

# Celebrity Couple News: David Beckham Shares Why He Fell in Love With Spice Girl Victoria Beckham



By Ellie Rice

In the [latest celebrity news](#), A-list couple David and Victoria Beckham's love seems endless. This past weekend, Victoria shared a sweet video of the pair from back in the day. With David explaining that there wasn't just one thing he loved about Victoria, but instead "the entire package", these two have a relationship to be envied! According to *UsMagazine.com*, not only are the Beckhams a dynamic duo in love, but they're also dynamic as parents to their four

children.

# In this celebrity couple news, the Beckhams are more in love than ever. What are some ways to keep the love alive after so many years together?

## Cupid's Advice:

Showing appreciation for your significant other is one of the keys to long-lasting relationship success. Cupid has some other tips for those looking to have a partnership like the Beckhams:

**1. Try new things:** Get out and experience life together. Build memories by trying new things. Book a reservation at the new restaurant in town and make time for weekly date nights! Or, visit the new trampoline park in town on Adult Night. Get crazy!

**Related Link:** [Celebrity Parenting: Victoria Beckham Shares How Motherhood Affected Her Body Image](#)

**2. Express yourself:** Let your significant other know how much they mean to you with words of affirmation. By telling your loved one how special they are, they will continue to feel it.

**Related Link:** [Celebrity Couple News: Eva Mendes Reveals Ryan Gosling's Secret Talents in the Kitchen](#)

**3. Surprise them:** Don't let the adventure fade! Surprise your partner with a trip or new experience in order to reconnect spend quality time together.

**What are some ways you keep the love alive in your**

relationship? Start a conversation in the comments below!

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# Royal Celebrity Couple News: Prince Harry & Meghan Markle Experience 'Different World' in Canada



By Ellie Rice

In the latest [celebrity news](#), Prince Harry and Meghan Markle

have started their newfound life in North America! According to *UsMagazine.com*, the pair will be spending a lot of their time in Canada as they relinquish their royal duties. These two always seem to be in the news, so we hope this move will allow them to spend quality time with baby Archie!

## **This royal celebrity couple is enjoying life under the radar in Canada. What are some ways to change your lifestyle as a couple if you're unhappy?**

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

Feeling happy and healthy in your relationship are two obvious keys to partnership success. So if one is missing, Cupid has some advice for you:

**1. Make a move:** Take a page out of the royal playbook and switch things up! Maybe a change of scenery is exactly what your relationship needs.

**Related Link:** [Royal Celebrity Parents: Meghan Markle & Prince Harry Are 'Enjoying Each Day' with Baby Archie](#)

**2. Try something new:** If you're feeling like your relationship is lacking the excitement it once held, then spice things up! Try experiencing something new with your partner each week to rebuild your passion and connection.

**Related Link:** [Relationship Advice: Romance After Baby](#)

**3. Talk it out:** Get to the root of the problem and figure out what it is that's making you two so unhappy. Try seeking professional guidance and go to couples therapy.

How would you change an unhappy lifestyle? Start a conversation in the comments below!

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# Celebrity Couple News: Eva Mendes Reveals Ryan Gosling's Secret Talents in the Kitchen



By Ellie Rice

In the latest [celebrity news](#), Eva Mendes has revealed on Instagram that her hubby, Ryan Gosling, knows his way around the kitchen. According to *UsMagazine.com*, Mendes stated that

her cooking skills are limited to rice and juicing, while Gosling is not only a great chef, but quite the baker as well. The ever so secretive pair rarely share information about their family life, so we love hearing this!

## **In this celebrity couple news, it's all about appreciation. What are some ways to show your partner you appreciate them?**

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

Showing your significant other how much you appreciate them is crucial to a healthy and long lasting relationship. Cupid has some advice for how you can go about this:

**1. Words of affirmation:** Everyone celebrates love in different ways depending on which love language they feel most empowered by. If your significant other likes hearing how much they mean to you, then let them know!

**Related Link:** [Celebrity Parents: Eva Mendes & Ryan Gosling Are Running Into Trouble Teaching Their Daughters Spanish](#)

**2. Give a little:** Pick up something special you know your boyfriend or girlfriend has been wanting, or even better, an item *you* think they would love! They will feel cherished and valued.

**Related Link:** [Celebrity Baby News: Find Out How Falling in Love with Ryan Gosling Changed Eva Mendes' Mind About Motherhood](#)

**3. Surprise them:** Show you partner you care by proving how much you listen to what they say. Has there been something your significant other has been dying to experience? Surprise

them with it! Build memories and show your appreciation all at once.

What are some ways you show your significant other you appreciate them? Start a conversation in the comments below!

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# Celebrity Break-Up: 'Bachelor in Paradise' Couple Kendall Long & Joe Amabile Split



By Ellie Rice

In the latest [celebrity news](#), *Bachelor in Paradise*'s beloved Grocery Store Joe Amabile and Kendall Long have split. The pair released a lengthy statement citing distance as the reason behind the breakup. According to *UsMagazine.com*, the decision was mutual as they both still hold a lot of love for each other. It's sad to see a fan favorite couple turn into [celebrity exes](#), but we hope they find love and happiness on their own journeys!

## **In celebrity break-up news, this *BIP* couple is no more. What are some ways to know your relationship is over and can't be fixed?**

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

Acknowledging that your relationship is over can be difficult, but moving on to something healthier and happier is worth it. Cupid has some advice for you on when to know when its really over:

**1. Your mental health is suffering:** If you aren't feeling like yourself anymore, and the relationship is the root cause, it's time to move on. Letting your mental health suffer for the sake of another person isn't healthy or positive. Love the life you live, with confidence and strength!

**Related Link:** [Celebrity Break-Up: 'Bachelor in Paradise' Couple Demi Burnett & Kristian Haggerty Split](#)

**2. The spark is gone:** When your relationship feels more like a friendship, then maybe it's become just that. Relationships evolve over time, sometimes deepening that initial romantic connection and other times shifting into a platonic partnership of comfortability. Recognize this shift and have an honest conversation with your partner. It's not fair

to either of you, staying in a romantic relationship that you aren't 100% invested in.

**Related Link:** [Expert Dating Advice: How To Have Tough Talks With Your Partner](#)

**3. The cons outweighs the pros:** If you feel like you're fighting about minor or meaningless issues and everything has become a challenge, it's time to analyze your relationship. When you're both unhappy, it can lead to small things becoming big things. Once the bad times start to overpower the good, it's time to go.

**What are some healthy ways to move on from a partner? Start a conversation in the comments below!**

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## Celebrity News: Find Out Why Lady Gaga Called Off Her Engagement





By [Mara Miller](#)

In the [latest celebrity news](#), [Lady Gaga](#) revealed why she broke off her engagement to [celebrity ex](#) Christian Carino. It turns out he had some jealousy issues. According to *UsMagazine.com*, a source revealed, “Chris didn’t really treat Gaga well toward the end of their [two-year] relationship.” He kept trying to find her and texted her a lot, according to the same source. In the weeks following Gaga’s broken engagement, she leaned on friend Jeremy Renner. Renner and Gaga have been spending time together since her split from Carino.

**In celebrity news, the reason behind Lady Gaga’s broken engagement is finally coming to light. What are some tips for**

# dealing with jealousy?

## Cupid's Advice:

A jealous partner does not mean you have to immediately break up with them. Cupid has some tips to deal with jealousy. But just remember, if it ever starts to feel too out of control, you are right in calling off the relationship:

**1. Stay calm:** Listen to your partner and the reasons that they are jealous. Most likely it isn't something you have done and they might have some insecurities about the relationship that you both need to work on. Remember, a key to a strong relationship is communication, and if you can't listen to their concerns, then it might not work out.

**Related Link:** [Celebrity News: Rita Wilson Opens Up About What She Told Tom Hanks After Breast Cancer Diagnosis](#)

**2. Create boundaries:** Your partner needs to know and respect your boundaries, but you also have to know and accept theirs. If they are concerned about your friendship with someone of the opposite sex, make it clear that you are only friends and there is no reason to be suspicious of the friendship.

**Related Link:** [Celebrity News: Put Yourself First Like Lady Gaga](#)

**3. Show affection:** As long as you feel like the situation isn't abusive, show your partner some extra affection after you discuss their jealousy and dispel any reasons to be jealous. Holding hands or cuddling on the couch to watch a movie might help them feel more secure in the relationship.

**What are some other tips you have for dealing with jealousy? Let us know in the comments below!**

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# Celebrity Divorce: Mandy Moore Reflects on 'Sad' and 'Lonely' Marriage to Ryan Adams



By [Mara Miller](#)

In the latest [celebrity divorce news](#), Mandy Moore opened up about her seven-year roller-coaster marriage to singer-songwriter Ryan Adams, according to *UsMagazine.com*. The [celebrity exes](#) met when Moore was 23, and she became smitten with him. They married a year later. Things fell apart in

Moore's immediate family when her mother left her father and so she thought, "I'll create my own family," Moore admitted on the "WTF with Marc Maron" podcast. She explained that her career quieted down soon after the marriage. "I couldn't do my job because there was just a constant stream of trying to pay attention to this person who needed me and wouldn't let me do anything else." Moore and Adams divorced in June of 2015. She is now happily married to Dawes frontman Taylor Goldsmith.

## **This celebrity divorce ended up being a blessing in the end. What do you do if you find yourself in a marriage that's bad for you?**

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

*If you're truly being abused by your partner, the best thing you can do is get out of the relationship. Call this domestic abuse hotline if you ever need it: 1-800-SAFE (7233). Local women's shelters and community-based services may be able to provide help as well.*

When you're in a bad marriage, it can be a tough call to decide whether you should leave or stay. But, you have to think about yourself and your children (if you have any) before you think about the longevity of your marriage to someone who makes you unhappy. Cupid has some tips:

**1. Stop making excuses:** It's easy to make excuses if you're in an unhealthy marriage. They're working too hard for you and your family, or they had a bad day at work, so that's why they insulted you, especially when it happens constantly. *Stop this.* You're letting your spouse get away with treating you badly. It's easy to find yourself in a loop of reasons why it's okay to let your spouse treat you this way. Remember

this: the *only* person that can get you out of this situation is yourself.

**Related Link:** [Celebrity Exes: Mandy Moore Says Ex Ryan Adams Was 'Psychologically Abusive'](#)

**2. Take a good, hard look at your role in the relationship:**

Does the house fall apart when you aren't home no matter how many times you've asked for help? Do they expect you to hold a full-time job *and* do all of the housework? Take care of the kids by yourself? If every single thing falls on you and they aren't trying to help, or they try to make you feel awful when you haven't gotten everything done, then it might be time to get out.

**Related Link:** [Celebrity Divorce: Channing Tatum & Jenna Dewan's Split is Becoming 'Challenging and Emotional'](#)

**3. Reach out to friends and family:** It can be easy to lose touch with friends and family when you're busy. This is normal. But one of the first signs of being abused is for the abuser to start isolating their partner so they can't reach out for help. Being in a relationship that requires an occasional venting session with your bestie is one thing, but feeling completely isolated with no way out is another beast entirely.

**What are some things you can do if you find yourself in a bad relationship? Let us know in the comments below!**

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# Celebrity News: Elizabeth

# Banks Says She & Husband Max Handelman Work Well Together



By [Mara Miller](#)

In the latest [celebrity news](#), Elizabeth Banks told *UsMagazine.com* that she works well with husband Max Handelman. Banks and Handelman are business partners for their production company, Brownstone Productions, and have been married for 15 years. They met at The University of Pennsylvania when they were still in college. Banks doesn't know where she would be today without him. The two have teamed up to produce a new show, *Shrill*, starring Aidy Bryant. The show will air on Hulu on March 15.

# In celebrity news, Elizabeth Banks and her husband work together. What are some factors to consider before working with your partner?

## Cupid's Advice:

There are a lot of factors to consider before you start working with your partner, but it can be well worth it in the long run! Cupid has a few:

**1. Make date nights a priority:** Will you be able to maintain date nights if you both work together? It's a proven fact: couples who date stay together. In order to do that, you need to put aside your professional lives at home and vice versa. If neither one of you will be able to do this, working with your partner might not be a good idea.

**Related Link:** [Celebrity News: Anne Hathaway Shares Past Insecurities](#)

**2. Know each other's work styles:** Are you a night owl while they're an early morning bird? It's best to know how you both prefer to work before you start working with your partner so you don't get annoyed with each other. Understanding each other can ward off a big fight later.

**Related Link:** [Celebrity News: Brat Pitt Attends Ex Jennifer Aniston's Birthday Party](#)

**3. Give each other space:** If you're going to work with your partner, there will be times that you both need space. Consider giving each other a separate office and taking separate breaks at work will help things from getting tense at home and at the workplace. Being with each other 24/7 will drive both of you batty otherwise.

What are some other factors you might consider before working with your partner? Let us know in the comments below!

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# Celebrity News: Anne Hathaway Shares Past Insecurities



By [Lauren Burczyk](#)

In [celebrity news](#), [Anne Hathaway](#) opens up about her past insecurities, but claims she's an entirely different person now. Hathaway, 36, who has starred in movies for nearly 20 years, admits that her time in the spotlight hasn't always been glamorous. According to *People.com*, during a [celebrity](#)

[interview](#) excerpted from the latest installment from *The Jess Cagle Interview*, Hathaway said “I did everything wrong for so long,” and added that even though her career was flourishing, she suffered from “feelings of inadequacy, insecurity, and nervousness and anxiety.”

**This celebrity news shows celebrities have the same insecurities we do. Like Anne Hathaway, what are some ways we can conquer these demons?**

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

Whether we like to believe it or not, celebrities can face some of the same feelings of insecurity as we do. We have some advice on ways to conquer these all-too-common feelings:

**1. Try not to always blame yourself:** If you're having a severe case of the Monday's and can't seem to accomplish anything at work, think of other reasons that may be affecting your productivity. Instead of blaming it on your inadequacies, decide if it could've been a poor night's rest causing this or a busy weekend that drained your energy levels.

**Related Link:** [Celebrity Couple: Emily Blunt & John Krasinski Were Warned About Working Together](#)

**2. Accurately identify your insecurities:** To overcome your insecurities, it's important to correctly identify what brings on your low self-esteem. Ask yourself a question such as, “What worries or fears are making me feel insecure?”

**Related Link:** [Celebrity Couple: Emma Stone & Dave McCarry Giggle Together at SAG Awards](#)

**3. Reflect on your achievements:** Taking the time to look back on everything you've accomplished can help to build your confidence levels. Considering the challenges you were faced with and how you've successfully overcome them is an important step to letting go of your insecurities.

**Can you think of any other ways to overcome insecurities? Comment below.**

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## **Celebrity News: Selena Gomez Explores Mental Health Journey**





By [Mara Miller](#)

In the latest [celebrity news](#) according to *USMagazine.com*, [Selena Gomez](#) speaks candidly about her struggles with mental health. Gomez was diagnosed with Lupus in 2014. She admitted that anxiety, depression, and panic attacks can be side effects of Lupus, among other symptoms of the disease. In 2016, the [single celebrity](#) took a step back from the spotlight to focus on herself. Breaking her silence, Gomez released a new song with Julia Michaels, titled "Anxiety." It's great to see that Gomez is performing again, but, even better than having her music, she has been reaching out to her fans to let them know that she loves them. Gomez has, on occasion, even reached out to fans on Instagram to speak with them when she finds out they are struggling with mental health.

**Selena Gomez's honesty with her mental health has made celebrity**

# news because of the impact on her fans. What are some ways we can follow Selena's example and encourage mental health?

## Cupid's Advice:

When you're going through a difficult time, whether with depression, anxiety, or any other number of other issues, here are some things that can help.

**1. Try positive thinking:** Negative thinking can be a downward spiral that is hard to come back from, and it can become difficult to be positive when you hardly have been. Only use words that will empower yourself. It may seem hokey and redundant, but positive thought is a powerful tool and will reshape the vocabulary your brain uses.

**Related Link:** [Celebrity News: Designers Say Bebe Rexha is Too Big](#)

**2. Reach out to someone who you trust:** Have a serious conversation with someone close who is willing to listen. Also, if it's bad and you don't have a support system, do not be afraid to seek professional help. There's *never* a reason to be ashamed of how you feel.

**Related Link:** [Celebrity Baby: Kate Hudson Opens Up About "Genderless" Parenting](#)

**3. Exercise:** Exercising can release endorphins in the body that relieves stress and boosts the mood. This doesn't have to mean working out in a gym. Try picking up martial arts classes or borrow a book from the library on introductory yoga. Exercise can also play double duty as something that you're doing for yourself, by yourself, and it can help you take your

mind off of the things that are upsetting you.

**What techniques do you have for maintaining mental health?  
Share your tips below!**

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# Celebrity News: Chris Brown Detained in Paris on Accusations of Rape



By [Lauren Burczyk](#)

In [latest celebrity news](#), Chris Brown was detained in Paris on

Monday, January 21, after a woman filed a rape complaint. According to *UsMagazine.com*, Brown was taken into custody on potential charges of aggravated rape and drug infractions. He was still in custody as of Tuesday, January 22 and investigators have another two days to decide on whether or not to press charges. The [celebrity news](#) comes after Brown was faced with a multitude of arrests in 2018, including alleged rape and assault.

**Chris Brown has made celebrity news repeatedly for sexual abuse. If we suspect someone in our lives of behaving inappropriately, what are some ways we can help them?**

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

It's never easy to find out that a loved one has been behaving inappropriately. When we realize that someone close to us is conducting themselves poorly, it's important to face the facts and try to help them as best as we can. Here are some ways that we can help:

**1. Discuss their behavior with them:** It may not be an easy topic to discuss, but to help your loved one, it's important to confront them and discuss what happened. You may find out their motive behind the incident, which can be essential to providing them with help.

**Related Link:** [Bad Romance:10 Toxic Celebrity Relationships](#)

**2. Let them share as much or as little as they want:** Try not to be too forceful when discussing the matter with them. They will build trust with you knowing they can share as much or as little with you as they want to, which will be beneficial moving forward.

**Related Link:** [Celebrity Exes: Chris Brown is Happy with Custody Battle Results](#)

**3. Don't be afraid to tell them how you feel:** If they fully admit to what they have done, and you don't agree that it was the right thing to do, tell them how you feel. Making them aware of your disapproval can be helpful in the future and may deter against additional inappropriate behavior.

Can you think of some other ways that we can help someone in our lives that is behaving **inappropriately**? **Comment below.**

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## Celebrity News: Selma Blair Opens Up About Life with MS





By Lauren Burczyk

In [celebrity news](#), Selma Blair shared her struggles, in an emotional Instagram post, after being diagnosed with MS in August of last year. Blair captioned a photo of her snuggling a bear late Sunday night and described having a “brain disease” as “uncomfortable” and “a stadium of uncontrollable anxiety at times.” According to *People.com*, in [latest celebrity news](#), Blair really opened up in the touching Instagram post. “People ask me how I do it. I do my best,” she continued to explain. “But I choke with the pain of what I have lost and what I dare hope for and how challenging it is to walk around.”

**Selma Blair reveals how hard it can be living with a life-altering disease like MS. What are some coping mechanisms you and your**

# loved ones can rely on during such a disease?

## Cupid's Advice:

After receiving a life-changing diagnosis, it can be difficult to cope with the horrific news. No matter how tough it can be, it's important to have a positive outlook. Cupid has some ideas for coping mechanisms:

**1. Join a support group:** This is something that should be done right away so that you are able to collaborate with people other than your doctor. Connecting with others who are in the same situation as you are can provide a bit of relief.

**Related Link:** [Celebrity News: Carey Hart Pays Tribute to Wife Pink at 13th Anniversary](#)

**2. Seek therapeutic help from a professional:** Therapy isn't just for people with mental health issues. Many therapists specialize in allowing people to become at peace with a devastating diagnosis.

**Related Link:** [Celebrity News: Jessica Alba Celebrates Cash Warren's 40th Birthday with Pajama-Themed Birthday](#)

**3. Find ways to live with uncertainty:** Life-altering diseases are unpredictable and the ultimate outcome of the disease can't be controlled. It's important to find ways to try to live as much of a normal life as possible by practicing meditation or yoga, which can free your mind of anxiety.

**What are some coping mechanisms that you and your loved ones have relied on when faced with a devastating diagnosis? Comment below.**

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# New 'Bachelor' Celebrity Couple? Jason Tartick and Kaitlyn Bristowe Are Going On a Date



By Lauren Burczyk

In [latest celebrity news](#), there may be a new *Bachelor Nation* couple to cheer on. According to *Usmagazine.com*, reality TV stars Jason Tartick and [Kaitlyn Bristowe](#) are going on their first date. This [celebrity news](#) comes after Tartick, 30, told *Entertainment Tonight* that he recently taped an episode of

Bristowe's podcast *Off The Vine* before asking out the former *Bachelorette*. Bristowe, 33, accepted Tartick's invitation and now anxious fans will be able to listen to that exchange on an episode of *Off The Vine*.

## **There may be a new *Bachelor* celebrity couple in town soon! What are some ways to get over your nerves to ask someone out?**

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

It's never easy to muster up the courage to ask someone out, but Cupid has some tips:

**1. Take some time to relax:** Before jumping right into asking someone out, take some time for yourself and relax. Do something that you enjoy to calm your nerves such as going for a jog, reading a book, or listening to some music.

**Related Link:** [Celebrity Break-Up: Shawn Booth Breaks Silence on 'Painful' Split from Kaitlyn Bristowe](#)

**2. Practice:** We all know that practice makes perfect, so it's important to practice what you're going to say and how you're going to say it before actually asking for a date. Practicing will give you the confidence boost you need to get over your nerves and ask someone out.

**Related Link:** [Celebrity News: 'The Bachelorette' Star Kaitlyn Bristowe Says She & Shawn Booth Are 'Going Backwards' with Wedding Planning](#)

**3. Avoid the fear of being rejected:** The more you think about the negative consequences, the more worried you will become

and the less likely you are to ask for a date. So, try not to think about getting rejected and think as if you're going to get the answer that you're hoping for.

What are some ways that you've gotten over your nerves and asked someone out? We would love to hear from you! Please comment below.

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## Product Review: Giuliana Rancic Launches Fountain of Truth, a Clean-Beauty Skincare Line





By Bre Gajewski

Giuliana Rancic recently launched a clean beauty skincare line called Fountain of Truth. She wanted to create a line of age-defying products for all ages that was also clean and safe from chemicals. The tagline really says it all: Clean, Beautiful, Truthful skincare. Rancic adds, "The energy and focus that I have personally invested these past two years in partnership with the team at Hain Celestial has been beyond rewarding. My dream has come true to create a clean skincare line that you and I can both trust. Fountain of Truth is made up of effective formulas that utilize advanced skin care technology and powerful botanicals from around the globe. It's a personal journey for me that will change the way you look and feel about skincare."

Lori Bizzoco, Executive Editor and Founder of Cupid's Pulse absolutely loved these products! She said, "I got them home and tried them, and I have to say, these are some of the best products I've tried in a long time. It makes my face feel smooth, supple and glowing." Lori particularly loved the Take It Off Cleansing Balm because "it is so natural that it

doesn't even lather up."

The entire line can be found exclusively at [FountainOfTruthBeauty.com](http://FountainOfTruthBeauty.com).

**Product Review:** **Giuliana Rancic** is the latest **celebrity** to release her own skincare line. Check out all the **Fountain of Truth beauty products** below and read our review of each one.



**The TRUTH Insta-Face Lift Elixir** \$86 (30ML/1.0 FL. OZ):

**How it works:** This light-weight, botanically-charged treatment can help your skin fight the visible signs of aging without a visit to a medi-spa. Developed to reduce the appearance of fine lines and wrinkles, this product contains powerful Spilanthes Acmella flower Extract, which helps to create smoother and tighter looking skin, as well as Black Cumin Seed Oil, with essential fatty acids, vitamins and amino acids, to

help create a look of plumpness and volume. With continued use, skin's appearance will improve and take on more bounce and radiance.

**Why we love it:** This product is amazing because you can really feel it working. It makes your skin feel tighter instantly. As in the description, it plumps your skin to fill in those fine lines leaving a smoother appearance.



### **Dream Cream Overnight Repair Mask \$60 (50 ML/ 1.7 FL. OZ)**

**How it works:** An overnight, transformative sleep cream, containing Sodium Hyaluronate, replenishes moisture and the appearance of fuller looking skin. Our exclusive five botanical extract blend contains several naturally occurring Alpha Hydroxy Acids to help wake up your skin, making it appear smoother and brighter with a dreamy glow.

**Why we love it:** We love overnight masks because you throw them on before bed and wake up feeling beautiful and refreshed. This one definitely held up to our standards! We woke up with a glow and people noticed the next day!



## **Honey Glow Mask \$60 (148 ML/5.0 FL. OZ)**

**How it works:** This mask enhances and hydrates skin for a dewy, youthful appearance. The mask features an intensely moisturizing ingredient trio of nutrient-rich Certified Organic Honey, restorative Propolis Extract and Amino Acid-Rich Royal Jelly Extract. The creamy, soft texture warms when massaged and will nourish and revitalize, for a glowing, smoother and softer appearance.

**Why we love it:** This mask also made us feel super glowy and definitely moisturized. If you didn't know, keeping your skin hydrated is one of the most important ways to fight signs of age and using this mask once a week would definitely help you achieve that.



## **Good Day Soufflé Hydrating Moisturizer SPF 15 \$60 (50 ML/ 1.7 FL. OZ)**

**How it works:** This lightweight, luxurious moisturizer, suitable for all skin types, is proven to help minimize the visible signs of aging. Our renewing botanical blend that includes Organic Argan Oil, along with Hibiscus Flower, Maca Root and Fig Fruit Extracts, contains exfoliating Natural Alpha Hydroxyl Acids (AHAs) and Amino Acids, helping the skin look more supple and hydrated.

**Why we love it:** Sometimes moisturizers can be hard to find that is hydrating enough for those with dry skin but not greasy for those with oily skin. We thought this one did a great job of being suitable for everyone! What is even better, is the ingredient list. Compare these ingredients to those on your current moisturizer!



### **[Take It Off Cleansing Balm](#) \$35 (118 ML/4.0 FL. OZ**

**How it works:** This transformational cleansing balm changes to a lightweight milk when activated with water. Developed with our highly effective botanical blend of ultra-hydrating Organic Argan Oil, calming Turmeric extract and Vitamin E, this formula gently cleanses, tones, exfoliates and soothes, while helping to remove waterproof makeup. The woven muslin cloth used with the cleansing balm helps to open pores, cleanse, exfoliate and improve skin tone.

**Why we love it:** We love a cleanser that also acts as a toner because who has time for an extra step? As you can read in the description, this cleanser does many jobs and you can definitely feel it when you use it. It left our faces feeling super refreshed!



### **The Youth In Hand Cream** \$28 (3.0 FL. OZ)

**How it works:** This limited edition luxurious hand treatment can instantly improve skin's moisture, while restoring the appearance of a youthful glow. The Triple Emulsion Formula has an emollient-rich blend of Shea Butter, Coconut and Macadamia Oils, Honey and Jojoba, which makes the cream soothing and luxurious, while providing long-lasting hydration with a protective moisture barrier. This formula, with breakthrough age-defying ingredients, provides skin with a more youthful appearance, leaving hands nourished, hydrated and soft. 10% of the purchase price of this product, up to \$100,000, will be donated to FAB-U-WISH™ & The Pink Agenda to help grant wishes and fund groundbreaking research while supplies last.

**Why we love it:** Who doesn't want incredibly soft hands? The hands are one of the first places that show signs of aging and, often times, we don't even realize it! Fight the wrinkles and stretching skin with this hand cream.



Although these products come at a high price point, we definitely think it is worth the cost. Not only are they extremely effective, but they also don't contain any harmful chemicals!

To purchase any of these incredibly luxurious, clean, age-defying products and to see what else is coming for Fountain of Truth, visit their [website](#) and follow them on [Instagram](#), [Facebook](#) and [YouTube](#).

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## Celebrity News: Two Strong 'Bachelor in Paradise' Couples Abruptly Break Up





By Ivana Jarmon

In latest [celebrity news](#), *Bachelor in Paradise* [celebrity couples](#), Joe and Kendall, and Astrid and Kevin, two of the strongest couples, broke up abruptly during Monday's episode. [UsMagazine.com](#) reports that Joe and Kendall were seemingly in a good place, when he brought up engagement. Kendall freaked out and pumped the breaks on their relationship. From there things went downhill for the couple. Joe abruptly told Kendall he was leaving after stating that he was in love with her and that Kendall was looking for excuses not to be with him. Kendall felt love, but didn't know if she was in love with him. Meanwhile, Astrid got blindsided by Kevin when he broke up with her, mentioning in previous episodes that he had bad experience in the fantasy suite, and that he felt like something was missing between them. It's not always love for couples in *Bachelor in Paradise*.

***'Bachelor in Paradise'* was anything**

# but paradise for the two couples. What are some ways to cope with an unexpected break-up?

## Cupid's Advice:

Unexpected break-ups at times feels like the end of the world. Cupid has some tips on how to cope a sudden break-up:

**1. Take time for yourself:** Sudden break-ups often leave us lost. This is the time to reflect, so take time for yourself. Ask yourself what it is you want. Figure out who you are.

**Related Link:** [Celebrity Couple: 'Bachelorette' Star Clay Harbor Is Dating 'Bachelor in Paradise' Star Angela Amezcua](#)

**2. Examine the relationship:** Let's face it! You're going to do this no matter what. So, why not really think about your relationship with this person. Go over the good, the bad and the ugly. See yourself from his or her point of view. Obsess, but don't get stuck. In other words, give yourself permission to grieve the loss of your relationship.

**Related Link:** [Celebrity News: 'Bachelor in Paradise' Couple Adam & Raven May Be Headed Toward Engagment](#)

**3. Free yourself:** In the words of Elsa, "Let it go." It's easier said than done. You have been going over and over what went wrong. Or, you're wondering what you could have done differently. You will never know, and you must make peace with that. Forgive yourself, and forgive that person who broke your heart.

**What are some coping tips after a sudden break up? Share your thoughts below.**

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# Celebrity Exes: Jennifer Garner Will Support Estranged Husband Ben Affleck 'No Matter the Circumstances'



By Lauren Burczyk

In [celebrity news](#), [celebrity exes Jennifer Garner](#) and [Ben Affleck](#) remain on good terms despite his vices. An insider revealed to *UsMagazine.com* that Garner will continue to be there for Affleck whenever he needs her “no matter the circumstances.” After everything they’ve been through

together, Garner plans to show continued support toward Affleck so that he can be a great father to their children. Garner's untiring loyalty to Affleck is for the sake of their children. Last month, she helped to stage an intervention and drove the 46-year old actor to a Malibu rehab center for his alcohol addiction.

## **These celebrity exes are the definition of "amicable split." What are some ways to keep things civil with your ex?**

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

When going through a divorce or break-up of any kind, it can be difficult to remain civil with your ex. No matter how hard it may be, it is important to try to be as friendly as possible, especially if there are children involved. Cupid has some ideas:

**1. Remember why you fell in love:** Whenever you are going through a divorce or a tough split, it is important to keep in mind that you were once in love with this person and never forget what qualities made you fall in love in the first place. Keeping these desirable qualities about your ex close in thought will help you remain on good terms.

**Related Link:** [Celebrity Divorce: Ben Affleck & Jennifer Garner Reach Divorce Settlement](#)

**2. Keep conversation simple and relevant:** It is important to only talk about topics that are simple and relevant to your current situation, such as about your children or pets to avoid any further disagreements.

**Related Link:** [Celebrity News: Ben Affleck Checks In to Rehab](#)

## [After Intervention with Jennifer Garner](#)

**3. Forgive your ex and forget about past issues:** It is necessary to forgive your ex and let go of any past issues that ultimately led to the split. By doing this, you are starting fresh with you ex, just without intimacy and now as friends.

**What are some other ways to remain civil with your ex? Share your thoughts below.**

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# **Expert Relationship Advice: The Exclusivity Trap!**





By [Megan Weks](#)

Are you stuck in an exclusive relationship but not really ready for a monogamous one on one? While we all yearn for that special someone to be just ours, jumping into exclusivity too soon can be damaging, especially to women. Read the [expert relationship advice](#) below to help you make healthier dating decisions.

## **Expert Relationship Advice to Help You Stand Up for Your Best Interests in a Relationship!**

What angers me the most about being a relationship coach is the same reason I am a relationship coach: women are breaking their own hearts. Yesterday, three women reached out to me in desperation. They each have a man but they are feeling frustrated and nervous. Their stomachs are in balls of knots, they are crossing their fingers for luck, and they are extremely anxious. Why? Because their needs are not being met

in their new relationships. Interestingly, these women happily agreed to jump into the situations they now find themselves in. Didn't they want a boyfriend? Afterall, that was their goal. Now, however, they feel trapped in exclusivity with men that may not be right for them.

**Related Link:** [Expert Dating Advice: How to Handle Heartbreak](#)

The "going steady" dating model, by the way, did not occur until the 1940s. It was born out of the desire for – and the more acceptable view of – casual sex. Before that, people would take their time to really determine if someone was a match, and then get married through a leisurely process called "courting." The "going steady" dating model, or "linear" dating, as I call it, can be extremely disempowering for a woman who has the goal of getting married within the next couple of years.

You meet a man. You date and spend time at his place and at yours. You get close, enjoy his compliments, and share laughs. Things are going great. You feel attached to him. You are excited to finally find someone who sees what you have to offer: how special you are. You feel like a [celebrity couple](#) at first. You feel comfortable and slip into that girlfriend role with ease...heck, you've been waiting a while for this. You're sick and tired of being "out there." Now it's your turn.

Or, is it...?

Suddenly, he starts to get a bit lazy. The communication isn't what you feel it should be from a boyfriend. He said he wasn't dating others, and you aren't supposed to, either. However, you don't know if you're seeing him this weekend or not. You're playing the waiting game...again. The nervousness, the anxiety-stricken feeling, the knots in the pit of your stomach return. You start thinking that you're running out of time and that you're back in the waiting game. You want this all to be

over. It's a familiar feeling, and it's awful.

**Related Link:** [Expert Relationship Advice: How to Move on After Being Ghosted](#)

"How did I get here again? Why is dating, and men, in particular, so difficult? What can I do to save this relationship?" You don't want to make plans with your friends and then have to cancel on them if he comes around. You think to yourself, if you just see him again you'll get the magic back. So you push to see him again. You will accommodate his busy schedule. You make excuses for him. You accept less than you deserve. You lack integrity for yourself. You worry that if you stand up for yourself or push for more time, it will backfire. It's like your fate is dependent on his next move, which is determined by a stupid little flashing red light on a digital screen. You peek at it all day while at work.

Ladies, if you find yourself in this position, get yourself out of exclusivity. Exclusivity is a trap! You have no business spending your precious mind, sanity, and time waiting for a man to choose you. While it may not be what you want to hear in [relationship advice](#), you must get yourself back out there and explore your options. Allow a man to get to know you, and allow yourself to get to know him and his intentions deeply before you jump into an exclusive relationship.

Rushing over to his place and getting cozy is the lazy dater's way to find relief. You both can't wait to drop the pesky formalities of dating, jump in the bed, and experience what the relationship would be like – now. The problem with this is, the formalities are actually an important part of the courtship process, and a courtship process is exactly what you need to go through in order to avoid getting into "the exclusivity trap!"

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# Celebrity News: Kris Jenner Gets Choked Up Talking about Khloe Kardashian After Cheating Scandal



By [Carly Horowitz](#)

Many people have been infuriated with the Tristan Thompson cheating scandal. To recap, just days before [Khloe Kardashian](#) gave birth to her [celebrity baby](#) girl, True Thompson, content was leaked about her boyfriend and father to her child, Thompson, cheating on her with other women. In [latest](#)

[celebrity news](#), Khloe's mother, [Kris Jenner](#), got choked up on *The Ellen DeGeneres Show* when she was talking about how great of a mother Khloe is. "I'm so proud of that kid. I get choked up because she's such a good mom and honestly I get so emotional," she said. She went on to explain how much Khloe is trying despite everything else that is going on. Khloe is still "undecided" about where her [celebrity relationship](#) with Thompson will go from here, according to [UsMagazine.com](#).

**In celebrity news, Kris Jenner feels horrible for her daughter Khloe amid the Tristan Thompson cheating scandal. What are some ways to support your family member or friend who is dealing with their S.O. cheating?**

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

It can be difficult to say the right things to your friend or family member who has been cheated on. You don't want to say anything that will upset them and you truly want to comfort them because it pains you that they are going through this. Here are some tips on how you can help in this occurrence:

**1. Be more positive than negative:** Try not to say things like "once a cheater, always a cheater" because who knows if the two will get back together. Instead of focusing on the bad, focus on the good. Remind your pal that they are so strong, you guys are going to get through this together, and you will support them no matter what.

**Related Link:** [Celebrity News: Khloe Kardashian Disables](#)

## [Instagram Comments on Photos of Her and Tristan Thompson Amid Cheating Scandal](#)

**2. Help in any way you can:** Go out of your way to get your friend or family member their favorite food. Or, offer to help out in watching their children. Just try to be there for them without putting the focus on the cheating.

**Related Link:** [Celebrity News: Tristan Thompson Is Asking Khloe Kardashian for Another Chance After Cheating Scandal](#)

**3. Let them make their own decisions:** You may have your opinions, but try to keep them to yourself and simply guide your friend or family member with love and support. Try not to say “forgive them” or “forget them”. That is for them to decide. All you can do is be there for them, listen, and comfort.

What are some other ways to support your family member or friend who is dealing with their partner cheating? Comment below!

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## **Celebrity News: Pamela Anderson Never Talked to Kid Rock Again After Celebrity Divorce**





By [Carly Horowitz](#)

In [latest celebrity news](#), actress Pamela Anderson and musician Kid Rock have not spoken since they split. The two had a short-lived marriage in 2006 from July to November, and their [celebrity divorce](#) was finalized by 2007, according to [UsMagazine.com](#). Even though the pair had an extravagant yacht wedding, the glue of their relationship didn't seem to hold. Anderson also has two [celebrity kids](#), Brandon Thomas Lee and Dylan Jagger Lee. She shares her sons with her first ex-husband, Tommy Lee.

**In celebrity news, Pamela Anderson confessed that she never spoke to her ex Kid Rock again after their divorce. What are some benefits of a clean break when you go through a**

# split?

## Cupid's Advice:

It is a struggle to completely cut ties with the person you were just so close to, but sometimes, it is necessary. Prolonging a break-up can serve unfair to both of you. Here are some great things about having the strength to completely cut ties after a split:

**1. No wasted time:** No time is wasted if it was spent doing what you wanted at the time. But, when you keep in contact with an ex and it is unhealthy for both of you, it can halt the opportunity for you to let go, move on, and find someone new. Be excited for what is to come!

**Related Link:** [Pamela Anderson Says 'Marriage Has Its Ups to Downs'](#)

**2. More positive energy:** It is not fun to have your ex texting you asking about that Instagram photo you just posted with someone new. If you two make a pact to let go and conduct your lives freely, it will be much easier and you will be happier.

**Related Link:** [6 Best Rock & Roll Celebrity Couples](#)

**3. No possibility of slipping up:** We all know that sometimes we fall back into meeting up with our ex for a drink and then end up regretting it. If you have completely cut ties with your ex, this won't happen. Maybe in a few years after the break-up isn't fresh anymore you two run into each other and catch up, but that isn't a bad thing. The good thing about a clean break-up is eliminating the unhealthy interactions that occur right after the split.

**What are some other good things about a clean break? Comment below!**

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# Celebrity Baby News: Blac Chyna Expecting Child with 18-Year-Old Boyfriend YBN Almighty Jay



By [Carly Horowitz](#)

It has been said in the [latest celebrity news](#) that Blac Chyna may be pregnant with YBN Almighty Jay's child. The [celebrity couple](#) has been reportedly together since March. The public has been talking about the fact that Blac Chyna is 29-years-old while her boyfriend, YBN Almighty Jay is 18-years-old.

According to [UsMagazine.com](http://UsMagazine.com), the pair met on Christian Mingle. "I would not want to f—k a bitch I did not want to get pregnant," YBM Almighty Jay allegedly said. "If Chyna got pregnant, I would keep that s—t like 'ohh daddy love you,' I love that ass.'" This would be Chyna's third child as she shares her daughter, Dream Renée Kardashian, with Rob Kardashian and her son, King Cairo Stevenson, with Tyga.

## **In [celebrity baby news](#), Blac Chyna is expecting with her very young boyfriend. What are some things to consider when it comes to age in a relationship?**

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

We have all heard the saying that age is just a number. But it is definitely true that age comes with experience, and it is a serious responsibility to care for a child. Here are some things to consider if there is a large age gap in your relationship:

**1. Be prepared to handle the differences:** It is beneficial to understand that if you are in a relationship with someone where there is a large age difference between you two, you are going to encounter some generational contrasts. You may have different musical interests and perspectives on life, but maybe that's what makes it so exciting for you!

**Related Link:** [Celebrity News: Blac Chyna's Lawyer 'Considering All Legal Options' Against Rob Kardashian](#)

**2. Maturity:** Maturity does come with age but we can't deny that we have met some 19-year-olds that seem more mature than some 30-year-olds that we have met. It all depends on the

person. If you are with someone who is relatively young but they show a lot of maturity, then that is great and your relationship will probably work out really well.

**Related Link:** [Celebrity News: Blac Chyna Confirms She's 'Single' and 'Happy'](#)

**3. Judgement:** People may judge if you are in a relationship with an age gap. Just be prepared and know in your heart that your love conquers all.

**What are some other things to consider when it comes to age in a relationship? Comment below!**

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## **Celebrity Break-Ups: Evan & Staci Felker Were Trying to Have a Baby Before He Met Miranda Lambert**





By [Carly Horowitz](#)

In [latest celebrity news](#), Evan Felker went on tour with Miranda Lambert and never returned home to his wife, Staci Felker. According to [UsMagazine.com](#), Evan did not come home and did not answer Staci's calls. Then, she found out that Evan had filed for a [celebrity divorce](#) on February 16 from the local newspaper. Yet, we now have information that a source recently revealed the two were trying to have a baby right before he left to go on tour. Evan started dating Lambert in February while he was still married to his wife and while she was still dating [Blake Shelton](#). This relationship formed between Lambert and Evan effected many people!

**This [celebrity break-up](#) is anything but a clean break. What are some ways to make sure your split lacks drama?**

## **Cupid's Advice:**

Clearly this situation at hand is very sticky. No one would want to be involved in something like that. Here are some tips on how to make sure your break-up isn't as crazy as this:

**1. Be open and honest:** If you are having feelings of doubt, tell your partner before it gets to a bad point. Hopefully your partner will understand and you two will be able to work from there. Before you break-up, make sure you say everything you have to say so that you two can go on with the rest of your lives drama-free.

**Related Link:** [Celebrity News: Blake Shelton Allegedly Throws Shade at Ex Miranda Lambert Via Twitter](#)

**2. Remember that you are in control:** If information keeps popping up after you and your partner break-up, remember that it is up to you if you wish to have it affect you or not. You can put energy into the drama or you can decide that you are better than that.

**Related Link:** [Celebrity Break-Up: Did Miranda Lambert and Anderson East Split?](#)

**3. Try not to get other people involved:** The more people that you let in on your business, the more potential there is for drama to occur. Deal with the situation with your partner and go from there.

**What are some other tips on how to eliminate break-up drama? Comment below!**

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# Celebrity Break-Up: Jersey Shore's Ronnie Ortiz-Margo Splits From Jen Harley After Baby Birth



By [Carly Horowitz](#)

In [latest celebrity news](#), MTV's *Jersey Shore* star Ronnie Ortiz-Margo has separated from his [celebrity relationship](#) with Jen Harley. If you have been keeping up with the new series, *Jersey Shore: Family Vacation*, then you may have been expecting this. This break-up is occurring just weeks after the two welcomed their [celebrity baby](#) girl, Ariana Sky, into the world. Why did their relationship come to a close? Well, over the weekend, no one could deny the stress they were

feeling from witnessing the social media fight that went down between the two. "Note to self, can't turn a natural born HOE, into a HOUSEWIFE, if you find them in the gutter then leave them in the gutter," Ronnie wrote on his Instagram story. But then, he later apologized for that. We then saw the pair fighting vigorously on Instagram live and Jen even took a swing at Ronnie. "He apologized for everything and admitted where he had been wrong, but he also wants what's best for his daughter and he realizes this is not a healthy environment for her," an insider told [EOnline.com](http://EOnline.com). "They have split, but for now they are both living in his Las Vegas house. Jen will most likely be moving out."

## **This [celebrity break-up](#) seems to have been a long time coming. What are some ways to ease fighting for the sake of your child?**

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

We can't deny that sometimes you will get into fights with your partner. But, you don't want your young children to be negatively affected by this. Cupid has some advice:

**1. Stray away from social media:** Whether your child is old enough to be on social media now or not, whatever you put out there will stay out there. If you are going through struggles with your partner, try your best to keep it between you two and don't impulsively post negativity.

**Related Link:** [Celebrity News: 'Jersey Shore' Star Ronnie Ortiz-Magro Opens Up About Serious Girlfriend](#)

**2. Have a getaway:** If you and your partner really need to hash things out, take a little weekend trip. Have your parents or a

close friend watch over your child while you guys spend some time elsewhere to work out your differences. This way, your child won't have to experience the yelling and screaming. Sometimes, the best thing to do is have some time alone with your partner to figure out what is best for your family as a whole.

**Related Link:** [Why Sam 'Sammi Sweetheart' Giancola Avoided 'Jersey Shore: Family Vacation'](#)

**3. Never neglect them:** Obviously you need to figure out what is best for you and your partner right now, but don't let all of that fighting take away from the love you have for your child. Remember, you did one thing right together by bringing this beautiful baby into the world and they are your first priority.

**How else can you deal with fighting with your partner when you have a child together? Comment below!**

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## **Celebrity Break-Up: Anna Faris Learns Important Lesson From Divorcing Chris Pratt**





By [Carly Horowitz](#)

In [latest celebrity news](#), Chris Pratt finally broke the silence in regards to his [celebrity divorce](#) from Anna Faris. Pratt and Faris announced that they were “legally separating” in August 2017 after eight years of marriage, and they filed for divorce by the end of that year. “Divorce sucks,” Pratt ultimately revealed in an *Entertainment Weekly* interview this week. He continues to explain that him and Faris are still friends and are kind to one another for the sake of their five-year-old son, Jack. From Faris’ view, she said, “We have a great friendship, we really do and we always have. And it’s always tough to envision your future as one thing, but I think there is a lot of love,” on a SiriusXM’s *Hits 1 in Hollywood* interview. According to [EOnline.com](#), Faris added, “I think it’s a lesson learned a little bit in terms of keeping relationships a little more private, potentially, even though I pride myself on being a pretty open person. But, I don’t know, it’s tough when you’re under the scrutiny.” In other news, Faris is currently dating Michael Barrett, while Pratt is allegedly still single.

**This is the first we are hearing about the opinions of Chris Pratt and Anna Faris since their [celebrity break-up](#). What are some benefits to keeping your post-relationship details on the down-low?**

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

It can truly be a tough time in your life after you split from a partner you were together with for so long. You don't need to expose all of the details to every single one of your friends and family if you do not wish to. If you keep to yourself and a few close friends, here is what can happen:

**1. You will be able to explore your true self:** Without the input from others, you will have the opportunity to really understand what you are feeling. Sometimes, it isn't bad to have input from the ones you trust most, but this can occasionally lead to you thinking that you are feeling one way when you are really not. It is most beneficial to get to know yourself alone during this time.

**Related Link:** [Celebrity Break-Up: Anna Faris Is 'Fantastic' Amid Chris Pratt Divorce, Says Allison Janney](#)

**2. You won't receive as much judgement:** This is hard for you as it is, you don't need further scrutiny to just make this situation even worse. When people go through break-ups, it is really difficult for outsiders to truly understand the emotions and feelings that you go through. Therefore, they may judge. You can minimize that by conducting your life in a more private manner.

**Related Link:** [Celebrity News: Is Anna Faris Dating Again After Split from Chris Pratt?](#)

**3. You won't be bombarded:** The more details you put out there, the more people will crowd you with questions. "Why did you break-up?" "Was there cheating involved?" "Are you guys still talking at all?" It can become overwhelming. It is okay to just stick to talking to one specific person that you trust most to help get you through this time and then let the magical self-growth occur.

**What are some other reasons to keep your post-relationship information private? Comment below!**

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## **Celebrity Break-Up: John Cena Sends Messages About the 'Worst Day Ever' Post-Split from Nikki Bella**





By [Carly Horowitz](#)

In [latest celebrity news](#), John Cena and Nikki Bella have separated after being together for six years. Bella shared on Sunday, "While this decision was a difficult one, we continue to have a great deal of love and respect for one another. We ask that you respect our privacy during this time in our lives," via Instagram. Meanwhile, Cena has been posting quotes and memes on Instagram since then that are leading the public to believe he is alluding to his [celebrity break-up](#). On Tuesday, he posted a meme that said "Worst day ever!" He also posted a quote from Kwame Floyd saying, "It's not what you go through that defines you; you can't help that. It's what you do AFTER you've gone through it that really tests who you are." A source shared with [EOnline.com](#) that Cena did not truly really want to get married in the first place. Also, Bella wanted to have kids and start a family while Cena did not. Clearly, this [celebrity couple](#) did not make for the best match.

# In this celebrity break-up, John Cena wasn't expecting it, and he's heartbroken. What are some ways to cope with an unexpected heartbreak?

## Cupid's Advice:

Even if you think you and your partner may not be the perfect match, you may not expect to break-up out of the blue. Here are some suggestions on how to cope:

**1. Be kind to yourself:** Try not to be too hard on yourself. Remind yourself that despite what you are feeling, it is not all your fault. It takes two to be in a relationship and there were probably aspects from both of you that led to it not working out anymore.

**Related Link:** [Celebrity Break-Ups: Nikki Bella & John Cena Call It Quits & End Engagement](#)

**2. Keep busy:** If you and your partner were together for a long time, it may be very different for you to live life without them all of the sudden. Make an effort to fill up your planner so that it leaves you less time to sit and sulk in your bed. The more you are out and about the easier it will be to move on and make this life the best it can be.

**Related Link:** [Are Nikki Bella & John Cena Calling Off Their Celebrity Wedding?](#)

**3. Reflect:** This is just another learning experience. Look at what you think you may have wanted to do differently in this relationship and make efforts to become this improved version of yourself when you are ready to embark upon another partnership. This process of self-reflection can really help to broaden your perspective and grow as a person.

What are some other ways to cope with unexpected heartbreak?  
Comment below!

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



By [Carly Horowitz](#)

In [latest celebrity news](#), [Gwyneth Paltrow](#) celebrates her bachelorette party in Mexico with 11 of her gal pals! “They will be spending three days in Cabo before heading back to

LA,” a source explained to [EOnline.com](http://EOnline.com). “They plan to spend their days at the beach and the spa. They also will go off site for dinner.” Paltrow is embarking on this wonderful excursion due to her upcoming [celebrity wedding](#) with her fiancé Brad Falchuk. Their engagement was reported in November but Paltrow didn’t officially confirm it until January. The [celebrity couple](#) met in 2010 on the set of *Glee*. Their relationship was confirmed in 2015 with an Instagram photo. The two conduct a relatively reserved relationship. We are so excited for the wedding!

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

#### **Cupid’s Advice:**

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

**1. Go camping:** This probably isn’t the first activity you think of when you think about planning a bachelorette party, but think about how much fun that would be. You can venture into nature with your girls and no other distractions. Gather around the campfire and reminisce about your college days together. Don’t forget to bring an abundance of wine because

you won't be able to go out and buy some more once you're all set up in the woods!

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

**2. Have an old-school sleepover:** What better way to get back into the feeling of your younger days one last time by having a sleepover like you used to in middle school! Indulge in a bunch of ice cream and sip homemade cocktails while you watch wedding movies.

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

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

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