showcase mature behavior: Divorces and separations are always hardest on the kids. When interacting with your ex, make sure that you put up a happy front for their sake(s). Don't argue or say anything passive aggressive. If the children see tension, then it will make them feel like they did something wrong, and they shouldn't be in a position where they feel pressured to pick sides.

Related Link: [Single Celebrity: Kate Beckinsale 'Doing Fine' After Len Wiseplan Split](#)

3. Watch what you say: When talking to your relatives or friends, make sure your children can't hear when you are discussing their mother/father. If you are going to talk about

your ex, do it when they are not around, or make sure they can't decipher who you are talking about. Remember, say what you mean – just don't say it mean.

What are some ways that you and your ex remain civil for your children? Share your stories below.

Celebrity Photo Gallery: Famous Couples That Co-Parent





Jennifer Lopez and Marc Anthony

Although they're no longer together, the two singers co-parent and do business together. These celebrity exes didn't let their break-up get in the way of their children or career.

Photo: Charles Norfleet / PR Photos

5 Celebrity Couples Who Just Made It Official





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y Mackenzie Scibetta

Celebrity gossip frequently makes comical combinations of [celebrity couples](#) that would never actually work. With rumors spreading false odd pairings, such as saying rebellious Rihanna and environmental activist [Leonardo DiCaprio](#) are together, it's difficult to know what to believe. However, these Hollywood relationships are no joke!

Cupid has compiled a list of celebrity couples who are recently exclusive, together and 100% official:

1. Sandra Bullock and Bryan Randall: The 51-year-old Oscar winner and 49-year-old photographer pair first turned heads in the beginning of August. Things heated up when Bullock brought Randall as her plus one to Jennifer Aniston's wedding. Ever since then the duo has been spotted together all over Hollywood and are reportedly extremely smitten with each

other.

2. Gigi Hadid and Joe Jonas: Nicknamed GIJoe, this young celebrity couple got together over the summer and have been inseparable. If they're not hanging with their massive group of famous friends, they're making the whole world envious of their cuteness. When recently asked how to describe Hadid in one word, Jonas replied with "happiness".

Related Link: [Gigi Hadid Says She Rejected Celebrity Boyfriend Joe Jonas When She Was 13](#)

3. Drake and Serena Williams: While this pair has been keeping their relationship under the radar for now, they have been caught making out in a restaurant, supporting each other at their respective professions and flirting on social media. Drake was even seen crazily cheering at Williams tennis match.

4. Cara Delevingne and St.Vincent: The supermodel and rock star confirmed rumors of a budding romance after they attended the London Fashion Week together, flirting in the front row. Delevingne recently gushed about her girlfriend in *Vogue* saying "I think that being in love with my girlfriend is a big part of why I'm feeling so happy with who I am these days."

Related Link: [5 Most Fashion Conscious Celebrity Couples](#)

5. [Gwyneth Paltrow](#) and Brad Falchuk: The 'Glee' producer and 'Scream Queens' co-creator confirmed this blossoming relationship by posting a picture on Instagram calling Paltrow his date. After taking their love public, they have been spotted all over together, even at Robert Downey Jr.'s 50th birthday party.

Which new celebrity couple is the cutest? Let us know below.

Celebrity Couples Who Broke Up and Still Worked Together



B

y [Courtney Omernick](#)

Relationships and love can be complicated, and so can the break-ups. However, it can be even more awkward when a celebrity relationship turns into a celebrity break-up, and the two parties still have to work together.

Below are a few celebrity couples

that broke up but still had to work together.

1. Chad Michael Murray and Sophia Bush: This celebrity couple not only broke up, but they went through a celebrity divorce. Even though they split, they still had to work together on the hit show, *One Tree Hill*.

Related Link: [Celebrity Couple Scandals That Caught Us Off Guard](#)

2. Ben Affleck and Gwyneth Paltrow: These two dated in the late 90s and costarred in the film, *Shakespeare in Love* together. However, even after they broke up, they went on to co-star in the chick flick, *Bounce*.

Related Link: [Ben Affleck: Can You Forgive a Betrayer in a Romantic Relationship](#)

3. Adam Brody and Rachel Bilson: This celebrity relationship lasted for three years, but sadly ended in 2006. However, the celebrity exes still had to work together on the set of *The O.C.*

What are some other celebrity couples that broke up but still worked together? Share in the comments section below!

20 Celebrity Kids Who Look Just Like Their Famous

Parents





Violet Affleck and Jennifer Garner

Despite their different hair colors, Violet is definitely Jen's mini-me. They both have almond-shaped eyes and share the same unique dimples in their plump cheeks. Photo: PR Photos/PRPhotos.com

6 Celebrity Break-Ups That Shocked Everyone





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y Molly Jacob

Breakups can be hard, but they get even more difficult when they're in the spotlight. While we know that Hollywood couples, with the pressures that come from being famous, often don't last long, it's still hard on fans when their favorite celebrity couple goes through a [celebrity break-up](#).

See what celebrity break-ups shocked everyone, including us at Cupid's Pulse!

1. Heidi Klum and Seal:

Heidi Klum and Seal seemed to be one of those Hollywood couples who had it all. That's why we were especially shocked in April 2012 when Klum filed for divorce after six years of marriage. But we're happy to hear, according to TMZ, that the celebs' divorce was a "clean break" with no fights over money or custody of their four kids.

2. Mariah Carey and Nick Cannon:

Mariah Carey and Nick Cannon seemed to be deeply in love during their six years of marriage. But this celebrity couple fell apart when Cannon filed for divorce this past January. This celebrity breakup was in the spotlight this spring when Carey released her new song, "Infinity," which throws some jabs at Cannon. Next time you're thinking of getting tattoo for your significant other, think about this: Cannon had to cover up his "Mariah" tattoo with a larger tattoo last October.

Related Link: [Nick Cannon Opens Up About Split From Mariah Carey](#)

3. [Jennifer Aniston](#) and [Brad Pitt](#):

We were heartbroken when this celebrity couple split up in 2005. Whether you were Team Aniston or Team Jolie during the publicized celebrity breakup, Aniston and Pitt seemed to have had the perfect relationship. But don't spend too much time worrying about this heartbreaking split – Aniston told US Magazine last January, "I don't find it painful."

4. Susan Sarandon and Tim Robbins:

Susan Sarandon and Tim Robbins appeared to be the classic, enduring Hollywood couple – until they announced their breakup in 2009. While the celeb couple never got married, they were together for over 20 years and had two sons. The two met in 1988 while shooting the film *Bull Durham* and immediately clicked. Although there were rumors that they broke up because Robbins had an affair with Meg Ryan, Sarandon said a major reason for the split was a reexamination of her life after performing in the Broadway show, *Exit the King*.

5. Robin Thicke and Paul Patton:

Thicke made the headlines in the last couple of years with his

catchy and controversial song, “Blurred Lines” and also his breakup with his teenage sweetheart, Paula Patton. In February 24, the celebrity couple announced their marriage was over, but it seemed like Thicke wanted Paul back more than she wanted him. This was pretty evident after he released his tribute to his ex-wife, the 2014 album title *Paula*.

Related Link: [Does Robin Thicke’s “Get Her Back” Have Enough Passion For Paula Patton?](#)

6. Gwyneth Paltrow and Chris Martin:

Coldplay and *Shakespeare in Love* fans alike were shocked when Paltrow announced on her blog, Goop, that the Hollywood couple would be splitting. After being married for 11 years and having two children, the duo’s bond seemed unbreakable. Their divorce seemed amicable, with Paltrow using the vague term “conscious uncoupling” to describe their breakup.

What other celebrity breakups shocked you? Share in the comments section below!

The Best Celebrity Relationship Moments of 2014





Page 1 of 10



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

Gwyneth Paltrow Wants to 'Spend a Little time' With Jennifer Lawrence



y Amanda Boyer

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According to UsMagazine.com, sources are saying that Gwyneth Paltrow wants to “spend a little time” with her ex-husband Chris Martin’s new girlfriend, Jennifer Lawrence. Two months after Paltrow and Martin’s “conscious uncoupling,” Martin began seeing Lawrence. The ex-couple remains on friendly terms. Now, Paltrow thinks she can have a relationship of her own with Lawrence.

What are some ways to remain civil with your ex’s new partner?

Cupid’s Advice:

Did your ex just get into a new relationship? Read ahead for some tips to stay civil:

1. Do not judge: Even though you did date them for a period of time, every relationship is different. Do not compare your ex-relationship with their new one. Keep an open mind.

Related: [Jennifer Lawrence Attends Chris Martin’s Coldplay Concert](#)

2. Be friendly: It might be a challenge, but hang out with your ex’s new partner in a group of friends. Make some memories and get to know them as a person; you might be surprised.

Related: [Jennifer Lawrence Is Back in ‘Hunger Games’ Sequel ‘Catching Fire’](#)

3. Be happy for them: Show respect and be happy that your ex found some happiness in their life.

Have any other tips to be cordial with your ex’s new partner? Comment here!

Celebrity Dating Rumors: Gwyneth Paltrow Is Dating 'Glee' Co-Creator Ben Falchuk



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y Shannon Seibert

According to celebrity dating rumors, romance has once again struck on the set of *Glee*! Gwyneth Paltrow and Ben Falchuk were spotted on a flirty dinner date at East Borough in L.A., according to UsMagazine.com. Paltrow has made five guest appearances on the co-creator's show as Holly Holliday since 2010. Following her celebrity divorce from Chris Martin in March, Paltrow's relationship with Falchuk has progressed from professional to personal over recent months. Falchuk has also recently split from his ex-wife Suzanne of 10 years. Both the actress and the producer share children with their celebrity

exes and are seemingly close to their former partners. We're excited to see what Cupid has in store for the new [celebrity couple](#)!

Rumor has it that Paltrow is already part of a new celebrity couple. How do you know when you're ready to move on after a split?

Cupid's Advice:

Moving on can sometimes feel like you're climbing a never-ending mountain, but then one day, you finally reach the top, and you realize the view isn't half bad. When you feel that you have closure from your past relationship, the next step is moving forward. If you're wondering whether or not you're up to starting something new, consider these three pieces of love advice:

1. You physically feel better: Sometimes, emotional pain transitions into physical pain. There seems to be a never-ending pit in your stomach that leaves you feeling nauseous. When you've let go of past emotions and memories and accept that he isn't coming back, you feel lighter. The songs on the radio don't "speak" to you anymore; you aren't avoiding certain places you went together; and you find yourself forgetting to think about him from time to time. This weight that lifts is a sign that you don't have to be held back anymore. Paltrow has been able to let go of past grievances after her celebrity divorce, and they've even remained close friends. There is nothing keeping you in the past, so you can create your own future.

Related Link: [Gwyneth Paltrow and Husband Chris Martin Split](#)

2. You've thought about dating again: When you're ready to

move on, thoughts of dating cross your mind more frequently, and they usually aren't about your past significant others. Finding new men to reach out to can help stimulate the healing process and allow you to consider new avenues for finding love. Celebrity couple Paltrow and Falchuk both waited until the right moment to be together.

Related Link: [Chris Martin Says He's 'Friends' With Estranged Wife Gwyneth Paltrow](#)

3. You've had complete closure: Closure is hard to come by, but when you finally have it, everything feels at peace. Though the truth about why things ended may hurt, it also allows you to feel more in tune to your senses. There won't be any more "what ifs" nagging at your mind before you go to sleep each night. You won't be analyzing everything that went wrong, and you'll be able to just have the memories of everything you did right. Use your past relationships and love to help you in the future.

How did you know it was time for you to move forward? Share your story with us in the comments below!

Chris Martin Says He's 'Friends' With Estranged Wife Gwyneth Paltrow





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y Sanetra Richards

The love is still there for Chris Martin and Gwyneth Paltrow. According to UsMagazine.com, the estranged spouses have remained friends, despite the announcement of their split back in March. The *Coldplay* frontman talked about the relationship between him and his spouse during an interview with Ryan Seacrest on Thursday, July 31st. "I'm not the best interviewee on this kind of thing," Martin said when asked by the 102.7 KIIS FM host how him and Paltrow are able to remain friends during their separation. "But we're friends and proud parents. There's lots of love, and that's it," he added.

What are some ways to remain friends with your ex post-breakup?

Cupid's Advice:

When you think of an ex, you don't always think of the possibility of being cordial with each other, let alone friends. Matter of fact, the first thing that may come to mind is despising one another. Despite the pages of history,

whether good or bad, there is a way to actually become friends. Cupid has some advice to get you and your ex to that point:

1. Find your way to good terms: Communicate thoroughly with your ex-partner to gain a full understanding on why the relationship ended. If there is no chance of reconciling, at least you will be able to avoid a ton of confusion later down the road when you all are working on rebuilding your friendship.

Related: [Chris Martin Blames His 'Issues' for Split with Gwyneth Paltrow](#)

2. Control your emotions: Avoid harboring those ill feelings. They can lead to even more major problems between you and your ex. Do not expect to any progress if you are a carrying a load or two of baggage from the past. Unfortunately, it's not as easy as it sounds and will take some time to adjust. What's most important is that you give it a try.

Related: [Source Says Gwyneth Paltrow and Chris Martin Look 'Genuinely Happy' in Hamptons](#)

3. Move on: If you are able to do exactly this, your post-breakup friendship has the possibility of flourishing. The two of you are no longer concerned about what the other is doing, per se. You have turned the page and started a new chapter. Embrace it. Go out for lunch like regular friends would do (as strange as that may seem).

How can you remain friends with your ex post-breakup? Tell us!