

Celebrity Baby News: Former 'Glee' Star Lea Michele Gives Birth to 1st Child with Husband Zandy Reich



By

Alycia Williams

In latest [celebrity news](#), *Glee* star Lea Michele welcomed her first [celebrity baby](#) with husband Zandy Reich. According to *UsMagazine.com*, the baby boy was born on Thursday, August 20. They are all happy and healthy, and they're extremely grateful. He's been an easy baby so far, and they decided to name him Ever Leo.

In celebrity baby news, Lea Michele is a first time mom. How can you and your partner prepare for becoming parents?

Cupid's Advice:

Becoming a parent can be extremely exciting and awaiting your new baby can feel like a lifetime. By using those months that you are waiting for your bundle of joy, you and your partner can prepare, because your lives are going to take a major shift. If you and your partner are looking for ways to prepare for becoming parents, Cupid has some advice for you:

1. Learn about baby and toddler sleep: The topic of sleep is one of the biggest questions for first time parents. You and your partner should learn about sleep while you are pregnant so you can quickly pick up on sleep troubles and avoid many of the bad sleep habits parents unintentionally develop. The biggest reason children have troubles sleeping through the night is that their parents haven't learned how to facilitate good sleep.

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2. Get healthy: Before your baby arrives is a great time to focus on your own health, because once the baby comes most of your focus needs to be on the baby. This would be the best time quit smoking, develop a healthy diet, start taking vitamins, and schedule your annual physical.

Related Link: [Celebrity Baby News: Nikki Bella Gives Birth to 1st Child with Artem Chigvintsev](#)

3. Increase your social support network: Although becoming a

new parent is thrilling at first, as time goes by you and your partner may need help from people in your lives. Strengthen your relationship with your family and friends now, so that when you're in need of their help it won't seem far fetched.

What are some other ways you and your partner can prepare for becoming parents? Start a conversation in the comments below!

Relationship Advice: How Do You Deal With A Badmouthing Ex?





By

Dr. Jane Greer

Breaking up is hard in itself. You have to find a way to move from the “we” back to the “me,” disentangle your lives and heal enough to look to the future. But what happens when the end of a relationship is charged with unrelenting and unresolved anger, and rather than bowing out gracefully and moving on your ex instead allows that anger to fuel bad behavior which can damage your reputation? This includes saying terrible things about you and can happen in different ways, including revealing personal information, distorting the truth, gossiping about a private mistake that was made when you were together or even by spreading rumors. Sometimes the information begins with the ex, and sometimes the ex simply serves to fuel the negative information. For example, [celebrity exes](#) Matthew Morrison and Lea Michele were in this situation when Morrison recently addressed reports of Michele’s diva actions while working on the show *Glee*. He said, “Yeah, going back to what I was saying, you know, you want to be a good, pleasant person to be around.” He did not appear to have her back.

So, how do you deal with a vindictive ex who is out for revenge? How can you handle a negative campaign against you, especially from someone you used to care about? Check out Dr. Greer's relationship advice.

When your relationship dissolves and you find yourself with a spiteful ex, there is no telling how far their anger will go or whom it will reach. Now that they are no longer trying to please you or make things work between you, they might feel they have free license to say anything they want. That can be scary, and in many ways it is its own form of cyberbullying, since so much information can be spread online so quickly. It can do harm to your integrity as well as your self-esteem. But once you figure out the focus of the verbal assault there are ways to live with it and to deal with it. Depending on whom your ex is talking to and what they are saying, you can pick your course of action accordingly.

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If, for example, they are disparaging you to loved ones – family and friends – consider putting your own boundaries in place. If your sister-in-law or friend tells you that your ex is saying bad things about you, let them know first and foremost that you don't want to hear about it. Ask them to stop reporting back to you because it is too hurtful. Once you do that, you can take it one step further and ask if your loved one would consider telling your ex that they would prefer they didn't talk about you to them. They might explain

that they are in touch with both of you, or that they truly care about you, and don't want to get in the middle or hear these negative claims. If the people your ex is badmouthing you to are your children, if they are old enough you can explain that just because people are saying things, doesn't make them true. In fact, you can tell them that you separated because you didn't agree about certain things, and because of the ongoing disagreement there is still a lot of residual anger between you. As a result, people can say and do terrible things when they are that upset. It is also okay to guide your children toward telling the other parent that they don't want to be told these things about mommy or daddy. In other words, you can encourage your children to put their own boundaries in place by either talking to the parent who is saying the disturbing things or by choosing to not listen or to ignore what is being said.

Related Link: [Ask the Guy's Guy: Can You Be Friends After A Breakup](#)

Finally, as was the case with Lea Michele, sometimes an ex has an even wider reach and says bad things to the public. This can sometimes be the most disturbing since it can contaminate your reputation and it can be harder to know how to reach so many people with your own message. In this situation, there are two options. The first is to ignore whatever was said and not give it credibility by trying to explain it away or justify it. If you do that, it can sometimes validate whatever information was being put out there. However, if your ex revealed personal material that was supposed to be kept private but is truly offensive and can be verified, the better choice may be to take ownership of it immediately. You can do that by acknowledging what happened and sharing your remorse and regret about it, as well as how you have grown from it. You can let people know it is something you will never do again, and that this can be a lesson learned which may serve as an example and be an inspiration to others.

Related Link: [Relationship Advice: Heidi Klum & Tom Kaulitz Survival Strategies For The Home Front](#)

No matter who is the recipient of the information, having an ex – someone you once loved and trusted – attack your personality is an awful place to be. If you follow these basic suggestions, though, you will be able to keep some control so you can maintain your own relationships and hold onto their respect and your own integrity. In the case of Lea Michele, her ex didn't defend her when others questioned how she handled herself on the set of *Glee*, and, in fact, perpetuated the negative things that were being said about her. Hopefully she, and you, will be able to be your own champion and take back the narrative of your life.

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Celebrity Workout: Group Classes That'll Have You Sweating With Obsession





By

[Katie Sotack](#)

Picture yourself slick with sweat, surrounded by your fitness family, working toward the hot summer body you've always wanted. These are the reasons [celebrities](#) crave group fitness classes. Participants are quick to become a family, pushing each other past their mental blocks and onto new physical planes. Plus classes are designed by professionals so you know your body is getting the best workout to target fat and build muscle. Next time you hit the gym, try out a fitness class for the best [celebrity body](#) workout.

Get excited to try your hand at the latest [fitness trend](#), group classes. But how do you know which [celebrity workout](#) is right for you?

Celebrities like Nina Dobrev and Ellen Pompeo are obsessed with their fitness classes. Ranging from slow, muscle-building

yoga to fast-paced cardio like Zumba, there's a group class for every future workout junkie. Here are the details on who does what and why you should try it:

1. The model workout: Ashley Graham, Karlie Kloss, and Hailey Bieber all get themselves into model shape through Dogpound. The workouts are seriously hardcore, think Crossfit levels. Instructors have participants throw hammers and sprint with resistance bands on, plus much more. If you're looking to build muscle, this is the workout to go with. The more muscle you have, the more fat you burn. So if you're looking to slim down, this workout could still benefit you.

Related Link: [Fitness Trend: Hire a Certified Professional](#)

2. Tracey Anderson Method: These classes are accessible anywhere, whether in person or on DVD. As long as you have an area to get physical you can get fit with Tracey. The workout consists of targeting small muscle groups to tone your overall body. Lena Dunham even credited the program for helping to ease her infamous anxiety. Other celebrity goers are Tracee Ellis Ross and [Victoria Beckham](#) (talking about a new way to bend it like Beckham here).

3. Soulcycle: This workout has reached pop culture fame through sweat-drenched cycling workouts and the hoard of celebrities who attend them. [Kelly Ripa](#), [Lea Michele](#), Michelle Obama, and many more make their way to Soulcycle very week. With 70 locations across the United States, it's as easy said as done. Plus, you can totally pretend you're [Ariana Grande](#) in the Side to Side music video while riding the bikes.

Related Link: [Fitness Trend: Mobile Exercise Apps](#)

4. Body by Simone: Dance your way to having [Chrissy Tiegen](#)'s tush and [Taylor Swift](#)'s mid-drift with this program. Designed by a classically trained ballet dancer, Simone offers a variety of workouts from fat-busting dance cardio to full-body tone up routines. The studios are only in NYC and LA but fear

not, there's an eight-week transformation program available to stream.

5. Gotham Gym: Based in New York City, trainer Rob Piela opened a gym dedicated to boxing fitness. Classes are forty-five minutes, with arm toning jabs, uppercuts, and cross punches. Add in jump roping for cardio and you'll be slimming down while toning up in no time. [Kendall Jenner](#) and Bella Hadid swear by this workout craze. Plus your confidence will soar knowing you can kick anyone's butt in a boxing match.

Do you think you'll try group fitness classes? Let us know in the comments below!

Celebrity Couple News: Newlyweds Lea Michele & Husband Zandy Reich Honeymoon in the Sun





By

Megan McIntosh

According to *UsMagazine.com*, [celebrity couple Lea Michele](#) and her new husband Zandy Reich enjoyed their honeymoon on an undisclosed beach. There were coconut drinks, sandy white beaches, and the deep blue ocean to keep them company. This was definitely a tropical honeymoon destination, and it looks like most of their time was spent in swimsuits. It can be tough choosing that perfect honeymoon for you and your partner that matches the dream-like wedding you had.

In celebrity couple news, Lea Michele and her new husband are soaking up the sun on their honeymoon. What are some unique honeymoon destinations?

Cupid's Advice:

There are many things to consider when picking your honeymoon destination. You have to think of costs, seasons, how far you want to travel and what goal you have in mind. For [Lea Michele](#) and her husband, it's clear that rest and relaxation on the beach was their goal. Once you know what you're looking for, here are some honeymoon destinations to choose from:

1. Europe: Travel through various countries in Europe if you and your partner are more history and art enthusiasts. Explore the various landmarks, art museums, and delicious foods that each European country has to offer. You can set up a tour through a luxury train tour company and see what each city has to offer with your love.

Related Link: [Top 5 Celebrity Honeymoon Destinations](#)

2. Fiji Islands: If you're planning to get married in the Summer or early Fall, then Fiji may be the perfect destination for your honeymoon. Relax on the beach or go to a couple's fall. This is definitely an affordable but luxurious place to visit.

Related Link: [Celebrity Couple News: Mila Kunis Details Nightmare Honeymoon with Ashton Kutcher](#)

3. Kenya: You probably don't often hear people suggest Kenya as a honeymoon destination. But if you enjoy wildlife then this is the perfect honeymoon choice for you. You can have dinner in the jungle among the animals or observe from above in a hot air balloon. Adventure awaits with this unique destination.

What are some unique honeymoon destinations you've heard of? Share below!

Celebrity Style: High Waisted Bathing Suits



By

[Melissa Lee](#)

Bathing suits can be a tricky item to shop for, regardless of your body type. With all the different styles, cuts and colors, it can feel nearly impossible to hunt down the perfect bathing suit for those days you'll be lounging by the pool. High waisted bathing suits are a style that have been popularized over the past few years. They were originally most fashionable during the 1950s and '60s, but our favorite celebrities have been seen rocking these retro pieces, bringing them back in style.

Thanks to celebrity style, high waisted bathing suits are all the rage again! Check it out below.

1. Printed: A printed bathing suit will add some fun to your style. Seen on celebs like Vanessa Hudgens, opting for a more eccentric swimsuit would be fun to wear at a pool party. A printed high waisted bikini is especially appropriate for the more colorful girls that want to show their personality through their clothes!

2. Strappy: A high waisted bathing suit with strappy details can give a sexy edge. This style is especially flattering, and it can turn a boring swimsuit into something totally unique. Pick up a funky bikini top and pair it with a plain pair of bottoms so there isn't too much going on, and the attention is immediately geared toward the star of the outfit!



Related Link: [These Celebrity-Approved Denim Shorts Are The Cutting-Edge Fashion Trend for Summer](#)

3. One piece: Typically, high waisted bathing suits are two-pieces, but there are a million options if you're looking for

something full coverage. Lea Michele rocked this adorable one piece bathing suit with a cute cut-out in the middle along with a high neckline. This swimsuit is perfect for the beach, plus it's guaranteed to look amazing on all body types!



Lea Michele.

4. Cut outs: Similar to the vibes [Lea Michele](#) was lending, cut out bathing suits are super on trend. Small cut outs in your high waisted bikini can give you a slightly sexier edge while still being able to cover up certain parts of your body. Instead of opting for a regular bikini, try out one of these edgier swimsuits.



Cut out high waisted bathing suit.

Related Link: [Fashion Advice: 'Wow' the Crowd With Color](#)

5. Bold colors: Looking to make a statement without showing too much skin? Picking up a high waisted bikini in a bold color might be the answer! Wearing a fun color on the beach will definitely set you apart, plus it'll make your tan look awesome. Try out a color you don't wear very often and watch your confidence soar!

Which style was your favorite? Leave your thoughts below.

New Celebrity Couple: Lea Michele Is Dating Clothing

Company President Zandy Reich



By

[Melissa Lee](#)

It has been recently revealed that Lea Michele is officially in a new celebrity relationship! Michele's new beau, Zandy Reich, is the president of clothing company AYR. After the celebrity couple was spotted holding hands in NYC, [UsMagazine.com](#) confirmed that the relationship is fairly new. After knowing one another for a few years, it was revealed that Michele is a longtime fan of Reich's clothing company. Wishing the best of luck to this new couple!

There's a new Glee-tastic celebrity

couple in Hollywood! What are some ways to know you're attracted enough to someone to date them?

Cupid's Advice:

When keeping a guarded heart, it may take a little bit to know whether or not you're attracted enough to someone to date them. If this situation sounds familiar, look over these tips from Cupid to see if you're ready to date that person you've been chatting with:

1. How well do you get along?: Okay, so you've established the fact that you're interested in this person. Before making any decisions, it's important to reflect on the relationship you currently have with them. The first thing to think about is how well you two get along. Do you fight often? Are you able to spend hours on end with each other? Do you go weeks without speaking, or do you talk all day every day?

Related Link: [Celebrity Couple News: Gigi Hadid and Zayn Malik Love Wearing Each Other's Clothes](#)

2. Do you see a future with them?: This question may seem a little irrational, but let yourself be realistic for a moment. If you were to date this person, do you see yourself staying with them or having a future with them? Or does this just seem like a fun little fling? If you're able to imagine yourself being with them for awhile, then this may mean you're ready to date them – otherwise, you may want to think this one through.

Related Link: [Celebrity News: Lauren Bushnell Has A New Boyfriend](#)

3. How do they make you feel?: Most importantly, this potential relationship is most likely going to come down to how they make you feel. If they give you butterflies and make

you smile – well, you can assume the answer there. But if you don't feel particularly attached or attracted to them, then maybe dating them just isn't the right decision for your friendship.

What are some ways you know you're attracted enough to someone to start a relationship? Leave your thoughts below.

Luxury Travel: Perfect Places to Snap Your Own Celebrity Instagram Moment on Your Next Vacation





By

[Melissa Lee](#)

Summer is here, and so is vacation season! If you're trying to find your next getaway spot, checking out some of the hottest [celebrity travel](#) locations may be the way to go. While you're there, why not try taking your own celeb-quality Instagram moment to *really* make yourself feel like a star? After all, you deserve it!

Interested in finding the perfect luxury travel location for your summer vacation? Cupid has exactly what you need!

It seems like celebrities are constantly on the most glamorous vacations. But, thanks to their nearly-perfect Instagrams, we've compiled a list of the perfect getaway spots for you to visit this summer:

1. Maui: Hawaii is the ideal spot to head to if you're looking for a tropical, relaxing getaway. Known for their tranquil vibe, Maui is the place to go if you're focused on laying by the beach, tanning, and drinking your fave cocktail. In fact, that's exactly what [Lea Michele](#) was up to when she was recently photographed there!

2. Jamaica: If you're looking for another beach-y getaway but Hawaii isn't *quite* up your alley, Jamaica may be right for you. *Bachelor* star Bob Guiney and wife Jessica Canyon enjoyed being newlyweds when they visited for their honeymoon.

Related Link: [Top 5 Most Luxurious Romantic Getaways in the United States](#)

3. Punta Cana: Although Punta Cana is known for being yet another gorgeous, tropical spot, celebrity mom [Holly Madison](#) took her daughter on a family vacation to Nickelodeon Hotels & Resorts Punta Cana. If your family can't decide on where to head this summer, this might be the solution to your dilemma – it's both kid-friendly and complete with beautiful beaches!

4. Mexico: Both ideal for either a romantic vacation or a wild girls trip, Mexico is the place to be. *Bachelor in Paradise* stars and celebrity exes Amanda Stanton and [Josh Murray](#) were recently photographed taking a relaxing walk along the beach during their weekend getaway.

Related Link: [Vacation Destinations: Spring Travel Tips for Home and Abroad](#)

5. Florida: If you're leaning toward the more simple route, Florida is the perfect place to just hang by the beach and go out at night. Not too long ago, former *Jersey Shore* star Pauly D and girlfriend Rocio were seen taking a romantic stroll on the beach together.

What are your favorite vacation spots? Share below!

Celebrity News: Lea Michele & Robert Buckley Split



By

[Stephanie Sacco](#)

Unfortunately, we have to say goodbye to another [celebrity couple](#). [Lea Michele](#) and Robert Buckley have called it quits after only a few months of dating. According to [UsMagazine.com](#), although the romance has died between them, they are still going to be in the sci-fi series *Dimension 404* together. Both Michele and Buckley have posted pictures of the cast with kind words towards each other. A source said, “[They] just found they were better off as friends and

wanted to support each other's careers." This [celebrity news](#) predicts a healthy friendship for these [celebrity exes](#).

In celebrity news, Lea & Robert split after a whirlwind romance. What are some ways to avoid getting too serious too quickly in a relationship?

Cupid's Advice:

Relationships can be hard to manage, but they can be even harder to balance. Somebody could be more into it than their partner and it could mess everything up. Cupid is here to help:

1. Have separate lives: Don't spend every waking moment together even if you've been dating a while. Go to your jobs, have different hobbies, and spend some date nights together. It's important not to forget who you are when you're in a relationship.

Related Link: [New Celebrity Couple: Lea Michele Is Dating 'One Tree Hill' Star Robert Buckley](#)

2. Stay in check: It's challenging to stop yourself from falling in love or lusting after your partner, but remind yourself to stay in check. Don't overlook flaws because you're into somebody. Be aware of who your partner is and if they're somebody you can see a future with.

Related Link: [Celebrity News: Lea Michele Cuddles in Bed with BFF Jonathan Groff Post-Split from Matthew Paetz](#)

3. Go slow: Learn what you can about your partner in the beginning to prevent surprises later. Discuss your family and

his likes and dislikes before falling hard. Only then you'll know if he's worth getting serious over or if he's just a fling.

How can you prevent yourself from getting too serious? Comment below!

New Celebrity Couple: Lea Michele Is Dating 'One Tree Hill' Star Robert Buckley



By

[Stephanie Sacco](#)

[Lea Michele](#) is the focus of [celebrity gossip](#) this month. She is half of a new [celebrity couple](#) with Robert Buckley. According to [UsMagazine.com](#), the pair was heating up on a dinner date at Milo & Olive in Santa Monica. They were seen being very intimate (cuddles and kisses) in a public place. Buckley seems like quite the gentleman. The [latest celebrity news](#) is that they're one of the [Hollywood couples](#) to watch.

It looks like Lea Michele has recovered from heartbreak and moved on! How do you know when you're ready to move on post-split?

Cupid's Advice:

Break-ups are more common than you'd think, and [celebrity couples](#) are no exception. The recovery process can be challenging, but there are ways to move on post-split. Cupid is here to help you find out how:

1. When you're interested in somebody new: As soon as someone else starts looking good, you know you are capable of developing feelings for someone besides your ex. Take baby steps and find out if that person is 'the one'. Go for it!

Related Link: [New Celebrity Couple? Nina Dobrev & Scott Eastwood Get Flirty at Coachella](#)

2. When you don't think about your ex: Once everything that used to remind you of your ex doesn't anymore, you know you are ready to move on. That song on the radio, the place where you first kissed, the type of car he drove; when none of that phases you, it's time.

Related Link: [New Celebrity Couple? Rihanna & Drake Spotted Getting Cozy at Afterparty](#)

3. When you know: Deep down inside you, you'll know when the time is right. You will feel it in your heart that you're ready. It takes a great amount of vulnerability and strength to put yourself out there, but you can do it!

Do you have any tips for moving on after a break-up? Comment below!

Celebrity News: Lea Michele Cuddles in Bed with BFF Jonathan Groff Post-Split from Matthew Paetz





By

[Brooke Crawford](#)

Recent [celebrity news](#) is buzzing about Lea Michele trying to get back to normal after her recent break-up with Matthew Paetz. According to [UsMagazine.com](#), Michele's best friend, Jonathan Groff, has been supportive through many of her rough times. Michele recently took to social media by posting a photo of Groff and herself having a moment filled with smiles and cuddling. Groff has supported Michele in trying to get back to normalcy after the end of her two year long [celebrity relationship](#).

This celebrity news has us thanking our friends for their support. What are some ways to support a good friend through a bad break-up?

Cupid's Advice:

It is never fun watching your friend suffer through the post break-up blues. Keep reading for [relationship advice](#) from Cupid:

1. Create a distraction: After a break-up, most often all we want to do is just mope around in our pajamas. Help your friend by getting out of the house to attend a fun event. Heading over to the movie theater to watch a newly released thriller can be a great way to take your friend's mind off of a break-up.

Related Link: [Former Celebrity Couple: Khloe Kardashian & James Harden Split](#)

2. Surprise girl's night: A night in with close girlfriends can help ease the pain. Load up on the junk food, sweets, and if need be, a bottle of wine. Center the night around facials, girl talk, and lots of laughs. Your friend will appreciate you for it.

Related Link: [Former Celebrity Couple Ruby Rose & Fiancee Phoebe Dahl Split](#)

3. Be there: Being a friend does not always involve being actively caught up in post break-up activities. Lending a shoulder to cry on or an ear to listen could be all the support your friend needs. Try to remember that their healing process is not on your time schedule. Be present and support however they need.

Breakups are a hard thing to sort through. How have you supported friends through tough times? Comment below.

Celebrity News: Lea Michele Splits from Matthew Paetz After 2 Years of Dating



By

Myesha Cobb

Unfortunately, after two years of dating, [celebrity couple Lea Michele](#) and Matthew Paetz have ended their [celebrity relationship](#). The latest [celebrity news](#) was confirmed by [UsMagazine.com](#) and apparently came as a surprise to the 29-year-old actress. “He had enough,” a source said. “She was completely crushed.” But will they ever get back together? The odds aren’t looking good. “He won’t take her back,” the same source mentioned.

This celebrity news is definitely unfortunate. What are some things you can do to reclaim your independence post-split?

Cupid's Advice:

It breaks your heart when you are completely blindsided by a break-up! You feel like you are at a loss for words and don't know how you are ever going to recover from it. But don't worry! Here are some suggestions for how to reclaim your independence during those "after break up blues":

1. Take some time for yourself: Sometimes not being in a relationship is a good thing! Don't always think not being in a relationship anymore is the end of the road. There is nothing wrong with taking time out for yourself and not looking for a relationship for a while.

Related Link: [Justin Bieber Says He Isn't Looking for a Romantic Relationship Right Now](#)

2. Do something to make you feel like "you" again: Reclaiming your independence can make you feel like a brand new person. Do things that you know that only YOU like and that maybe your past partner wasn't a fan of. You'll be feeling "brand new" and independent in no time!

Related Link: [Paula Patton Says She's a 'Real Woman Now' Post-Split from Celebrity Ex Robin Thicke](#)

3. Date yourself: Yes, you read correctly! Date yourself. Nothing says I'm reclaiming my independence like taking yourself out on dates. Go see a movie or treat yourself to some dinner!

What are some ways that you have reclaimed your independence after a break-up? Share your love advice below!

Lea Michele Takes Home Her Late Celebrity Ex Cory Monteith's 'Glee' Jersey Post-Wrap



By

Maggie Manfredi

Say goodbye to *Glee*. In latest celebrity news, according to UsMagazine.com, Lea Michele wrapped her sixth and the final season of *Glee* this weekend, along with her fellow cast mates. The actress took to Twitter in light of the big changes and said, "Thank you so much to all of our amazing Gleeks who supported us so much! I love you guys. We were so lucky to have had the most amazing crew who worked so hard everyday to make the show amazing. I'm so grateful for them...So thank you all again so much from the bottom of my heart. I will miss Rachel Berry so very much." Michele also posted a beautiful picture of her leaving the set with late celebrity ex Cory Monteith's football jersey from the show. Emotions are high, but we are very excited to see what this superstar will do next!

In latest celebrity news, Lea Michele is honoring her late celebrity ex Cory Monteith by keeping his 'Glee' jersey as a memento. What are some ways to honor a partner who has passed away?

Cupid's Advice:

Some of the hardest moments in life include a large amount of heartache. But like Lea Michele, you will be able to move on and still honor your past relationships. Cupid has some advice on how to handle a loved one who has passed away:

1. Take the time you need: When tragedy strikes, it can be a full body experience. When the news broke about Monteith's death, Michele got away from the public and mourned in her own

way and in her own time. You are allowed this time to internalize the tragedy and work through your loss like Lea did with the loss of her now celebrity ex.

Related Link: [Lea Michele Posts Touching Picture on Anniversary of Cory Monteith's Death](#)

2. Careful with social media: Social media can be a tricky space when it comes to dealing with death. You need to be cautious in order to respect the life and family of your love, but you also want and need to express your feelings. Michele has made many beautiful posts in honor of Monteith and their relationship together on social media since his death in 2013.

Related Link: [Lea Michele Says Cory Monteith Is 'Watching Everything I'm Doing'](#)

3. Look to love again: It is important to avoid fearing love or holding back after you have mourned the loss of your beloved. We can never anticipate what he or she would say, but Cupid is guessing they want you to be happy in this life, and happiness can be found in love.

Are you sad to see Glee go? Share your favorite thing about Rachel Berry below!

Hottest Celebrity Couples Celebrating Their First Valentine's Day Together





Cameron Diaz and Benji Madden

This Hollywood couple got real serious, real quick. From their first appearance together in May to their whirlwind wedding in December, Cameron Diaz and Benji Madden are head over heels for one another. Happy Valentine's Day to these newlyweds!

Photo: FAMEFLYNET PICTURES

Lea Michele Posts Loving Instagram Pic with New Boyfriend Matthew Paetz





By

Maggie Manfredi

Lea Michele is sharing her insta love. According to UsMagazine.com, the *Glee* starlet shared her first instagram pic with current boyfriend Matthew Paetz. Although the picture only reveals their shadows, the caption gives a hint as Michele stated, "To love and be loved is to feel the sun from both sides." She shared multiple pictures on Instagram on Sunday, Oct. 12 in the Los Angeles hills. Fans are still reminded of Lea's on and off screen love with Cory Monteith who died back in July of 2013. But the songstress seems to be happy, healthy, and back in love!

How do you know when you're ready to move on after tragedy?

Cupid's Advice:

Every person deals with pain and grief differently. It can be difficult to know when you are truly ready to move forward, but Cupid has some advice for a wounded heart:

1. Take it slow: When it comes to heartbreak and tragedy

together, that combination can lead to destructive behavior because you may feel like you have lost all control. Be cautious and take the time you need to process.

Related: [Ben Affleck Kisses Jennifer Garner in Rare PDA Moment](#)

2. Express yourself: Lea Michele wrote songs, but you could simply write in a diary or something that will help you release your emotions that might be weighing you down.

Related: [Nicholas Hoult Breaks Silence Regarding Ex Jennifer Lawrence's Leaked Nude Photos](#)

3. Be honest: When you do get lucky and find someone new, make sure you are honest and open about your past. The tragedy is in your past but that doesn't mean it won't come into play in the future. Be good to your heart and to your new potential partner by putting it all on the table when it feels right to do so.

Do you think Matthew will pop the question to Lea? Share your thoughts below!

Lea Michele Kisses Boyfriend on Boat in Italy





By

Laura Seaman

Glee actress Lea Michele shows off her bikini body and her new boyfriend Matthew Paetz as she sails around Italy on a romantic getaway. The couple was photographed kissing and having fun while out on the Amalfi coast on July 21. The actress' family is originally from Italy, so the country has a special place in her heart. "My trip here has been the best of my life," she says, quoted in UsMagazine.com.

How do you have fun with your partner on vacation?

Cupid's Advice:

If you're on vacation with your partner, you're bound to have fun no matter what you're doing. However, there are some ways to have fun on vacation that you may not have thought about! Here are some great activities to make your romantic getaway even better:

1. Get out of the tourist area and see the local shops. If you're feeling adventurous and have a reliable map, look

around the more local places that most vacationers don't see. Visit that cozy little café, or explore the rustic antique shop outside the city. There are plenty of great places that so many tourists pass up just because they aren't in the travel brochure.

Related: [Cameron Diaz and Benji Madden Visit Her Parents in Florida](#)

2. Take lessons for something you've never done before. Try out surfing, scuba diving, or something completely crazy like hang gliding. It's an experience you'll never forget, and learning to do something with your partner is a great way to build teamwork.

Related: [Lea Michele Posts Touching Picture on Anniversary of Cory Monteith's Death](#)

3. Spend a day just relaxing. Many people think that when you're on vacation you have to get going and do everything you can in the time you're there. But you're there to have fun! You can't have as much fun if you're exhausted. Sometime in the middle of your getaway, just spend a day relaxing at the hotel. Spend some time at the pool, watching movies while snuggling in bed, and just take the day to enjoy your down time together.

How do you have fun on vacations with your partner? Let us know in the comments!

Lea Michele Posts Touching

Picture on Anniversary of Cory Monteith's Death



By

Shannon Seibert

This past Sunday marked the year anniversary since the death of Cory Monteith who died of heroin and alcohol overdose at the age of 31. Former girlfriend, Lea Michele had been dating Monteith for almost a year and a half before his untimely death in 2013. Michele honored her love's memory by posting a touching photo on Twitter. The *Glee* actress tweeted: "We hold you in our hearts today, and every day we remember your smile. We will love you and miss you always," according to UsMagazine.com.

How do you honor the memory of a loved one who passed away?

Cupid's Advice:

Memories are some of the best gifts that life can give. Though our loved ones may leave us before we are ready, they give us something to hold on to for when times get tough. Honoring your passed loved ones may require more strength and acceptance than you're ready to give, but giving tribute to people who have touched your heart can give you a peace of mind.

1. Host an event: If your loved one has passed away from an unfortunate circumstance you can raise awareness about the issue by reaching out to your community. Start up an annual 5k for breast cancer awareness, or host a reach-out event for those who have lost family members and friends to suicide. In doing so you can educate your community on what you've learned through your experiences, and learn from those around you.

Related: [Mourning A Loss: 'Glee' Star Becca Tobin's Boyfriend Matt Bendik Found Dead](#)

2. Go talk with them: It may sound odd, but by having a conversation with a passed loved one can make you feel closer to them again. Go to their grave site, or visit a place the two of you shared many memories at, and just talk. Tell them about your day, talk about memories, ask them for advice. By keeping them in your mind you'll never lose them in your heart.

Related: [Eric Hill's Death Casts a Shadow on 'Bachelorette' Hometown Dates](#)

3. Accomplish what you said you were going to do together: When you're with someone it is easy to make plans for the future, but when someone leaves unexpectedly it is even easier to want to forget those plans. Honor your loved one by taking the trips you said you'd take together. Be the person you told them you wanted to be. See the sights they wanted to see. By following through you'll feel closer to your

loved one and you'll be able to do the things they cannot. This gesture to them is meaningful and shows the love you'll always have for them.

How have you honored your memories of a loved one who has passed? Share your story with us in the comments below!

Lea Michele Says Cory Monteith Is 'Watching Everything I'm Doing'



By

Brittany Stubbs

Although Cory Monteith passed away last July, Lea Michele is feeling his presence now more than ever before. Michele is getting ready to release her debut album, *Louder*, which is full of reminders of the love her and her costar/real-life boyfriend shared, UsMagazine.com reveals. "I somehow feel the insane love Cory and I had for each other morphed into this strength that I have right now," the "Cannonball" singer explains. "There's just something about knowing he's watching everything I'm doing and feeling like I have to do everything now not just for me but for him. I also have a safety net below me – if I fall or if it's too much, my friends and family will be there to catch me."

What are some ways to cope with the loss of your partner?

Cupid's Advice:

Losing a partner is one of the hardest things in life with which to cope. Cupid has some tips:

1. Surround yourself with loved ones: This seems obvious, but after losing the love of your life, you might be tempted to crawl in a hole and shut everybody out. But the truth is, you need your family and friends around you now. Consider staying having someone stay with you or staying with somebody else for a little bit.

Related: [Source Says Lea Michele 'Talks about Cory All the Time'](#)

2. Accept the loss: People often have trouble facing and accepting the loss of someone they were so in love with; it's not uncommon for someone to want to be in denial after such a tragedy. But this will only prolong the pain and make it harder to move on from down the road. Allow yourself to go through the grieving period.

Related: [Sources Say Cory Monteith Was Planning a Surprise for Lea Michele](#)

3. Continue your routines: Eventually, you have to allow your life to slowly begin returning to the way it was. Granted, it's going to be extremely different now, but you have to allow yourself to get back in the swing of things to move on. Focus on those little routines you had, whether going to the gym every morning, going grocery shopping at night, etc. Continuing these small tasks will help you feel like things are getting back to normal.

What are some ways to cope with the loss of your partner? Share your thoughts below.

Find Out How Kate Hudson Helped Lea Michele After Cory Monteith's Death





By

April Littleton

According to UsMagazine.com, Lea Michele has gotten plenty of help getting through Cory Monteith's death. In an interview for Elle, the *Glee* actress explained how Kate Hudson helped her through the tragedy. "I called her and said, I don't know where I'm going to go because my house is swarmed [with reporters]," Michele said. "She was like, 'Oh, you're going to stay at my house.' Like it was nothing." Monteith died in July at the age of 31. The couple began dating in early 2012.

What are some ways you can help a friend who has lost his/her partner?

Cupid's Advice:

Helping a friend get through a tragedy of losing someone they love is not an easy task. You don't want to overstep your boundaries, but at the same time, you want him/her to know you're there for them whenever they need you. Cupid has some tips:

1. Support them: One of the best things you can do for a friend in need is just lend a listening ear. When your friend is ready to vent to someone, just be there for them. Don't pressure him/her to do or say anything they're not ready for.

2. Keep them busy: Get your friend up and out of the house. Help them get back into their old routine. Maybe the two of you can pick up some new hobbies together. Sign up for a cooking class, learn how to play a musical instrument together or catch up on the latest movies. If those options don't work for you and your loved one, find something else the two of you would enjoy doing.

3. Help them reminisce: Help your friend find some healthy ways to remember their lost love. Start a scrapbooking project together or be there for your friend when it comes time to visit their late partner's grave. Let them know it's OK for him/her to still think about their significant other from time-to-time – they just have to figure out how to grieve in a proper manner.

What are some other ways to help a friend who has lost his/her partner? Comment below.

**Source Says Lea Michele
'Talks About Cory All the
Time'**





By

April Littleton

According to [People](#), Lea Michele is slowly moving on from the loss of her late boyfriend, Cory Monteith, who died in July. “It’s getting a little easier,” said a source close to the *Glee* actress. “She talks about Cory all the time.” During the tribute episode that aired Thursday, Michele shared a photo of herself with Monteith on Instagram. The source also said that Michele, who dated Monteith for more than two years isn’t ready to think about dating.

What are some ways to cope after your partner unexpectedly passes?

Cupid’s Advice:

Coping with the loss of a partner or spouse is a difficult challenge to get through – especially if the tragedy happened suddenly. Everyone grieves differently, so it’s up to you how you deal with situation. No matter what you may be feeling or thinking right now, you don’t have to go through this alone.

Cupid has some advice:

1. Friends and family: Even though it may be hard for you to think clearly right now, just remember that your loved ones are there for you whenever you need someone to talk to. Don't isolate yourself. The best thing you can do for yourself is vent and let out all of your frustrations to people who you can trust.

2. Take care of yourself: People who grieve tend to lose sight of their health. Avoid putting your body through further stress by maintaining a proper diet as best as you can. If you need additional help, don't be afraid to ask a close friend or family member. Stay active and get as much rest as you need. If you notice any unusual changes in your sleeping habits and/or appetite, see your doctor as soon as possible.

3. Join a support group: You love being around your friends and family during this sad time in your life, but they may not fully understand what you're going through. In that case, join a grief support group. You'll be around a group of people who know what you're going through and will be able to give you some helpful advice on how to move on from the ordeal.

What are some other ways to cope with the loss of a partner? Comment below.

Jane Lynch Says Losing Cory Monteith Has 'Just Been

Brutal' for Lea Michele



By

April Littleton

The cast of *Glee* are still grieving the loss of Cory Monteith and it comes to no surprise that Lea Michele is taking it the hardest. "I know it's just been brutal for her," Jane Lynch told [People](#) at the Gallo Family Vineyards and Ciroq-sponsored event. "I never lost a boyfriend when I was 26-years-old. I can't tell her what her experience is. She's a champion, and a rock star, and she is getting through this." *Glee* is set to air a special episode next month to pay tribute to Monteith, who played Finn Hudson on the show.

What are some ways to cope with losing your partner?

Cupid's Advice:

Coping with a death of a loved one is very difficult. It'll take some time to fully mourn the loss of someone who was once such a huge part of your life. Everyone deals with situations like this differently. While some people find venting and crying on the shoulders of friends and family to be helpful, others feel the need to lash out. It's important to find healthy ways to cope. Cupid has some tips:

Find a creative outlet: Take all of the negatives emotions you feel over the situation and turn it into a form of art. Start painting, drawing or even write down your feelings in a journal. If you're a fan of poetry, this may be an opportunity to try your hand at some stanzas yourself. This might not be the best time for arts and crafts, but it's a lot better than falling into bad habits that could cause you to go into deep depression.

Stay active: Maintain healthy eating habits and keep yourself involved in your family and friend's lives. Individuals dealing with loss tend to isolate themselves, but doing so will only make getting over your loss harder. Continue to do the daily activities you did before the incident. Go back to work even if it's only part-time and consult with someone you trust if you feel like you need someone to talk to.

Funeral preparations: Helping out with the funeral plans can help you get the closure you need. It'll be a chance for you to say your final goodbyes and fully accept what happened. Dealing with the funeral will be challenging, but you'll get through it.

What are some other ways to cope with losing a partner? Comment below.

How to Move On and Keep Your Dignity (And Hope) Intact After Heartbreak



By

[Marni Battista](#)

In recent months, there have been a couple of sudden, celebrity deaths that have no doubt left family, friends, and significant others reeling. Both *Glee* star Cory Monteith's fatal drug overdose and former *Bachelor* contestant Gia Allemand's tragic suicide opened up much speculation about how their partners, Lea Michele and Ryan Anderson respectively,

have been coping.

These tragedies got me thinking: All of us will experience heartbreak in our lives – whether in the form of a difficult breakup or the death of a significant other – and will surely find ourselves desperate for ways to move on with as much grace, ease, and dignity as possible. Here at Dating with Dignity, I've developed five simple practices that certainly won't eradicate the pain of your loss but **will** give you the tools to begin healing.

1. Allow Moments of Grief

The most important thing when untangling yourself from a broken heart is to express whatever you're feeling and do so in a healthy way. Allow yourself to cry, write, listen to or make music, or talk with a close friend or family member. As you become further removed from the incident, be cognizant of when it's time to distill this period of grief into brief, private moments, and then eventually your loss will become less acute. Grieving is healthy, but if you continue to dwell on it for more than one year and it feels like it's turning into chronic depression, make sure you seek help from a healthcare professional.

Related Link: [Gia Allemand's Boyfriend: 'I Don't Love You Anymore'](#)

2. Don't Cast Blame

It was widely reported that Allemand's suicide occurred immediately after a blowout fight with her boyfriend, NBA player Anderson, that culminated in him saying, "I don't love you anymore." In this situation, it would be easy for Anderson to process his loss by blaming himself and wondering if he could have saved his girlfriend by choosing his words more carefully.

But it's important to remember that there are endless numbers of factors that contribute to something so serious, and whatever you feel you did wrong is only the tipping point (if even a factor at all). There's no way to truly know, and blaming yourself or others will only alienate you as work through your grief – so train yourself to focus your energy on moving past it.

We're ultimately **not** responsible for the actions of others. Of course, we want to make sure we're always compassionate and empathetic; however, each of us must take personal responsibility for how we react to what we hear from others each day.

3. Adopt a Mantra: “The Only Way to Get Through It Is to Get Through It”

Whether recovering from a breakup or the death of a loved one, you've been placed in an undesirable situation beyond your control. As much as it may feel like the world has stopped turning and nothing will ever be the same, there's nothing you can do but focus on the better times ahead.

Each relationship can help to form who we are as well as who we'll become. There are no such things as mistakes. If you soldier through these dark days and keep yourself focused on the gifts you experienced as a result of your lost love, you'll gradually start to feel better...and one day, you'll reflect on that dark time from a much lighter point of view.

4. Re-Install Routine

Depending on the gravity of your loss, it's possible that whatever incident you're recovering from has completely wiped out your usually bustling schedule. Even though holing up at home may seem like the most appealing option, one of the best ways to begin to move on is to re-introduce routine into your daily life.

It may feel forced at first, but a schedule will allow a sense of normalcy to return and provide a welcome distraction. If there's something in your routine you used to partake in with your absent partner, create a new ritual with a close friend or family member in its place.

Related Link: [Lea Michele Is Grieving With Cory Monteith's Family](#)

5. Lean On Friends and Family

After the death of Monteith, mourning fans across the country cast much of their concern toward his longtime girlfriend and *Glee* costar Michele. People began speculating about when and how she would make her first public appearance in the wake of her tragedy. After a couple weeks of silence, the brunette was spotted going to a baby shower and has since been seen surrounded by at least one or two close friends. Loved ones provide a welcome distraction, but they'll also help force you back into your routine and listen when you need to talk about how you're feeling.

Heartbreak is a part of life, and when it happens, all you can do is work towards moving on. If you diligently hold yourself to these five practices in the wake of a tragedy, I'm certain you'll gradually start to feel lighter.

[Marni Battista](#), founder of [Dating with Dignity](#), is an expert dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at marni@datingwithdignity.com.

Lea Michele Dedicates Teen Choice Awards Glee Win to Cory Monteith



By

Kerri Sheehan

Gleeks far and wide had to dry their eyes this Sunday night during the Teen Choice Awards. Lea Michele, 26, dedicated the award she won for her portrayal of *Glee*'s Rachel Berry to deceased boyfriend and cast member, Cory Monteith. Her appearance at the awards show is the *Glee* beauty's first since Monteith's July 13th death. She made sure to thank fans for their love and support during, "These very difficult past few weeks," reported [People](#).

What are some ways to honor a deceased partner?

Cupid's Advice:

Finding ways to honor a deceased loved one is an important part of learning to live with their death. Cupid has some ideas on how to do so:

1. Love what they loved: Anyone who passes leaves behind a great number of things. Whether they are children, pets, family, friends or mementos, hold on to those things your partner once treasured. This will help to remind you of them and all the great times you had together.

2. Remember them: As time passes, you may wish to forget about your time together completely as you think that will hurt less, however that is not the case. The time you two spent loving and supporting each other can't be replaced and it was special. Choosing to forget it would be a shame.

3. Accomplish their goals for them: Go somewhere your loved one always wanted to visit, or take up a hobby that they wish they had time for. This will help you feel more connected to the deceased person and will help you accept their passing.

Have you ever lost a partner? How did you honor them? Share below.

Sources Say Cory Monteith Was Planning Surprise for Lea

Michele's Birthday Before Death



By

Petra Halbur

It seems that Cory Monteith may have been planning a surprise for girlfriend Lea Michele at the time of his death on July 13. According to UsMagazine.com, Michele told friends that Monteith had something special in store for her 27th birthday in August. "She didn't know what," a source says. "But she thought it could be a party and possibly a trip somewhere." Michele is currently grieving with Monteith's family.

What are some surprises to plan for your partner's birthday?

Cupid's Advice:

Often, as adults, we let birthdays slip by with little or no celebration. How can you ensure that your partner's next birthday is one to remember? Cupid has some ideas:

1. Weekend getaway: Announce that you've rented out a rustic cabin or reserved a room at a bed and breakfast for the weekend. It'll be a great surprise and ensure a romantic weekend.

2. Bite the bullet: Do something your partner loves that, quite frankly, you're not crazy about. Whether it's watching *The Notebook* or going to ComicCon together, your partner will appreciate that you made his or her happiness a priority.

3. Erotic fantasy: Rose petals, lavender lotion, handcuffs ... whatever it is, indulge your partner's sex wildest sexual fantasy.

What surprises did you spring on your partner for his/her birthday?

Celebrity Couples Who Met on Set





By

Kerri Sheehan

Like many other people, Hollywood relationships are likely to form at the workplace. For them, this means on the set of their latest movie and television ventures. People tend to date who they're in close contact with, so if you're famous then your close contacts will most likely be other celebrities. Hollywood co-stars who become romantically involved are a common occurrence; still America can't help but to be fascinated by it. Here are six of our favorite celebrity couples who met on set:

1. Kristen Stewart and Robert Pattinson: Known affectionately as K-Stew and R-Pats, these two met on the set of their vampire flick, *Twilight*. Although they tried to make the relationship work after Stewart had an indiscretion with "Snow White and the Huntsman" director, Rupert Sanders, the duo has recently parted ways for good.

Related: [Celebrities That Remained Friends After Dating](#)

2. Andrew Garfield and Emma Stone: Andrew Garfield and Emma Stone played love interests in last summers hit *The Amazing Spiderman*, but it seems they let the love stay after the cameras stopped rolling. The movie's sequel is currently under production and set to be released in 2014.

3. Jennifer Garner and Ben Affleck: Many think the Oscar winner and his wife met on the set of their 2003 movie *Daredevil*, but they really met two years prior while filming *Pearl Harbor*. However, they didn't begin dating officially until 2004, as Affleck was previously part of another Bennifer, with Jennifer Lopez. Garner and Affleck tied the knot in 2005 and have three kids together.

4. Brad Pitt and Angelina Jolie: The start of this couple was a tad controversial as they met on the set of *Mr. and Mrs. Smith* when Pitt was still married to Jennifer Aniston. Pitt and Jolie claim they didn't start dating until after his divorce from Aniston. They are not yet married, but have six children together, three of which are adopted.

Related: [How Can Jennifer Aniston Make Her Love Last?](#)

5. Ashton Kutcher and Mila Kunis: *That 70s Show* co-stars, Mila Kunis and Ashton Kutcher were in close proximity while filming the show from 1998-2006; however, at the time Kunis was with Macaulay Culkin and Kutcher with Demi Moore. Fast forward to the summer of 2012 and the two single stars chose to give love a go. They've been happy and in love ever since.

Who are your favorite Hollywood couples? Share below.