

Celebrity Couple Tom Brady & Gisele Bundchen Kiss in Costa Rica After Super Bowl Loss



By [Jessica](#)

[Gomez](#)

In [celebrity news](#), [celebrity couple](#) Tom Brady and Gisele Bundchen were spotted in Costa Rica sharing a loving kiss, days after Brady's loss at the Super Bowl, according to [UsMagazine.com](#). He even joked about it on Instagram when he posted a photo of the couple smooching Sunday. "This Sunday's outcome is a lot better than last Sunday's! #losingstreakstopsatone," he captioned. Adorbs!

This celebrity couple isn't letting

the Super Bowl loss affect their relationship. What are some ways to keep negative life events from putting a damper on your relationship?

Cupid's Advice:

It happens. When we are involved in negative circumstances, we tend to misplace our emotions and take out our frustrations on our significant other at times, which isn't okay. Cupid has some advice on how to get around it:

1. Remember what you're mad at: Breathe and think. It's easier said than done, but it works. When we become angry, we can lose sight of what or who we're really mad at, which can lead us to take it all out on those closest to us, like your lover. When surrounded by negativity, clear your head by taking about 10 deep breaths – in and out. Then remember that you're not mad at your partner, and that they deserve your fairness and respect.

Related Link: [Gisele Bundchen Consoles Husband Tom Brady After 2018 Super Bowl Loss](#)

2. Do something with your significant other: It will help take the edge off. When you create a happy place with them, then outside negativity should not be able to reach you there. Also, building positive memories is always a good thing! Be sure to remain mindful of the energy you give out in your happy place because if you're being negative, then what's the point?

Related Link: [George Clooney Opens Up with the Sweetest Statement About Wife Amal Clooney](#)

3. Blow off steam: Chill with your friends. Sometimes when surrounded by the bad, we need to kick back and have some time with our friends. We sometimes also need space from our partners, so this works for both. Don't let bad energy or vibes bring you down, go and have a good time!

How do you avoid taking things out on your partner? Comment below!

New Celebrity Couple: Camila Cabello & Matthew Hussey Are Dating



By [Jessica](#)

[Gomez](#)

In [celebrity news](#), it's official – Camila Cabello and Matthew Hussey are dating and happy. The [celebrity couple](#) were spotted being all love dovey during their bae-cay. A source opened up to [EOnline.com](#) about this surprising relationship a couple days after the love birds were spotted during their [celebrity vacation](#). “It wasn't something she expected, but she knew of him and really enjoys his work,” said the source. “She has been following him for a while and was a fan, but it took her by surprise that she has gotten to know him on a deeper level.”

This new celebrity relationship took Camila by surprise. What are some ways to remain open when in a new relationship?

Cupid's Advice:

New relationships need to be nurtured, but at the same time, you don't want to rush. Cupid has some [dating advice](#) on ways to be open in your new relationship:

1. Be honest: It is important to be honest in a relationship from the start. This is when you're building trust, and trust is earned by being righteous and truth-telling. It's always best to be upfront. If not, things tend to build up, causing problems and the both of you closing up and not being open with each other. Don't be afraid to share your feelings – just remember there's a difference between being a blunt person and a rude one.

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2. Communicate effectively : It's important to try understanding as much as you want to be understood. Talk to your partner about your feelings in a straight forward and

clear manner – no beating around the bush. Also, be aware of your body language and timing. Non-verbal cues give away a whole different meaning than you're trying to convey. As for timing, being aware is essential because sometimes situations transform into a worse one due to wrong timing.

Related Link: [‘Bachelorette’ Alum Dean Unglert Is ‘Incredibly Happy’ Since Dating Lesley Murphy](#)

3. Learn as much as you can about each other: As your relationship blossoms, so should the both of you. By getting to know one another, your relationship will evolve – the faster you do, the faster it blossoms. Not to say that you should rush, but there's not much harm in learning each other's ways at a rapid pace. When you learn someone's ways, you can be a better partner. In order for you both to learn from one another, you have to be open to it.

What are some ways you have stayed open with a new partner? Share with us below!

Celebrity Divorce: ‘Modern Family’ Star Julie Bowen Files for Divorce from Husband Scott Phillips





By [Jessica](#)

[Gomez](#)

In [celebrity news](#), Julie Bowen filed for divorce from husband Scott Phillips on Tuesday, according to [EOnline.com](#). It was revealed less than a week ago that the former [celebrity couple](#), who was married for 13 years, separated. However, Bowen listed their separation date as December 17. She marked irreconcilable differences as the reason for their parting and is asking for joint legal and physical custody of their three children, according to the documents that *E! News* obtained.

This celebrity divorce after 13 years of marriage is very unfortunate. What are some ways to know it's time to move on from a marriage?

Cupid's Advice:

Some of us may try to fight off a divorce for as long as possible... but honestly, that's just a waste of time. Cupid has some suggestions on signs that can mean it's time to move on:

1. You're worried about what your kids, friends, or family will think: Staying together for your children isn't a good idea. And staying together for the sake of dodging judgment from family and friends is even less of a good idea. Those you love don't usually want you to be unhappy, and neither do your children. Kids want parents who are happy and love them. You can go your separate ways, but still be a family. Build a friendship when possible, don't continue building an unhappy marriage. Your friends and family will just need to accept it. You are the one living with this decision, not them.

Related Link: [How to Navigate a Separation](#)

2. You've tried counseling and gave it all you've got, but it's still not working: If you gave it your biggest shot, but you guys are still not coming together the way you should, then it may be a sign that it's time to go. Staying in an unhappy marriage is unhealthy for you. As long as you can look back and say "I gave it my all," there's no shame in knowing it's time for a divorce. Time to take action. All you can do at the end is try, if that doesn't work then there's nothing to do but what's in your best interest.

Related Link: [Why Celebrity Exes Kourtney Kardashian & Scott Disick Are Happier Than Ever](#)

3. You no longer respect nor trust your spouse: Trust and respect are both key things to have in a marriage. Sometimes we can gain that sense of trust and respect back, but sometimes we can't. If you don't see yourself ever trusting or respecting your spouse again, then it's safe to say that your marriage has hit its end point. Being married to someone that is not the same person you married happens sometimes, and it sucks. It really does, but instead of dwelling on it, start making moves.

Related Link: [5 Communication Keys Every Relationship Needs](#)

And just as a last piece of advice: do not continue in an

abusive marriage – whether it's physically, mentally, or emotionally abusive! An abusive relationship is one of the biggest signs it's time to leave. Seek help if needed.

What are some ways you knew your marriage or relationship was over? Share below!

Celebrity Baby News: Kylie Jenner Plans to Keep Motherhood Journey with Stormi Private for Now



By [Jessica](#)

[Gomez](#)

In [celebrity news](#), [Kylie Jenner](#) plans on keeping her life with [celebrity baby](#) Stormi low-key, at least for now. The 20-year old reality TV star and makeup mogul kept her pregnancy on the down-low and demands that her motherhood journey be kept private as well, according to [UsMagazine.com](#). “She is extremely protective and she is very focused on trying to keep motherhood private for right now,” a source said. “All Kylie wants is for her privacy to be protected right now and is pretty demanding about that at this time.” The source also adds that Kylie is in no hurry to get engaged to beau Travis Scott, so we guess there won’t be any [celebrity wedding](#) bells ringing there for a while.

In this celebrity baby news, it begs the question – is it okay to post photos of your child on social media? What are some factors to consider?

Cupid’s Advice:

Whether you want to post photos of your child on social media or not, the decision is up to you. It’s all up to preference, as long you understand the loss of control that takes place on your end once you upload a photo on the web. Here are some factors to consider:

1. It will always be on the web: When you post photos of your little bundle of joy, they will permanently be on the internet. This concerns some people, while others don’t find any harm in it. Think it through and decide whether or not this factor plays a role in your preference, considering that these photos are of your child and they will one day grow older and potentially see them.

Related Link: [Khloe Kardashian Reveals How She Hid Her Pregnancy & How She Told Tristan](#)

2. Cyber safety risks: Do I want everyone to see this? Unless your social media account is private, the photo is available to pretty much the whole world. So think about what you're posting and consider whether you care who sees it or not. Cyber safety is one of the biggest concerns for parents considering it has been suggested that approximately 50% of photos on Pedophile sites come from the social media pages of parents.

Related Link: [Kim Kardashian Is a 'Very Hands-On Mom' with New Celebrity Baby Chicago](#)

3. Some photos may either be misjudged, misappropriated, or both: On social media, everyone has an opinion. This makes room for people to sometimes misjudge what they see or think they see on a photo. Misappropriation also happens often, especially with memes. You never know if one your photos will fall victim to this. People all the time take photos and turn it into a post relating a totally different message, good or bad. If you're fine with this because of your care-free attitude then that's fine, but others may want to stray away from this.

What kinds of photos do you think should be posted and what photos shouldn't be? Comment below!

Dating Advice: Survey Results

Are In! What Does it Mean to be Single in America?



By [Jessica](#)

[Gomez](#)

What does it mean to be single in 2018? The dating climate has changed. Being single has a whole new meaning. For some, it's horrible, and for others, an absolute thrill. Whichever side of the spectrum you may fall, you can count on fun surveys to tell you what people are thinking. Norms have changed between men and women due to the internet and technology affecting the way we feel and act when it comes to sex, relationships, and love – and this [survey](#) confirms it.

A 2017 study on singles in America, conducted by Research Now and

funded by Match, depicts surprising data on the evolution of the dating scene and there's [dating advice](#) in there, too:

Both present dating statistics and the future of dating were among the information gathered from the survey: What's been going around the internet lately is the invention of sex robots. Are they going to replace us as sex partners? The survey, based on 5,000 people, shows that one in four singles would have sex with a robot. And, nearly 50% of singles would consider it cheating if their partner had sex with one.

The study also found interesting information on what women want and do not want on a first date, along with what's acceptable and expected in the dating scene. 94% of women want their date to compliment her appearance, to be waiting for her when she arrives (90%), to hug her (82%), kiss her on the cheek (71%) and insist on paying the bill (91% of women approve of this, however 45% think it's appropriate to split the bill), according to the study. And the most inappropriate thing to do on a date is checking your phone regularly – only one in 10 women think this is appropriate!

That is some of the juiciest information, but check out the rest of the survey's information [HERE](#).

Are you thinking like most singles and taking into consideration the dating advice of your peers? Comment below!

Fitness Secrets: 5 Simple Tips to Stay Healthy



By [Jessica](#)

[Gomez](#)

Being healthy is important; we all know that. However, keeping yourself healthy seems to never be an easy task. We are constantly surrounded by temptation and lack of motivation, and so some of us urgently need some fitness advice. The trick is to find easy ways to stay healthy without the struggle – isn't that the dream? There are simple healthy habits that even fit celebrities take on.

When it comes to staying or becoming healthy, there are things

you can do that are simpler than others, and here they are. Brace yourself because some of these fitness secrets are super enjoyable:

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

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

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

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

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

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

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

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

Celebrity Wedding: John Stamos & Pregnant Caitlin McHugh Tie the Knot



By [Jessica](#)

[Gomez](#)

In [celebrity news](#), [celebrity couple](#) John Stamos and Caitlin McHugh got married! According to [UsMagazine.com](#), the [celebrity wedding](#) took place on Saturday at the Little Brown Church in Studio City, followed by the reception at Stamos' home in Beverly Hills. The magical day will be one of many considering McHugh is pregnant with the happy couple's first [celebrity baby](#).

This celebrity wedding was one for the books. What are some ways to honor your unborn child at your wedding?

Cupid's Advice:

In today's day and age, there's no shame with being a pregnant

bride! Cupid has some ideas on ways to give some recognition to your little bundle of joy:

1. Include a personal vow to your unborn child: If the wedding guests already know you're prego or you wish to deliver the news right then and there, then this is a great way to honor your unborn baby. It's a sweet way to do a blessing for your baby at a wedding. It makes your wedding day about a whole family-to be, instead of just the couple.

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2. Show off your baby bump: Look majestic AF in a beautiful gown. Flaunt that baby bump by choosing the right maternity dress for you! And flaunt the other parts of you that may be getting bigger as well. This is your big day and you need to show all of your glory to your wedding guests. Honor your baby by not trying to hide the baby bump, unless you're trying to keep it on the down-low for now.

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3. Wedding photos: You can also honor your unborn baby by posing for photos with your spouse. [Pinterest](#) has a bunch of ideas for cute pregnant wedding photos. It's a beautiful and magical way to include your unborn child on such a special day, and you will have it documented to always cherish.

Which way would you like to include your unborn child in your wedding? Comment below!

Celebrity Baby News: Surprise! Kylie Jenner Gives Birth to Baby Girl with Travis Scott



By [Jessica](#)

[Gomez](#)

Congratulations to [celebrity couple Kylie Jenner](#) and Travis Scott on officially becoming parents to a new baby! In [celebrity news](#), Jenner gave birth to a baby girl this past week, according to [EOnline.com](#). At that time, Mom [Kris Jenner](#) and sister [Kim Kardashian](#) were seen at the hospital along with Travis Scott and Kylie's best friend Jordyn Woods. The [celebrity baby](#) has not yet been named. As the world knows, Jenner kept her pregnancy on the down low, making this news even more relevant. "I'm sorry for keeping you in the dark through all the assumptions. I understand you're used to me

bringing you along on all my journeys,” Kylie said via Instagram on Sunday. “My pregnancy was one I chose not to do in front of the world. I knew for myself I needed to prepare for this role of a lifetime in the most positive, stress free, and healthy way I knew how. There was no gotcha moment, no big paid reveal I had planned. I knew my baby would feel every stress and every emotion so I chose to do it this way for my little life and our happiness,” she explained. “Pregnancy has been the most beautiful, empowering, and life-changing experience I’ve had in my entire life and I’m actually going to miss it. I appreciate my friends and especially my family for helping me make this special moment as private as we could. My beautiful and healthy baby girl arrived February 1st and I just couldn’t wait to share this blessing. I’ve never felt love and happiness like this I could burst! Thank you for understanding.”

Well, this celebrity baby news wasn’t just a rumor! What are some reasons to keep your baby news to yourself for a while?

Cupid’s Advice:

There are a few reasons that you may want to keep your pregnancy under wraps for a while, just like Kylie Jenner and many others. Cupid has some reasons as to why:

1. You have a stressful pregnancy: You just don’t need nor want the stress. If you have a sensitive pregnancy where your health and the one of your baby depends on you taking it easy, then hiding your pregnancy could be an option for you. If we feel like outside factors can cause us stress during a critical time, then as mothers-to be we must cut out those factors. Sometimes people can become over bearing when it

comes to receiving baby news – so if you're around those kind of peeps, you know what it is.

Related Link: [Khloe Kardashian Reveals How She Hid Her Pregnancy & How She Told Tristan](#)

2. You're superstitious and don't want to jinx it: This may not be logical to everyone. However, if it's logical to the mother-to be, then that's enough – it's her body and her baby. Sometimes certain people find reassurance and comfort in not telling people right away due to fear of a miscarriage or something going wrong. At the end of the day, as long as the baby news is delivered later rather than never, it should be enough.

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3. Judgy peers: Whether these peers are at school or work, or are your neighbors, friends, or fam, sometimes they're just not the easiest people to deal with. At times, we may be surrounded by people who judge or gossip, and that can lead to you wanting to keep your pregnancy low-key. During pregnancy, drama should be avoided, so there's no shame in doing what you have to do.

These are just a few reasons why you someone may hide their pregnancy. What are some reasons you or someone you know hid a pregnancy? Comment below!

Celebrity News: Sarah Jessica

Parker Says Time Apart is Beneficial to Her 20-Year Marriage to Matthew Broderick



By [Jessica](#)

[Gomez](#)

In [celebrity news](#), Sarah Jessica Parker explains how having busy schedules helped her 20-year marriage to Matthew Broderick. According to [UsMagazine.com](#), Parker appeared on an episode of *Girlboss Radio with Sophia Amoruso*, expressing how time apart was beneficial to the [celebrity couple](#). “I know this sounds nuts, but we have lives that allow us to be away and come back together,” Parker said. “His work life takes him here, and mine takes me there. In some ways, I think that that’s been enormously beneficial because we have so much to share in a way,” she continued. And the actress had some insight as well: “Anytime that any relationship is hard, it’s the point in which you’re deciding, ‘Is this worth the

investment getting through whatever that thing is?’’

In celebrity news, time away truly does make the heart grow fonder. What are some ways that distance can actually help your relationship?

Cupid's Advice:

Sometimes in a relationship, you do need space. Sometimes we like it, sometimes we don't – but that's how it is! Here are a few ways relationships can benefit from space:

1. It can boost your individual growth: When in a relationship, we can sometimes lose sight of who we are as an individual. Many times this is due to the compromises we have to make and our focus on “couple goals,” more than individual goals. Time apart will help because you'll get alone time. During this time, give some thought into where you want to go in life. Think of you, the individual. You can also learn some new things about yourself. As humans, we are constantly changing, and having space for yourself provides the environment and alone time to recognize something about yourself – which leads us to #2...

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2. You can learn something new, like a hobby: And bring it back to your relationship. If you both learn new things while having time apart, it can be an exciting experience to share it with your partner after. Doing new things while there is space between you two helps because you learn things that are concentrated around your personal preferences and interests.

You're doing two things: enjoying your time alone while learning and bringing something new that can even maybe spice up the relationship.

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3. It can increase trust and decrease insecurities: If you're going to have time apart, you obviously have to trust each other. And if you don't trust each other, then you have to build that trust – and time apart is a way to do so. You can also gain a new perspective on the relationship. The independence you'll receive can actually make you more confident since you'll be focusing on yourself. Trust us, like we said before, some time apart can make the heart grow fonder.

What are ways giving each other space has helped your relationship? Share below!

Celebrity Couple News: 'Bachelorette' Alum Dean Unglert Is 'Incredibly Happy' Since Dating Lesley Murphy





By [Jessica](#)

[Gomez](#)

In [celebrity news](#), handsome [Bachelor in Paradise](#) alum Dean Unglert is doing well in the love department! According to [UsMagazine.com](#), Unglert claims that he's "incredibly happy" and in a good place in life right now, best since he left the show. And he's thinking long-term! Unglert spoke about his new romance with Lesley Murphy, a fellow contestant on *The Bachelor Winter Games* on Tuesday. They've been active on social media, liking each other's photos – cute! The [celebrity couple](#) also took a trip to the Sundance Film Festival in Park City, Utah, on January 19 and were seen holding hands.

This *Bachelor* Nation celebrity couple seems to be happy so far! What are some ways to know you've met your match?

Cupid's Advice:

Being with someone new is exciting, especially when you think they're a great match! Cupid has some tips on how to suspect

you've met yours:

1. You have tons in common: It's obviously okay to have some differences, but when you have all that stuff you want to have in common, it's great. You just vibe really well. Being interested in a lot of things builds a connection. The things you should look out for to have in common are values, morals, ambitions, and sense of humor!

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2. You feel safe and comfortable with them: This is something great to feel with someone! You feel comfortable being yourself with them, silences aren't awkward, and you're just at ease around them. You don't feel like you're walking on eggshells around them. This is what you need to build a secure home together in the long run, so this shows that there possibly is a future with that person, which brings us to #3...

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3. You see a future with them: Sometimes we date Mr or Ms. Right Now for the moment, but sometimes that "now" part disappears. When you see a future with a person, that says something. Yeah, sometimes we can make a mistake and think someone is the one when they're not – It happens. However, you have to be able to see them fit into your future really well if they are your perfect match. If the thought of them in your future excites you and makes you feel like bright days are ahead for the both of you together, then that's a really good sign!

What are ways you realized your partner was your perfect match? Comment below!

Movie Review: Every Day



By [Jessica](#)

[Gomez](#)

Every Day is a drama/romance that tells the story of a teenager named "A" who wakes up in a different body everyday. "A" then has to live the day for the person whose body she currently inhabits. The plot thickens when a teenager named Rhiannon falls in love with "A". Because of their growing love, they try to find each other each day, facing this major obstacle that begins to take a toll on them both. How long can they keep it up, and will it last?

***Every Day* focuses on a complicated**

relationship, where a tough decision must be made. Continue reading for our [movie review](#) and advice on ways you and your partner can face tough choices together:

Should you see it:

Yes! This movie has a magnificent story plot. It's the type of movie that leaves you wanting more. Its original story line and relatable moments make it a must watch! The movie's plot is an intriguing one that definitely makes you wonder. Mark the release date on your calendar: February 23, 2018!

Who to take:

Since this is a romance drama, you can either go with your partner or friends. Not all guys will dig this type of movie because they'd be in for an emotional ride, but it's worth a try!

Cupid's Advice:

One of the answers you will always get for a question on facing tough times with your partners is to communicate. Cupid has some advice on how to communicate effectively, along with other tips, in order to take on what's coming together:

1. Listen to understand, not to respond: Many times we hear and don't listen because we are thinking about what we want to say next or what we want to say in response to what the person is saying. Communication is important, and listening properly is part of it. We must be open minded, empathetic, and listen intently to try to understand our partner's feelings, concerns, and opinions. Knowing where their mind is at helps put you both on the same page. And, once you're on the same

page, you are a step closer to conquering obstacles and facing a big decision together.

Related Link: [Movie Review: Forever My Girl](#)

2. Create a pros and cons list: Create one together, or create two lists separately and then discuss them after. Writing stuff down can really help you see things for what they really are. A pros and cons list can help you organize your thoughts to see what outweighs what. Does the good outweigh the bad or vice versa? Pros and cons are things most of us consider when making a difficult decision, so it would not be any different with a choice that needs to be made between you and your lover. Creating a list may sound easy, but it's not that simple. Why, you ask? Because not every pro and con will weigh the same or hold the same value. That's when it's time to put some real thought into it and begin your calculations.

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3. Maintain harmony: Making a difficult choice can take a toll on people. It can be a very stressful thing. This is why you and your partner need to make sure that you both keep the peace. Be aware of your tones and attitudes. It's easier said than done, but very possible. The goal is for you both to come to a decision together, fighting and pinning yourselves against one another won't help that. So, remember: Take a breath and stay calm.

What are some ways you and your partner came to an agreement on a tough decision? Comment below!

Parenting Advice: How to Keep Your Kids Motivated Throughout the Rest of the School Year



By [Jessica](#)

[Gomez](#)

Your child's school year is almost over! However, as they approach the finish line, some students may get off track. This is unfortunate considering that they're so close to the end! Having a support system to encourage kids with their studies is essential. The approach to motivating your children can depend on the child's age. However, some methods can be useful for children of any age if they're customized or "tailored" to the girl or boy, and that is where you, the parent, comes in!

Keep your child motivated with this [parenting advice](#), along with some examples from [celebrity parents](#):

1. Stay involved: When you are constantly involved in parent teacher meetings and school events, your child is more likely to keep their interest in school going. Being active in your child's school not only helps you keep an eye on them, but also familiarizes you with the environment they're in for the majority of the week. Being attentive is key. Celebrity couple [Beyoncé](#) and [Jay-Z](#) stay involved with daughter Blue Ivy's school. Bey volunteered at a fundraiser last year where she performed three hit songs, while Jay-Z attends PTA meetings. And, the duo alternates picking her up and dropping her off to school. If this busy, power couple can make the time, so can you!

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2. Create a reward system while keeping yourself up-to-date: Whether the reward is big or small, a reward is a reward. For example, having your kids do their homework straight after school before taking part in other activities is one way to do it. After doing their homework, getting to play, watch TV, or do any other acceptable activity is a reward. When creating and implementing a reward system, it is important to keep yourself updated with your child's work. Make sure they do their homework and projects, and don't forget to ask them how school went and what they learned. For a little more information on creating reward systems (specifically ones based on the child's age), read on [here](#) along with other creative ideas on [Pinterest](#).

Related Link: [How to Connect with Your Teenager](#)

3. Encourage them: This sounds simple, but many parents tend to sometimes miss it. School becomes something they expect their kids to do because they have to, but that does not mean that it requires any less encouragement than any other activity. Sometimes we're focused on tough love or are just not as involved as we should be (back to tip #1 above). Whichever the case, parents need to find different ways to keep their kids going. Be their cheerleaders! Many celebrity parents like Sarah Jessica Parker, [Jennifer Lopez](#), Sarah Michelle Gellar, Jessica Alba, and [David Beckham](#), took the approach of encouraging their kids on the first day of school by posting photos on social media – photos can be seen [here](#). This can also work toward the ending of the school year because it's an exciting time that should be celebrated.

Related Link: [5 Tips for Co-Parenting](#)

4. Create a nice, clean work space for them: Having a study area free from clutter and unlimited distractions is an important space to have. It encourages you to do work and keeps you situated. Ideally, a good work space will be organized, well-lit, and comfortable. If your child is easily distracted by what's going on outside, their study space should be away from any windows. If they work well in silence, choosing the quietest place is a good idea. If they like some low background music, choose a space where you can set that up. Learn your child's learning and productivity style, and then appoint a space as their study area based upon it.

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

5. Share a productive and motivating lifestyle with them: Your mentality has a big say in how motivated and productive you are. Besides controlling your way of thinking, there are a few ways to change your lifestyle and your child's. Getting eight

hours of sleep is important, depending on your child's age, even 10 hours of sleep is good for them. Many kids don't get the proper amount of sleep, which makes them too tired to be fully focused and productive in school. A good diet is also important because your child needs the energy to do well in school and in the other parts of their lives. Dark fruits and vegetables along with ones rich in Vitamin B (like broccoli, spinach, celery, beets, blueberries, apples, potatoes, and beans) improve memory and cognition and are also good for alertness. And of course, stay fit by exercising together as well.

Related Link: [Parenting Tips to Stay Sane for the Rest of the Summer](#)

These are just a few ways to help your child stay motivated for the rest of the school year – there are many more! Being a parent is a huge responsibility, and in order to do the job right, you have to know your child and incorporate different aspects of life into your parenting style, like described above.

What are some ways you keep your little one motivated as they become eager to finish the school year? Share below!

Celebrity Baby News: Pregnant Chrissy Teigen Reveals Sex of Baby No. 2



By [Jessica](#)

[Gomez](#)

In [celebrity news](#), [Chrissy Teigen](#) revealed the sex of baby number two with husband [John Legend](#), according to [UsMagazine.com](#). And ... it's a boy! Teigen made the announcement via Instagram, during the 2018 Grammys in New York City. She posted a photo of herself on the red carpet at Madison Square Garden, holding her baby bump in her silver Yanina Couture dress – with the caption: “mama and her boy.” What an elegant and cute way to break the [celebrity baby news](#)! Congratulations to the [celebrity couple](#)!

Spoiler alert! Chrissy Teigen revealed the sex of her celebrity baby-to-be. What are some reasons to find out the sex of your baby

before he or she is born?

Cupid's Advice:

One of the earliest decisions you make during pregnancy is whether or not to find out the sex of the baby. Cupid has some advice as to why you would want to find out whether your baby is a boy or a girl:

1. Decorating the nursery: You can go with neutral colors (white or yellow) if you'd like, but many people like to go traditional (pink or blue). A nursery is a place you want to have done and prepared by the time your baby arrives. Therefore, you want to finish it early, well before the due date. When deciding on decorating options, you may be one of those parents who would want to take the sex of your baby into consideration, so be sure before making final decisions.

Related Link: [Kim Kardashian Is a 'Very Hands-On Mom' with New Celebrity Baby Chicago](#)

2. The baby shower: Again, you can go with neutral colors for the decorations of the celebration. And you can choose unisex gifts as well. However, when creating a registry, you may need to know the baby's sex in order to choose the items you want or need to add onto the list. Also, you may not want to keep your baby shower attendees in the dark when they're celebrating and showering your bundle of joy with presents – the suspense may make them go nuts, you never know!

Related Link: [Khloe Kardashian Reveals How She Hid Her Pregnancy & How She Told Tristan](#)

3. Choosing a baby name will take longer: And it would be harder, too. You can save yourself half the time by finding out the sex of your baby – And also save yourself half the hassle. Imagine not knowing, therefore having to choose both a boy name and girl name. It's already hard enough coming to an

agreement with your partner. Since choosing a baby name together can sometimes be a struggle for many couples, so knowing the sex of the baby can avoid further frustrations for sure!

What are some reasons you or someone close chose to know the sex of their bun in the oven? Comment below!

Celebrity Couple News: Lady Gaga & Fiance Christian Carino Share Kiss Backstage at Grammys 2018



By [Jessica](#)

[Gomez](#)

In [celebrity news](#), [Lady Gaga](#) and her fiancé Christian Carino were photographed sharing an endearing kiss backstage at the 2018 Grammys on Sunday, according to [UsMagazine.com](#). Gaga was nominated for Best Pop Vocal Album for “Joanne” and Best Pop Solo Performance for “Million Reasons.” The pop star did not win either award, but she did perform a fusion of both nominated songs. And, her future hubby was there to support his lady. Let’s keep our ears open for their [celebrity wedding](#) date!

This newly engaged [celebrity couple](#) are very much in love. What are some ways to support your partner in his or her professional endeavors?

Cupid’s Advice:

Supporting one another in a relationship is a given! Cupid has some relationship advice on ways to support your partner’s journey toward their career path:

1. Be their cheerleader: Sometimes when following your dreams, things can get rocky, and what we really need is a support system. Be respectful of their feelings and listen to them. Show your partner you understand, support them by acknowledging their negative feelings and encouraging their positive ones. Don’t forget to cheer them on as well. Lift them up when they’re at their lows and their highs. Words of encouragement go a long way.

Related Link: [How Jessica Biel & Justin Timberlake Keep Their Marriage Strong](#)

2. Offer help: Sometimes your partner may need an extra mind,

a different perspective. Sometimes a shoulder to lean on. Discuss the obstacles and the solutions to those obstacles together. Helping them in any way you can in any aspect of their life can help their career one. Be on the lookout and see what your partner may need. You both are a team, and you have to be in it together to win it.

Related Link: [Shailene Woodley Makes Relationship with Rugby Player Ben Volavola Instagram Official](#)

3. Stay involved: While being a cheerleader and offering help to your partner, you of course have to stay involved. Keep yourself updated with their journey and what's going on with them mentally and emotionally, and vice versa. Neither you or your partner should become isolated from the other. Pursing a career can take up a lot of time and effort, but staying involved with one another is also important when in a committed relationship. Keep lines of communication open at all times, and keep up with as much optimism as possible!

What ways have you encouraged and supported your partner during their journeys? Comment below!

**New Celebrity Couple:
Shailene Woodley Makes
Relationship with Rugby
Player Ben Volavola Instagram**

Official



By [Jessica](#)

[Gomez](#)

In [celebrity news](#), there is a new [celebrity couple](#) in town! Shailene Woodley is in a relationship with Ben Volavola. The celebrity couple made it official on Instagram, according to [People.com](#). Woodley and her Rugby playing beau indulged in some PDA in her Instagram story, Wednesday. The new couple was kissing and flaunting their [date night](#) in photos on social media. The love birds were in France, attending the Valentino Haute Couture Spring Summer 2018 show for Paris Fashion Week.

There's a new celebrity couple in town! What are some creative ways to announce your new relationship?

Cupid's Advice:

A new relationship is exciting, and although many of us want privacy, we don't want secrecy. In a world where social media is what seems to connect us the most, it is one of the main platforms where people share big news. Cupid has some tips on cute, creative ways to announce your new relationship via social media:

1. PDA post of an awesome date: Showing some PDA during a creative date with your girl or beau is super cute! And it's a creative way to briefly show the type of couple you are, so pick the right "stage" for your photo. Some fun adorable dates to choose from are: going for a romantic swim or boat ride, camping, a picnic, taking a class together (any kind), a getaway or road trip, and DIY project you are both working on. The list is endless! If the pressure of a photo of you both on a date is a little too much for you, you can also try taking an adorable, endearing photo or a stunning one of you both side by side looking your best – talk about couple goals! [Ariana Grande](#) and Mac Miller took the endearing approach, posting a cuddled up photo, while Elon Musk and Amber Heard went for the looking beautiful together.

Related Link: [Danica Patrick Confirms She's Dating Aaron Rogers](#)

2. A photo of your other half taken by you: You can also post a random photo you've taken of your lover for a shocking affect, have your followers like "What?!" Imagine, a random photo of someone else popping up on your news feed, to then realize who it was posted by – Cute. Celebrity couple Zachary Quinto and Miles McMillan took a similar approach when Quinto posted a photo of McMillan staring right at the camera along with a caption on missing him. Adorbs!

Related Link: [Olivia Munn Denies She's Dating Chris Pratt & Shares Texts with Anna Faris](#)

3. A discreet photo: Want to tease? Want to just show you're

tied down but don't want to share with who just yet? Share your relationship in a teasing manner then, like [Jennifer Lopez](#) and Alex Rodriguez for example. Jlo shared a photo on Instagram of the couples' sneakers while rumors of them dating were floating around – discreet huh? Other ways to do it are to snap photos of your hands or a photo taken of your back sides, let people guess who you're with, if you're into it.

What are some ways you or your partner shared the new relationship news? Comment below!

Celebrity News: Larry Nassar Sentenced to 175 Years In Prison in Sexual Abuse Case



By [Jessica](#)

[Gomez](#)

In [latest celebrity news](#), Larry Nassar, former USA Gymnastics doctor, has been sentenced to 175 years in prison in his sexual abuse case, according to [UsMagazine.com.com](#). Nassar appeared in court on Wednesday, January 25 for this sentencing hearing. More than 150 victims came forward to describe the abuse and manipulation they endured from him. Nassar said the following before his sentencing: “Your words these past several days have had a significant emotional effect on myself,” he said, speaking to his victims. “I recognize that what I’m feeling pales in comparison to the pain, trauma and emotional destruction that all of you have felt. There are no words to describe the depth and breadth of how sorry I am for what has occurred. I will carry your words with me for the rest of my days.” However, last week he said that the painful recalls of the women he abused are harmful to his health. The judge dismissed his statement, saying, “You may find it harsh that you are here listening. But nothing is as harsh as what your victims endured for thousands of hours at your hands.”

This celebrity news has our hearts heavy that so many women were abused. What are some ways to take action if you feel you’ve been abused?

Cupid’s Advice:

Every 98 seconds, an American is sexually assaulted. Nine out of 10 victims are female, and one out of every six American women has been the victim of an attempted or completed rape in her lifetime – every eight minutes, that victim is a child. Meanwhile, only six out of every 1,000 perpetrators will end

up in prison. These statistics are from [RAINN](#), and they only include cases in United States. Sexual violence is a horrific issue all over the globe. Cupid has some advice on how to fight all sorts of sexual violence including sexual abuse, sexual assault, and rape:

1. Do not blame yourself: Many women believe that they could have done something differently to avoid what happened to them. Blaming yourself only perpetuates rape culture. It is not okay for anyone to touch anyone that doesn't want to be touched. Women have harmed themselves emotionally and physically after facing sexual violence. Victims must brave through their trauma and know that the only person to blame is the abuser.

Related Link: [Harvey Weinstein Lied About Having Intimate Relations with Gwyneth Paltrow](#)

2. Don't be afraid, speak up: If you stay quiet, your abuser will get away with their vicious act. Some women just want to forget that it happened, and so they stay silent and carry on with their lives. This approach does not work for many, and it for sure will not stop your abuser from doing it to someone else. Reach out to authority figures if you've experiences sexual violence. It's time that all victims come forward with their stories in order to fight these heinous crimes that have been occurring globally, since the dawn of time.

Related Link: [Reese Witherspoon Reveals She Was Sexually Assaulted by Director at Age 16](#)

3. Ask for help: There is no shame in reaching out for help. Therapy and support groups are there to help victims. Having friends and family as support is also important. Having trouble coping with your experience is normal. Sometimes having a support system is crucial in a time of need, so get the help you necessary without any embarrassment or shame.

What are some ways you or a loved one has coped with the

traumatic experience of sexual violence? Share below.

Celebrity Diets: 5 Celebrity-Approved Diets to Achieve Your Summer Body



By [Jessica](#)

[Gomez](#)

Summer is here, and some of us have been procrastinating on getting in shape for fun in the sun, or maybe are just not quite there yet. Dieting is a challenge for most of us, so it's important to find one that is right for you. Some research suggests that choosing a diet you can stick to is more important than which diet you choose. Consistency is key, so choosing the most realistic diet for yourself is essential

in reaching your goal.

Not every diet works for everyone, so here are five celebrity diets to choose from to lose weight. Let the diet and fitness tips begin!

Try one, try some, or try all of these celebrity diets! All of these diets are celebrity-approved and vegan-friendly! Some are full plans, and others are tips you can incorporate into your own diet:

1. Hot Lemon Water: Drink it right after waking up. Many celebrities have tried this tactic – Elle MacPherson, [Lauren Conrad](#), [Beyoncé](#), Gwyneth Paltrow, and Miranda Kerr are a few! The diet consists of a simple daily routine: drinking a cup of warm water with at least one tablespoon of fresh lemon juice. Lemon juice is highly acidic, so the mixture of it with warm water helps digestion by kick starting it early in the morning. For even better results, drink a cup before each meal instead of just before breakfast.

Related Link: [Celebrity Chef Recipes to Help You Eat Healthy This Year](#)

2. Master Cleanse: This is an all-liquid diet. Beyoncé did a master cleanse, while incorporating cayenne lemon water into her all-liquid diet. You can also try juicing as a master cleanse. Make some at home or get some from your nearest juice bar. Juice fasting is a good way to lose weight because you can receive the raw nutrients of vegetables and fruits, and since it's in liquid form, you digest it much easier. See the pounds fall right off!

3. Baby Food Diet: To some this may sound gross and to others, yummy. Baby food is no longer just for babies! The diet is

based on eating baby food as your first two meals of the day and then eating a healthy dinner. Baby food is low in calories and is easy to digest. About 14 jars of baby food, up to 75 calories each (the less the better), should replace breakfast and lunch. For dinner, it's your choice! To aim for a healthy dinner, just try to lay off of anything fried or high in sugar, carbs, or salt. Celebrities like [Lady Gaga](#) and Camila Alves have tried this diet!

Related Link: [Celebrity Chef Recipe: Meal-planning Made Delicious](#)

4. Macrobiotic Diet: This strict diet is pretty famous due to Madonna. Meat, dairy, eggs, and wheat are all excluded from your meals for this diet. Other foods are fair game, like brown rice and other whole grains such as barley, millet, oats, and quinoa. The diet encourages "sea vegetables" as well. What are sea vegetables? Arame, nori, kombu, and kelp are few vegetables originating from the sea. These lower cholesterol, detoxify your body, and fights constipation and aging as well.

5. Apple Cider Vinegar Shots: Before every meal, take a shot of apple cider vinegar, measuring to around a teaspoon. Celebrities like Megan Fox have tried this diet. If you feel like you can't take the shot neat, you can mix two teaspoons into water. If the taste is still too unpleasant for you, you can add a sweetener like honey or maple syrup. Of course, neat shots and diluting the vinegar in water are more effective. This diet takes time – you must take it consistently over a long period of time. The acetic acid has fat-burning properties that influence your fat metabolism, stopping your body from storing fat, and instead using it as a form of energy.

What are some diets you've tried that worked for you? Share below!

Celebrity Dating: Olivia Munn Denies She's Dating Chris Pratt & Shares Texts with Anna Faris



By [Jessica](#)

[Gomez](#)

In [celebrity news](#), Olivia Munn took it all to Instagram. The 37 year old actress took it upon herself to shoot down rumors that she and Chris Pratt are dating, and even shared a screenshot of messages between herself and Pratt's ex, Anna Faris, according to [People.com](#). "1. Not every woman is scorned and upset after a breakup," Munn wrote on her Instagram story. "2. Not every woman is 'furious' at another woman for dating

her ex. 3. So even if I was dating @prattprattpratt, some tabloids got me and @annafaris all wrong,” she continued. “4. Women respect and love each other a lot more than some people like to think.” She then went on to make fun of her and Pratt’s potential [celebrity couple](#) names. She then shared a screenshot of some texts exchanged between her and Faris, showing that it’s all love between these ladies.

These celebrity dating rumors just aren’t true. What are some ways to shoot down untrue rumors about your relationship?

Cupid’s Advice:

Sometimes rumors go around, and it can really suck. People handle untrue rumors differently, and it depends on the situation and the type of people involved. Cupid has some ideas on how to approach false rumors:

1. Be straightforward: Don’t go around the bush. If you want to shoot down a rumor, being straight up is one of the best ways to go. Don’t stay quiet and act like things are just fine. Just like Olivia Munn did publicly, face it head on and express yourself – shoot it down! Whether you’re being upfront in person or otherwise, laying things down on the table is the simplest way to do it sometimes.

Related Link: [Jenni ‘JWoww’ Farley Talks Snooki & Jionni Divorce Rumors](#)

2. Don’t show frustration: Do not allow others to see how much the rumors are affecting you because it can lead to the rumors escalating. Many times people make up rumors out of jealousy, boredom, attention, revenge, etc. Therefore, it’s not a good idea to show that they’re actually getting to you. Try to stay

as calm as possible and handle the situation with grace.

Related Link: [Celebrity Couple Jennifer Aniston & Justin Theroux Are Still Going Strong Despite Split Rumors](#)

3. Don't fight fire with fire: Handle things correctly. Don't let your emotions get the best of you because you need to think clearly. Think about what gives this rumor credibility, and tackle it from there. Find out where the rumor started and confront the source. Doing these things with a clear mentality is important because the situation can easily get out of hand when neither party is thinking straight.

What are some ways you've handled untrue rumors decently? Comment below!

Celebrity News: 'Bachelorette' Alum Rachel Lindsay Reveals the Most Awkward Part of Finding Love on Reality TV





By [Jessica](#)

[Gomez](#)

[Bachelorette](#) alum Rachel Lindsay opened up about the most awkward part of finding love on a [reality TV](#) show, according to [EOnline.com](#). And, it's not necessarily what you would expect. Lindsay got engaged to Bryan Abasolo in 2017 on the finale of her *Bachelorette* season. The [celebrity couple](#) do not have a definite date for their [celebrity wedding](#) as of yet, but what Lindsay believes is the weirdest part of the process is the moment the show is over and the cameras stop rolling. "I tell people the most awkward day is the day the cameras go off. Not even your first date. It's like, 'I've been proposed to.' It's this amazing experience. And then they're like, 'That's a wrap.' Like, show's done, and then you're just standing with each other," the bride-to-be explained. "And once we got past that, everything else was a breeze... Because you don't know if the person is really the same person they showed you on camera – and I think that's what's scary."

This [celebrity news](#) shows that there are awkward moments even when

it comes to finding love on TV. What are some ways to reduce those awkward moments on your quest to finding love?

Cupid's Advice:

Oh, the journey of finding love, how wonderful and scary it can be. Alas, not to worry, Cupid has some advice on reducing awkward moments that could be avoided with a few steps:

1. Don't rush: Take things at a good pace – not too fast, not too slow. When rushing into things, we often miss signs that we should be looking out for in order to avoid making the mistake of further pursuing a relationship or to avoid certain awkward moments. Things should happen in their own time and not be rushed by you or the other person. Love isn't a race, it takes time. You need to learn the way the person is and the way your new relationship is in order to avoid negativity and awkwardness. After that, then the trust needs to roll in, which is why taking things steady is many times a good idea.

Related Link: ['Bachelor in Paradise' Couple Carly Waddell & Evan Bass Reveal Name of Baby-to-Be](#)

2. Don't try too hard: Impress others, but don't stop being yourself. Pretending to be someone you're not is bound to end in an awkward moment. It's important to put energy into trying to putting your best foot forward and being the best version of yourself. However, in the process, make sure to stay true to yourself. Don't let your mind roam too far, causing you to act out of desperation. It's understandable to maybe not want to be your whole, total self – just remember to not stray away from what really makes you you. Insecurities can easily pop up when you're playing a role that isn't like you.

Related Link: [‘Bachelor in Paradise’ Stars Carly Waddell & Evan Bass Celebrate Celebrity Baby Shower](#)

3. Don't worry: Like said before, love and relationships take time. Sometimes certain concerns creep up on us and we become worrywarts. The unknown can be terrifying, and you may not feel completely comfortable because of that. However, don't let unvalidated feelings take over. Get to know the person without judging them from past experiences you've had that have nothing to do with them. As time passes by, you will also build emotional intimacy, which should ease the worrying due to having a more open relationship with one another.

What are some ways you have avoided awkward moments while dating or in a relationship? Share with us below!

Celebrity Baby News: Khloe Kardashian Reveals How She Hid Her Pregnancy & How She Told Tristan





[By Jessica](#)

[Gomez](#)

Keeping Up With the Kardashians reality TV star [Khloe Kardashian](#) revealed how she hid her bun in the oven from the public and how she told her hubby Tristan Thompson through [khloewithak.com](#), according to [EOnline.com](#). “Tristan was the one who kept telling me, ‘I think you’re pregnant,’” Khloe wrote. “He was leaving town to go back to Toronto, and I went to get a pregnancy test. I actually had to FaceTime him to tell him. I was nervous, and he was so excited!” she explained. As for hiding her baby bump, it was all about styling: billowy coats and a cinched waistline to hide her belly, and chic patterns along with eye catching accessories as a distraction!

This [celebrity baby](#) news has fans interested. What are some ways to announce your pregnancy to your partner?

Cupid’s Advice:

Having a baby on the way is exciting! Cupid has some unique, sweet ways to deliver the baby news to your partner!:

1. A romantic home cooked dinner with a twist: Add a kids plate to the table to deliver the news! This will be an inconspicuous way to break it to your loved one! They will not see it coming! This is a good option for when you want to set the mood for this moment.

Related Link: [Kim Kardashian & Kanye West Celebrate Birth of Celebrity Baby Daughter](#)

2. Write on their favorite treat: Bake it in the oven like a bun in the oven, or order their fav dessert! Hide it inside or write it on top, the choice is yours. Either way, they will not see it coming. What a delicious way to get informed! Yummy!

Related Link: [‘Bachelor in Paradise’ Couple Carly Waddell & Evan Bass Reveal Name of Baby-to-Be](#)

3. Hide it at the bottom of his coffee: Will he see it coming? No! He’s just having his morning coffee, and boom, there it is! Surprise! This is the best option for when you really want to catch your lover off guard!

What are some ways you delivered the baby news? Comment below!

Celebrity News: Find Out Details About Meghan Markle’s

Upcoming Bachelorette Party



By [Jessica](#)

[Gomez](#)

According to [UsMagazine.com](#), Meghan Markle will be having a bachelorette party, but she's aiming for something inconspicuous and the opposite of flashy! The future princess wants a "celebration of friendship and love," instead of a full blown bachelorette party. Both men and women will be present at this event to celebrate the love of the [celebrity couple](#). "Meghan will be having a party but won't be calling it her 'bachelorette,'" a source says to Us Weekly. "Think low-key, think somewhere out of London, good food and drink, a little music. It won't be wild."

In this [celebrity news](#), Meghan Markle won't be getting wild at her

bachelorette. What are some ways to keep your bachelorette party fun, but low-key?

Cupid's Advice:

A bachelorette party can be fun with or without wildness! Cupid has some tips for a fun, but tamed celebration:

1. Help plan it: You can help your best friend plan it. You're the one that knows how tamed you want your bachelorette party to be, so you should be involved in the planning process somehow. Another option is to write up a dos and don'ts list to assist your bff plan your dream bachelorette party.

Related Link: [Michelle Williams Is Engaged to Andrew Youmans](#)

2. Keep the guest list short: Invite those who are closest to you. Things are less likely to get out of hand when there are less people present. Ideally, you can invite 10 people. If you would like to invite a little more, then no more than about 20 is suggested.

Related Link: [Danica Patrick Confirms She's Dating Aaron Rogers](#)

3. Spread the word: You have to let people know. Many times, it is assumed that the bachelorette party will be wild on some sort of level (ah, traditions!). However, it's a smart idea to let your guests know of your intentions for the party ahead of time. This can help avoid flashy, wild gifts and party favors.

How did you or your friend plan a calm bachelorette party? Share with us below!

Movie Review: Samson



By [Jessica](#)

[Gomez](#)

Samson is a Hebrew chosen by God to deliver Israel. Because of his supernatural strength and impulsive nature, King Baleck of the Philistine empire desires him dead. Samson, as godlike and powerful as he is, is captured and blinded by his enemies due to the betrayal of an evil prince and the gorgeous temptress he confided in. He then, in his time of need, calls out to his God for the power he once possessed to deliver the wrath of God, resulting in his victory.

***Samson* is a story portraying the**

sting of deception and betrayal after confiding in someone, exposing his weaknesses. Some of us know that sting a little too well – read on for our movie review and some tips on dealing with being double-crossed.

Should you see it:

Yes! This thrilling action movie will keep you in suspense. With a great storyline taking place in a richly historical period portraying power, battle, and betrayal, Samson will leave you at the edge of your seat.

Who to Take:

You can definitely take a guy. This action filled movie will keep them interested, for sure! It's the type of movie you can watch together for some intensity.

Cupid's Advice:

Sometimes we're lucky and find someone who is trustworthy, and other times we trusted the wrong person. It's a very intense experience. Cupid has some advice on how to deal with betrayal and deception:

1. Face your feelings: Analyze the situation and dig deep to know what you're feeling. It's okay to feel emotions like anger and sadness. The faster you face your emotions, the faster you will begin the healing process. Try writing down what you feel or even doing a video diary (talking to yourself and recording it), it may sound cheesy, but it can help because you're spilling your feelings out. Writing and talking

are both quiet therapeutic. Some of us bottle up our feelings and then later explode like a recently shook can of soda. Don't be that can of soda. Dealing with an experience like one of being hurt and deceived can be hard, but giving it time helps after reflecting and letting go of negative emotions.

Related Link: [Movie Review: 'Phantom Thread'](#)

2. Don't blame yourself and others: Sometimes we want to blame our gut. We feel like our instincts have let us down. We also sometimes lose trust in ourselves when we no longer trust another. However, if you were loyal and honest, there is no reason to allow negativity to consume you. See the situation for what it is and don't dwell in self pity. Don't lose confidence in yourself, your relationships, or your choices. And of course, we sometimes become mistrustful of others around us. Just like you shouldn't blame yourself for another's disloyalty, you shouldn't blame someone else either. That being said, feel free to make others earn your trust.

Related Link: [Movie Review: Forever My Girl](#)

3. Take care of yourself: Mentally and physically. Eat well, exercise, and seek peace of mind by doing things like reading and meditating. If you feel like you can't handle it alone, seek professional help. Don't be afraid or ashamed. Speaking to a therapist or psychologist can really help. Speaking to someone whose an outsider (someone not involved in your personal life), who won't judge you, and whose expertise are mental health and counseling, will help create a safe space for you to explore your feelings, unravel them, and dig deeper.

What ways have you coped with deception and betrayal? Let's share our stories below!

Beauty Tips: Up Your Nail Game For Spring



By [Jessica](#)

[Gomez](#)

Some of us tend to slack off in the winter when it comes to our beauty routines (guilty!). However, Spring is here, and we have to up our nail game quick. We all love [beauty tips](#), so get ready for some you can put to good use!

Check out these beauty tricks and tips! Your nails will thank you.

- 1. Weekly Manicures:** You can either go to a nail salon or get a nail kit and give yourself a manicure at home. It's

important to stay on top of your nails so that they always look up to part. Once you get yourself into a weekly routine, it'll be easier to keep up.

2. Nourish your nails: Apply olive and castor oil to moisturize and strengthen your nails. Dab the oil onto your nails with a cotton ball and leave on for 20 – 30 minutes. Rinse it off with warm water and hand soap after. You can do this three to four times a week. You should also use a nail strengthening polish in addition to this beauty regime, to not only strengthen your nails but also help them grow. It's perfect to apply when you need to let your nails breathe by giving them a break from nail polish.

Related Link: [Beauty Trend: 5 Face Masks to Try](#)

3. Eat foods high in protein: Nails are made of protein, so eat plenty of it. Healthy foods like spinach, almonds, broccoli, beans, and avocado are among the many foods you can eat!

4. Wear gloves when cleaning: Constant exposure to water and harsh chemicals can wear down your nails. Invest in a pair or two of gloves and use them whenever washing dishes and doing any other type of cleaning where you come in contact with water and cleaning products. Also, don't forget to apply lotion to your hands after. To go a step forward, you can also change your cleaning products to cruelty free ones (products that don't test on animals) since they use natural ingredients instead of harsh chemicals – better for you and better for your home!

Related Link: [Beauty Tips: Colored Eyeliner](#)

5. Don't abuse your nails: People constantly abuse their nails without really realizing what they're doing. Avoid nail biting, peeling off nail polish, and using your nails as tools (to open things, for example). Things like these cause trauma to your nails, and that's no way to pamper them! Time to lose

these habits.

6. Keep it trendy: What's in this upcoming Spring? A lot! Here are some favorites! You can never go wrong with nude colors – they're simple, delicate looking, and cute. Bright colors like orange, blue, and purple are also great for Spring, and they're attention grabbing. What's also attention grabbing? Metallic gold and Ombrés! Use different shades of a metallic colors, brown and beige themes are nice. And ta-da, you now have an excuse to wear five different colors when you can't decide on a shade! Glamour.com has a long list of specific styles to rock this Spring!

Taking care of your nails is essential. We use our hands a lot, so our nails tend to suffer. Give them the respect and pampering they deserve. It takes some work, but it's not rocket science! Create a routine for yourself and stick to it!

What is your routine for keeping your nails healthy and beautiful? Share below!

Celebrity Getaway: Scott Disick & Sofia Richie Enjoy PDA on Mexican Vacation





By [Jessica](#)

[Gomez](#)

[Kourtney Kardashian](#)'s ex [Scott Disick](#) and girlfriend Sofia Richie were all lovey dovey during their [celebrity vacation](#) in Mexico, according to [EOnline.com](#). The [celebrity couple](#) posted photos on Instagram. Both were having fun and a ton of PDA was going on. According to a source, the couple is very happy, always have fun, and were making out and all over one another often during the vacay.

This celebrity getaway is getting steamy. What are some things to consider when it comes to public displays of affection?

Cupid's Advice:

PDA is a controversial topic. Some people are fine with it, and some people are hardcore against it. There are different levels of PDA, from holding hands to make out sessions and butt grabbing – so different levels call for different measures. Cupid has some tips on things you should consider

when it comes to public displays of affection:

1. Are there kids around?: This matters depending on the level of PDA of course. Are you just kissing one another innocently or is it to the point of someone telling you to get a room? Children are innocent and you wouldn't want to influence them in a particular way, especially if they aren't your kids.

Related Link: [Prince Harry & Meghan Markle Plan Vacation Ahead of Wedding](#)

2. Are you making others uncomfortable?: Generally, we are told to not care about what others think. However, it can be annoying when a group of friends are hanging out, and there's that couple all over each other the whole time. Do as you please, but try to keep in mind whether or not you're overdoing it. Everything in moderation.

Related Link: [Macaulay Culkin Steps Out with Brenda Song in Paris](#)

3. The place: PDA stands for public displays of attention (as we all know), but certain public places may be more acceptable than others. For example: work, school, a funeral home, children's playgrounds, and hospitals are obvious places where most people would agree couples should stray away from intense PDA. So just keep your eyes open and be aware of your surroundings, and of course pay attention to the level of PDA.

What do you think about PDA? Comment below!