

# Celebrity News: Rachel Lindsay Bashes Tia in 'Bachelorette' Recap Post



By [Haley Lerner](#)

In [celebrity news](#), [reality TV star](#) and former [Bachelorette](#) Rachel Lindsay criticized Tia Booth's behavior on the latest episode of *The Bachelorette*. In her weekly recap post for *UsMagazine.com*, Lindsay discussed how Tia told current *Bachelorette* Becca Kufirin that she still had feelings for contestant Colton Underwood, whom she had previously dated. Lindsay called Booth a "Judas in the midst" and said, "I do really believe Tia really does like Colton, but there is a time [and] a place for everything and that place for you Tia was weeks ago when Becca confronted you about it the first

time.” Lindsay added, “The reason this moment bothered me so much was that it took away, once again, from Becca. This is Becca’s season and subpar story lines and people are constantly overshadowing it. Tia, there is a place for you and it is called *Paradise*. You should have just let their relationship play out and if it is meant to be then Colton will see you there. All I know is that after this moment, Colton has to be thinking WTF. And surprise, surprise, Colton went home during the rose ceremony.”

## **In celebrity news, Rachel Lindsay isn't a fan of the way Tia behaved on the recent episode of *The Bachelorette*. What are some things to consider about dating a friend's ex partner?**

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

If you're contemplating dating a friend's ex partner, Cupid's got some things for you to consider:

**1. Talk to your friend:** Before doing anything, it's important that you talk to your friend about dating their ex. You must consider their feelings first and it's important you get their blessing before moving forward with anything. If they still have feelings for your ex, you should back off.

**Related:** [Celebrity News: Rachel Lindsay Says Colton's Passion Isn't There for Becca on 'The Bachelorette'](#)

**2. Will it affect your friendship:** Even if your friend does give you their blessing, dating your friend's ex can still cause a rift in your relationship. Know that you probably

won't get to gush about your emotions while dating to your friend because it might hurt them. Dating their ex can definitely cause awkwardness and hurt feelings, even if your friend said it was okay.

**Related:** [Celebrity News: 'Bachelorette' Becca Kufrin Feels 'Sick' When She Finds Out Colton Underwood Dated Friend Tia Booth](#)

**3. Is the ex worth it:** It's important you consider if this person is really worth jeopardizing your friendship. If they are amazing and you have incredibly strong feelings for them, then it might be. But if you think it'll just be a short fling, the risk likely isn't worth it.

**Have any more things to consider before dating a friend's ex? Comment below!**

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## **Fitness Trend: Online Workout Classes**





By [Haley Lerner](#)

We know the dilemma: you seriously need to hit the gym, but you have absolutely no time to make it there. Nowadays, who doesn't have a totally busy schedule? Plus, who has the money to pay for an expensive gym membership that you might never use? Luckily, we have the perfect solution for you. Online workout classes are the hottest new [fitness trend](#) that are totally convenient and will give you the [celebrity body](#) you've been dreaming of. We've got the perfect online workout classes that will get your body sweating.

## **Join in on the hottest new fitness trend with some of these online workout classes!**

**1. Ballet Beautiful:** Looking for some dance-inspired workout routines? Look no further than Ballet Beautiful, a website created by professional ballerina and celebrity trainer Mary Helen Bowers (who also trained Natalie Portman for her role in

*Black Swan*). The website offers live, interactive online classes along with pre-recorded videos. All of the workouts are ballet inspired and help build your muscles and improve your posture. You can buy a monthly subscription to the workout videos or pay individually for a class.

**2. Blogilates:** Casey Ho hosts Blogilates, an online Pilates class full of fun music and challenging workouts. Ho also shares diet and nutrition tips, so Blogilates can be the perfect health and fitness class all-in-one!

**Related Link:** [Celebrity Fitness Secrets: Ways to Work-In An Early Morning Workout](#)

**3. Tone It Up:** This online fitness site is free and comes loaded with health and fitness resources for you. Subscribe to the site for weekly workout schedules, daily workouts, motivational messages, health advice, workout tips, and recipes. You can also download the Tone It Up app on your phone.

**4. Booya:** This is a streaming service that offers you an unlimited supply of 30-minute fitness classes, including yoga, bodyweight training, kickboxing, boot camp-style classes and any other of the latest workout trends. Plus, only costs \$10 a month.

**Related Link:** [Fitness Tips: How to Stretch In the Morning](#)

**5. Peloton:** This online workout also involves purchasing a pricy physical fitness bike, so it is an investment, but it definitely can be worth it. Peloton is an indoor cycling bike that includes a screen attached to it to stream daily live classes to your home. Plus, you can also access pre-recorded classes at all hours of the day.

**Know any more awesome online workout classes? Comment below!**

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# Celebrity Wedding: Nikki Bella Admits She's Growing 'More Apart' from John Cena Pre-Nuptials



By [Haley Lerner](#)

In [celebrity wedding](#) news, [reality TV star](#) Nikki Bella admitted she's growing "more apart" from John Cena as it gets closer to them tying the knot. According to *EOnline.com*, on the upcoming episode of *Total Bellas*, Bella admitted she still has doubts about marrying John Cena. While on her Parisian

bachelorette getaway with her closest friends, Bella was unable to say what has been the most fun part of planning her wedding. When a friend asked her if Cena had any requests for the wedding, Bella revealed that he just wants her to “show up.” After opting not to have bridesmaids and planning the wedding alone, Bella admitted that “Every little part of this wedding, it’s like, it’s going back.” Bella also said in a confessional, “I feel like I’m continuing to grow more apart from John, and I should be growing closer to him.” But, Bella hasn’t told this to her friends and said, “I don’t want to ruin anyone’s weekend and they’re all here for me, so even though I’m feeling all these emotions, I just think I want to keep this to myself for a bit longer. As long as I can, at least.”

**In celebrity wedding news, Nikki Bella is growing apart instead of closer to John Cena. What are some red flags that should make you re-think marriage to your partner?**

#### **Cupid’s Advice:**

Are you feeling unsure about your upcoming nuptials? Cupid has some red flags that should make you re-think marriage to your partner:

**1. You’re always fighting:** If leading up to the wedding, you and your partner are constantly fighting, then it might be because something in your relationship isn’t truly right. Wedding planning is stressful, but it should also be a fun and happy time and you and your beau should be excited, not constantly bickering.

**Related Link:** [On-Again! Celebrity Couple Nikki Bella & John](#)

## [Cena Are Back Together After Calling Off Wedding](#)

**2. You're not excited:** Leading up to your wedding, you should be excited about marrying the love of your life. If you're not, it might be because you need to re-think marrying your partner. You want to make sure you are 100 percent committed to your relationship and want to spend the rest of your life with your partner.

**Related Link:** [Celebrity Baby: John Cena Is 'Willing to Have Surgery' to Give Nikki Bella a Child](#)

**3. You have to give up things that are important to you:** If marrying your fiancé means that you have to give up things you really care about in life, like your career, relationships with friends and family, or lifestyle choices. Yes, marriage requires compromise, but it shouldn't mean you have to give up the things you love.

**Know any more red flags that should make you re-think marriage? Comment below!**

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## Food Trend: Poke Bowls & How To Make Them







By [Haley Lerner](#)

Right now, the hottest new [food trend](#) is poke bowls. Poke means “to slice or cut” in Hawaiian and the bowls consist of cubed raw, marinated fish on top of rice and topped with tasty vegetables and sauces. This dish has been around for centuries in Hawaii and it’s a delicious, healthy and unique meal you’ve got to try out. Now, you can pick up a Poke bowl at your local poke bar, Hawaiian restaurant or health food store. But, why not make it at home? We’ve got the [diet tips](#) to help you make the perfect poke bowl.

## Check out our tips on how to build your own poke bowl!

- 1. Pick a base:** Start out your bowl with a base. You can choose from jasmine rice, bamboo rice, white sushi rice, soba noodles, leafy greens or zucchini noodles.
- 2. Protein:** Next, you want to top your bowl with some protein. Typically, the best choice is fresh raw fish, typically tuna.

Cut your fillet lengthwise and work against the grain to cut the fish into 1/2 inch strips. Then cut those strips crosswise into 1/2 inch pieces. If raw fish isn't your thing, opt for tofu or shrimp instead.

**Related Link:** [5 Celebrity Chef Brunch Recipes to Try This Weekend](#)

**3. Seasoning:** Mix your protein with some seasonings to enhance the flavor of your meal. Sprinkle in some scallions, sea salt or sesame seeds.

**4. Dressing:** If you really want to accent the flavor of your fish, add salty sauces like soy sauce, shoyu, ponzu or spicy black-bean paste.

**Related Link:** [Food Trend: Our 5 Favorite Cleanses for a Physical Spring Cleaning](#)

**5. Add some crunch:** To finish off your bowl, add some extra toppings to give more crunch to your meal. You can add fresh fruits and vegetables like avocados, onion, garlic, bean sprouts or edamame. Or, you can add some roasted peanuts, shiitake mushrooms, wasabi peas, or jalapeños for some extra flavor.

**Have any more tips on how to make the perfect poke bowl? Comment below!**

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## **Celebrity Beauty Secrets: Jade Rollers Will Change Your**

# Life!



By [Haley Lerner](#)

Sometimes, no matter how much makeup you put on, you can still end up with visible deep under eye circles and a puffy face. Luckily, we've got the perfect [beauty secrets](#) to help you solve your problems. Jade rollers are the newest [beauty trend](#) that will totally change your life. The jade roller is a handheld massaging tool that's made from solid jade stone, typically with one or two jade stone heads. A larger stone is used for the cheeks, jaw and forehead and a smaller stone is used for under the eyes and around the mouth. Jade rollers help decrease puffiness and under eye circles and even minimize the appearance of fine lines. Trust us, a jade roller will be your new favorite beauty tool!

# Check out our beauty secrets on how to use a jade roller and how it will help you.

**1. Pop your roller in the fridge:** Before doing anything, try storing your jade roller in the fridge every night. This way when you use it you'll have an extra cooling sensation that will help reduce swelling even more.

**2. Clean and moisturize:** Before using your jade roller, it's important your skin has been cleaned with a gentle face wash to remove all dirt and oil. Then, apply a moisturizer or face serum so your jade roller has a smooth surface to work on.

**Related Link:** [Product Review: Glow and Catch that Cutie's Eyes with This Ancient Beauty Trick](#)

**3. Time to roll:** Once you're ready, use the larger jade roller stone with gentle pressure, rolling it from the center of your face in upward and outward motions. Roll it on your neck, jawline, nose, chin and forehead. This will boost blood circulation to make your face more plump, firm and awake looking.

**4. Focus on the details:** Make sure to hit the smaller areas of your face with the smaller roller stone. Use it on your under-eye area and around your mouth. Using the roller to massage your face will then remove excess fluid under your eyes and constrict blood vessels to lessen swelling.

**Related Link:** [Product Review: Make a Splash This Summer with Snow Fox Skincare](#)

**5. Clean your roller:** You don't want any bacteria floating around on your jade roller, so after using it make sure to wipe it off gently with a damp cloth then dry it with a soft towel. Make sure not to use any hot water on the jade and

don't ever submerge it in water.

Have any more tips on how to use a jade roller? Comment below!

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## Celebrity Workout: Take a Swing with Boxing



By [Haley Lerner](#)

Ever feel like your workout routine has got you in a rut? It sounds like you need to try out something new. Luckily, we've got the perfect fitness trend for you: boxing. Boxing is a great workout that so many celebrities love, such as [Kim](#)

[Kardashian](#), Adriana Lima, Karlie Kloss and [Kendall Jenner](#). Boxing is the perfect [celebrity workout](#) to let out your anger and get a great workout in. Read our [fitness advice](#) on why you need to head straight to the gym and sign up for a boxing class right now.

## Check out our fitness advice and see why boxing is the perfect new workout for you!

**1. Burn a ton of calories:** One reason why boxing is a great workout is that it burns a huge number of calories. Boxing increases your heart rate and engages multiple muscle groups to burn anywhere from 700 to 1500 calories per hour.

**2. Total body workout:** Another reason why boxing is so great is that it engages your entire body. Punching while boxing engages your upper body, core, hips and legs.

**Related Link:** [Fitness Trend: Break A Sweat With Piloxing](#)

**3. Stress relief:** Boxing can also be an incredible method of stress release. If you're stressed about work, your family or anything else, you can take out your frustration on a punching bag. Boxing is a healthy outlet for getting through your aggravation.

**4. Incorporates high intensity interval training:** HIIT is fat-burning method that spikes your heart rate, followed by a period of short rest, then intense working out again. Boxing totally incorporates HIIT and helps your burn fat way more than a regular cardio workout would.

**Related Link:** [Fitness Trend: High Intensity Interval Training \(HIIT\)](#)

**5. Gives your brain a workout:** Boxing isn't just a physical

workout, but also tests your brain! When you box, you have to focus on using proper technique and following your combinations. Boxing requires both mental and physical exercise and helps you build way more skill than a regular workout.

**Have any more reasons why boxing is such a great workout? Comment below!**

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## **Celebrity News: How Brad Pitt Came Out of Split from Angelina Jolie Better Than Ever**





By [Haley Lerner](#)

In [celebrity news](#), [Brad Pitt](#) seems to have come out of his [celebrity break up](#) with [Angelina Jolie](#) better than ever. After his shocking split with Angelina Jolie, with her filing for divorce and requesting full custody of their six children, Pitt seemed to be in a bad place. Despite cheating allegations and custody fights, Pitt has relied on therapy, solitude and sobriety to “strip down the foundation and break out the mortar,” as the 54-year-old actor said in an interview with *GQ Style*. Pitt also said, “For me every misstep has been a step toward epiphany, understanding, some kind of joy. Yeah, the avoidance of pain is a real mistake. It’s the real missing out on life. It’s those very things that shape us, those very things that offer growth, that make the world a better place, oddly enough, ironically. That make us better.” According to *EOnline.com*, an insider said Pitt and Jolie have “had a pretty dramatic year and [Pitt] wants things to remain calm in the future.” One source said the actor has been on a few dates, but hasn’t focused on any serious relationship yet. Another insider said Pitt maintains an active social life and that “Brad spent a lot of time alone and in private looking at



himself and reevaluating what was most important and who he wanted to be. Now he's in a place where he's implemented those changes and has a lot more clarity. He's come out of that dark time and is in a much better place."

## **In celebrity news, Brad Pitt has never been happier. What are some ways to know it's time for a change in your relationship status?**

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

Sometimes, it's time for a relationship to end. Cupid has some ways to know it's time for a change:

**1. You constantly fight:** If you and your partner are constantly fighting, it may be time to end the relationship. You shouldn't be in a relationship where you are unhappy, so even if you really care about your partner, it might be the right thing to do to let them go.

**Related Link:** [Celebrity News: Brad Pitt Was 'Done Being Mr. Nice Guy' in Custody Agreement with Angelina Jolie](#)

**2. You feel stuck:** Even if there isn't any drama in your relationship, sometimes it can be rough when you feel a lack of passion or interest in your partner. If you feel your relationship is only holding you back, you should consider changing your relationship status.

**Related Link:** [Celebrity News: Brad Pitt is Casually Dating as He Adjusts to Single Life as a Dad](#)

**3. You don't have time for each other:** Sometimes, two people just aren't meant to be together when it comes down to timing. If you and your partner never seem to have time to hang out or

go on dates, it might be time to take a break. If you miss each other, you can always try working it out again. But, it might be best for you to take some time alone.

**Know any more ways to tell that you need to change your relationship status? Comment below!**

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## **Celebrity Couple News: Justin Bieber & Hailey Baldwin Celebrate Engagement with Romantic Boat Ride**





By [Hailey Lerner](#)

In [celebrity couple news](#), [Justin Bieber](#) and fiancé Hailey Baldwin celebrated their [celebrity engagement](#) with a morning boat ride in the Bahamas. According to *EOnline.com*, the couple was spotted smiling as they got off the boat and Baldwin was wearing her new engagement ring. The pair recently got engaged on July 7 while vacationing in the Bahamas. Both celebrities confirmed the news in separate social media posts on July 9. In an Instagram post, Bieber wrote, "My heart is COMPLETELY and FULLY YOURS and I will ALWAYS put you first! You are the love of my life Hailey Baldwin and I wouldn't want to spend it with anybody else." Baldwin wrote on Twitter that she was, "Not sure what I did in life to deserve such happiness but I am so utterly grateful to God for giving me such an incredible person to share my life with! No words could ever express my gratitude."

**In celebrity couple news, Justin &**

# Hailey are celebrating their love with a boat ride. What are some romantic activities you can partake in with your partner?

## Cupid's Advice:

Looking for a romantic activity to do with your partner? Cupid has the advice you need:

**1. Go on a road trip:** A fun activity to do with your partner is to go on a road trip and drive across the country to visit different destinations. The trip will bring you too closer together and you'll make tons of fun memories together.

**Related Link:** [Celebrity Engagement: Justin Bieber Breaks Silence on Engagement to Hailey Baldwin](#)

**2. Attend a concert:** Who doesn't love seeing their favorite musician performing? Go with your beau to a concert of a musician you both love. Have fun singing along to your favorite songs and spending quality time together.

**Related Link:** [Celebrity News: Selena Gomez 'Doesn't Care' About Justin Bieber & Hailey Baldwin's Engagement](#)

**3. Have a picnic:** Go to a park and set up a sweet, romantic picnic with your partner. Prepare their favorite foods and make sure to bring a cozy blanket for you both to sit on. Watch the sunset and revel in your love of each other as you two sip some wine and later look up at the stars!

**Have any more ideas for romantic activities to do with your partner? Comment below!**

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# Fashion Advice: How to Wear White in the Summer



By [Haley Lerner](#)

Everyone knows one of the biggest fashion rules: don't wear white before Memorial Day or after Labor Day. In the summer, white clothing helps your skin look tanner and helps you combat the heat. But, have you ever wondered how to truly wear your summer whites in the right way? Luckily, we have some [fashion tips](#) for you to help you style your white items of clothing to perfection.

# Check out this [fashion advice](#) on how to wear white in the summer!

**1. All white everything:** Go big or go home, right? If you're really feeling like making a statement, wear an outfit that's white from head to toe. It's important though that you make sure all your different components of your outfit are the same shade of white, otherwise your look will look like it's clashing.

**2. Pair it with a bright color:** Another way to wear white is by pairing your favorite white item with another that's a fun, bright color. Wear your new white jeans with a cheerful yellow or pink top to form a look that has an instant impact.

**Related Link:** [Fashion Trend: One Piece Swimsuits](#)

**3. White footwear:** Wear white in the summer on your feet. Complete your outfit with a fresh pair of clean white sneakers or strappy sandals.

**4. Accessorize with white:** Sometimes, you don't have to go all out in wearing white in the summer. Keep the look low key by using white items to accessorize. Spice up your outfit with a white hat, sunglasses, or jewelry.

**Related Link:** [Celebrity Style: Funky Sunglasses](#)

**5. A white dress:** If you're looking for an easy outfit option, a white dress is the way to go! Opt for a dress that's flowy and comfortable. It'll be the perfect item for any summer barbecue, beach day or other outing. Just make sure not to spill anything on your frock!

**Have any more tips on how to wear white in the summer? Comment below!**

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# Celebrity Couple News: Taylor Swift & Joe Alwyn Ring in the Fourth of July in Turks & Caicos



By [Haley Lerner](#)

In [celebrity couple news](#), [Taylor Swift](#) and boyfriend Joe Alwyn celebrated the Fourth of July together this year on a [celebrity vacation](#) in Turks and Caicos. Instead of hosting her usual holiday party in Rhode Island, Swift opted for a private getaway with her beau. According to *EOnline.com*, the couple

was spotted strolling along the beach shore hand in hand and swimming together in the blue ocean water. An eyewitness said the lovebirds “were very quiet and low-key their entire stay. It was just the two of them; they were always together.” The eyewitness also added, “They were sweet and clearly in love. They went snorkeling daily and loved looking for fish in the sea; they put on fins and snorkel masks and made funny faces.” Soon after the romantic vacation, Swift picked up her “Reputation” tour in Ohio on July 7.

## **This celebrity couple is enjoying a rejuvenating getaway together. What are some ways a getaway can help you bond as a couple?**

### **Cupid’s Advice:**

Sometimes, all you and your partner need is a good vacation. Cupid has some reasons why a romantic vacation can help you and your partner bond:

**1. Alone time:** Do you and your partner never seem to get any time alone? A getaway is the perfection answer to this problem. Going on vacation with your beau will give you two time to get closer without the interruptions of family, friends and coworkers.

**Related Link:** [Celebrity News: Taylor Swift Holds Joe Alwyn Close During Rare Hike in Malibu](#)

**2. Romantic atmosphere:** Going on vacation to a beautiful island or city sets the perfect tone for you and your partner to heat up the passion. The naturally romantic atmosphere will help rejuvenate the love and infatuation you have for your partner.



**Related Link:** [Celebrity News: Taylor Swift & Joe Alwyn Dance Together at Jingle Bell Ball](#)

**3. Make new memories:** A romantic getaway will provide you and your beau with plenty of new memories to reflect on for years to come. Fun adventures and excursions you two do together will be something you can always look back on and bond over together.

Have any more reasons why a vacation can help you and your partner bond? Comment below!

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## **Celebrity Engagement: Justin Bieber Breaks Silence on Engagement to Hailey Baldwin**





By [Haley Lerner](#)

In [celebrity relationship](#) news, [Justin Bieber](#) confirmed his [celebrity engagement](#) to model Hailey Baldwin in a lengthy Instagram post on July 9. Bieber posted two black-and-white photos of himself and Baldwin, captioned, "Was gonna wait a while to say anything but word travels fast, listen plain and simple Hailey I am soooo in love with everything about you! So committed to spending my life getting to know every single part of you loving you patiently and kindly. I promise to lead our family with honor and integrity letting Jesus through his Holy Spirit guide us in everything we do and every decision we make. My heart is COMPLETELY and FULLY YOURS and I will ALWAYS put you first! You are the love of my life Hailey Baldwin and I wouldn't want to spend it with anybody else. You make me so much better and we compliment each other so well!! Can't wait for the best season of life yet!. It's funny because now with you everything seems to make sense! The thing I am most excited for is that my little brother and sister get to see another healthy stable marriage and look for the same!!! Gods timing really is literally perfect, we got engaged on the seventh day of the seventh month, the number seven is the

number of spiritual perfection, it's true GOOGLE IT! Isn't that nuts? By the way I didn't plan that, anyways My goodness does feel good to have our future secured! WERE GONNA BE BETTER AT 70 BABY HERE WE GO! 'He who finds a wife finds a good thing and obtains FAVOR from the Lord!' This is the year of favor!!!!" According to *UsMagazine.com*, the "Love Yourself" singer proposed to Baldwin while they were vacationing together in the Bahamas. The couple originally dated from 2015 to 2016, but rekindled their romance this past June.

**This celebrity engagement news is the talk of the town right now. What are some ways to publicly show your affection for your partner like Justin Bieber just did?**

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

If you're in love, then you definitely want to make sure your partner knows it. Cupid has some tips on how to publicly show your affection for your partner:

**1. On social media:** Just like Bieber did, you can show off how much you care about your partner in a sweet social media post. Whether it's posting a throwback photo from one of your first dates or sharing some words about your love, it'll be sure to show your beau the love you have for them.

**Related Link:** [Celebrity Wedding: Surprise! Justin Bieber & Hailey Baldwin Are Engaged](#)

**2. A special delivery:** One way to show your partner how much you care is by sending them a thoughtful gift straight to where they work. Obviously, you want to check if personal deliveries are okay, but if they are, send your love fresh

flowers, fruit or chocolates. It will be a sweet surprise that will totally lift your partner's spirits and let them know you're thinking of them.

**Related Link:** [Celebrity News: Hailey Baldwin Deletes All Instagram Photos with Shawn Mendes](#)

**3. Casual PDA:** Even if massive displays of public displays of affection aren't your thing, it's important you do act affectionate to your partner in public. Don't be afraid to hold their hand, kiss them on the cheek and stroke their hair.

**Have any more tips on how to publicly show your partner you love them? Comment below!**

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## Parenting Trend: Royal Baby Names





By [Haley Lerner](#)

Choosing a name for your child can be extremely tough. You can look through hundreds of baby name books and still not know what to name your little tot. Luckily, we have England's royal family to inspire us with some names perfect for any baby. When [Prince William](#) and [Kate Middleton](#)'s first child Prince George was born, the name George climbed up the top 10 list of baby names for England and Wales, according to the Office for National Statistics. So, we've got the perfect [parenting advice](#) for you to jump on this [parenting trend](#) and give your new addition a royal baby name.

## Check out our parenting advice on how to choose a royal baby name for your child!

**1. Traditional monarchical names:** One way to go in choosing a royal baby name is by going for a more traditional and elegant name, like Victoria or Edward. These names might not be as

common as those currently in the royal family, so one may be a unique choice for your child!

**2. Older names:** If you prefer a baby name that won't be common, go for a name from older rulers in England, like Matilda, Joan, Edgar or Alfred.

**Related Link:** [Celebrity Maternity Style: Get Inspired by These Celebrity Baby Nurseries](#)

**3. Modern names:** If you really love the current royal family, go for a more modern royal name. Whether it's Harry, William, Elizabeth, Charlotte, Louis, Phillip or George, these names can easily be a great fit for your child.

**4. Unusual names:** Looking for an extra special name for your child? Go for one that's from another royal family outside of Great Britain. Try out Xenia, Zara, Savannah, Cosima, Octavius, Lionel, Nikolai or Charlene.

**Related Link:** [Product Review: Baby Fashion for Easy & Cute Parenting](#)

**5. Opt out of using a royal name:** If naming your baby after royals isn't your thing, don't fret! It's perfectly fine to instead go for any name you like. Check out baby name websites and books to find the name you feel is just right!

**Have any more tips on how to name your baby after a royal? Comment below!**

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## **Fashion Tips: How To Rock**

# Heels Without The Pain



By [Haley Lerner](#)

If you've ever worn high-heeled shoes, then you're aware of the extreme discomfort the pretty things can bring. Despite the fact that heels are often extremely expensive, they typically tend to be pretty painful. But pain from high heels isn't always temporary, and sometimes wearing them too often can result in foot damage or chronic pain. While it can help to cut back on wearing heels, we also have some [fashion tips](#) on how to make wearing gorgeous high heels painless on your [date night](#).

**Follow these fashion tips to rock**

# heels without the pain!

**1. The size is right:** If you really want to avoid pain from wearing heels, then you must make sure you are actually wearing the right shoe size. Make sure to have your feet sized correctly and make sure the heels you buy aren't too big or too small. Also, make sure you know if you have a flat foot or high-arch foot, as you may need to adjust your shoe type based on this.

**2. Thicker heels:** A great way to avoid pain via heels is to avoid stilettos and opt for a thicker heel. A chunkier heel will give you more stability and put less pressure on the bottom of your feet. You can also avoid thin heels by wearing platform shoes, which can be extremely comfortable.

**Related Link:** [Fashion Advice: 3 Secrets to Finding the Perfect Dress for a Formal Event](#)

**3. Take breaks and stretch:** Sometimes, your feet really just need some relief from your heels. Throughout the day, kick off your heels and stretch out your feet. Focus on stretching your ankles and toes.

**4. Shoe inserts:** If you know your heels are going to cause you some pain, purchase some shoe insert pads that go under the balls of your feet to help prevent future ache. Go for ones made from silicone gel to help prevent your feet from sliding in your shoes.

**Related Link:** [5 Movie Inspired Shoes for Your Next Date Night](#)

**5. Carry provisions:** Despite how hard you try to avoid pain from heels, it's possible you still might end up with soreness and some blisters. Always be prepared for the discomfort by carrying band aids and ibuprofen to treat your pain.

**Have any more tips on how to wear high heels without the pain?**



Comment them below!

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# Celebrity Anniversary: Barbara Streisand Celebrates 20th Anniversary with James Brolin

## Wedding



By [Haley Lerner](#)

Barbara Streisand celebrated her 20<sup>th</sup> [celebrity wedding anniversary](#) with James Brolin on July 1. Streisand shared a

photo of her with her longtime love on Instagram and captioned it, "Has it really been 22 years since our blind date @jamesbrolin\_? Married for 20 years. Happy anniversary honey. Bee. X." According to *EOnline.com*, the [celebrity couple](#) tied the knot back in 1998 on July 1, exactly two years after the day of their first date.

## **This duo is celebrating their 20th celebrity wedding anniversary. What are some unique ways to celebrate your wedding anniversary with your partner?**

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

Want to celebrate your wedding anniversary in an extra special way? Cupid has some tips to help you do so:

**1. Recreate your first date:** There's no sweeter way to celebrate your wedding anniversary than by recreating your first date. Whether it's going to the same restaurant you and your partner ate at, watching the same movie you saw or doing the same activity, recreating your first date will help you and your beau remember how far you two have come.

**Related Link:** [Celebrity Marriage: 'The Bachelor' Star Catherine Giudici Reflects on 4-Year Marriage to Sean Lowe](#)

**2. Renew your vows:** If you and your partner have been married for many years, renewing your vows can be a special way to reestablish the love you two have for each other. You can opt to keep the renewal private or make it a big party and invite all your family and friends.

**Related Link:** [Celebrity Wedding: Justin Timberlake Pens Wife](#)

## [Jessica Biel a Love Letter for 5th Anniversary](#)

**3. Make a new tradition:** On your anniversary, forge a new tradition to continue for years to come with your partner. Whether it's going to a museum, eating a certain type of food or attending a concert, the tradition will be sure to make your bond closer.

**Do you know any more unique ways to celebrate your wedding anniversary? Comment them below!**

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# Celebrity Baby News: 'Jersey Shore' Star Deena Cortese Is Pregnant





By [Haley Lerner](#)

In [celebrity baby news](#), [Jersey Shore](#) star Deena Cortese is pregnant and expecting a baby boy with her husband, Chris Buckner. In an Instagram post, the [reality TV star](#) captioned a photo, "Chris and I Decided to wait until we were ready to spill the beans! Now that we are safely into our second trimester.. us and our little monkey are ready to tell the world Our little family is growing ! We have a sweet little boy on the way! We Are truly blessed and our hearts are filled with so much joy and happiness December can't come soon enough! Daddy and Mommy can't wait to meet you Christopher John you are going to be the most spoiled little boy ever!!!!" The Instagram photo shows the couple standing next to a sign that reads "We're so excited to say a little firecracker is on the way! Baby Buckner. December 2018." According to [UsMagazine.com](#), Cortese said back in March that her and Buckner were trying to have a baby.

# In celebrity baby news, another *Jersey Shore* baby is on the way! What are some ways to introduce your kids to your friend's kids?

## Cupid's Advice:

When you have a baby, it's important to introduce your child to the other important people in your life. Cupid has some tips on how to introduce your kids to your friend's kids:

**1. Set up a play date:** The first step to introducing your children to your friend's children is to actually set up a time and place for the meet up to happen. Pick somewhere you think your kid and theirs will be comfortable. Whether it's your house, a playground, or somewhere else, your kid will be bound to have lots of fun!

**Related Link:** [Celebrity Wedding: 'Jersey Shore' Star Deena Cortese Is Engaged](#)

**2. Explain boundaries:** Before the hangout, you should explain to your friend what your own kid's boundaries are and any important things they should know. This way, your tots can easily get along without any avoidable problems.

**Related Link:** [Reality TV Stars Deena Cortese and Chris Buckner Talk 'Couples Therapy' on VH1](#)

**3. Plan activities:** You don't want your children getting bored, so make sure you and your friend have plenty of fun activities planned for your children before introducing them to each other. This way, they can easily have something to do together.

Have any more tips on how to introduce your kids to your friend's kids? Comment below!

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## Fitness Tips: Form A Work Out Squad



By [Haley Lerner](#)

Sometimes motivating yourself to hit the gym can be pretty tough. Exercising alone can be intimidating and it's difficult to get yourself to actually do it and get the [celebrity body](#) you've been dreaming of. That's why forming a work out squad is the perfect solution to all your problems. With a group of

other people to work out with, you can't simply bail out on going to the gym and will have others to help motivate you. Luckily, we have the [fitness tips](#) to help you find others to work out with.

## Check out these fitness tips on how to form a work out squad:

**1. Assemble your members:** The first step to forming your squad is finding members to join it. Recruit friends of yours who enjoy working out and ask them to invite their friends. The more, the merrier! If you have a smaller circle of friends, post in local fitness Facebook groups that you are looking for some buddies to hit the gym with.

**2. Choose your work out style:** Now it's time for you and your group to figure out what method of working out you want to do. Will it be yoga, Pilates, spinning, kickboxing or something else? Find out what your members are interested in doing and take it from there.

**Related Link:** [Celebrity Fitness Secrets: Ways to Work-In An Early Morning Workout](#)

**3. Make a plan:** Once you know what style of working out you and your squad are going to do, set up a schedule of when you all are going to work out together and what your overall goals are. Signing up for a work out class that you have to pay in advance for can help make sure your members are actually going to show up to scheduled work out sessions.

**4. Keep in touch:** It's important that as a group every person stays up to date with each other regarding when they're hitting the gym. Create a texting group chat or Facebook group so all members of your squad can talk to each other and make plans.

**Related Link:** [Fitness Tips: Mediate and Practice Breathing](#)

**5. Have fun:** One of the best parts of forming a workout group is that you can make new friends and get closer to old ones. To get the group closer and make your work outs together better, set up times to hang out after gym hours. Hit up bars, have movie nights and have fun with your squad!

**Have any more tips on how to form a work out squad? Comment below!**

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## **Celebrity Break-Up: Sam Smith & Brandon Flynn Split After Nine Months of Dating**







By [Haley Lerner](#)

In [celebrity break-up](#) news, [celebrity couple](#) Sam Smith and Brandon Flynn have split after nine months of dating. According to *UsMagazine.com*, Smith deleted all posts of Flynn on his Instagram account. The “Stay With Me” singer also shared cryptic posts on his Instagram Story on June 26, one photo reading “Love” and a screenshot of Clean Bandit and Julia Michael’s song “I Miss You.” But, the *13 Reasons Why* star still has photos of the couple on his Instagram account. The pair was first seen kissing in New York City in October 2017. Then, the two attended the 2018 Grammy Awards together this past January.

**This pair just went through a celebrity break-up. What are some ways to know early on that you aren't a match with someone?**

## **Cupid's Advice:**

Want to avoid a tough break-up? Cupid has some ways to tell early on that you and someone might not work out:

**1. You have nothing in common:** Early on, it's easy to fall for someone because of their charm and good looks. But, it's important that when considering seriously dating someone you two actually have stuff in common. If you don't, your relationship is pretty much likely to not end well.

**Related Link:** [Celebrity Break-Up: Jillian Michaels & Heidi Rhoades Split After 9 Years Together](#)

**2. You don't like their friends:** While there are exceptions, most of the time someone's friends reflect their only personality. If you find you can't stand hanging out with your partner's friends, then the relationship probably isn't a good match.

**Related Link:** [Celebrity Break-Up: The Bachelorette's Luke Pell & Girlfriend Holly Allen Split Again](#)

**3. Different schedules:** If you and the person you're dating have totally conflicting lives and schedules, a committed relationship can be especially hard. Your lives should work well together, but if they don't, it could mean the relationship isn't a good match.

**Have any more ways to tell early on if you aren't a match with someone? Comment below!**

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# Food Trend: Fermented Products



By [Haley Lerner](#)

The latest [food trend](#) that has been an essential part of many [celebrity diets](#) is fermented food products. Food becomes fermented by letting it sit and steep until the sugars and carbs become bacteria-boosting agents. Carbohydrates are converted to alcohol or organic acids using microorganisms such as yeast or bacteria. Not only does fermentation help to preserve food like vegetables, but it produces food products that aid digestion, support your immune system and improve your skin health and your mood. Fermented foods are a great source of probiotics that provide beneficial bacteria to help improve your gut health. Luckily for you, we have a list of

some great fermented food products to include into your diet.

## Try out the fermented food trend with these products!

**1. Kombucha:** This is what might be the holy grail of fermented food products. Kombucha is an incredibly popular beverage right now among health and fitness junkies. This drink is a fermented mixture of black tea and natural sugar. Kombucha becomes carbonated after fermentation and contains vinegar, B-vitamins, enzymes, probiotics and a high concentration of acid. The benefits of this drink are that it improves digestion, aids weight loss, detoxes the body, increases energy, supports the immune system, minimizes joint pain and helps prevent cancer.

**2. Pickles:** Who doesn't love a good sour pickle on the side of your favorite deli sandwich? If you do, you're in luck, because pickles contain vitamins and minerals, antioxidants and gut-friendly bacteria. Make sure to purchase organic pickles to get the full benefits of the salty snack.

**Related Link:** [Food Trend: 3 Reasons Why Low Carb is an Effective Diet](#)

**3. Miso:** Miso is a paste made from fermented soybeans and barley, brown rice or koji (a fungus). You might be familiar with this product as it's often used in the yummy Japanese broth of Miso soup. Some benefits of miso are that it has anti-aging properties, supports the immune system, lowers the risk of cancer, helps maintain healthy skin, promotes a healthy nervous system and improves bone health.

**4. Yogurt:** Probiotic yogurt is one of the most popular fermented dairy products. Yogurt brands that contain billions of active cultures can support digestion, healthy skin and blood pressure. Try to avoid yogurts that contain sugars!

**Related Link:** [Food Trend: Foods to Help Fight Springtime Allergies](#)

**5. Sauerkraut:** Yes, sauerkraut is a popular hot dog topping, but it also is an extremely healthy fermented food. This product is made from fermented cabbage and is high in dietary fiber, vitamin A, vitamin C, vitamin K, vitamin B, iron, copper, calcium, sodium, manganese and magnesium. Sauerkraut can aid circulation, increase digestive health, fight inflammation and strengthen your bones.

**Do you know any more delicious fermented foods? Comment below!**

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## **Celebrity Wedding: Cardi B Confirms She Secretly Married Offset in September 2017**





By [Haley Lerner](#)

In [celebrity wedding](#) news, Cardi B confirmed she secretly married fiancé Offset in September 2017. After there were rumors that the “Bodak Yellow” rapper tied the knot with the father of her future child, she addressed the gossip on Twitter. In her post on June 25, Cardi B said, “There are so many moments that I share with the world and there are moments that I want to keep for myself! Getting married was one of those moments! Our relationship was so new breaking up and making up and we had a lot of growing to do but we was so in love we didn’t want to lose each other.” The star wrote that the two had a low-key ceremony, saying, “We found someone to marry us, and she did, just the two of us and my cousin. I said I do, with no dress, no makeup and no ring!” According to *EOnline.com*, the couple had a very public [celebrity engagement](#) a month after the two actually wed. Offset proposed to Cardi B during Power 99’s Powerhouse in Philadelphia with a stunning 8-carat, pear-shaped diamond ring. Cardi B also wrote in her Twitter post, “I appreciate and love my husband so much for still wanting for me have that special moment that every girl dreams of when he got down on his knee and put a ring on my

finger and he did that for me!! Well now since you lil nosey f—ks know at least ya can stop saying I had a baby out of wedlock.” The married couple now are awaiting the birth of their first child together.

## **No one knew about this celebrity wedding when it happened. What are some reasons to keep your wedding under wraps?**

### **Cupid’s Advice:**

Your wedding day is all about you and your partner, so you should be allowed privacy if you want it. Cupid has some reasons you should keep your wedding on the down-low:

**1. It’s more intimate:** Having a very private wedding can actually be super romantic. By only clueing in your closest loved ones about you and your beau tying the knot, you’re making the day even more special. A small ceremony and celebration will make your wedding day feel extra special.

**Related Link:** [Celebrity Wedding: ‘Bachelor’ Nation’s Ashely Iaconetti & Jared Haibon Are Engaged](#)

**2. Avoid drama:** By opting to not tell everyone about your wedding, you can avoid a lot of pointless drama that may ensue otherwise. This way, you don’t need to worry about any dramatic exes storming in or nosey family members posing their objections.

**Related Link:** [Celebrity Wedding News: Pete Davidson’s Ex Reacts to Ariana Grande Engagement News](#)

**3. It will give you time to break the news:** If you keep your wedding day under wraps, you’ll have time to figure out how to

tell your loved ones about the news. This way, you can decide how to best share the news.

Have any more reasons on why to have a private wedding? Comment below!

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## Celebrity News: Pete Davidson Says Ariana Grande Is 'My Favorite Person That Ever Existed' on Her 25th Birthday





By [Haley Lerner](#)

In [celebrity news](#), Pete Davidson gushed over fiancé [Ariana Grande](#) in an Instagram post in honor of the singer's 25<sup>th</sup> birthday on June 26. Davidson posted a picture of the [celebrity couple](#), showing him giving Grande a piggyback ride with a caption reading, "happy birthday to the most precious angel on earth! you're my favorite person that ever existed ☺ i love you sm." The *Saturday Night Live* star also shared a second photo of the pair, captioned, "one more for the queen. words can't express what a real f–king treasure this one is." The "No Tears Left to Cry" singer liked both photos and commented, "i love you so much." According to *UsMagazine.com*, the pair recently got engaged early this month after they began dating in May.

**In this celebrity news, Pete Davidson is spreading the love for his fiancé. What are some ways to show your partner you care on his or her birthday?**

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

Birthdays are the perfect opportunity to show your partner how much you love them. Cupid has some tips on how to do it:

**1. Breakfast in bed:** There's no sweeter way to show your love to your partner than to cook them a homemade breakfast in bed. Even if you're not the best cook, it's truly the effort that counts. Cook up your love's favorite breakfast food like pancakes, bacon and eggs.

**Related Link:** [Celebrity Wedding News: Pete Davidson's Ex Reacts to Ariana Grande Engagement News](#)

**2. Throw a party:** While not everyone is the party type, if your partner is, throw them a birthday bash and invite all their friends and family. Make it a surprise party or clue your partner in, depending on what you think they'd enjoy most. Your beau will appreciate the effort you put in planning their birthday celebration.

**Related Link:** [Newly Engaged Celebrity Couple Ariana Grande & Pete Davidson Get Matching Tattoos & Apartment Shop](#)

**3. Plan an adventure:** On your partner's special day, plan a day packed with fun activities that you think they will love. Whether it's going to a concert, museum, amusement park or having a picnic by the beach, your partner will appreciate the day you planned for them that's packed full of fun.

**Have any more ways to show your partner you care about them on his or her birthday? Comment below!**

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## Celebrity Makeup Looks: The Benefits of No-Makeup Makeup





By [Haley Lerner](#)

No-makeup makeup is the perfect [celebrity makeup look](#) for summer when you're not looking to go bare, but also don't want to cake on a whole face of beauty products. No-makeup makeup fools others into thinking that you have the most flawless, glowing skin naturally. This will hide your under-eye circles and small blemishes. This makeup look does take time and precision, but luckily, we have the [beauty tips](#) to help you get the look.

## Check out these beauty tips to help you achieve the perfect no-makeup makeup look!

**1. Cover-up lightly:** The key to a flawless no-makeup makeup look is a very light base on your face. Ditch a heavy foundation and opt for a tinted moisturizer or BB cream. Or, skip the foundation all together and cover up your blemishes with a liquid concealer applied with a small, flat brush.

Matten any shininess in your T-zone with a translucent powder.

**2. Cream eyeshadow and blush:** A neutral-toned cream eyeshadow will help brighten your eye area. Go for a shade that has a touch of shimmer in it to give your eyes some subtle sparkle. You can simply use your ring finger to blend the cream shadow up from your lash line, faded towards your brows. To give yourself a natural rosy flush, apply a cream blush to your cheeks with your fingers. Start applying it at the apple of your cheeks and then blend back and upward toward your hairline.

**Related Link:** [Beauty Tips: Best Anti-Aging Ingredients](#)

**3. Subtle lashes and brows:** Use an eyelash curler to lift up your lashes and then apply a coat of mascara to your top lashes only to keep it natural. Then, use a clear brow gel to neaten up and shape your brows.

**4. Highlight:** A natural toned highlighting cream will help give your look the perfect overall glow. Apply highlighter on top of your cheekbones, in the inner corners of your eyes, below your brow bone and on your cupid's bow.

**Related Link:** [Beauty Trend: Best Drugstore Eyeshadow Palettes](#)

**5. Apply tinted balm:** Lastly, you want to add a teensy bit of color onto your lips. But, keep the hue natural with a tinted lip balm that's moisturizing and will give a hint of color to your lips.

**Have any more tips for how to achieve the perfect no-makeup makeup look? Comment below!**

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



By [Haley Lerner](#)

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

like, what he looks like, how much hair he's going to have. There's so much to look forward to, and it's becoming more real every day."

## **In this celebrity baby news, Eva Longoria is now a mother! What are some ways to prepare yourself for motherhood?**

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

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

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

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

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

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

**3. Connect with your partner:** While you and your partner will soon be parents, it's important you two connect with each

other before things get very hectic. Make sure to spend some quality time with your beau before your baby is born!

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

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## Celebrity News: Brad Pitt Was 'Done Being Mr. Nice Guy' in Custody Agreement with Angelina Jolie



By [Haley Lerner](#)

In [celebrity news](#), the custody battle between [Brad Pitt](#) and [Angelina Jolie](#) is getting contentious. A source told *UsMagazine.com* that amid the [celebrity divorce](#), Pitt is “very angry” with Jolie for being “controlling of their children” and will “do anything to see his kids and have them in his life.” Court documents show that the judge said “it is critical each of [the Jolie-Pitt children] have a healthy and strong relationship with their father and mother” and that it is “harmful” for Maddox, Pax, Zahara, Shiloh, Knox and Vivienne to not have a relationship with their father. The papers also state that if Jolie does not allow the children to build relationships with Pitt, she could lose full custody of them. An insider said “Brad has taken the high road through all of this; he could have gone to court much sooner to ask the judge to intervene. He was done being Mr. Nice Guy and rolled the dice.” After the custody agreement leaked, Jolie released a statement through her spokesperson on June 13 saying, “This misleading leak is not in the best interests of the children. From the start, Angelina has been focused only on their health and needs, which is why it was so important that this last court hearing be conducted privately.”

**In celebrity news, Brad Pitt is fighting for time with his children. What are some ways to affect your kids the least after a split?**

**Cupid's Advice:**

A breakup is always hard, but it's even harder when there are children involved. Cupid has some tips to make it easier for



your kids:

**1. Work with your ex:** Even after breaking up with your partner, it's important for the sake of your children that you two work together. You and your ex need to coordinate when you will be spending time with your kids and help each other out in providing what your children need. Plus, you want your kids to see you and your former partner as a united front even after the split, because fighting parents will really upset your children.

**Related Link:** [Celebrity Divorce: Brad Pitt & Angelina Jolie's Lawyers Are Trying to Hash Out Custody Agreement](#)

**2. Maintain old routines:** After your breakup, it's important things don't feel completely different for your children. While they will have to deal with separate households, it's important you stick to traditions and routines your children are used to. This way, things won't feel completely different for them.

**Related Link:** [Former Celebrity Couple Angelina Jolie & Brad Pitt Agree to Seal Divorce Documents](#)

**3. Show your love:** It's most important that in this time you show love and support for your children. Let your children know that your split with their other parent is not their fault at all and that you both still love them completely. Make sure to each spend as much time with your children as you can, because your breakup is a time where they will a lot of comfort.

**Know any more ways to make a breakup easier for your children? Comment below!**

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# Movie Review: Dance along to 'Mamma Mia! Here We Go Again'



By [Haley Lerner](#)

In this entertaining comedy, which releases in theaters on July 20, 2018, 10 years after the events of *Mamma Mia!*, Sophie (played by Amanda Seyfried) is pregnant with her fiancé Sky's child on the Greek island of Kalokairi while running her mother's villa. But, Sophie is unsure she can do it all by herself, so she enlists the guidance of her mother Donna's friends and former bandmates, Tanya and Rosie (played by Christine Baranski and Julie Walters, respectively). Throughout the movie, Sophie learns more about Donna (played by Meryl Streep, with Lily James as Young Donna) and how she met each one of Sophie's dads (Pierce Brosnan, Stellan

Skarsgård and Colin Firth) and raised her daughter bravely on her own, without a mother's guidance. Of course, things are turned upside down by a surprise visit by Sophie's grandmother, Ruby Sheridan (played by Cher).

***Mamma Mia! Here We Go Again* is all about the love between family and the true connection of a mother's bond with her daughter. Keep reading for our [movie review](#) and some tips on how to manage the stress of a first pregnancy:**

**Should you see it:**

Yes! This fun musical romantic comedy is filled with fun ABBA songs that will make you want to dance out of your seat. The romantic storylines and bond between a mother and daughter will truly make you fall in love with the movie.

**Who to take:**

Seeing this movie is the perfect [date idea](#) for you and your special someone. The movie is romantic, but also tons of fun! Grab some popcorn and a soda and cuddle up with your beau in the theater for this exciting rom com.

**Cupid's Advice:**

Being pregnant with your first child is incredibly stressful. Cupid has some tips to help make it easier for you:

**1. Reach out for help:** You don't need to struggle alone in your pregnancy! Reach out to your close family and friends, just like Sophie did. They can help you get through all the

rough patches and lend you the advice you need for raising your child.

**Related Link:** [Movie Review: Check Out the Ultimate Game of 'Tag'](#)

**2. Prepare in advance:** Before actually giving birth to your baby, make sure everything at your home is ready for your bundle of joy's arrival. Make sure your baby's room is all setup, you've got plenty of diapers and you know the route to the hospital. It's never too early to start nesting!

**Related Link:** [Movie Review: Adrift](#)

**3. Take a breath:** We know, having your first child is definitely scary. But take a deep breath and realize that you don't have to be a perfect parent right away. It's okay if you make mistakes, you're only human. You worrying so much is a clear sign your child is going to be raised in extremely caring hands!

**Have any more tips on having your first child? Comment below!**