

Source Says Gwyneth Paltrow and Chris Martin Look 'Genuinely Happy' in Hamptons



By Laura Seaman

Despite their 'conscious uncoupling', Gwyneth Paltrow and Chris Martin have been getting along just fine. The two were seen at the premiere for *Hector and the Search for Happiness* in New York. The film stars Simon Pegg, the godfather to one of their children. The two showed their support for Pegg while also seeming happy and supportive of each other. It wasn't until the end of the cocktail party after the premiere that the two were seen speaking to each other, but an insider told UsMagazine.com that "they looked genuinely happy to be in each other's company."

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

Cupid's Advice:

Couples break up for a reason, and very rarely is that reason a pleasant one. It's understandable to be angry and upset with your ex, but sometimes you have to move past the hurt for the sake of the children, your friends, or your own sanity. It can be hard to move on from the hurt and learn to forgive, but never fear! There is always a way to set things right, even with your ex, and cupid is here to help:

1. Don't put the blame on anyone. Whether it was you or your partner that ended the relationship, nobody is at fault. Something was wrong between the two of you and it had to end, so someone had to speak up. Any relationship is a two-way street, so don't start pointing fingers. Instead, acknowledge that something just didn't work and move on from there.

Related: [Miranda Kerr After Split with Orlando Bloom: "This is My Time to Explore"](#)

2. Admit that it's over, and that's okay. Nothing causes friction like an ex chasing after you and attempting to get back together. Don't be that person! Tell yourself it's for the best and that you'll be happier in the long run. If you have to, give yourself some distance from your ex before trying to patch things up. Friendship is a much better option than a one-way attraction.

Related: [Robin Thicke Speaks Out About Trying to Win Back Paula Patton](#)

3. Remember why you liked them in the first place. Many people will shout the disgusted phrase, "Ugh! I don't even know why I dated them! They're such a scumbag!" after a breakup. It's understandable; you're angry and hurt. But after that frustration wears off, you have to remember that there was a

reason you two were together. There was something there that you liked, and you have to focus on the good times instead of the bad. It will make any future encounters a lot easier.

Have you been civil with your ex? How do you do it? Let us know in the comments!

5 Celebrity Mother-Daughter Look-alikes



By [Courtney Omernick](#)

You may have heard someone state that you sound like your

mother, but has anyone ever told you that you look like her? Below are five celebrity mother-daughter look-alikes that may have you do a double take.

1. Reese Witherspoon and Ava Phillippe: Although Ava has her dad's (Ryan Phillippe) famous lower lip, she is definitely her mom's mini-me. In a recent interview, Reese stated that Ava helps Reese select her gown during Oscar season. Twins and fashionistas!

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2. Goldie Hawn and Kate Hudson: Both actresses are known to light up a room with their locks and bright smiles. And, not only does the pair look similar, but they also share the same zest for life.

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3. Uma Thurman and Maya Hawke: Maya is all grown up, and she looks a lot like her mother! Both have blonde hair, blue eyes, are lanky with fair skin, and share similar facial features. Who knows, maybe Maya will star in the next Kill Bill.

4. Susan Sarandon and Eva Amurri Martino: This mother-daughter team shares the acting gene, a sense of style, and looks! Eva definitely inherited her mother's curves, big, brown eyes, and dramatic hair color.

5. Gwyneth Paltrow and Blythe Danner: There is definitely a striking resemblance between these two! Both ladies share the same petite figure, fair beauty, slim nose, and amazing style.

What are some other celebrity mother-daughter look-alikes? Comment below!

The Ex Factor: Songs After Heartbreak





Paula Patton and Robin Thicke

Thicke attempted to win back his estranged wife with an emotional ballad off of his new album. "Get Her Back" is dripping with grovel as the crooner begs his ex to forgive him after his cheating scandal. Photo: David Gabber / PR Photos

Divorce with Dignity





By Tammy Greene for [Hope After Divorce](#)

It would be hard to ignore the latest buzz in celebrity couple news. There has been little else talked about than the separation and impending divorce of Hollywood darling Gwyneth Paltrow and front man rock star Chris Martin. This marriage of 10 years has been closely protected and kept out of the public eye, so news of the breakup has come as a surprise and a blow to their adoring fans.

There has been endless speculation on what went wrong in their relationship, but it is, at this time, just speculation. After recent news of many Hollywood breakups, it certainly would seem that celebrity status puts an added stress on a marriage that many are not able to rise above. Although no divorce is easy, it does appear that this illustrious couple has figured out the ever-elusive secret of how to have a diplomatic and uneventful dissolution. Even as they head for divorce, this celebrated couple has much to teach us about relationships and separation.

What You See Is Not Real

The actress has built her brand on having it all together. We admire her for her strong family bonds, her pulled together style, her clean eating and healthy lifestyle, and up until a few weeks ago, her seemingly fairytale marriage. But here is the truth: What you see on the outside is not what is real. What has been portrayed through magazines, commercials, and movies is not reality. Celebrity or not, we all are dealing with our own private stuff. Everyone from your next-door neighbor to Oprah Winfrey has their own inside struggles of which we are not privy.

The lesson here is don't believe everything you see. Celebrities are people, too. Like the rest of us, they, too, are just trying to get through each day with the appearance that they have it all together.

Related Link: [Maintaining a Positive Image After Divorce](#)

Children Come First

The biggest tragedy in most divorces is its effect on the children. There is the very real concern that there will be long-term effects on the well-being of the kids. With two children, Apple, age 9, and Moses, age 7, this is sure to be among the top concerns of this A-list couple too, and it seems they have not taken this responsibility lightly. Martin and Paltrow announced that they have come to an agreement to share custody of the children. They have made it clear that it is top priority that the children's transition is as easy as possible.

Granted, while not all relationships can end as amicably as this one seems to have, there is a lesson to be learned about ensuring that their children are made the priority in the midst of divorce. Though not always possible, the goal should be to make sure that the children still have both their parents in their lives. Even though Mom and Dad don't live together, they are still a team when it comes to parenting.

Though surely difficult, couples like Paltrow and Martin show us that it can be done.

Related Link: [How to Cooperatively Co-Parent After Separation or Divorce](#)

Maintain Your Dignity

These two stars have been known for protecting their personal lives fervently. Even in the face of divorce, they are keeping the reasons and terms behind the decision for separation private and personal. In a country where divorces have become increasingly ugly and cruel, it is certainly a breath of fresh air to see two people maintaining their kindness and dignity in what is certain to be a challenging time. It is understandable that not all relationships come to an end in such a civil manner. Certainly, there are reasons for a split where maintaining a polite relationship of any kind is impossible.

That being said, it is important to always aim to be the bigger person. So many divorcees allow the process of separation and divorce to turn them into someone that they are no longer proud of. As of yet, it doesn't appear that this superstar couple will be among that list. We look to celebrities to help guide us through parenting, aging, trends, diets, exercise, and relationships. Even though many relationships in the spotlight end in a whirlwind of drama, it is nice to see that some Hollywood couples work hard to ensure their separation is done with privacy, compassion, and dignity. Paltrow and Martin appear to be shining examples of just that.

Do you think it's possible to remain friends after a divorce? Let us know in the comments below!

For more information about Hope After Divorce, click [here](#).

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has worked as a Child Life Specialist and social worker assisting families who have children with illness or mental disabilities. Tammy is a producer of the national PBS children's television show, Curiosity Quest. She has a blog, Married and Naked, where she shares personal lessons learned from her own life, offering helpful ways to navigate through the challenges of marriage. Tammy is happily married to her high school sweetheart and is the mother of two. See Tammy's Curiosity Quest website at www.curiosityqueststore.com. Follow her blog, MarriedandNaked, at www.married-and-naked.com.

Chris Martin Blames His 'Issues' for Split with Gwyneth Paltrow





By Louisa Gonzales

Chris Martin finally opens up about his split from Gwyneth Paltrow. According to UsMagazine.com, the Coldplay singer, 37, recently sat down with BBC Radio 1's Zane Lowe to talk about his band's new album, how he feels about One Direction and even about the end of his 11-year marriage. It's been one month since news first broke about Martin's separation from Paltrow, 41, but the music artist has now revealed to Lowe in his interview part of the cause of the split falls on him. Martin told Lowe he hasn't let himself be completely "vulnerable" and open to letting love "in" and because of that it caused problems with his relationship. He continued to say he doesn't want to blame anyone else and only he can make the proper "changes" to his life.

What are some ways to work on your marriage?

Cupid's Advice:

Getting married is a life changing event. With marriage comes new joys, discoveries about yourself and your partner, but

also hardships and challenges. Cupid has some advice on some way to work on your marriage:

1. Communicate more: A good relationship requires good communication. If you are having problems in your relationship or any other difficulties going on in you life, it's okay to talk with your partner about them. Don't keep things bottled up, it or make your worries grow and be that much worse when you finally do talk about them.

Related: [Gwyneth Paltrow and Chris Martin Separate](#)

2. Attend counseling: Sure, counseling isn't for everyone, but it may be good to give it a shot. Many couples don't like to admit that they need help, least of all accept or hear advice from other people. However, talking out your problems with someone may be good for your relationship, not to mention the fact it will give you the chance to hear what's on your significant other minds concerning you and the relationship.

Related: [Gwyneth Paltrow Says Chris Martin Helped with Postpartum Depression](#)

3. Remember to have fun: Relationships require work yes, but that doesn't mean you can't have fun and live a little. Make sure to make time to go out together, free of discussing your problems, and do fun things or plan to stay in for romantic evenings, it doesn't matter what you do just do something you both enjoy. It's good to be able to just enjoy your lovers company from time to time without discussing troublesome things.

What do you think are some good ways to work on your marriage? Share your tips below.

The REAL Reason that Gwyneth Paltrow and Chris Martin Split



By Sarah Christensen Fu

Unless you're under a rock, you've probably heard that Gwyneth Paltrow and Chris Martin recently consciously uncoupled. It's a bummer—I thought they were the golden couple that would shame all other Hollywood divorcees by going the distance. The truth is that it's not surprising they split if you look at their astrological compatibility. The REAL reason they split is because Gwyneth, a Libra, and Chris, a Pisces, are **completely star-crossed.**

First, and foremost, let's take a look at Chris's horoscope (this is copied directly from *Bad Birthdays: The Truth behind Your Crappy Sun Sign*):

March 2: "Men are only as faithful as their options," said comedian Chris Rock. The Pisces ladies and gentlemen born on March 2 find themselves evaluating their options regularly, sometimes consciously and sometimes subconsciously. They love their partner deeply but can't help but fall prey to other sets of batting eyelashes and whispered sweet words from soft, cherry-like lips. Best to lock March 2 natives in some sort of cage if you plan to maintain a relationship with one.

Basically, Gwyn could have done everything right, and still lost her mopey Pisces poet to exotic temptations. However, Gwyneth brought her own share of icky personality traits to their relationship: she was born on September 27th, making her a vain, pretentious, wishy-washy Libra. No amount of money, class, live-in nannies, or self-righteousness, could have made this love match comfortable enough for people with this couple's sexiness and financial means to suffer through the rest of their miserable lives together.

Related: [Couples Therapy: A Way to Rebuild a Struggling Relationship](#)

At the core, Libras are obsessed with the thrill of the chase. While Pisces has a deep romantic streak, they are rarely proactive hunters when it comes to romantic interests. Gwyneth basically ended up playing a pathetic, partnerless game of Cat and Mouse, which I guess is just called "Mouse." Aw. On top of that, Libras born on September 27th have a competitive, determined fire in them, which would explain why Gwyn has tried so hard to be the best mother, wife and GOOP founder on the planet. If Chris had been supportive of all of those endeavors, the two may have found a way to remain the reigning king and queen Hollywood royalty. However, in his Piscean way, Chris very likely criticized and whined about Gwyneth's stupid

lentil and lemon soup and her annoying GOOP colleagues—he actually may have literally gotten sick when she told him she planned to use the term “conscious uncoupling” to describe their split.

Related: [Cold Feet Before the Wedding? Reasons to Use Your Head](#)

Sigh. They were doomed from the start. However, if you, like me, are still feeling a little low about this celebrity breakup, you should find comfort in the fact that Gwyneth Paltrow and Chris Martin probably had hotter sex during their marriage than many, many other celebrity couples. One thing’s for sure: the Libra/Pisces combination emits a whole lotta sparks before it explodes and catches fire, burning everything down with it.

***Sarah Christensen Fu** is a Virgo (incredibly high-strung and mostly a pain). She lives in Colorado with her husband and three kids, whose astrological signs cause a great deal of chaos and neuroses around the neighborhood. Visit her at www.hey-sarah.com.*

To Move or Not to Move? Why This Decision Is Tough on Kids





By Michele Sfakianos, RN, BSN for [Hope After Divorce](#)

Divorce is one of those life events that forces huge changes in your life, whether you like it or not. During a divorce, a decision will need to be made on living arrangements. Let the court decide who needs to move out and what will happen with the home. Sometimes, one spouse will offer to move out but wants their part of the equity in the house. The partner who stays put may have to put it up for sale in order to pay the other partner unless they can refinance, thus adding the amount of equity onto the mortgage.

Definitely get some legal advice before you make your choice. Leaving the home before the court date might have a detrimental effect on the outcome. Couples will want to communicate in a responsible manner to find a way to share the residence. If there's too much disagreement, then another solution may be necessary...but you still need a professional opinion before packing up those boxes.

Since they have just announced their desire to divorce, Gwyneth Paltrow and Chris Martin are one such couple

who will be considering the effect moving will have on their two young children. Hopefully, through their “consciously uncoupling,” the transition will be as smooth as possible for their kids – as well as themselves.

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

There are times in each child’s life when a change like moving to a new school, city, or state can be devastating. A young kid depends on the security of their home and school, while a teenager may simply want to finish high school with their friends. You need to take these situations into account when making your plans. The parent who has the children a majority of the time should do their best to stay put.

With divorce, the furnishings are often divided, which may leave the family home empty. Since it is your kids’ house too, you should try to include them in the decorating decisions. This approach helps them to feel valued. Listen to the child’s needs and tastes. It also provides opportunities for two important activities:

1. Education: You may know that it’s an antique chair, but for your children, it’s an old ugly chair until you teach them about the distinguishing signs and history.

2. Shopping: Head to local flea markets, auctions, or estate sales for old furniture. Refinish or repaint the old dresser. Your kids will feel like a part of the process and enjoy using the item they helped refinish.

Once you’re finished decorating, throw a party and show off the new look of your place. By celebrating, you are showing the children that you love and respect their help and that everyone can enjoy the newly decorated home.

Related Link: [What Now? Transitioning From Married to Single](#)

If you must move, understand that a new place will not fix

everything. Moving is traumatic and expensive, and when everyone has to move, someone will be upset. Yes, the new house may have clean paint and a fresh look, but those moving into it are still the same people. After the movers are gone, you may find yourselves standing around and looking at each other thinking, "What now?" Post-Move Syndrome Letdown (PMSL) is common.

Hang in there and try to enjoy setting up your new home. Make sure to include everyone. If you see your children having difficulty adjusting to a different home or community, address it immediately. Find someone for them to talk to. Be supportive and encouraging and let your children know that you'll be with them every step of the way.

For more information about Hope After Divorce, click [here](#).

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Gwyneth Paltrow and Chris Martin Separate





By Sanetra Richards

Another one bites the dust! Gwyneth Paltrow and husband Chris Martin have decided to part marital ways after 10 years. The couple announced the split earlier this week. According to [People](#), Paltrow (PEOPLE's 2013 Most Beautiful Woman) and Martin stated they were "working hard for well over a year" – both as a couple and individually – "to make their relationship work."

The pair released the following statement on the GOOP website under the heading "Conscious Uncoupling": "It is with hearts full of sadness that we have decided to separate." The parents of a 9½-year-old daughter Apple and a 7½-year-old son Moses went onto say, "We have come to the conclusion that, while we love each other very much, we will remain separate."

Although the marriage is ending, co-parenting is not out of the question. "We are, however, and always will be a family, and in many ways, we are closer than we have ever been. We have always conducted our relationship privately, and we hope that as we consciously uncouple and co-parent, we will be able to continue in the same manner."

How do you know when it's time to go your separate ways?

Cupid's Advice:

Every relationship is not salvageable, and it's best to know when you should part ways before it's too late. Here are some things Cupid thinks will help you come to the realization:

Related Link: [Gwyneth Paltrow Speaks Out About Miscarriage](#)

1. Bickering daily: Is the time you spend together consumed by arguments? You and your partner cannot seem to agree on anything and compromise just does not exist. Pay attention to the disputes revolving around some of the smallest issues and if there is constant finger pointing. Yes, proper communication may repair the relationship, but it is not a guarantee.

2. Blurred vision: Your significant other starts off as a good time, but eventually, you realize that you do not see them in your future. There is no sight of making a home, having a family, etc. You begin to nitpick and dislike the little things about them. Maybe you thought their style of mismatching outfits was cute and artistic at first, but now, it's just plain tacky.

Related Link: [Gwyneth Paltrow Says Chris Martin Helped with Postpartum Depression](#)

3. Attraction disappears: The spontaneous dates fade away; the sizzling romance fizzles; and the desire to have your partner around vanishes. These are all warnings (couldn't be any clearer!) that calling it quits is in your near future.

What are the signs that your relationship is in its last days? Share your thoughts below.

Celebrity Couple Predictions: Jordin Sparks, Nina Dobrev and Gwyneth Paltrow



By [Shoshi](#)

For today's column, let's take a look at three celebrity couples that keep the gossip mills churning – whether it's because of a potential engagement, a possible new love affair, or never-ending separation rumors.

Jordin Sparks and Jason DeRulo: Lately, all eyes have been on

this couple, wondering when they're going to get engaged. DeRulo made the smoothest move ever on Valentine's Day by gifting his girlfriend with 10,000 orange roses. How in the heck is he going to top that? What also has people buzzing is that the sultry singer proposed to Sparks in his latest video for "Marry Me."

Calm down, and stop waiting for your wedding invitations. They're only 24 years old – why is everyone trying so hard to marry them off? They're still figuring it out. That's not to say that they haven't started talking about marriage; right now, it's out on the table and being discussed. The two of them are best friends, so it's looking really good.

DeRulo is still trying to decide how and when to propose. I see it coming on a holiday or a birthday; New Year's Eve keeps popping up.

Related Link: [Jason Derulo Surprises Jordin Sparks with 10,000 Roses for Valentine's Day](#)

Nina Dobrev and Liam Hemsworth: Are these two Atlanta-based actors a new couple? They have recently been spotted on a date and sharing a few kisses.

If they do decide to pursue a relationship, don't look for this one to last a long time. No offense to Dobrev, but she's in a rebound situation after her split from longtime boyfriend (and *The Vampire Diaries* co-star) Ian Somerhalder.

Similarly, Hemsworth's energy is all over the place when it comes to his heart. Can you blame him? By the end of his relationship with Miley Cyrus, it had become a train wreck. He has a bit of healing to do. He isn't sure what he wants in a relationship, so he's just having a good time and looking to see who's out there. The *Hunger Games* actor has a few wild oats to sow before settling down again.

Related Link: [Find Out About Liam Hemsworth Post-Miley Hookup](#)

[with Eliza Gonzalez](#)

Gwyneth Paltrow and Chris Martin: Oh, how the gossip is flying on the marriage of this longtime pair! Her reps have denied that she's having an affair with lawyer Jeff Soffer; there have been other names thrown around as well. The question remains is any of it true – and who knows? Only those people directly involved with the couple know the real deal.

When I look at the marriage of the actress and musician, it's in deep trouble – and not just because of affair rumors or because Martin may not be a happy camper living in Los Angeles. Long story short, the Coldplay frontman is bored to tears with their relationship, and he looks disconnected. If things don't turn around soon, look for a divorce announcement. Martin is going to want to split, but Paltrow will make sure that it looks like she's the one who wants to end their marriage, as her image is very important to her. Martin will be fine with that as long as he gets to move on.

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

Celebrities Who Lose Baby Weight Fast





By April Littleton

We're all envious of the women we see on the front cover of magazines who seem to lose all of their baby weight as soon as they deliver their child. Some of us blame Photoshop because there's no way these celebrities can drop those pounds so quickly. While other readers credit the rapid weight loss to plastic surgery. This method might be used among some of the famous stars we know, but some of them still enjoy getting their bodies back in the right way:

1. Jenna Dewan-Tatum: Just six weeks after giving birth to her first daughter Everly last May, the *Witches of East End* star was back to work – in a size zero. “I wasn’t one of those girls who’s obsessed with losing weight, but that was a pretty good motivator. I thought, I’ve got to fit in the clothes I wore before!” she said in an interview. Dewan-Tatum managed to lose her baby weight so quickly due to the strict diet and regiment she stuck to while pregnant. “I think a lot of women find out they’re pregnant and are like, ‘Let’s go crazy and eat ice cream every day!’ To me, it was, ‘I’m growing a human being, and I want to give this little soul the best nutrition

I can," she said.

Related: [Celebrity Couples who Keep Their Relationships Out of the Spotlight](#)

2. Jessica Alba: This Hollywood actress used unconventional methods to lose weight after giving birth to daughters Honor Marie Warren (born 2008) and Haven Garner Warren (born 2011). "I wore a double corset day and night for three months," Alba told *Net-a-Porter*. "It was sweaty, but worth it," she added.

3. Gwyneth Paltrow: The *Iron Man 2* actress is also known for her commitment to physical fitness. After giving birth to daughter Apple (born 2004) and son Moses (born 2006), Paltrow worked out for two hours a day with celebrity trainer, Tracy Anderson. "It was not easy and, when I started it, it was by far the hardest thing I have ever done – but I really was seeing results so it motivated me to just work through it," she said, according to the Press Association.

Related: [5 Celebrity Couples who Are Still Friends After Divorce](#)

4. Beyonce: The *Drunk in Love* singer gained 57 pounds while pregnant with daughter Blue Ivy Carter. Three months later, she was back on stage looking her best. Beyonce told *Shape* magazine that she lost the weight by refraining from eating red meat and pasta. She also stayed active while she was training for her tour.

5. Gwen Stefani: This singer has the perfect body before and after pregnancy. Stefani is a mother to two boys, Kingston and Zuma. "I worked out with my trainer throughout my whole pregnancy until about two weeks before," she said about her rapid weight loss. Stefani also revealed she's expecting a third son sometime this year.

Related: [Top 10 Celebrity Couples of 2013](#)

6. Shakira: The Colombian singer lost all of her baby eight just three months after giving birth to son Milan. Shakira said she took Zumba classes five days a week, participated in yoga exercises and calisthenics. The *Hips Don't Lie* singer also ate eight small meals a day consisted of 1,600 to 2,000 calories.

What other celebrities should be included in this list? Comment below.

Celebrity News: Gwyneth Paltrow Speaks Out About Miscarriage





By Jessica Conigliaro

Oscar-winning actress Gwyneth Paltrow recently opened up about the miscarriage she experienced in recent years. She says she got through the tough time with support from her loving husband and Coldplay rocker Chris Martin, UsMagazine.com reports. "We are committed co-parents, we make all the decisions together and lean on each other for support," Paltrow says. "[Chris] is so good to the children and to know that you had kids with such a good man is a real weight off you."

What are some ways to help your partner get through a tragedy?

Cupid's Advice:

If your partner is experiencing a tragedy, you undoubtedly want to show your support. He has always been there for you and now's the perfect time to return the gesture. Cupid offers some advice on ways to comfort your man during his rough patch:

1. Be there for him: Your boyfriend just heard the news of his grandfather's passing. He of course is upset and overwhelmed after finding out. Show your support by accompanying him to the wake and funeral. Your partner will take notice of your constant presence and will be reminded that he's not alone.

2. Help them cope: When someone you love is going through a difficult time, you may feel the need to help them through it. If your partner just found out his favorite uncle is passing away, suggest visiting him in the hospital to say his final goodbyes. Your boyfriend will feel better knowing he got to see his uncle one last time. Find ways to ease your love's mind during a tragedy. They will appreciate your compassion during their rough time.

3. Give some space: During sad times, it is often in our nature to want to be alone. If your partner seems a bit distant from you and is avoiding eye contact, don't take that as a bad sign. Some men are embarrassed to cry in front of others, but they still need that emotional release. Tell your boyfriend you are going to the food store and slip away for a few hours. He may just need the house to himself in order to grieve in his own way.

How do you comfort your love during a tragedy? Share with us below.

Ben Affleck Discusses Staying in Touch With His Exes





By Nicole Weintraub

Even though Ben Affleck is happily married to wife Jennifer Garner with three beautiful children, he still keeps in touch with his former beaus according to UsMagazine.com. The actor revealed that he still keeps in touch with Jennifer Lopez whom he dated for approximately two years. The two e-mail back and forth to touch base with one another. "I touch base. I respect her. I like her," he explained. Prior to dating Jennifer Lopez, the actor has been linked to Gwyneth Paltrow whom he dated for three years. Though, the one who stole his heart permanently was Jennifer Garner. "She truly is kind. She means no one any harm. She doesn't have ill will for any person," he gushed regarding his wife and the mother of his three children.

What are some reasons to stay in touch with an ex?

Cupid's Advice:

Friends with exes – it's a controversial topic that varies from person to person. If you are one of those people who want to remain in contact after a split, here are some reasons to

back you up:

1. Friends forever: If you were friends before your relationship, you may want to remain friends after your relationship. Just because the two of you did not work out romantically does not mean that the two of you will make horrible friends. Sometimes two people are truly just better off as friends.

2. Connections: You never know whom you are going to come across in the future. You may want to keep in touch and touch base every now and then with an ex to see if they have any networking connections that can help you down the line in your career, especially if the two of you have or currently work together.

3. Formality: It is a small, small world. If you and your ex remain in contact and bump into one another at a function down the road, it will not be as awkward as if you go complete separate ways. You don't have to be best friends, but a simple smile and nod would do.

Why would you keep in touch with a former partner? Share with us!

Best Celebrity Moms (Who Also Make Great Wives)





By Che Blackwood

Making a relationship work is hard. Throw in full-time jobs, opposing schedules and nosey families, and it can be darn near impossible to find the time you need to make it work. Now, add children to the mix, and some might begin to assume you're attempting to commit partnership suicide. Any woman that has the privilege of being called Mom, or even those who've tried their hand at babysitting, knows that after making macaroni necklaces and finishing science projects, there isn't much time left at the end of the day to dedicate to yourself, let alone your partner. Fortunately, it is possible to fulfill your parental duties and keep your mate happy without completely sacrificing your sanity, shower time or friendships. While it may sound like an urban legend, these celebrity moms have found a way to make juggling kids, love and inner happiness look somewhat easy:

Related: [Snooki's Pregnancy – Can You Salvage Your Image?](#)

1. Victoria Beckham: This former Spice Girl ditched her Posh-like alter ego for a life of domesticity after marrying sexy

soccer player David Beckham in 1999. Four kids later, Mrs. Beckham can be found naming handbags from her clothing line after daughter Harper and taking her sons to FAO Schwartz. While it's obvious that Beckham is a [fun mom](#), she's also a stunning wife. Low-cut dresses and six inch heels keep this mama looking hot and since their last child isn't even a year old yet, it's obvious that after thirteen years, her style has kept her husband interested.

2. Gwenyth Paltrow: Paltrow makes sure her children, Apple and Moses, think she rocks by taking them to see their dad, Coldplay's Chris Martin, in concert as often as possible. On top of raising her children amongst some of music's biggest legends, she's also made a career out of mommy-blogging, dishing on the most kid-friendly restaurants and best toys. However, this celeb doesn't pretend that being a wife and mom is easy. She's reported that the pressure has caused trouble in her relationship, but in the end, commitment wins out. The actress reminds us that love can't overcome everything, but that the willingness to try sure can. Her devotion to her family makes her one of the coolest moms we know.

3. Jennifer Garner: Garner is the epitome of a laid back mommy. Regardless of her Hollywood status, Mrs. Affleck walks her children to school every day, is frequently spotted bringing her two daughters to the park and focuses on each of her children's individual interests. The actress is so humble that she had no problem dishing in an interview that her eldest daughter, 5-year-old Violet, called her fat. While a great attitude makes for a great mom, her bouncy personality has made her a great wife to actor Ben Affleck as well. In fact, he admitted publically that his wife's unique demeanor leaves him happier and more at ease than he ever thought possible. With their first son having been born a month ago, let's hope Garner can continue to keep this growing family happy.

4. Nicole Richie: This former party girl ditched her crazy

habits when she married rocker Joel Madden, but she didn't walk away from her almost natural ability to be hip. As a fashion designer, Richie has named a number of her companies after daughter Harlow. She's also performed on stage with her children's favorite show, *Yo Gabba Gabba*, and can be spotted bringing Harlow ice cream at ballet class and taking son Sparrow to the beaches of Malibu. With such a rocky past, Richie seems to genuinely appreciate and cherish every moment of motherhood. However, she hasn't forgotten the needs of her husband. The lovebirds continue to make time for each other, recently visiting Coachella, enjoying intimate date nights and making it a point to actively raise their children together.

Related: [Nicole Richie Gives Motherhood Advice to Pregnant Jessica Simpson](#)

5. Jessica Alba: This Hollywood actress went public about the pressure of raising a baby in the public eye after giving birth to her first daughter, Honor. After the birth of her second daughter, Haven, she's grown more accustomed to life in the limelight. Never photographed without her children, Alba manages to keep their lives as private as possible without sacrificing their time together. Ransacking her house, she has made her life kid-friendly by adding education into everything she does. Alba admits that raising children is hard, but by taking the pressure off of herself, this Bohemian beauty has turned into a baby-raising bombshell. She and husband Cash Warren have also taken the pressure out of their relationship by taking the time to hang out alone. Whether stealing a weekend away in New York City or sneaking in a day at the beach together, Alba has made it a point to keep her relationship fresh; and it appears to us that Warren couldn't be happier!

What other celebrity moms do you think should be on our list? Share your comments below.

Gwyneth Paltrow Says Chris Martin Helped with Postpartum Depression



Brooke Shields, Courteney Cox, Bryce Dallas Howard and Amanda Peet are some celebrities who have suffered from postpartum depression and so do as many as one in five women in the United States, but Gwyneth Paltrow didn't think she would be one of them. The actress found herself experiencing the symptoms of postpartum depression shortly after giving birth to her son Moses in April 2006. It wasn't until her husband, Chris Martin pointed it out that she realized she actually had

it. Paltrow believes that being open about her depression made it easier to cope, “We think that it makes us bad mothers or we didn’t do it right, but it’s like, we’re all in this together.” Between the support she’s had through it and the awareness of it, she claims that her postpartum depression is slowly starting to diminish.

What are some ways to support your partner though postpartum depression?

Cupid’s Advice:

It is hard enough for your partner to be suffering through something like postpartum depression, the best thing you can offer them is your support. Here are some ways to show them you’re there for them:

1. Don’t make it take over your relationship: You’re both aware that the depression is there, but continue to try doing the normal things you would do. If you start changing the way you act around them because of it, it’ll most likely make them feel even worse.

2. Be understanding: It’s a tough thing to be going through, so you have to be understanding. It may get frustrating, but all your partner wants is to know you’ll still be there for them.

3. Help them, help themselves: Encourage your significant other to get treatment and start seeing a doctor. Make sure they know that you genuinely want to help them get better.

Have you ever had to experience dealing with someone suffering from postpartum depression? Share your experiences below.

Celebrity Couples Who Shy Away From the Spotlight



By [Whitney Baker](#)

Some celebrity couples flaunt their relationship for the entire world to see, posing for the paparazzi as if they're at a photo shoot (hello, Kardashian sisters!). Other couples, regardless of whether they've just begun dating or have been married for years, choose to hide from the spotlight and stay mum about the details of their love. Below are five Tinseltown two-somes who are keeping their lips sealed when it comes to romance:

1. Kristen Stewart and Robert Pattinson: Although this cute duo has refused to officially confirm they're a couple, they

did come close to doing so on *Oprah* in 2010. The two jokingly referred to Kristen Stewart's "baby" when asked if they were dating. Also, an *Oprah* insider insists that Pattinson and Stewart revealed their relationship to the queen of talk shows before the taping. More recently, Stewart casually mentioned her "English boyfriend" in an interview for *British GQ*. Even so, don't expect too much PDA from this couple – despite their intense love scenes in *Twilight's* latest installment.

Related: [Rob Pattinson Thinks Kristen Stewart Looks "Amazing" as a Bride](#)

2. Sarah Michelle Gellar and Freddie Prinze, Jr.: Gellar and Prinze first met while filming *I Know What You Did Last Summer* and have been together for more than a decade. After a two-year hiatus from acting, Gellar is now starring in *Ringer* on The CW and is learning the ins-and-outs of balancing a career and motherhood. In a recent interview with *Self*, Gellar calls her daughter Charlotte "my best friend" and says that she values time with her family above all else.

3. Gwyneth Paltrow and Chris Martin: The Oscar winner and Coldplay frontman have been married for over eight years, but have been tightlipped about their relationship and are rarely photographed together. That's not to say that they don't realize how lucky in love they remain. As Martin recently told *CBS Sunday Morning*, "From being a loser to going out with an Oscar winner? It's a giant leap. Let's face it: It's like winning the lottery."

Related: [Chris Martin Calls Gwyneth Paltrow His "Beard"](#)

4. Emma Stone and Andrew Garfield: With this rumored romance, Stone, who starred in *Easy A*, *The Help* and *Crazy Stupid Love*, has met her match. Garfield is well-known for his role in *The Social Network* and is currently filming *The Amazing Spider-Man*, making him another one of Hollywood's hottest twenty-

some things. This publicly-shy couple has been spotted hiking and going to the movies, but they haven't yet officially confirmed their relationship.

5. Carrie Underwood and Mike Fisher: Since Fisher's trade to the Nashville Predators early last year, country's all-American sweetheart and her hockey-playing beau are enjoying a low-key life in Nashville. The couple is still relishing their status as newlyweds, often opting for trips to the local Whole Foods Market and cooking at home as opposed to fancy nights out.

Related: [Celebrity Couples You Just Might See at a Sporting Game](#)

Who are some of your favorite low-key celebrity couples? Share your comments below.

Chris Martin Calls Gwyneth Paltrow His "Beard"





Coldplay frontman Chris Martin spoke about wife Gwyneth Paltrow on *The Ellen DeGeneres Show*, reports UsMagazine.com. “[Paltrow’s] been a great beard for me,” joked the musician, referring to how beards can be used to conceal infidelity or a person’s sexual orientation. Martin went on to joke about his troubles with women and his difficulty in forming relationships with those outside of his band.

How do you keep from overshadowing your partner?

Cupid’s Advice:

When you achieve great amounts of success, it’s hard to keep your relationship healthy. Here are a few ways to avoid overshadowing your partner:

1. Don’t boast: It’s wonderful that you’re successful, but your partner will not want to constantly hear about your successes. Keep boasting to a minimum, and remain modest.

2. Make your partner feel special: If you’re frequently the center of attention, it may be time to make sure that your partner feels admired as well. Next time you are

complimented, try to give your partner some of the credit.

3. Don't be competitive: You may be achieving more at the moment, but chances are that your partner will one day overshadow you. It is important to realize that everybody eventually gets their chance at success.

Have you ever overshadowed your partner? Feel free to leave a comment about your experiences below!

Chris Martin Says Marrying Gwyneth Paltrow Is Like Winning the Lottery





In an interview with CBS Sunday Morning, Chris Martin publicly spoke about his wife, Gwyneth Paltrow, for the first time. The couple, who's been married for eight years and has two children, try to keep their marriage out of the public eye and rarely photograph together, according to [RadarOnline](#). The Coldplay frontman admitted that he's had one serious romance, and he's in it. When he was told that he made "quite a leap," Martin replied, "It's a big leap? What, from being a loser to going out with an Oscar winner? It's a giant leap. Let's face it, it's like winning the lottery."

What are some ways to keep your relationship intimate?

Cupid's Advice:

For relationships to be successful, it should be both healthy and intimate. Cupid offers advice on how to keep the latter in your relationship:

- 1. Dating:** Take a day out of every week to spend alone with your partner.
- 2. Communicate:** Have daily discussions about your day,

feelings, latest news, etc., so you both will be updated on what's going on in each other's lives.

3. Encourage each other: Encouraging your significant other to follow their dreams and goals, and giving him/her advice will let them know that you care.

Let us know some of the ways you keep your relationship intimate.

Gwyneth Paltrow Says Dating Brad Pitt and Ben Affleck Was Weird





Before marrying rocker Chris Martin and becoming a family woman, Gwyneth Paltrow was a serial dater. In the 90's, she was known for her high-profile relationships with men like Brad Pitt and Ben Affleck. Paltrow now confesses that now she feels a little weird about her famous ex-boyfriends, according to [Us Weekly](#). "It was strange to be part of a public couple," she says in a new E! special, *Gwyneth Paltrow*.

What are personality traits to avoid in a potential partner?

Cupid's Advice:

To avoid a "strange" relationship, there are some things you should look out for in a potential partner. Cupid has some tips:

1. Bad boy: He may be hard to resist, but dating a bad boy is, ironically, a bad idea. Oftentimes he's afraid to commit and will be unfaithful.

2. Power-hungry: It's good to be ambitious and want to advance in your career. But you should avoid a guy who is obsessed with money and power because he won't give you the attention

you deserve.

3. Too vain: Who doesn't love a pretty boy? But if he spends more time staring in the mirror than looking at you, he's way too into himself.

Gwyneth Paltrow Dishes on New Couple Jake Gyllenhaal and Taylor Swift



Jake Gyllenhaal and Taylor Swift's budding romance may be partially thanks to Gwyneth Paltrow, reports [Us Weekly](#).

Paltrow hosted a private dinner party for Swift and Gyllenhaal during their quiet trip to London on November 13th. "Jake and Taylor were driven from the Dorchester hotel to Gwyneth and Chris Martin's house in Primrose Hill for dinner," explained an insider. "Gwyneth seems to have played a role in their relationship." When asked about the dinner party, Paltrow replied playfully, "I've just known Jake for a long time and he's a great guy, and Chris has a friendship with Taylor." Paltrow's matchmaking seems to have paid off, for over Thanksgiving Swift and Gyllenhaal had many a coffee date. **Who should be your matchmaker?**

Cupid's Advice:

Every relationship needs a good matchmaker, someone to help test the waters when things get heated (or cold). Here are a few tips to help choose your matchmaker:

- 1. A mutual friend:** It's always nice to have a matchmaker who knows the two of you. This way, your confidante will be able to talk more closely with both of you without either of you feeling awkward.
 - 2. Somebody trustworthy:** If a person is going to interfere in your relationship, that person needs to have your trust. You should keep your relationship personal, and be very cautious when opening up the relationship to another individual.
 - 3. A professional:** There are those who choose to make their careers about matchmaking. Make sure the professional you choose has a legit background and high success rate!
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Gwyneth Paltrow Slams Celebrity Couples Who Teach Important Relationship Lessons



By [Jessica DeRubbo](#)

Recent *Glee* guest Gwyneth Paltrow is making headlines lately. Even though she's part of a high-profile celebrity relationship herself, she is speaking out against "unnecessary" celebrity couples. In fact, she went so far as to tell CNN, "It's just unnecessary to be a public couple, and to have your couple-dom or whatever be its own entity. It doesn't make sense to have that in the public world."

Alright, Gwyneth, I see your point. There are definitely famous couples who live for the spotlight, which is pathetic. One obvious example is former *Hills* stars Heidi Montag and Spencer Pratt.

I don't know about you, but I'm under the impression that their every move is to garnish media coverage. And then there's LeAnn Rimes and Eddie Cibrian. Has anyone else noticed their everyday presence in tabloids lately? They cheated on their respective spouses with each other and then they spend months defending their indiscretion to the media. Is that necessary?

Even Taylor Swift is becoming a constant presence in the celebrity relationship world. While she doesn't currently have an 'other-half,' I'd be shocked to see someone who *doesn't* know that Taylor Swift is single and loving it. I've read at least three interviews in the last month where she refers to her singleness. Okay, we get it already!

Yes, I see Gwyneth Paltrow's point. She even refers to her own relationship, saying, "When I see high-profile relationships now, I think, 'Oh my God' even though I'm technically in one. But we sort of don't do anything public, we try to keep it behind the scenes as possible (sic).

Because it just generates more interest...it just undermines the quality of your life." That being said, there's certainly a lot to learn from those high-profile pairs that Gwyneth Paltrow speaks about. Celebrity couples can teach us about our own personal relationships. Consider the following:

1. Heidi Montag and Spencer Pratt: You may roll your eyes at their publicity stunts, but through that negativity you realize that you want to avoid being like them in your own life. They convince you that it's probably best not to discuss every detail of your relationship to anyone who will listen.

2. LeAnn Rimes and Eddie Cibrian: This singer and actor duo made the mistake of cheating on their significant others and then defended their decision to do so, even though many would agree that infidelity is morally wrong. LeAnn Rimes and Eddie Cibrian help you realize that if you find yourself falling in love with someone who isn't your current partner, you should call it quits and come clean about any wrong doings.

Apologize and move on. And whatever you do, don't rehash the past in public!

3. Taylor Swift: She's not only been linked to John Mayer, Taylor Lautner, Joe Jonas and Jake Gyllenhaal, but she's turned around and written songs about it. And right now, Taylor Swift is embracing the single life, calling it "wonderful." What have we learned from her? Being single is okay! Dating is okay! Instead of sulking in a dark corner and lamenting your current solo status, enjoy the experience while it lasts. If Taylor Swift can do it, so can you.

Gwyneth Paltrow may make a valid point in her rant on high-profile celebrity couples, but I highly doubt those who crave the limelight will leave the tabloids anytime soon. As long as they exist, we can use these stories to gain insight into the multifaceted world of dating and relationships.