

Jennifer Lopez Isn't Giving Up on Marriage



Even after three failed marriages, Jennifer Lopez still hasn't given up on the idea on finding Mr. Right. According to [People](#), the star told *ABC News's* Amy Robach that she would give marriage another try, stating, "For me, the biggest dream is the fairy tale. I will never give up on that dream." Lopez's divorce from Marc Anthony last summer doesn't seem to be keeping her from finding a new man, as she clearly has something going on with her backup dancer, Casper Smart. Lopez would not open up about her love life, but Smart says it was not love at first sight. "It was very natural how it happened," he says. "There was nothing before. No flirting, nothing before. Just natural. It just happened."

How do you decide whether to get married again after a divorce?

Cupid's Advice:

It can be difficult to believe in everlasting love after a messy split. Here are some ways to decide whether to say "I do" to your new man:

1) You've learned from the past: No matter how difficult the divorce was, it's important to at least learn something from your previous marriage. Perhaps you and your ex had poor communication or disagreed on fundamental issues. If you've grown and feel confident that you won't repeat the same mistakes, it may be time to try marriage again.

2) You are over your ex-husband: No matter how many times you might tell others and even yourself that you're over him, only you truly know how you feel. If your mind is constantly bombarded with thoughts of him, hold off on another marriage.

3) You still believe: Do you still have faith that relationships can last forever if they are between the right two people? If you still trust in the power of marriage and are prepared to do the hard work that comes with keeping a relationship strong, you may be ready for another big day.

How did you decide if you were ready for another marriage? Share your story below.

Jennifer Lopez and Marc Anthony Reunite on Stage in Vegas



Recently split couple Jennifer Lopez and Marc Anthony appeared on stage together at their variety show *Q'Viva! The Chosen* in Las Vegas on Saturday. The two stood on stage together, holding hands, at the end of the show, initiating cheers as they embraced, according to [People](#). After breaking up in July, Anthony officially filed for divorce in April.

What are some ways to be civil during a bitter breakup?

Cupid's Advice:

After a breakup, it's tough to face your ex. Here are some ways to combat the hurt and stay civil:

- 1. Remember the good:** You and your partner didn't always hate each other. Recognize that your relationship didn't work out, but that doesn't mean you two have to be enemies.
- 2. Think of your surroundings:** You likely share many parts of your life with your ex. In Jennifer Lopez and Marc Anthony's case, they share very similar careers. Take a note from them

to stay mature and professional and work together when you need to, for the sake of everyone around you.

3. Apologies feel good: Sometimes clearing the waters with an ex is a great way for you to move on with your life and feel better about yourself. Take the initiative to talk things out, and you may even be able to be friends one day.

How do you stay civil with your ex? Tell us in the comments below.

‘What to Expect When You’re Expecting’ Has an All-Star Cast!



By

Matthew

Dougherty

This comedy features an all-star cast including Jennifer Lopez, Cameron Diaz, Matthew Morrison, Elizabeth Banks, Dennis Quaid, Chris Rock and Anna Kendrick. The plot follows five couples, all expecting children, who must overcome the issues that couples all face when expecting a child. The trailer is quick on the laughs and the heart making for what could be a fun summer comedy stuck in between all the big action blockbusters. With a cast of respectable actors like this all signing on to do the same film, the script has to be good.

Should You See It? If you need a break from robots, aliens, superheroes, or all three this could be a great film with which to just go and have a laugh.

Who To Take: Anyone really. The comedy seems light enough to bring your mother or little sister. But it could also be a great date movie or outing with friends. Your significant other will like that the jokes are not all directed at women and expecting mothers.

Do you have a big decision to make in your relationship? Here are some tips on how to keep away from trouble:

In *What to Expect When You're Expecting*, all five couples' problems stem from one thing: the decision to make a baby. Having a child isn't the only major decision that couples have to make, however. Here are some tips on how to make sure you and your significant other are making the right decision with the least amount of turmoil possible:

- 1. Make sure both parties are on board:** One way you can run into trouble is if your significant other does not completely agree with a decision. Talk to them and make sure that you both are getting what you want.
- 2. Plan it out:** Do not rush into things. Instead, plan as much

as you can out beforehand so there are no unexpected surprises. You can be spontaneous, but by planning enough things out, the spontaneity can only be positive.

3. Do it for you: Make sure this is a decision you want to make. Do not take pressure from your friends, family, or even your significant other. Take a step back and make sure this decision is right for you, because if not, you can harm a lot of other people in the process.

Have you dealt with a major decision in a relationship? Share your experiences below.

Marc Anthony Officially Files for Divorce from Jennifer Lopez





After publicly

announcing their split in July, Marc Anthony has finally filed for divorce from Jennifer Lopez at the Los Angeles Superior Court. Regardless of the ex couple's "irreconcilable differences," they continue to work together on their Latin music and dance competition series, *Q'Viva! The Chosen*. The separation date of Anthony, 43, and Lopez, 42, still remains to be determined, but Anthony has requested legal and physical custody of their twins Max and Emme, 4.

How do you know when it's time to turn a separation into a divorce?

Cupid's Advice:

A divorce isn't an easy thing to go through, but sometimes there's nothing else you can do to save a relationship. Here are some ways when you know it's time to really call it quits:

1. Continuing to argue: During a separation, you should both have your space, but continue to work on things at the same time. If you're still arguing and fighting with each other, then maybe things really won't work out in the end.

2. For the kids: A separation is tough for the kids, but you can't continue to play with their emotions. Kids need a

stable family and lifestyle, so if you can't come together as a family, decisions need to be made to establish your separate lives rather than continue to confuse them.

3. You're just not happy: During a separation, you should be able to have some time to figure out what you really want and what's important in life. Do what makes you happy, and if you're happier being separated from your spouse, then maybe its time to make the separation real and move on.

When do you think it's time to move from a separation to a divorce? Share your opinions below.

Jennifer Lopez Gives Surprise Birthday Gift to Casper Smart



It's all about the

surprise parties for Jennifer Lopez. The singer and *American Idol* judge gave much younger beau Casper Smart an intimate dinner party for his 25th birthday over the weekend, according to [People](#). Lopez “had planned a fun day to celebrate Casper’s birthday,” said a source. But that’s not all the singer gave her back-up dancer, as she also gifted him a Dodge Ram truck.

Lopez “knew that Casper really wanted a truck, and Casper was very excited about the generous gift,” said the same source.

It looks like things are getting serious with this controversial couple!

How do you know what to buy your partner for their birthday?

Cupid’s Advice:

It’s important to come up with a great gift to give your partner for their birthday, as sometimes the gift can mean something about your relationship. Cupid has some tips:

1. Inside joke: If you’re going to forego a romantic gift, the next best thing is playing on one of the inside jokes you share together as a couple. If you often compare yourselves to Calvin & Hobbs, then buy some comic books for your mate.

2. Romance: Some things you just can’t go wrong with, like jewelry and flowers. Although they’re generic, they’re also traditionally signs of love that your partner can’t help but feel special receiving.

3. Ask friends: If you’re getting desperate, tap into his or her friends for ideas. Often times an outside perspective can really help. Plus, she or he may have confided in their friends with their birthday gift wishes.

What did you get your partner for their last birthday? Share your comments below.

Are Celebrity Cougars Becoming Extinct?



By Ché Blackwood

Until the early 2000s, most women hadn't even considered moving backward a generation in their search for a partner, and if they did, their friends and the rest of society served them with a cool dish of disapproval. Then, the cougar craze peaked when couples like Demi Moore and Ashton Kutcher became household names. Single women everywhere finally felt free to scope out younger men in their hunky hunt for love. Now, nearly a decade later, the publicity over cougars has slowed to a crawl and with the dissolve of the Kutcher-Moore marriage, some have been left to wonder if the phenomenon has passed. Newsflash: it hasn't! The press may have moved on to newer stories, but these couples prove that women have been

following their hearts, regardless of age, long before the cougar craze hit, and they'll continue to do so long after:

Related: [Demi Moore Proves There's Hope After Divorce](#)

1. Mariah Carey and Nick Cannon: Married April 30, 2008

With 11 years between them, this duo's whirlwind romance proved to be more than a fling when Cannon placed a rock hard diamond on Carey's hand. The birth of their twins in 2011 only solidified their union, and the pair shows no sign of slowing down.

Related: [10 Most Beautiful Celebrity Couples](#)

2. Deborra-Lee Furness and Hugh Jackman: Married April 11, 1996

Mrs. Wolverine slashed her way into sexy Hugh Jackman's heart in the 90s, stepping over their 13 year age difference long before being a cougar was trendy. Fifteen years and two children later, Furness isn't regretting her decision to ditch society's sense of normalcy as the couple prepares to celebrate another anniversary in April.

3. Jennifer Lopez and Casper Smart: Together Since November 2011

After going through a very public divorce with music legend and ex-hubby Marc Anthony, Lopez has found happiness with her backup dancer Casper Smart. With an 18 year age difference causing a backlash of criticism, Lopez has taken to Twitter to fight back. She's explained that 'age is merely a "log" of the time we've been on Earth' and that 'society needs to shut their ears and open their hearts.' With pictures surfacing of the two lovebirds enjoying their time together, it appears that this Bronx girl has certainly opened hers.

4. Goldie Hawn and Kurt Russell: Together Since 1983

With their story starting in 1983, this twosome demonstrates a classic case of love outlasting all obstacles. Other than

their six year age difference, the couple overcame blending their families together (both had children from previous marriages) and rumors of Russell's alleged infidelity. With a romance that's lasted 25 years, we think Hawn is one of the the best examples of the longevity of a cougar's love.

5. Melanie Griffith and Antonio Banderas: Married May 14, 1996

This adorable couple have been married for fifteen years, long since laughing off their three year age difference. While both have had successful acting careers, nothing has been more fulfilling than their relationship, marriage and child. While their age difference isn't the most shocking, it appears as if these two would have hooked up no matter their ages.

Do you think the cougar phenomenon is over? If not, are you the cougar in a successful relationship? Tell us in a comment below.

Steal Jennifer Lopez's City Style!





By Ann Csincsak

Known for her dating, marriages and, of course, fashion, our favorite style of the week goes to our favorite American Idol judge, Jennifer Lopez! Always looking chic and polished J. Lo knows how to accentuate her curves and vamp up the color.

This first look is a chic and colorful outfit for spring. This could be worn for a lunch date in the city or while going to your favorite Broadway show. No matter what the date or occasion, this outfit will never go wrong. Letting one piece of clothing be the standout piece is a great way to wear your winter neutrals into spring. Finish this look with a pop of coral on your nails and you're ready for any date.

This next look is ideal for a weekend brunch or catching a movie with your favorite date. Faux fur is perfect for spring and is a great way to dress up your favorite casual jeans and boots.



Make sure to leave a comment about your favorite J. Lo style! Check in next week for more Celebrity Date looks. For more information on any of these styles or fashion tips, visit www.anncsincsak.com or find me on Twitter @anncsincsak.

5 Celebrity Couples Who Should Rekindle Their Romance





By Samantha Mucha

There are some things in life that go together like peanut butter and jelly or a refreshing glass of lemonade on a hot summer day. Some of our favorite celebrity couples compliment each other in the same way. Although many of our most loved duos have split and moved on, there's no shame in wishing they would reunite. Think way back to Britney Spears and Justin Timberlake; they always seemed like the perfect couple on "The Mickey Mouse Club." What would life be like if all of our favorite Hollywood couples got back together? Here are a few Tinseltown twosomes we would love to see re-spark their old flames:

1. Jennifer Aniston and Brad Pitt: So maybe Pitt allegedly cheated on Aniston, but who didn't love them together? This seemingly perfect blonde couple seemed as if they were going to live happily ever after, but that changed once Pitt filmed *Mr. and Mrs. Smith*, and Angelina Jolie stepped into the picture. Both Pitt and Aniston denied that Jolie was the reason for their divorce filing in 2005.

Related: Brad Pitt Trashes Marriage to Jennifer Aniston

2. Jennifer Lopez and Marc Anthony: A recent split for this dynamic duo came as a surprise to most. With such high

intensity careers, however, it was almost expected that the couple would eventually butt heads. Although Lopez approves of Anthony's new girlfriend, it's simply not possible to replace this previously successful and passionate couple.

3. Demi Moore and Bruce Willis: This former duo's divorce came as a shock to the public. The pair had three children and a seemingly happy marriage, so a separation seemed almost impossible. After over 10 years of marriage, though, the couple agreed to divorce without disclosing a reason and came to a fair settlement. They're close friends to this day.

Related: [Demi Moore Proves There's Hope After Divorce](#)

4. Jessica Simpson and Nick Lachey: With this pair, a reality television series had no positive outcome other than revenue. According to *People*, Joe Simpson, Jessica's father and manager said, "Do they fight? Hell yes, they fight. Have there been moments when Nick has wanted to leave Jessica or Jess has wanted to leave Nick? Absolutely." Their reality show, "Newlyweds," was a first of its kind, allowing a look into celebrity marriage bliss; but apparently the show falsely depicted the couple. Life on the show appeared happy, but behind the scenes, these two were arguing to the point of demise.

5. Britney Spears and Justin Timberlake: This former young couple met as members of "The Mickey Mouse Club" in front of the cameras as teenagers. After three years of dating, it seemed that Spears and Timberlake were meant for each other. Unfortunately, fame and fortune took a toll on their relationship, as they battled drama sparked by rumors.

What other celebrity couples do you think should rekindle their romances? Share your thoughts below.

Top 5 Celebrity Love Mistakes We Should Avoid



By Abiola Abrams

Some of us view Hollywood stars as lifestyle role models. You want Sofia Vergara's lipstick, Beyonce's curly hair or the Balenciaga bag that everybody and their mother was rocking on the red carpet recently. While it's cool to mix celeb style with your own once in a while, it's important to remember that the people who entertain us with movies, TV and music are just that – people.

That said, the famous are more human than we realize, and some of our favorite celebrities have one thing in common that we should never seek to emulate – their tumultuous relationships. In fact, let's learn from the love, sex and dating mistakes

of the stars.

Here are some celebrity relationship snafus to avoid:

Love Mistake: Never Being Single.

It seemed like Jennifer Lopez was barely divorced from her crooner hubby Marc Anthony before stepping out with sexy back up dancer Casper Smart. Before that, she made a seamless transition from her Bennifer engagement to her JenAnthony marriage. What's up with that?

Going from relationship to relationship is a mistake. Taking a break between longtime loves is the best way to heal and ensure that we come to the next marriage or engagement as whole human beings.

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Love Mistake: Marrying too soon.

Kim Kardashian and what's-his-face Humphries had the 72-day fairytale heard 'round the world. It seemed like Kimmie was set to continue the Dash girls tradition of meeting and immediately ending up happily ever after. Look at her little sister Khloe and her b-ballstar Lamar Odom. Their less than one month courtship has yielded a relationship that's still going strong.

Bottom line? Khloe and Lamar are a wonderful fluke. Marrying someone before you've even had the "where will we live" conversation is a huge mistake. Sorry, Kris Humphries!

Related: [Kim Kardashian's Divorce – A Reminder About Relationship Mistakes to Avoid](#)

Love Mistake: Stealing someone else's lover.

Man and woman stealing is a time honored Hollywood tradition. See LeAnn Rimes, Tori Spelling, Angelina Jolie and even old

school movie star Elizabeth Taylor. It's a big world out there. If your love cheated to be with you, then how can you ever trust that this pattern won't be repeated? The answer is, you can't.

Karma is a mean goddess, and hell hath no fury like karma scorned. Just sayin.'

Love Mistake: Getting a mistress pregnant.

Arnold Schwarzenegger sure did seem preachy about family values as the Republican governor of California, didn't he? Little did we know that the Governor was not only sleeping with the maid, but he'd had a love child with her as well. Oy vey.

Obviously, this is a relationship no-no to be avoided at all costs.

Love Mistake: Bashing your ex.

When we watched Kelsey Grammer's previous wife Camille Grammer battle the divorce demon on "The Real Housewives of Beverly Hills," our hearts broke for her. Her A-list husband cheated and ran. Sure, she had choice words about him on her reality show, but then Mr. Grammer behaved deplorably by bashing his former Mrs. in an interview with Pierce Brosnan.

A smarter move is always to take the high road. See Jennifer Aniston for lessons on grace under fire. Okay, it didn't work out, and she moved on. Sure, it's probably messy. Life is a contact sport.

What are some other celeb love snafus? Dating different versions of the same jerk a la Halle Berry, returning to the scene of the crime like Rihanna or falling apart after a breakup like Demi Moore are all examples *not* to follow.

Ah, le love. You're much better off copying a celebrity hair cut than imitating their love styles. Here's to shiny, happy

and healthy relationships!

Abiola Abrams is a lifestyle expert and host of "Abiola's Kiss and Tell TV." Her next book is entitled The Official Bombshell Handbook. Find her fun and scandalous love advice and interviews at <http://www.AbiolaTV.com>. She tweets @abiolatv.

The Ex Factor: What Taylor Swift and Demi Moore Have In Common



By [Charly Emery](#)

2011 served up some serious heartbreak for a multitude of our favorite celebrities. Off the court, Tony Parker messed up

his shot at matrimonial bliss with Eva Longoria. Arnold Schwarzenegger mis-played his hand with Maria, while the Latin heat known as Jennifer Lopez and Marc Anthony incinerated any enthusiasm for making their marriage work. Twitter gave us a glimpse behind the final curtain of Ashton Kutcher and Demi Moore's six year production, and Taylor Swift kept us all armed with a plethora of musical angst-filled love memoirs – courtesy of her little black book of breakups.

So which “ex factor” do Taylor Swift and Demi Moore along with a host of other stars have in common?

They can all take advantage of the clean slate that this brand new year offers by using their “exes” to attract their best relationships ever – and so can you. Here are three tips out of my new dating handbook, *Thank Goodness You Dumped His Ass—Use Those Mr. Wrongs to Lead You Straight to Mr. Right*, for Taylor, Demi and anyone else who's ready to replace their chemistry experiments with a winning romantic concoction that lasts:

Related: [Demi Moore Proves There's Hope After Divorce](#)

1. Assess who you were in your previous relationship(s) and ask yourself why you chose him/her.

Charlyism #5-1: The worse your ex was, the more important it is for you to pinpoint why you chose him [or her] and invested the effort you made.

2. Re-define what comprises an A-list mate for you, along with what you wish to experience in “your ideal relationship” so you can determine if it's possible with those you're [dating](#).

Related: [Amy Spencer Talks About 'Meeting Your Half-Orange'](#)

Charlyism #3-3: Defining the necessary ingredients for the relationship you wish to consume will prevent you from living life with a bitter aftertaste.

3. Love yourself first by using your awareness of what you're looking for to drive your choices so the love portfolios you invest in yield big dividends in satisfaction and fulfillment.

Charlyism #3-10: Make sure you love your [partner] more than the idea of being in love with him [or her] and **Charlyism #3-11:** Choose to be 100% of you and single over being less than your best with a man [or woman].

Cheers to your best relationship ever.

Charly Emery

Personal Strategist | TV Personality | Author



J. Lo's New Beau Says Age Doesn't Matter





Jennifer Lopez's

rumored romance with dancer Casper Smart may be more than a fling. Smart, who's 18 years Lopez's junior, took to Twitter to share his thoughts, reports [People](#). "Age, status, [and] opinions of others are irrelevant. Our hearts are endless and our souls infinite," tweeted Smart. "Ages are mere reminders of the hours logged on this earth and the precious time remaining. Close your ears and open your hearts; Love and be happy."

How do you handle people's criticism of the age difference in your relationship?

Cupid's Advice:

Though an age difference might not matter to you, it may bother others. Here are a few ways to handle the criticism:

1. Ignore the naysayers: Ultimately, your opinion and your partner's opinion are the only opinions that matter in the relationship. Ignore the skeptics, and eventually their criticism will die down.

2. Talk to your partner: Though the age difference may not bother you, make sure that your partner is comfortable with it as well. He or she may need your encouragement in the face of

adversity.

3. Express your happiness: An easy way to stop people's criticism is to show them that they're wrong. Try being a little more open with your relationship, and let others see how happy you are.

Have you ever been in a relationship with a person much older or younger than you? Feel free to leave a comment below.

Marc Anthony Moves On from JLo with Venezuelan Model



Jennifer Lopez isn't the only one moving on. Recently divorced Marc Anthony revealed his relationship with 24-year-old Venezuelan model Shannon De Lima on Twitter, reports UsMagazine.com. The two

went public with their relationship this past weekend, when Anthony, 43, sent New Years' wishes to the model. "To Shannon, my statue of liberty," said Anthony. "Kisses baby!"

What are some ways to tell if you're ready to date again?

Cupid's Advice:

After a rough split, it's hard to tell when you're ready to get back in the dating scene. Here are a few ways to decide:

1. You're in a good place: Once you have fully recovered from your split and have had time to strengthen your bonds with friends and family, you should try dating again. Your future relationships will be more successful if you start them with a good attitude and an open heart.

2. You no longer worry about your ex: Most people think about their ex for a while after the split. Once you stop thinking about your ex and worrying about the mistakes in your relationship, you'll be ready to move on.

3. You want to date again: Ultimately, you should only date again if you want to. Even if you are over your ex and content with your life, there is no need to jump right back into the dating scene. Feel free to enjoy single life for as long as it pleases you.

How did you know you were ready to date again? Feel free to share your experiences in a comment below.

Jennifer Lopez Reportedly Brings Her New Man to 'Idol' Set



Friday was bring your boyfriend to work day, or at least it was for Jennifer Lopez. Lopez's new boy toy, Casper Smart, was seen arriving to the *American Idol* set in Lopez's Bentley as he stopped by to visit his new lady. The new couple have been inseparable, having recently spent Thanksgiving in Hawaii with Lopez's twins before jetting off to Morocco. While the singer seems to be wearing divorce well, her ex-husband Marc Anthony, isn't quite complimenting her style. According to various sources, not only does Anthony not want smart to drive his kids around due to his arrest for drag racing, but he apparently doesn't want Smart around his kids at all, according to [Hollyscoop](#).

In the meantime, Lopez and Anthony have continued working together in their Latin-American talent show venture, *Q'Viva!*

What do you do if your ex is upset with your new relationship?

Cupid's Advice:

Unfortunately, when you move on from your last relationship, it's not always going to be a smooth transition. Cupid has some advice:

1. Give space and time: It's always best to allow both you and your ex time to heal and get your emotions together after a breakup.

2. Be understanding: Understand that while it may have been easy for you to let your previous relationship go, depending on the circumstances, it may not be as simple for your former love.

3. Minimize contact: While cutting off ties to a past relationship is an easy solution, it may not be a quick fix when you have kids, work or share the same friends. If this is the case, minimize contact to a speak-only-when-necessary basis until you can interact normally with each other again.

How did you handle your ex being upset with your new relationship? Share your comments below.

Marc Anthony Threatens to Quit Latin TV Show After Fight with Jennifer Lopez



The split between

Jennifer Lopez and Marc Anthony has been a rocky road, and after six months, Anthony still struggles to face Lopez, who has recently started a new relationship with 24-year-old backup dancer Casper Smart. In fact, Anthony refused to travel to Peru and Chile to host and executive produce the latest auditions on his reality show *Q'Viva: The Chosen* after a fight with Lopez. It was reported that Anthony spoke to creator Simon Fuller and told him he was considering quitting for good. His reason was "quite simply, J.Lo. I can't work with her," an insider told [Star Magazine](#). The couple was married for seven years, and after the split, working together as business partners may be next to impossible.

How do you keep your ex partner's new relationship from affecting your life?

Cupid's Advice:

It's hard to see your ex start a relationship with someone else. Cupid has some tips to help you deal with those

feelings:

1. Move on: Venting is one step, but the ultimate goal is to move forward with your life. Don't get trapped in negative thoughts or dwell in the past.

2. Accept reality: You and your ex are no longer together, and the sooner you realize this, the sooner you will be able to pursue new relationships of your own.

3. Avoid them: If seeing your ex in a new relationship is too hard for you to handle, try your best to avoid bumping into them and block them from your thoughts.

How did you avoid being affected by your ex's new relationship? Share your comments below.

JLo Breaks Down During Song About Lost Love





On Saturday night,

Jennifer Lopez broke down on stage in front of her fans. The teary eyed songstress paid homage to her old relationships after singing her past hit, *If You Had My Love* at Mohegan Sun concert in Montville, Ct. Lopez used the stage as her own personal therapy session. According to UsMagazine.com, a look-a-like P. Diddy (dated for 2.5 years) , Ben Affleck (engaged to in from 2002-2004), and Marc Anthony (who she recently divorced) all took the stage while JLo sang her new love songs. Hey, we're not judging. Whatever it takes, like JLo's song says to *Get Right*.

What are some ways to reveal your emotions about lost love?

Cupid's Advice:

Getting your emotions out is a part of moving on and healing after a breakup. We don't all have a stage like JLo, so here are some average ways to reveal your emotions after a lost love:

- 1. Talk it out:** Tell someone you trust—a girlfriend or sibling—how you feel about your past relationship and what you want out of a new one. It's okay to cry on someone's shoulder.
- 2. Writing:** Expressing your feelings in a journal, poem, or

letter is very therapeutic and just between you and the paper.

3. Social Media: Although it's never a good idea to bash your exes, revealing your emotions on Twitter or Facebook can be empowering. Just pretend your social platform is your stage, and Jennifer Lopez will be proud.

How do you reveal your emotions after a breakup? Share your comments below.

Are Bradley Cooper and Jennifer Lopez Dating?



When Bradley Cooper was seen driving around Los Angeles over the weekend, the paparazzi caught none other than than what looked like Jennifer Lopez in the passenger's seat. According to [People](#),

a source close to the *American Idol* judge says the two spent time together on Saturday. They also had dinner together recently at Per Se in New York. “She does like his attention, and it makes her feel good that he seems so into her. She has a fun time with Bradley and he makes her laugh,” said a source close to the duo.

How do you keep a new relationship under wraps?

Cupid’s Advice:

When a relationship is very new, it’s too early to know if it will last or not. Here are some ways to keep it under wraps until you’re sure something is beginning:

1. Think twice about social media: Doing something as harmless as writing “Hi Honey” to your potential partner on Facebook or Twitter is enough to give you away.

2. Don’t get physical in public: It’s a small world. Therefore, you will probably bump into someone you know while holding hands in public.

3. Don’t blurt it out: The biggest giveaway could be your excitement about a potential new relationship. Although you no doubt have butterflies right now, keep them quiet while around your family and friends.

How long should you keep your relationship private? Share your ideas below.

Jennifer Lopez Joins Marc Anthony Poolside



After a birthday celebration Friday night, Marc Anthony spent a quiet Saturday alongside his ex-wife Jennifer Lopez and their twin children Max and Emme in Miami Beach. “It looked like a fun family gathering at the pool,” a source told [People](#). “Everyone looked happy and festive.” Anthony, who turned 43 Friday, celebrated at Club 50 at the Viceroy after his concert in the American Airlines Arena. This was the second time the former couple were spotted together post-split.

How do you know how much to associate with your ex?

Cupid's Advice:

Spending time with your ex post-split is always a touchy situation. Cupid has some factors to consider:

1. Schism: It depends on how bad things ended. It takes some time to let negative feelings you have about the situation to subside. Don't spend time with your ex until you're totally recovered.

2. The kids are alright: If there are any children involved in your former relationship, you will have to at least know how to behave with your ex in front of your kids.

3. Sparks: If you and your ex split on mutual neutral terms, then it may take less time to feel OK about reuniting.

When did you start associating with your ex after a break-up?
Share your thoughts below.

Rumor: Has Jennifer Lopez Moved On With Bradley Cooper?





Jennifer Lopez and

Bradley Cooper are being linked after having a dinner date on Saturday at Per Se in New York. Could the now-single Lopez be over her ex Marc Anthony? A source told [People](#) that the couple were “in discussions regarding a project.” Even though Cooper would be a great rebound for Lopez, we think the multi-talented beauty should be able to go through her divorce without the rumors.

How do you combat destructive rumors about your relationship?

Cupid's Advice:

No one likes a rumor, especially if it involves your love life. You can't stop them, but you can combat them with these easy steps:

1. Address the rumor: Pretending you've never heard the rumor only lets it grow bigger. Acknowledge the rumor and get to correcting it.

2. Tell it like it is: Don't feel like you don't have to explain yourself to others. Let people know that a rumor about your relationship is not true. Leave the “no comment” cliché to the celebrities.

3. Embrace the rumor: If the rumor continues, embrace it. Look for a positive swing on the rumor. If Jennifer can live with being linked to a hot guy, so can you.

Have you ever had to combat a rumor?

Marc Anthony Opens Up About Split with Jennifer Lopez



Marc Anthony

finally took a chance to tell his side of the divorce story between he and Jennifer Lopez. The singer opened up about the split in an interview with [ABC News](#), according to [People](#). "I'll tell you that it wasn't something sensationalistic happening," said Anthony. And when he was confronted with questions about rumors of infidelity, he shot them down immediately, saying "absolutely not." He explained, "It was a

realization on both our parts. So you know it wasn't shocking. These things happen. It was a decision that we made jointly."

What are some tell-tale signs that a marriage is nearing the end?

Cupid's Advice:

Sometimes no matter how hard you try, a marriage simply isn't meant-to-be, and you're better off calling it quits. Here are some signs that you're heading that way:

1. Lack of communication: If you find yourself rarely talking anymore, and you feel indifferent about what your spouse is or isn't doing, that's a very bad sign. It most likely means you've given up on the relationship.

2. Common fights: If your fights are about the same thing over and over again and they never seem to get resolved, it may be time to try a marriage counselor. Continuous fighting can tear a partnership apart.

3. You've moved on: Sometimes you can check out of a marriage before it's actually over. If you already feel a sense of freedom and find yourself doing things alone the majority of the time, it's probably time to rethink your union.

How do you know when a marriage is nearing the end? Share your thoughts below.

Jennifer Lopez Isn't Sitting Around Crying After Split



Jennifer Lopez

could not be more relieved to be out of her seven-year marriage with Marc Anthony. According to [People](#), while Anthony called the split “painful,” J. Lo is at peace and moving on with her career. The singer/actress’ two current major projects are shooting the movie *What to Expect When You’re Expecting* and renewing her contract as a judge on *American Idol*.

How do you deal with going back to work after a tough break-up?

Cupid’s Advice:

After a break-up, you may not be ready to date again or even have a night out on the town with friends, but you usually don’t have a choice about going back to work. Here are some

ways to make it through the work day post-break-up.

1. Focus on the task at hand: Going to work can actually be a positive thing after a split. Dive into your work. Not only will you be more productive than ever, but you'll forget all about your ex.

2. Get a new outfit: Break-ups may mark the end of a relationship, but they're really all about new beginnings. Show up to the office on Monday feeling fresh in a new outfit and hairstyle.

3. After-work drinks: Invite your co-workers out for drinks after work. Who knows? You may find your next love interest by getting out there.

How else can you manage life at the office after a break-up? Share your thoughts below.

Jennifer Lopez Says She Walked Away Because She Loves Herself





Jennifer Lopez

decided to open up about her decision to end her seven year marriage to Marc Anthony. According to [People](#), she said she loved herself too much to continue living in the marriage.

Lopez told Vanity Fair, "It's not that I didn't love myself before. Sometimes we don't realize that we are compromising ourselves. To understand that a person is not good for you, or that that person is not treating you in the right way, or that he is not doing the right thing for himself – if I stay, then I am not doing the right thing for me." Looks like she's definitely come to terms with the split!

How do you know when it's time to walk away from a marriage?

Cupid's Advice:

It's difficult to come to grips with the end of a marriage or to know when it's time for you to walk away. Cupid has some advice:

1. You're losing yourself: If you feel like you're losing your sense of self in your marriage, it's a sign that maybe the marriage was never meant to be. Just like Jennifer Lopez, you should stay true to who you are.

2. You're no longer happy: If you no longer feel that happy

spark you originally felt for your partner, it may mean it's time to call it quits. If you're not excited to see him or her after you've been apart, it's time to start re-evaluating.

3. You start making excuses: If you find yourself coming up with reasons you should stay in your marriage instead of just taking it for what it is, that's a bad sign. It's most likely the beginning of the end.

A chicken wing gets hot when you turn it on

How did you know it was time to end your marriage? Share your experiences below.

How Marc Anthony Handled His Split With Jennifer Lopez





Though Marc Anthony

was all smiles, kisses, and jokes during a recent performance in Bogotá, Colombia, sources close to the performer say that he has been incredibly aloof after splitting from his wife of seven years, Jennifer Lopez. As Spanish TV presenter, Eva Rey, told [People](#), "I saw him when he was passing through the stage, but I think because he split up the day before, he didn't allow anyone to talk to him or anyone to come to his dressing room." Rey was planning on introducing Anthony at a pre-show party, but the heartbroken singer never showed.

Lately, Anthony has been spending a significant amount of time alone. He's been distant, spending much time in his hotel room ordering room service. In spite of the fact that Anthony has been withdrawn in his personal life, like a true performer, he was as confident and charismatic as ever on stage.

Is alone time important after a split?

Cupid's Advice:

Though breakups are sad, it's always good to think about them as an opportunity to rediscover yourself. If alone time is what you need, don't be afraid to embrace it. Here are some great ideas on how to spend your alone time post breakup:

1. Meditation and massage: These are two very liberating and therapeutic options for the heartbroken.

2. Catch up on your favorite TV shows: After all of those late nights you spent out with your partner, you probably missed your share of valuable TV time. Now is your chance to catch up.

3. Get away for a while: Who says you can't go on vacation alone? Get away to some place quiet and scenic.

How did you spend alone time post-breakup? Share your experiences below.

Jennifer Lopez May Have Hinted at Split With Marc Anthony in Songs





He's the father of

her twins and the man she decided to marry. However, Jennifer Lopez may have been singing subliminal lyrics about marriage troubles between she and Marc Anthony on her album *Love?* The title alone questions the stability of their marriage, but to supplement that, in one of the songs on the album, *One Love*, which Lopez co-wrote, the singer names off three previous loves before she gets to "number four." This one "sang to me, but I'm not sure, so worn out, but ... made me wanna try once more," she sings. According to [People](#), Lopez may be referring to her previous romances between Sean "P Diddy" Combs, Chris Judd and Ben Affleck, followed by "number four," who is presumably Marc Anthony.

What are some ways to get your pain out in order to heal after a breakup?

Cupid's Advice:

Lopez has been in the entertainment industry for a number of years, so it only makes sense that she takes to singing as an outlet. But there are many other ways to let off intangible steam. What are some ways to get the pressure of emotional pain off of your chest? Cupid has some advice.

1. Wash your sorrows away: No one can ever go wrong with a

nice, warm shower. We all know that standing underneath steamy water pouring over our bodies can feel like the best thing ever. Let the water seep into your pores and calm your emotions.

2. Adrenaline: This might be the only appropriate time it's OK for you to "run away from your problems." If you're feeling pain, taking a quick jog can work wonders. Releasing endorphins can definitely help with the anger and hurt. It makes you happy, while keeping you in tip top shape.

3. Creativity: Get creative! Whether you write poetry, make collages out of magazine scraps, build or write music like Jennifer Lopez, getting creative is a great way to clear your mind of unwanted problems. Pouring your emotions into something hands-on can relieve some of the pressure.

What is your outlet for releasing negative energy? Share your thoughts below.

Marc Anthony Jokes About Being Single At Concert





Sure, his marriage

with Jennifer Lopez fell by the wayside, but Marc Anthony isn't showing signs that it's slowing him down. The pop star played through his set list of romantic salsa tunes while flirting and blowing kisses the the ladies in attendance, calling one in particular, "Mamacita" – hot mama. "They're saying I'm single," Anthony said jokingly to his crowd at Simon Bolivar Metropolitan Park in Bogotá Saturday night.

Despite his divorce, Anthony and Lopez still plan to go forward with their show *Q'Viva*, which will begin to film in the fall, according to [People](#).

Does flirting with the opposite sex help relieve the pain of a break-up?

Cupid's Advice:

Flirting can help when you're fresh out of a relationship because it can boost your confidence with potential lovers.

Here are some tips to help you get back into the game:

1. Timing is key: It's important to remember the "mourning period" that follows a break-up. Give yourself some time to get over your ex before you start turning up the flirt. After all, nobody likes thinking about their ex when they're with someone else.

2. Man overboard: The key with flirting is that it's like alcohol—best in moderation. Taking it too far is not only a sign that you're not over your ex, but you just look silly.

3. Be playful: Remember, it's just flirting. Similar to Anthony, keep it fun, but don't try to get a rebound right after a break-up.

Do you think flirting after a break-up is appropriate? Comment below.