

# Celebrity Parents: Former 'Bachelor' Arie Luyendyk Jr. Calls Wife Lauren the 'Hottest Momma'



By [Katie Sotack](#)

Arie Luyendyk still has the hots for his final rose recipient and now wife, Lauren. The caption on a recent Instagram post of his wife in a swimsuit holding their eight week old baby read, "I love those cheeks. Proud of you @laurenluyendyk, hottest momma around #8weeks". According to *EOnline.com* the [celebrity couple](#) are having a grand old time as parents. They can be seen hiking and eating out on social media where they document their trials and tribulations of new parenthood. As for the post, Lauren responded with a squeamish "Omg baby", to which Arie let us know he couldn't help himself with a simple "Sorrrrryyyyy".

# These [celebrity parents](#) are always supporting and uplifting each other. What are some ways to support your partner after she gives birth?

## Cupid's Advice:

Arie and Lauren are enjoying their time together as new parents, but Arie has been sure to let new dads know it's a vital job as well. "It will be hard, it will challenge your relationship. It will also be the best thing you'll have ever done together," the former [Bachelor](#) said. Take a [parenting tip](#) from Arie, and use these ways to be there for your partner after the birth of your child:

**1. Take care of Mama:** With the focus on the new life you've brought into the world, remembering the needs of the woman who's produced this baby can fall to the bottom of the list. But don't let it. Pregnancy and birth takes a huge toll on the body. Hormonal-wise, the baby package is likely a roller coaster that does not dissipate after postpartum. Take the time to check in with your partner emotionally and physically during the ordeal.

**Related Link:** [Parenting Tips: Taking Care of Yourself Helps You Take Care of Your Kids](#)

**2. Get her a gift:** I'm not talking flowers here, though even that gesture is nice. Instead think of the traumatic toll birth has taken on her body and get her something she *needs*. Try something like *MOMBOX*, a subscription service that delivers a box full of goodies for postpartum moms. They have boxes for vaginal birth and c-sections which come with things like transition panties, herbal bath salts, and nipple cream.

If you're not into prepackaged gifts, try to put a basket together yourself. Use your knowledge of what relaxes your partner and what's currently paining her to create the perfect gift.

**Related Link:** [Celebrity Parenting: Find Out What Carrie Underwood Is Doing Differently as a Second-Time Mom](#)

**3. Give her alone time:** Her entire life is revolved around your baby right now, but her mental health is important too. Once a week offer to watch the baby by yourself for a few hours so mom can do something for herself. Suggest taking a bubble bath or going out with friends/family. Anything to remind her that she is a person outside of your precious child and her needs deserve to be met too.

**How did your partner/you give support to the new mom? Share in the comments below!**

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## **Celebrity News: Scott Foley Says Tyra Banks Was His Worst On-Screen Kiss**





By Lauren

Burczyk

In celebrity news, Scott Foley opened up about his worst on-screen kiss. According to *People.com*, on Thursday's episode of *Watch What Happens Live with Andy Cohen*, the 47-year-old actor was asked to name his worst on-screen kiss, and he didn't have to think long before naming Tyra Banks. The two were playing love interests during Banks' three-episode arc as Jane on *Felicity*. Foley admitted that the passion wasn't there between them, saying the 45-year-old single celebrity was "just not into it."

## **In celebrity news, not all kisses are made for the record books! What are three kissing tips?**

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

Not all kisses are worth remembering. Here are three tips for a memorable kiss:

**1. Prepare yourself ahead of time:** It's a good idea to make sure that your lips are kissable. Prep your lips beforehand by using lip balm or a nude-colored lipstick.

**Related Link:** [Celebrity News: Jordyn Woods Also Hooked Up With Khloe Kardashian's Ex James Harden](#)

**2. Let them know your intentions:** Try taking a subtle approach to letting your partner know what your intentions are. Instead of being super direct by telling them or lunging at them, try leaning in gently for a smooch.

**Related Link:** [Celebrity News: Bradley Cooper's Ex Wife Reacts to Rumors of Lady Gaga Romance](#)

**3. Start soft and go slowly:** When your partner eventually takes the hint, start off slowly. Gently purse your lips, and as softly and gently as you can, massage their lips between yours.

Can you think of any other tips for a memorable kiss? Comment below.

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## **Celebrity Interview: 'Temptation Island' Host Mark Walberg Shares His Secret to a Happy Relationship**





Interview by

[Lori Bizzoco](#). Written by [Lauren Burczyk](#).

Mark Walberg (not to be confused with Mark Wahlberg) is an American actor, television personality and talk show host known for his time on Antiques Roadshow, Russian Roulette, The Moment of Truth, and both the original (Fox Network: 2001) and most recently rebooted (USA Network: 2019), Temptation Island. Walberg's role on Temptation Island is divided between being the host of the show and a relationship expert of sorts who guides confused couples through all types of relationship struggles – stagnant relationships, trust issues, and ultimatums. In our exclusive [celebrity interview](#), Walberg offers our visitors valuable [dating advice](#) on how to make a relationship stand the test of time!

## **Celebrity Interview with Mark Walberg: Temptation Island – Dating Advice, and His Secret to a Long, Healthy Marriage.**

Many of us remember Temptation Island from when it first aired on Fox in 2001. Controversial from the start, the show followed four couples who were struggling in their

relationships and couldn't decide whether to stick together or call it quits. The premise of the show was to separate these couples on a beautiful island, and surround them by members of the opposite sex for a few weeks.

The first season of the show delivered solid ratings, but the next two seasons did not and unfortunately, Temptation Island was cancelled. Fast forward to 2019 and the current state of digital dating and instant gratification, and Temptation Island is back again, newly rebooted with Walberg as the host for a fourth season. "It feels great to do it [host Temptation Island] again," says the reality tv star and husband of 31 years. "I really had no hesitations. I was pretty sure the show would be relevant today and new audiences would enjoy it!" Walberg couldn't be more right, as Temptation Island was just renewed for a second season.

However, a lot has changed in the world since the show went off the air in 2003 and Walberg's personal life is no exception. "It's the same in that I was married then and married still so my perspective hasn't changed," he explains. "However, I'm more in the 'dad zone' now and I have some years of experience to add."



Mark Walberg and wife Robbi Morgan. Photo: Instagram/@markwalberg

Despite the potential for a more accepting audience, there are many skeptics of the show and its theme. Some feel that the four couples are willingly putting their relationships in danger by opening their hearts to temptation and dating other people. That being said, it's not out of the question for an experience like this to strengthen a couple's bond. Walberg elaborates, saying, "I wouldn't advise this experience for couples. It's extreme. And it's TV. That said, I am certain that these couples will find the truth about how they feel about one another through this experience. And that knowledge will either make them stronger as a couple or stronger as an individual."

**Related Link:** [Celebrity Interview: Ashley Iaconetti and Jared Haibon Talk Wedding Plans and Dating Tips](#)

The current couples on the 2019 reboot of Temptation Island are Karl Collins and Nicole Tutewohl from Chicago, IL, Evan



Smith and Kaci Campbell from Los Angeles, CA, Javen Butler and Shari Ligons from San Francisco, CA, and John Thurmond and Kady Krambeer from Forth Worth, TX.

### **Mark gave us insight on a few of the couples on the show:**

When it comes down to commitment, Evan and Kaci are at odds after being together for several years. "There's no rhyme or reason to why people fall for one another," says Walberg. "I call it the lightning strike. But, ultimatums for marriage are never the way to enter into that commitment."

Contestants John and Kady had their own issues coming into the show, not knowing if they were right for one another. On the show, Kady is tempted by a single man in the house who makes her feel desired and more like herself, Dr. Johnny Alexander. Are they a better couple than John and Kady? "I can't say who's a "better couple," says Walberg. "What matters is that each of them find partners that respect and love them. If that's not there, it's not going to work. If Kady feels safer and more supported with Dr. Johnny, then that's her path. It's actually better for everyone in the end."

Speaking of temptation, contestants Shari and Javen have been together since high school, but Shari has many insecurities because Javen cheated on her while he was in college. You'd think going on a show all about temptation might worsen those insecurities, but Walberg has a different perspective. "Maybe her insecurities will go away altogether," he says. "That's a couple to keep watching..."

Well, as Walberg says, we'll have to keep watching to see what will happen with each couple. "My hope is that they leave the island with the answers they're looking for in the end," he says. "Although, I warned them that their questions will change, there was a lot of personal growth among the cast."

**Related Link:** [Celebrity Interview: TV Heartthrob Sterling Sulieman on New ABC Drama 'Station 19'](#)

The reality is, not everyone has the opportunity to go on a television show like Temptation Island. So, what can everyday couples do to keep their relationships on track? Walberg, whose long, healthy relationship with his wife makes him the perfect host for Temptation Island, thinks the answer is, "Communicate, compromise, forgive. That's it. Oh...and love one another!" And, there's no one secret for a happy marriage, he says. "I could try to give advice all day, but really it comes down to one thing... my wife and I love each other! That's it!" And, resisting temptation is key as well, of course. "Social media has made it so tempting," Walberg says. "Temptation is at your fingertips. Like advertising! I don't know how to change that except to always remind yourself not to let 'better' be the evil of 'good.' Nothing's perfect, but if you love one another, you can work it out."

*You can keep up with Mark L. Walberg by following him on [Twitter](#) and [Instagram](#). Make sure to check out "Temptation Island" Tuesdays at 10/9c on USA Network.*

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## **Oscars 2019: Celebrities Line Up for Rafi's Gifting Lounge at the Waldorf Astoria Beverly Hills**





By [Lauren](#)

[Burczyk](#)

Rafi Anteby, owner of ShaDang and Bullets 4 Peace, knows just how to create big events and promote celebrities. His jewelry, made out of old bullets, and coated in diamonds and other precious gems, have made it around the necks of celebrities like Rihanna, Beyoncé, and Jamie Foxx. The celebrity fashion icon has participated in nearly 50 Hollywood gifting suites and has given away over \$100,000 worth of bling to help promote celebrity style. This year's *gifting lounge* was held at none other than the Waldorf Astoria in Beverly Hills and it was the perfect place, since you immediately feel like royalty upon entering. The event was held on Friday, February 22nd, 2019. In addition to rewarding [celebrities](#) for their name and likeness, Rafi donates \$100 per attendee to purchase school supplies to a group of orphans in Myanmar.

**Find out why *Rafi's Gift Lounge* was the pre-Oscar event you didn't want to miss!**

Unlike other suites that tend to feel convention-like and over-crowded with vendors, Rafi's gifting lounge was intimate, warm and inviting. For example, guests were immediately

greeted with mimosas and celebrities were given decorative Fydelity Big A\$\$ bags (big enough to fit a teenage child) to fill with goodies from the various brands. No need to worry about breaking your back from all that weight in the bags either, because designated Rafi staff kindly carried the bags around for the celebrities who requested it. Talk about living in luxury.

The bags come in various designs including donuts, money bills, marijuana or in shiny laminate-looking black or gold. There was nothing more amusing than sitting in the lobby of the grand and prestigious Waldorf Astoria watching grown men and women carrying these enormous decorative bags on their back at the end of the event. I brought my daughter to the event, and the bag was bigger than her.



Natalie Bizzoco carrying Fydelity Big A\$\$ Bag. Photo Credit: Lori Bizzoco

Walking into the lounge, it felt like you were walking into an exclusive party, with couches and tables decorating the center

of the room, and finger food lining the various tables. In the center of the room was a wonderful display of Tequila by Gran Cava de Oro Extra Anejo which was sampled in beautiful glass. Guests invited to the lounge were treated to a live concert with performances throughout the event by Rock N' Roll Hall-of-Fame groups *The Temptations* (Louis Price) and *The Platters* (Sonny Turner), as well as the Grammy-winning group *Mary Mary*.



Louis Price of the Temptations performing at the lounge. Photo Credit: Elkhan Shahbazzade

Surrounding the outside walls of the room were at least two dozen brands including, attachable Poopy Poo bag dispensers, cassette coin purses, trendy pre-tied bows and tie chokers for women, along with one of our favorites, Save The Girls clutches and messenger bags. When it came to skin and face treatments, we were excited to learn more about the Stem Cell Lift with Nathan Newman M.D. Although, tucked into the right corner of the room, there was no denying the fight to get to Dr. Newman's booth for the wonderful gift certificate that

awaited celebrity fans.



Two ladies showcasing the products and services at the Nathan Newman M.D booth. Photo Credit: Lori Bizzoco

There were so many products and brands to view throughout the day, and due to the wonderful atmosphere and friendliness, it could take a while to make your way through. However, two booths that were not to be missed included the gifted trips to Bali and Uganda, where celebrities were given gift certificates to these two amazing destinations. Next to the Bali display was a beautiful table of Passion Roses with a complimentary bouquet going to each guest.



Oscar nominated director Spike Lee posing with host Rafi Anteby on the red carpet. Photo Credit: Denni Christopherson

Rafi's lounge even featured his own luxury jewelry brand, Bullets4Peace which was surrounded by a flurry of celebrities every time we looked or approached it. The event was a star studded affair and guests including Spike Lee, the director of Oscar nominated film *BlackkKlansman*, [Jared Haibon](#), known for his time on the *Bachelor* franchise, and Peter Farrelly, Best Screenplay Oscar nominee for *Green Book* were all in attendance. The best encounter was Lilian Bowden from my daughter's favorite show, *Andi Mack*. That really made her day. The event was a great way for celebrities to discover new brands and products.



Bachelor alum Jared Haibon and our founder Lori Bizzoco. Photo Credit: Lori Bizzoco

***Rafi's Gift Lounge*** was a great way to spend a Pre-Oscar afternoon. Have you had any experience with the brands that were offered at the gifting lounge? Please leave your comments below.



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# Celebrity News: Jordyn Woods Also Hooked Up With Khloe Kardashian's Ex James Harden



By [Lauren](#)

[Burczyk](#)

In [celebrity news](#), this isn't the first time Jordyn Woods hooked up with one of [Khloe Kardashian](#)'s boyfriends. According to *UsMagazine.com*, a source says that Woods did, in fact, have an intimate encounter with James Harden despite what she told Kardashian. Although it's unclear when Woods and Harden's alleged interaction had occurred, she's been best friends with Kardashian's sister, [Kylie Jenner](#), for years. However, with all of the [celebrity gossip](#) surrounding Woods' affair with Thompson, a source says that she moved out of the Kylie Cosmetics CEO's home.

# In celebrity news, it seems Jordyn Woods has the same taste in men as Khloe Kardashian does. What are some ways to deal with someone flirting with your partner?

## Cupid's Advice:

Even in the healthiest of relationships, someone can flirtatiously confront your partner and make you question their loyalty. Here are some ways to deal with someone flirting with your partner:

**1. Give them the benefit of the doubt:** Shake it off the first two to three times that someone flirts with your partner. Once a pattern starts to emerge, then it's time to confront one or both parties involved.

**Related Link:** [Celebrity Couple News: Kendall Jenner Spotted 'All Over' Ben Simmons at Dinner with Sisters](#)

**2. Never retaliate:** Don't stoop too low and try to get back at whoever is flirting with your partner. Instead, be kind and show the other person that you remain in control of the situation and your relationship.

**Related Link:** [Celebrity News: Tristan Thompson Likes Khloe's Sultry Instagram Pic Amid Cheating Scandal](#)

**3. Laugh it off:** There's nothing more uncomfortable than being laughed at. The next time someone tries to flirt with your partner, roll your eyes and laugh it off as if you think it's a joke.

**Can you think of any other ways to deal with someone flirting with your partner? Comment below.**

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# Beauty Trend: Neon Eyeliner



By [Lauren](#)

[Burczyk](#)

When we think about wanting to make our eyes pop, we tend to strategically place highlighter in a way that will accentuate them. The newest [beauty trend](#) will literally make your eyes pop with color by sporting highlighter hues as liner. Neon eyeliner is the latest [beauty trick](#) to make your eyes more prominent. You've probably noticed some of these looks taking over your feeds and now we've brought you some of our favorites.

Take our [beauty advice](#) and try some of these neon eyeliner

# inspirations:

**Neon Yellow Eyeliner:** This look may seem like it's very difficult to achieve, but if you have the right products, you'll nail it. Start off with a light smoky eye, trace on some white eyeliner, then top it off with neon yellow eyeliner to make it pop.



Neon Yellow Eyeliner. Photo: @stargazerproducts / Instagram

**Galaxy Makeup: Electric Neon Eyeliner:** Want to make your neon eyeliner resemble galaxy makeup? Make sure to smooth on your favorite base cream before creating a dark smoky eye – then trace your white-winged eyeliner in the crease. Trace your favorite neon yellow eyeliner on top of the white to make it look electrified.



Electric Neon Eyeliner. Photo: @marioncameleon / Instagram

**Neon Blue Eyeliner:** This look, while seemingly complex, is very simple. Grab yourself a thick, white pencil and draw a wing starting in the outer corner of your eye and trace it into your crease. Then, using a pencil brush, trace the outside edges of the thick line you've created with neon blue eyeshadow – make sure to leave the center of the line white, to achieve the electric-effect.



Neon Blue Eyeliner. Photo: @monolidmua / Instagram

**Neon Green Eyeliner:** For this look, start off by using green eyeshadow to create a background effect for your neon green eyeliner. Then, trace over the shadow with a white eyeliner pencil, creating a wing shape from the inner corner of your eye to the outer corner. Finally, using your neon green eyeliner, trace over that line.



Neon Green Eyeliner. Photo: @makeupbyshaniah / Instagram

**Pink Neon Eyeliner:** This candy pink eyeliner look is one of our all time favorites. Be sure to start off with a light base then draw your neon pink eyeliner above your lash line and continue your wing up into the crease. To really help it stand out, smoke out lower lash line by applying a darker shadow using a pencil brush.



Neon Pink Eyeliner. Photo: @luxelarose / Instagram

Have any more neon eyeliner inspirations that you'd like to share? Comment below.

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**Celebrity News: Bradley Cooper's Ex Wife Reacts to**



# Rumors of Lady Gaga Romance



By [Lauren](#)

[Burczyk](#)

In [celebrity news](#), [Bradley Cooper](#)'s [celebrity ex](#) Jessica Esposito, 45, reacted to a joke made at the *American Sniper* star's expense. According to *UsMagazine.com*, David Spade made a comment about the *NCIS* actress' former spouse following his sultry 2019 *Oscars* performance with [Lady Gaga](#), 32. The *Rules of Engagement* alum, 54, captioned a shot of Cooper's duet with the pop superstar, "Is there any chance these 2 aren't f-king?" Esposito remarked with a simple, "Ha." There's been a lot of speculation by fans about a romance between Bradley Cooper, 44, and his *A Star is Born* co-star following their *Oscars* performance on Sunday.

**In celebrity news, Hollywood is alight with rumors surrounding a**

# romance between Bradley Cooper and Lady Gaga. What are some ways to keep rumors from ruining your relationship?

## Cupid's Advice:

Whether a rumor surrounding your relationship is true or not, it can take a toll on both of you. Here are some ways to keep rumors from ruining your relationship:

**1. Surround yourself with people who support you:** Your true friends will stick by your side regardless of what's being said. Be sure to talk to them about your feelings and remember that they care about you, even through the toughest of times.

**Related Link:** [Celebrity Couple Bradley Cooper & Irina Shayk Have Discussed Marriage](#)

**2. Keep yourself busy:** Make sure to keep up with your activities and still give it your all at work. Showing people that you're staying strong, despite what's being said about your relationship, may put an end to the silly gossip.

**Related Link:** [New Celebrity Couple Bradley Cooper & Irina Shayk Make Red Carpet Debut](#)

**3. Talk to your partner:** Your partner's true colors will show when there are rumors surrounding your relationship. If your partner is supportive and you both know the truth of the matter, stick together and be there for each other.

**Can you think of some other ways to stop rumors from ruining your relationship? Comment below.**

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# Celebrity Couple News: Ben Higgins Reveals He Kissed New Girlfriend The First Time He Saw Her



By [Lauren](#)

[Burczyk](#)

In [celebrity news](#), [Ben Higgins](#) admitted to kissing his new girlfriend when they first met. According *UsMagazine.com*, the reality TV star, 30, said he “walked outside and just laid it on her.” Higgins’ girlfriend, Jessica Clarke, 23, said the former Bachelor kissed her “as soon as he saw her.” *The Bachelor: Winter Games* alum introduced Clarke to his fans via Instagram earlier this month. On February 20th, Higgins wrote, “She is someone special, and I look forward to where life is going to take us. Stay tuned for the journey.”

**In celebrity couple news, Ben Higgins didn't waste any time showing his affection for his now-girlfriend. What are some ways to make sure your crush knows you like him/her?**

**Cupid's Advice:**

There's no comparing the feeling you get when your crush enters the room, but how do you let him or her know how you feel about them? Here are some ways to let your crush know you're interested:

**1. Be thoughtful:** More often than not, actions speak louder than words. Try being thoughtful by picking him up a special treat from his favorite coffee shop or by compiling a playlist of songs that tell her how you feel.

**Related Link:** [Celebrity Exes: 'The Bachelor' Star Lauren Bushnell Says She Hasn't Spoken to Ex Ben Higgins Recently](#)

**2. Spend time together:** There's no better way to show your crush you're interested than by spending quality time with them. Try to spend time with your crush every opportunity that you get just so he or she takes the hint.

**Related Link:** [Celebrity Couple News: Rami Malek Gushes Over Lucy Boynton In Oscars Acceptance Speech](#)

**3. Let your body do the talking:** Body language is a great way to show that you're interested. Try leaning in every time your crush talks to you, or maintaining close eye contact.

**Can you think of some other ways to make sure your crush knows**

that you're interested? Comment below.

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## Travel Tips: Travel Solo



By [Lauren](#)

[Burczyk](#)

Traveling alone can be a totally different experience than traveling with a companion. Whether you're traveling for business, haven't found that special someone, or simply need some time to yourself, this [travel trend](#) can make for an awesome excursion. When you travel alone, you travel on your own terms, which can make for a really unique experience. If you ever have the opportunity to go off and explore on your own, we highly recommend it. Take our [travel advice](#) – travel solo and love every part of your adventure!

# Here are some [travel tips](#) for traveling solo:

**1. Decide on your destination:** You might have a dream destination in mind, or you may need some help deciding on where you're going to take your first solo trip. Consider a destination where you can do many day excursions without having to frequently change hotel accommodations

**Related Link:** [Travel Tips: 5 Pointers for Traveling by Train in Europe](#)

**2. Book solo-friendly hotel accommodations:** There are several accommodations that suit unaccompanied travelers. Try booking a hostel, homestay, B&B, or small inn, so you have the chance to meet other independent travelers.

**Related Link:** [Travel Tips: 5 Ways to Live Like a Nomad While Traveling Abroad](#)

**3. Consider packing light:** Since you'll be completely on your own, it's best to take only what you'll need to survive while you're traveling. You need to make sure you can handle all of your luggage by yourself. If you have a hard time deciding what to bring and feel the need to take your entire wardrobe with you, make sure to check out some [luggage brands](#) that are durable and light to make life easier when you travel.

**4. Stay somewhere with free Wi-Fi:** You'll want to make sure that you can stay in touch with family and friends while you're away. Try finding accommodations that offer free Wi-Fi service so you won't lose touch with people you care about during your travels.

**5. Relax during mealtime:** While you're dining out, take this time to reflect on your journey. Use this time to plan out the next part of your trip, identify anything you've missed, and

decide if there's anything you'd like to revisit.

Can you think of any other tips for traveling solo? Comment below.

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## Food Trend: Traditional Sunday Meals



By [Lauren](#)

[Burczyk](#)

We're keeping the traditions alive with this new [food trend](#). Do you miss sitting around the table on a Sunday, while mom makes a traditional meal for your family? Well, you're in luck with these new [food tips](#)! Sunday meal food ideas are a great way to please the whole family and get them prepared for the busy week ahead. Take some of our [food advice](#) and gather around the table every Sunday for a home-cooked meal just like

Mom used to make.

## Here are some traditional Sunday meal food ideas:

**1. Meat Loaf and Mashed Red Potatoes:** This classic comfort food is sure to please meat lovers and carb cravers alike. This traditional recipe can be cooked up in the crockpot for a simple, yet satisfying Sunday dinner.

**Related Link:** [5 Food Trends to Watch for in 2019](#)

**2. Balsamic Roast Chicken:** This surprisingly simple-to-make roast chicken will have your family running back for seconds. This Sunday-special chicken is flavored with rosemary, wine, and balsamic vinegar.

**Related Link:** [Food Trends: Floral Flavors Are The Next Big Thing](#)

**3. Sunday Pot Roast:** You can prepare a down-home dinner any day of the week, with the help of your slow cooker and this meal. Gather the family around the dinner table to enjoy this tender and savory roast.

**4. Slow Roasted Chicken and Vegetables:** This meal's easy to prepare and is always a family favorite. With very little prep time and few ingredients, it's the perfect addition to your Sunday gatherings.

**5. Puff Pastry Chicken Potpie:** If you're looking for comfort food, then look no further. This potpie is easy, filling, and super-satisfying with its flaky crust, tasty chicken, and hearty vegetables.

**Can you think of any more Sunday meal food ideas? Comment below.**



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# Parenting Advice: 4 Ways to Promote Healthy Growth & Development



By [Lauren](#)

[Burczyk](#)

The way you parent has a huge impact on your child grows up. It can affect everything from how much she weighs to how confident she is about herself. It's important to keep yourself in check and make sure that your parenting style is supporting healthy growth and development for your child. The way you parent and how you discipline your child will influence her for the rest of her life. Check out these [parenting tips](#) to learn some [parenting advice](#) about different ways to promote healthy growth and development for your child.

# Read on to learn more about these four ways to promote healthy growth and development for your child.

It's important that you show your child how much you care about them and build their self-esteem. Here are some ways to ensure your child grows and develops into a happy, successful adult:

**1. Set family rules:** Family rules help children know that the family lives with specific expectations and that they stand for something. Have as few or as many family rules as you would like and enforce them consistently.

**Related Link:** [Parenting Advice: How to Decide What TV Shows & Movies to Allow Your Kids to Watch](#)

**2. Invite cooperation:** Establish regular family meetings, it will teach your child to cooperate. These family meetings are designed to discuss any concerns or problems.

**Related Link:** [Parenting Advice: 5 Ways to Talk to Your Child About Bullying](#)

**3. Expect accountability:** You can teach your child to be held accountable by assigning them some household chores. Make sure the chores are appropriate for her age and hold her accountable with natural or logical consequences for not completing her chores on time.

**4. Express appreciation:** Let your child know you appreciate her help with household chores. Make sure to reward her for a job well done with words or gifts.

**Can you think of some other ways to promote healthy growth and development for your child? Comment below.**

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# Celebrity Wedding: Blake Shelton Was 'Not Given a Heads-Up' About Ex Miranda Lambert's Wedding



By [Lauren](#)

[Burczyk](#)

In [celebrity news](#), [Blake Shelton](#) wasn't told in advance about his [celebrity ex](#) Miranda Lambert's secret [celebrity wedding](#) to Brendan McLoughlin. According to *UsMagazine.com*, a source said, "Blake found out about the wedding at the same time everyone else did." The country superstar, 35, who divorced Shelton, 42, in July 2015, revealed on Saturday, February 16th that she had tied the knot with the New York City Police Department officer, 27. This was the first time she had publicly mentioned her new husband, who she began dating after

her split with Evan Felker in August 2018.

## **This celebrity wedding was a complete surprise to Miranda's Lambert's ex Blake Shelton. What are some ways to be considerate toward your ex about a new relationship?**

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

It's extremely difficult to deal with your ex moving on and finding someone new. Here are some ways to be considerate toward your ex about a new relationship:

**1. Unfriend your ex:** The first step to acknowledging your ex's new relationship and trying to be okay with it, is deleting from your social media accounts. It's hard to be considerate when you still have feelings for your ex and they're posting photos with their new partner.

**Related Link:** [Blake Shelton Reveals He Hit 'Rock Bottom' After Split from Miranda Lambert](#)

**2. Concentrate on yourself:** To allow yourself to be considerate toward your ex and his new relationship, you have to be mindful of yourself. Try to focus on how you're feeling and what you can do to stay positive.

**Related Link:** [Celebrity News: Miranda Lambert Throws Shade at Celebrity Ex Blake Shelton With Key Lyric Change](#)

**3. Write a list:** Try to remember the reasons why you weren't compatible and write them down. Practicing this exercise will make you aware of why it's a good thing that your ex has moved

on.

Can you think of some more ways to be considerate toward your ex in a new relationship? Comment below.

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# Celebrity Wedding: Miranda Lambert Marries Brendan McLoughlin In Secret Nuptials



By [Lauren](#)

[Burczyk](#)

In [celebrity news](#), Miranda Lambert revealed that she married her new boyfriend Brendan McLoughlin during a surprise [celebrity wedding](#). According to *UsMagazine.com*, on Saturday, February 16th, the country singer posted two photos on Instagram with her groom that showed her wearing her white

lace wedding gown. She captioned the photos with the words, "In honor of Valentine's Day I wanted to share some news. I met the love of my life. And we got hitched!" She added, "My heart is full. Thank you Brendan McLoughlin for loving me for... Me." In her post, she included a red heart emoji and the hashtag #theone.

## **In surprise celebrity wedding news, Miranda Lambert tied the knot in secret nuptials. What are some benefits to a secret wedding?**

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

There are many advantages to secretly tying the knot with the one you love. Along with many other perks, for starters, you'll leave out all of the pre-wedding drama and save tons of money. Here are some benefits to a secret wedding:

**1. Less outside pressure and influence:** Family and friends tend to push their wedding ideas and agendas on couples. While meaning well, the outside influences put pressure on the couple to choose a venue that doesn't suit their style or select entertainment that's out of their budget. Having a secret wedding relieves some of this pressure and allows you both to focus on what's important.

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

**2. More privacy and intimacy:** A private ceremony creates intimacy that is beautiful and unique. Without other people around, the couple can focus on each other and are free to write whatever they would like in their vows.

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

[Anderson East Split?](#)

**3. Invite desired guests only:** A secret wedding will give you the ability to create a guest list that includes only your closest friends and relatives. This alleviates the guilt and pressure you may experience when planning a large ceremony.

**Can you think of any more benefits to a secret wedding? Comment below.**

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## Product Review: Try Peloton and Be Your Best Self



By [Lauren](#)

[Burczyk](#)

Do you dream of finding an exercise routine you can become obsessed with? Your search is over. Meet Peloton. Peloton is

much more than just an exercise bike – it's an interactive experience that offers live spin classes taught by some of the most motivating athletes in the world and an encouraging community of riders that always has your back. When you clip into your bike, you immediately feel like a competitive athlete as you race with your friends on the leader board. Check out these [fitness tips](#) for a celebrity workout experience unlike any other!

## **Check out our product review and bring home your own virtual personal training bike!**

Whether you're a trained athlete, a stay-at-home-mom, or someone just looking to get in shape, this bike caters to everyone. The Peloton has benefits for all different types of people with the same goal, to be their best selves. Deciding to make this investment may be a tough choice, but it's one you won't regret. If you feel like it's time to stop making excuses and you're ready to be in the best shape of your life, visit their website to learn more about purchasing the bike.

**Related Link:** [Product Review: Maintain Your Figure With the 5-Day Fast Diet](#)

From day one, the Peloton customer experience exceeds expectations. Your bike arrives in a black, shiny, Mercedes-Benz-van, adorned with a white Peloton logo. Once inside, the delivery drivers help set up your new obsession. They'll put your bike together, secure the pedals, fit your shoes to the clips, and even prepare you for your first class by demonstrating the correct posture for riding.

**Related Link:** [Product Review: The Coolest Gadgets to Achieve Your Fitness Goals!](#)



Once you clip in for your first ride, you'll be hooked. Your first ride may be challenging and intimidating, but rest assured you'll be invigorated to keep riding. You can choose to ride on demand or via live classes with motivating, inspirational instructors that will encourage you to try your best. The workouts you'll be engaging in will keep you active and inspire you to change your diet. We forgot to mention to keep an eye out for celebrity riders on the leader board, you never know who might be racing toward the finish line alongside of you. Give Peloton a try and we promise you won't be disappointed. You'll soon be on your way to ultimate fitness and living the healthiest possible lifestyle.

**Do you love the Peloton as much as we do? Share your experiences below.**

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## **Celebrity News: Are Khloe Kardashian & Tristan Thompson Still Together?**





By [Lauren](#)

[Burczyk](#)

In [celebrity news](#), [celebrity couple Khloe Kardashian](#) and Tristan Thompson are keeping their relationship under wraps. According to *EOnline.com*, despite rumors swirling online about the couple splitting up, the reality TV star says “she feels very fulfilled” when asked about her relationship with Thompson. They are still together, though Thompson is on the road and in Cleveland most of the time, and Kardashian is at home in L.A. Kardashian, 34, has been keeping things low-key on Instagram in recent weeks, which may be what’s starting the rumors. A source tells *EOnline.com*, the TV personality has been consumed with her daughter, True, who is 10 months old, and she is head over heels.

**In celebrity news, speculation continues about Khloe and Tristan’s relationship status. What are some ways to start the “What are we?” conversation with your partner.**

**Cupid’s Advice:**

Most of us dread the thought of having to bring up the “What are we?” conversation with someone we’ve been dating. Here are some ways to start the feared conversation:

**1. Look for signs that your partner is ready for the talk:** Look for actions rather than words when deciding if your partner is ready to DTR. If regular plans are being made and you’re being introduced to people important to your partner, then chances are it’s time for the talk.

**Related Link:** [Celebrity Couple: Kim Kardashian Calls Khloe Kardashian an “Idiot”](#)

**2. Make sure that the conversation takes place in person:** It may be tempting to have difficult conversations over the phone, but make sure you talk about this face-to-face. If you want this to become a serious relationship, then maturely talk about it in person.

**Related Link:** [Celebrity Baby: Khloe Kardashian & Tristan Thompson Are ‘Actively Trying’ for Baby No. 2](#)

**3. Make sure it’s romantic:** When you’ve picked out the perfect time and place for your talk, make sure it’s romantic. Sit next to your partner, rather than facing them, this will make you both feel more comfortable.

**What are some other ways to start the “What are we?” conversation? Comment below.**

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## **Celebrity Exes: Mandy Moore**

# Says Ex Ryan Adams Was 'Psychologically Abusive'



By [Lauren](#)

[Burczyk](#)

In [celebrity news](#), Mandy Moore opens up about her rocky marriage with [celebrity ex](#) Ryan Adams. According to *UsMagazine.com*, Moore accused Adams of being psychologically abusive during an interview with the *New York Times* that was published on Tuesday, February 13th. Moore, 34, claims that “music was a point of control for him.” She added that “he would always tell me, ‘You’re not a real musician, because you don’t play an instrument.’” The *A Walk to Remember* actress continued, noting that they would write songs together that Adams promised to record, but never did. Adams released a statement denying the claims made by his ex-wife, saying that “the picture that this article paints is upsettingly inaccurate.”

# Mandy Moore found herself in an abusive relationship with her celebrity ex. What are some types of abuse you need to protect yourself from?

## Cupid's Advice:

Abusive relationships are unfortunately very common, they happen when one person wants to maintain power or control over their partner. Here are some types of abuse that you need to protect yourself from in a relationship:

**1. Physical abuse:** This can be any type of hitting, punching, or scratching brought on by your partner. Even if this type of abuse doesn't leave a bruise, it's not healthy and needs to be addressed.

**Related Link:** [Celebrity Wedding: Mandy Moore Opens Up About Her New Engagement](#)

**2. Emotional and verbal abuse:** Even without physical violence, a relationship can be subject to unhealthy emotional and verbal abuse. Although it doesn't cause physical damage, verbal abuse leads to emotional pain and scarring.

**Related Link:** [Celebrity News: Mandy Moore Wants to Have Kids 'Sooner Than Later'](#)

**3. Sexual abuse:** Just because you are married to someone or have been with them for a long time, doesn't mean you have to be forced to engage in behavior that you're not comfortable with. This activity should be fun and you shouldn't feel like you are being pressured into anything you don't want to do.

**Can you think of any other types of abuse you need to protect**

yourself from? Comment below.

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# Fitness Trend: Help Your Neighbors!



By [Lauren](#)

[Burczyk](#)

Believe it or not, you can actually get a great workout just by helping your neighbors. These [fitness tips](#) will not only have you scoring brownie points in the neighborhood, but will also help to burn some of those brownie points off. Listen to our [fitness advice](#), and help your neighbors during a snowstorm, as this random act of kindness will provide many health benefits for you. All you have to do is pick up a shovel, start clearing off their driveway, and wait to feel your serotonin levels start to rise.

# Here are five reasons why helping your neighbor is becoming the latest [fitness trend](#):

Instead of relaxing on your couch all day during a snowstorm, try combining exercise with helping your neighbors. Shoveling your neighbor's snow will benefit both you and your neighbor, so next time it snows, lend a helping hand!

**1. Fitting the gym into your busy schedule can be tough:** There's always a good enough excuse to skip going to the gym when you have trouble finding time for it to begin with. During a snowstorm, your schedule has already been cleared for you and instead of staying cooped up indoors, it's a great excuse for getting out of the house and fitting in some exercise.

**Related Link:** [Fitness Trend: 5 Benefits of Pole Dance Classes](#)

**2. Fitting in exercise for at least a half an hour each day is great for your health:** Since it's so annoying to get to the gym on a daily basis and you may be unsure of how to fit in other types of physical activity, helping your neighbor can greatly improve your health. Since less than five percent of people partake in exercise for a half an hour each day, it means the majority of people are at risk of developing heart disease, diabetes, hypertension, and other serious medical conditions.

**Related Link:** [Fitness Trend: Establish a Workout of the Day](#)

**3. Helping your neighbors doesn't take much willpower:** Since there's an actual chore that has to get done, it doesn't take much willpower to engage in this type of physical activity. It actually won't even feel like exercise because you'll be accomplishing an important task.

**4. This type of exercise won't cost you anything:** You won't have to pay for a gym membership or an expensive piece of equipment for your house, this is completely free. In fact, you may even earn a bit of cash helping out.

**5. You're providing help to people in your neighborhood who need it most:** There may be people in your neighborhood who may have heart conditions or other health problems that prevent them from shoveling snow. Start a Facebook group for your neighborhood and ask that your neighbors post some jobs they need completed. It doesn't have to be limited to shoveling, there's other physical labor that you can do for exercise and just to help out.

Can you think of any other reasons why helping your neighbor is becoming the latest fitness trend? Comment below.

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**Celebrity Exes: Justin  
Theroux Wishes 'Fierce'  
Jennifer Aniston a Happy  
Birthday**







By [Lauren](#)

[Burczyk](#)

In [celebrity news](#), [celebrity exes](#) Justin Theroux and [Jennifer Aniston](#) will mark their one-year anniversary of their post-Valentine's Day announcement of their divorce. Despite their break-up, Theroux wished his ex a very happy birthday in an Instagram post. On Monday, he captioned a photo of Aniston holding a pair of bull horns above her head with her muscular arms, saying "Happy Birthday to this fierce Woman." It is unclear if Aniston received the well wishes because she doesn't have an Instagram, but one of their mutual friends commented on his post. So, chances are she gladly got the message.

**It seems these celebrity exes are keeping things amicable post-divorce. What are some reasons to remain civil with your ex after a break-up?**

**Cupid's Advice:**

Though it may be tough to remain civil with your ex following

a break-up, there are many reasons to keep things amicable post-divorce. Here are some reasons to remain civil with your ex after a break-up:

**1. They know your backstory:** Having been through so much together, your ex knows everything about you. Keeping them around as a friend is a great idea so that you have someone you can go to if you need advice.

**Related Link:** [Celebrity Exes: Jennifer Garner Will Support Estranged Husband Ben Affleck 'No Matter the Circumstances'](#)

**2. Your relationship was too important to just end things completely:** So, you couldn't find a way to make things work as partners, but that doesn't mean you can't remain friends. After being together for so long, you can't just pretend your ex doesn't exist, so, it's best to stay civil with them.

**Related Link:** [Celebrity Exes: Justin Theroux Breaks Silence on Split from Jennifer Aniston](#)

**3. It's easier to get over the break-up:** One of the most difficult things after a break-up is missing the person you used to share your life with. If you're both cool with still being friends, then it can make your split easier to get over.

**Can you think of any other reasons to stay civil with your ex following a split? Comment below.**

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## **Celebrity News: Blac Chyna Slams Exes Rob Kardashian &**

# Tyga Over Child Support



By [Lauren](#)

[Burczyk](#)

In [celebrity news](#), [single celebrity](#) Blac Chyna recently ranted about her exes Rob Kardashian and Tyga, claiming she never asked either of them for child support. The 30-year-old model is speaking out and defending herself against the claimed trickery exhibited by both of her exes. She insists that both Kardashian and Tyga are revealing only negative traits about her, while leaving out the fact that she has taken care of both of their children without asking for a dime. Blac Chyna also slammed her mother, Toni, after she sided with Kardashian, saying, "I don't know if [he] should keep them, but I do believe that [he should get custody for] a little while 'till she pulls her thing together."

**In celebrity news, Blac Chyna says**

# she never asked her childrens' fathers for child support. What are some ways to determine a fair custody agreement after a split?

## Cupid's Advice:

Determining a fair custody agreement after a split can be a long and difficult process. Here are some ways to come to a fair custody agreement with your ex:

**1. Splitting custody every other week:** In this scenario, each parent would get custody of their child for one full week. This way, both parents have the same amount of days to spend with their child each month.

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

**2. Splitting custody every other week with a midweek visit:** Splitting custody can be tough on a child, especially when they have a full week away from one of their parents. In this scenario, each parent would get custody of their child for one full week with a midweek visit at the other parent's house.

**Related Link:** [Celebrity News: Find Out Why Rob Kardashian Lashed Out at Blac Chyna](#)

**3. Splitting custody every other week with a midweek overnight:** Similar to a midweek visit, this type of custody agreement allows the child to spend an overnight at the other parents house. This type of scenario works well if the parents still live fairly close to one another and the child isn't very young.

Can you think of some other ways to come to a fair custody agreement with your ex? Comment below.

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## Beauty Trend: Red Lipstick



By [Lauren](#)

[Burczyk](#)

Starting to get bored with your nude lipstick? Have you dreamt of experimenting with something more bold that will draw attention? Then, you're in luck! Get the latest celebrity look with traditional red lipstick that is sure to turn heads.

**Red lipstick is officially the hottest [beauty trend](#) of 2019!**

# Here's more about this latest beauty trend just in time for your next [date night](#):

**1. If you're looking for a daily lipstick with added benefits, try one of these:** The latest red shades offer innovations to hydrate and plump your lips like Giorgio Armani Beauty Rouge D'Armani Matte. For something that will last all day, try Lancome L'Absolu Rouge Drama Matte Lipstick.

**Related Link:** [Beauty Trend: Lip Tints Are The Latest Trend That You Need For Your Next Date Night](#)

**2. If you want something that's guaranteed to look great with your skin tone, try this one:** Maybelline New York took the guesswork out of the finding the perfect shade of red for your lips. Maybelline's *Red For Me* shade was tested on diverse skin tones and was regarded as invariably flattering for all.

**Related Link:** [Beauty Trend: Why Korean Beauty Products Are So Popular](#)

**3. If you're still unsure how to pick the perfect red shade for you, then try this:** Still afraid that red may not be the right shade for your skin tone? Keep experimenting and doing some research until you find one that you fall in love with. While shade is important, it's also good to remember that texture has a lot to do with finding your perfect red lipstick, go for velvet or matte finish.

**Have any more inspiration for how to wear this latest beauty trend? Comment below.**

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# Celebrity Couple News: Kendall Jenner Spotted 'All Over' Ben Simmons at Dinner with Sisters



By [Lauren](#)

[Burczyk](#)

In [celebrity news](#), on a girls' night out with her sisters, Kendall Jenner was reportedly all over Ben Simmons. Kim, 38, and Kourtney, 39, met their friend, La La Anthony, at Cipriani in New York City on Thursday, February 7th. According to *UsMagazine.com*, an eyewitness said that Jenner, 23, could be seen sitting right in the window with her hands all over Simmons, 22. The [celebrity couple](#) have been spending more time together recently. The Victoria's Secret runway model sat court-side, with Simmons' mom, for one of his home games in January. Later that month, Jenner was spotted cheering him on again in Los Angeles.

# In celebrity couple news, Kendall Jenner and Ben Simmons are seeming closer than ever. What are some ways to show your love for your partner in public?

## Cupid's Advice:

There are so many ways to show your partner how you feel about them. Displaying your affection in public can be a great way to let your partner know just how much you care. Here are some ways to show your love for your partner in public:

**1. Remember to flirt:** If you don't regularly flirt with your partner, there's no better time to start than now. Being flirtatious with your partner, in public, is not only fun, but it will allow you to have a more fulfilling relationship together.

**Related Link:** [Celebrity News: Ben Simmons Leaves Flirty Comment on Kendall Jenner's Instagram Pic](#)

**2. Grab their hand:** Holding hands is a traditional yet effective version of PDA. It's a subtle way to show your affection toward your partner without being too intimate.

**Related Link:** [Celebrity News: Kourtney Kardashian Spotted Out with Luka Sabbat](#)

**3. Share your food on a date:** Don't wait for your partner to ask for a bite of your dessert, share it with them! Offering your partner some of your delicious treat is a sweet way to show them just how much you care.

**Can you think of any other ways to show your love for your partner in public? Comment below.**



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# Celebrity Divorce: Channing Tatum & Jenna Dewan's Split Is Becoming 'Challenging and Emotional'



By [Lauren](#)

[Burczyk](#)

In [celebrity news](#), [celebrity exes Channing Tatum](#) and Jenna Dewan are having trouble keeping an amicable relationship. According to *UsMagazine.com*, a source told them that the couple's split is becoming challenging and emotional. The couple separated in April 2018 following nearly nine years of marriage. Tatum, 38, filed for joint custody of their daughter, Everly, 5, and the process is becoming very lengthy. The doting father detailed, in his hearing, how much he loves to spend time with his daughter and included the fact that he

decorated her room in his rental home in a fairy-tale theme just so she'd feel comfortable there.

## **This celebrity divorce started out amicable, but it's becoming challenging. What are some ways to stay rational in the midst of a split?**

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

Breaking up with someone you truly cared about and shared your life with is extremely difficult. It can put a lot of stress on you, both physically and emotionally. Here are some ways to stay rational in the midst of your split:

**1. Unfriend them on social media:** Keeping a close watch on what your ex is posting on social media can make what you're going through so much more difficult. To avoid any irrational behavior that may be triggered by their social media posts, unfriend them immediately!

**Related Link:** [Celebrity Break-Up: Channing Tatum & Jenna Dewan Tatum Are Still Living Together Post-Split](#)

**2. Stay active:** Keeping up with your exercise routine is scientifically proven to help you feel better. Staying active will build up your endorphins to help fight off stress. Go for a run or take a fitness class to meet new people, it will boost your mood and have you feeling like your normal self in no time!

**Related Link:** [Celebrity Exes Channing Tatum & Jenna Dewan Reunite for Halloween Selfie Amid Divorce](#)

**3. Connect with friends and family:** Depending on how serious

your relationship was, you may have lost touch with some important people in your life. Try reconnecting with them, it will help you take your mind off of your ex and is a great start to helping you move on.

What are some other ways to stay rational in the midst of a split? Comment below.

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## Movie Review: Isn't It Romantic



By [Lauren](#)

[Burczyk](#)

Looking for the perfect rom com to attend with your love? You won't have to look any further than this review! We have the perfect romantic comedy, where a woman's life actually turns

into one. After hitting her head on a pole in the subway trying to save her purse from a thief, Natalie, a love cynic, played by the delightfully hilarious Rebel Wilson, wakes up to find herself in a world much different from her own. In theaters February 13th, this lighthearted comedy will be the perfect start to your Valentine's holiday.

***Isn't It Romantic* is a romantic comedy about a woman that doesn't believe in love who suffers an injury and wakes up to find herself in a world revolving around love and romance. Something that initially feels like her worst nightmare, turns into being everything she always needed. Read on for our [movie review](#) and ways to stop being so cynical about love.**

**Should you see it:** If you're looking for a great romantic comedy to get you in the Valentine's Day holiday spirit, then this one's for you!

**Who to take:** This movie is perfect for a [date night](#). Take your partner or someone you recently started dating to kick off Valentine's Day.

**Cupid's Advice:**

Cynicism is often times a defense mechanism. If you've been jaded by love in the past, then it's common to become cynical

about love. Here are some ways to stop being such a love cynic and find your perfect match:

**1. Recognize that you've become cynical about love:** Just like anything else, it's important to identify your problem, so that you can overcome it. Take a look at how you view other couples and how you feel about your past relationships, if your thoughts are mostly negative, then this may determine just how cynical about romance you've become.

**Related Link:** [Movie Review: A Star is Born](#)

**2. Challenge your inner love cynic:** To change how you feel about love, you must challenge your current thoughts on being in a relationship. For instance, if you think that relationships are a waste of time, try seeing it another way. Look at a relationship as an experience to learn and grow from another individual, no matter the outcome of how it turns out.

**Related Link:** [Movie Review: Night School](#)

**3. Examine your social media posts:** A great way to change your thoughts on love and become more open to the idea of a relationship, is to examine your posts on social media. If many of your shared posts are negative toward love and relationships, try unfollowing the original page that posted the content, so that you are not subject to that type of thought any longer.

**Can you think of any other ways to stop being such a love cynic? Comment below.**

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# Celebrity Couple News: Jennifer Lopez Posts Sweet Message for A-Rod on Second Anniversary



By [Lauren](#)

[Burczyk](#)

In [celebrity news](#), [celebrity couple Jennifer Lopez](#) and Alex Rodriguez celebrate their second anniversary together. According to *UsMagazine.com*, Lopez posted a sweet note for her boyfriend on the special day. The *Second Act* actress, 49, captioned a series of photos of the two on Instagram on Sunday, February 3rd, saying, “two years of adventure... of excitement growing and learning... of true friendship... and so much love!!” A source told *UsMagazine.com* in December that an engagement is definitely on the horizon for the couple. They added, “Alex is obsessed with Jen and spends as much time as he can with her.

# This celebrity couple news has us aww'ing. What are some ways to make your partner feel special on your anniversary?

## Cupid's Advice:

An anniversary is the perfect time for you to do something sweet for your partner. Here are some ways to make your partner feel special on your anniversary:

**1. Send sweet text messages:** A simple way to make your partner feel special on your anniversary is to send them sweet text messages throughout the day. Send them messages that communicate love and flirt with them occasionally during the day.

**Related Link:** [Celebrity Engagement? Jennifer Lopez Flashes Diamond Ring at Game 2 of World Series With A-Rod](#)

**2. Plan a romantic getaway:** A great way to make your partner feel special on your anniversary is to arrange for a romantic getaway. Take your partner somewhere remote where you can both focus on each other and nothing else. To make it even more special, clear their calendar, pack their bags, and have it be a surprise.

**Related Link:** [Celebrity Couple News: Jennifer Lopez Gushes Over Alex Rodriguez](#)

**3. Give your partner a break:** A really nice way to make your partner feel special on your anniversary is to give them a much needed break. Whether your partner is a stay at home parent and needs a day to themselves or just wants one morning to sleep in, do something extra special for them, and give them a bit of a hiatus for the day.

**Can you think of some other ways to make your partner feel special on your anniversary? Comment below.**