

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



By [Jessica Gomez](#)

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

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

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

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

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

3. Baby Food Diet: To some this may sound gross and to others, yummy. Baby food is no longer just for babies! The diet is based on eating baby food as your first two meals of the day

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

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

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

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

Celebrity News: 7 Best Celebrity Pop Music Moments



By [Katie Gray](#)

Pop music is one of the most popular music genres for a reason! For decades, amazing pop music has been created and crafted. People love jammin' out to pop, and watching pop stars perform in bold outfit choices. Since the 80's, Madonna has been the Queen of Pop. From then on, there have been many pop stars and pop princesses introduced to the world. Whether it's an award show performance or a music video, there have been some iconic pop moments among fellow pop stars in celebrity news, and pop stars in [celebrity relationships](#).

Cupid has compiled the seven best pop moments in celebrity news:

1. **Madonna & [Britney Spears](#)**: The Queen of Pop is Madonna and the Princess of Pop is Britney Spears. The most iconic pop moment in history, is hands down the famous 2003 VMA performance where Madonna, Britney Spears and Christina Aguilera performed and shared a kiss. Madonna was dressed as a groom and Britney was dressed as a bride. To this day, it continues to generate buzz! It will go down in history, as the most iconic moment in pop music. Just like Nicki Minaj sums up in her song with Madonna, she raps, "There's only one queen, and that's Madonna."

2. **[Taylor Swift](#)'s 'Look What You Made Me Do'**: The official music video to 'Look What You Made Me Do' by pop superstar, Taylor Swift, premiered on August 27th at the 2017 MTV Video Music Awards. It broke the record for being the most watched music video within 24 hours of its release, by getting 43.2 million views on YouTube. It garnered over 3 million views per hour. The song and video, is influenced by a lot of Swift's past celebrity relationships. This includes her [celebrity relationship](#) with Calvin Harris, Tom Hiddleston, and the feuds with Kanye West and Katy Perry. The music video even features an elaborate scene where Swift is seen in a bathtub full of jewels "that were all real. That's right, the authentic diamonds, were loaned by celebrity jeweler Neil Lane and was worth over \$10 million. As of now, in September, the video has over 200 million views already!

Related Link: [Best Lana Del Rey Lyrics Inspired By Celebrity Relationships](#)

3. **[Ariana Grande](#) & Big Sean**: Ariana Grande is running pop music right now! The pop star, was in a much publicized relationship with music artist, Big Sean. The celebrity couple

was adorable on the red carpet at the Grammys, and it was well noted. Grande performed that night, and had several nominations herself. This duo even wore matching outfits when they performed together at KIIS FM's Jingle Ball in 2014. They also were cute together at 'A Very Grammy Christmas' backstage. Although the couple split, they shared great performances together and have had subsequent music inspired by their [celebrity relationship](#).

4. [Jennifer Lopez](#) & Iggy Azalea: Don't be fooled by the rocks that she got, she's still Jenny from the Block! Pop icon, Jennifer Lopez AKA JLO, always brings the fire! Her duet with rapper Iggy Azalea, to their song 'Booty' was the highlight of the 2014 American Music Awards. Their music video to their hit song is also sizzling! It's one of the best collaborations in pop music. The catchy song, features a nice beat, and is great to dance around to! "Work!"

5. [Rihanna](#) & Drake: The friendship and [relationship](#), between artists Drake and Rihanna, has been a constant topic on/off throughout the years. Drake and Rihanna are both icons. Drake bough Rihanna a billboard in Los Angeles to congratulate her on receiving the Michael Jackson Video Vanguard Award at the MTV Video Music Awards. He presented her with the moonman award. During his speech, he was loving, and proclaimed he's, "been in love with her" since he was 22 years old. He proclaimed, "She's one of my best friends in the world."□ Whether they're friends or more, they make us swoon!

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6. Beyoncé's *Lemonade*: Queen Bee – Queen Bey! Beyoncé released her sixth studio album, titled *Lemonade*, and it took the world by storm. The witty lyrics quickly circulated, and the film that went along with it made a big impact. Beyoncé is married to rapper, Jay-Z, and the pretty pair are also proud parents! Much of the album is about the [celebrity couple](#), and it was widely interpreted that *Lemonade* was about infidelity. There

were some empowering parts of the album, such as the songs “Hold Up” and “Sorry” and “Sandcastles.” There were inspirational parts, such as the fact that winners “don’t quit on themselves.” When life gives you lemons, make lemonade!

7. [Lady Gaga](#) & Album *Joanne*: Lady Gaga is a top pop icon. She’s won a Golden Globe, performed at the Academy Awards and was nominated for an Oscar herself, and continuously sells out stadium tours. She even gave an amazing super bowl half time show performance! She released her album, *Joanne*, which is named after her aunt who died at a young age from lupus. The album also revolves around the triumphs and trials of love. Much of the inspiration for the album, is derived from her relationship, engagement and break-up with Taylor Kinney. After dating for five years, they broke off their [celebrity engagement](#). Lady Gaga said, “When you listen to the album, it’s clear the influence that all the men in my life have made on this record. She added, “I always wanted to be a good girl. And Joanne was such a good girl.”

What are your favorite celebrity pop music moments? Comment below!

Top 5 Kid-Friendly Fashions That Celebrity Parents Love for Their Own Children





By [Noelle Downey](#)

There's no doubt about it, we all love to keep up with what the stars are wearing, whether on the red carpet or while stepping out of the gym, so we know what fashion standards to strive for with our own wardrobes. But what about when it comes to dressing our kids? While [celebrity fashion trends](#) for children featured in magazines can look adorable, are they actually kid-friendly? And do [celebrity kids](#) actually wear them? Well, now your fashion fears are over! We here at Cupid's Pulse have compiled a list of the top five most fashionable brands that celebrity kids wear and [celebrity parents](#) love that your own favorite kiddos can't help but enjoy too!

**Keep your kids in style with these
celebrity fashion trends for
children that celebrity parents**

can't get enough of!

1. Western Chief Rainwear: If you want to keep your favorite kiddos dry and in style, why not invest in the brand that some of your favorite celebrity kids are wearing these days when the clouds roll in and the days get stormy. Western Chief is known for its adorable boots, raincoats, and umbrellas featuring characters your kid loves such as Batman, Hello Kitty, or Thomas the Train Engine. [Celebrity moms](#) from [Katie Holmes](#) to [Gwen Stefani](#) have been spotted out with their kids wearing these cute designs, so now is definitely the time to get the jump on this celebrity fashion trend for your kiddos! Keep them dry in this awesome rain gear so they can fashionably splash in puddles to their heart's content.

2. The Mini Classy Harem Pants: Every parent knows that kids love to run around and move freely when it comes to play time, so why not allow them to do it in style with these comfy harem pants from celebrity-approved line The Mini Classy? These loose and soft striped pants will give your kids plenty of wiggle room as they scramble up the climbing wall at the park or race to the dinner table for lunch. Not only are they comfy and fashionable, they're also (obviously) incredibly cute, and it's clear that celebrity parents everywhere agree. Superstars like reality TV star [Khloe Kardashian](#) and Mario Lopez have grabbed a pair of these pants for their favorite kids, and now you can too!

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3. Burberry: Although Burberry certainly isn't cheap, if you're looking to splurge on something red-carpet worthy for your little one, look no further than Burberry's kids line. Grab one of Burberry's signature checked coats to keep your child toasty on nippy fall nights or cold winter mornings, or bundle them in a Burberry sweater with matching scarf for a

chic look that will also keep them warm and glowing all winter long. After all, they'll certainly be in good company, with celebrity parents like [Victoria Beckham](#) and [David Beckham](#), [Tom Cruise](#) and Katie Holmes, and Khloe Kardashian and Scott Disick also choosing to dress their children in this fashionable line.

4. Stella McCartney Kids: If you're looking for a line that is probably one of the most-used when it comes to famous parents dressing their celebrity kids, look no further than Stella McCartney Kids. Stella McCartney not only features fashions for fabulous adults, she also caters to cute kiddos with a line featuring clothes that are both comfy for kids and incredibly fashionable. Who's been spotted dressing their kids in this brand name? Everyone from singing superstar Madonna to [Jessica Alba](#), [Angelina Jolie](#), [Brad Pitt](#), and David Beckham. If you're looking to dress your child in comfy clothes made for the stars, Stella McCartney Kids may just be the way to go.

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5. Luna Leggings: For a fun and funky twist on a traditional black legging, try these fun, celebrity-parent-approved leggings, which mix fashionably bright patterns and colors with durability and comfort for a kids clothing item that's both on trend and on point. *How I Met Your Mother* star and celebrity mom Alyson Hannigan has been spotted out with her daughter Satyana sporting these leggings many times, and Sarah Jessica Parker and Matthew Broderick's adorable twin girls have also been seen in these Luna originals during some of their rare public appearances.

What do you think of these celebrity fashion trends for kids? Are they too cute for words, or just not your cup of tea? Let us know in the comments!

Pop Star Singers: Cutest Celebrity Babies



By [Katie Gray](#)

Pop stars know how to pop out cute [celebrity babies](#)! They're not only good at making music, but they also make beautiful children. Some of these lovely ladies are in [celebrity relationships](#) or have had [celebrity weddings](#), while others are

going strong as single moms. No matter what their current situation is, one thing is for sure – they all have beautiful celebrity babies!

Cupid has compiled the cutest celebrity babies of pop stars:

1. Britney Spears: Oops, she did it again! Pop star Britney Spears is a music sensation and she's also a mother of two boys. Her sons are Sean Preston and Jayden James, and they are as cute as can be!

2. Madonna: The Queen of Pop is hands down Madonna! She's been killin' it since the 80's and is forever a legend. Madonna has won numerous awards, is inducted in the Hall of Fame, has a net worth of \$800 million, is the best-selling female recording artist of all time (over 300 million records) and is the proud mom of four children: Lourdes Leon, Rocco Ritchie, David Banda Mwale Ciccone Ritchie and Mercy James.

Related Link: [5 Celebrity Couples Who Are Nailing Long Distance Relationships](#)

3. Jennifer Lopez: Don't be fooled by the rocks that she got, she's still Jenny From The Block. Jennifer Lopez has had a variety of hit pop songs, successful business ventures, and she is also mother to twins Emme and Maximilian, whom she had in 2008 with fellow icon Marc Anthony.

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4. Gwen Stefani: Pop star Gwen Stefani has three handsome boys – no doubt! Their names are Kingston James McGregor, Zuma Nesta Rock, Apollo Bowie Flynn.

5. Christina Aguilera: She got her start on *Star Search* and *The Mickey Mouse Club*, and pop singer Christina Aguilera has

been booming ever since. Her first hits were “Genie in a Bottle,” “What A Girl Wants,” and “Come On Over Baby.” She has two kids: Max Liron and Summer Rain.

Who are your favorite pop stars with celebrity babies? Comment below.

Top 10 Sexy, Successful, Single Celebrity Women Over 40



By [Katie Gray](#)

They say your 40's are the best years of your life! These famous celebrities show us that this statement is so accurate. Many of these stars have been in [celebrity relationships](#), but right now they are on the market. Whether they're in the film or music industry, there is no doubt that these stars are successful, sexy and single. They prove that you really can have it all. Age is just a number, and you must always reach for the stars!

Cupid has compiled the top 10 sexy, successful and single celebrity women over 40:

1. [Jennifer Lopez](#) (47): Don't be fooled by the rocks that she got, she's still Jenny from the block! Jennifer Lopez is a triple threat; singer, dancer and actress. Her major breakout was her lead role in the film *Selena*. Since then, she's starred in films and TV series, has released many albums and even wrote a memoir. She has her own fashion and perfume lines as well and was a celebrity judge on *American Idol*. The mother of two has had highly publicized relationships including with Marc Anthony and [Ben Affleck](#). Lopez is also famously known for her behind, which led to her hit song with Iggy, "Booty." In fact, the song "I Like Big Butts" by Sir Mix A Lot was inspired by her! There isn't an industry that this mami can't tackle! She is a hottie for life.

2. **Madonna** (57): 'Cause you know that we are living in a material world, and she is a material girl! Madonna is the ultimate Queen of Pop! She still looks sexy at 57, puts on concerts and is in the best shape of her life. She frequently runs through Central Park, stays active and even does flips at her concerts. Who could forget her famous Superbowl Halftime Show performance? Madonna is still putting out new music, and we bet that her career will never die. Although now she is

single, she's a happy mother of four and has a net worth of \$800 million!

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3. Diane Keaton (70): One of the biggest names in the industry is Diane Keaton. She's won too many awards to count. Her first major role was in *The Godfather*, and her career took off after that. She's never been married and doesn't intend to change that. In the past, she's had notable celebrity relationships, such as with Woody Allen. She's also a mother of two. Keaton shows us we can be successful and live our lives the way we want! There is no 'right way.'

4. [Jennifer Garner](#) (44): Golden Globe and SAG Award winner, Jennifer Garner, has been killin' it in the world of film and television for decades. She played CIA agent Sydney Bristow on *Alias*, but can also do funny comedies like *13 Going On 30*. She separated from her husband Ben Affleck last year, and they have three children together. Garner is attractive, smart, and educated, with a great personality. She definitely is successful, sexy and now single!

5. Halle Berry (49): Oscar winner Halle Berry has starred in numerous films and she is often praised by the critics. She won the 'Best Actress' Academy Award for her role in *Monster's Ball* – making her the only black female to win this title to date. That is a huge accomplishment! She has been married three times, has two children, and is currently single and ready to mingle!

6. Marisa Tomei (51): Everyone knows Marisa Tomei best from the comedy film *My Cousin Vinny*. She's starred in numerous critically acclaimed films and it's earned her awards and notoriety. Although she's had two relationships, she really isn't about the married life. Tomei has stated, "I'm not that big a fan of marriage as an institution, and I don't know why women need to have children to be seen as complete human

beings.”

7. Drea de Matteo (44): Italian-American actress Drea de Matteo had her breakout role on *The Sopranos* as Adriana La Cerva. Her portrayal of that character scored her an Emmy award! Now she currently stars on *Shades of Blue* with Jennifer Lopez and Ray Liotta. Although she isn’t dating anyone right now, she was with Shooter Jennings for many years and they have two beautiful children together.

8. Nicolette Sheridan (52): Although she’s had her share of relationships in the public eye, Nicolette Sheridan is not married. Her most famous celebrity relationship was with Michael Bolton. You may remember her best as the character Edie on ABC’s hit *Desperate Housewives*! There is no doubt about it that she is smoking hot! She plays the roles of sultry characters a lot, and does risqué campaigns. Go girl!

Related Link: [5 Stars in Open Celebrity Relationships](#)

9. Gwyneth Paltrow (43): Gwyneth Paltrow has been acting for a couple of decades, with many films under her belt. She was famously married to Chris Martin, of Coldplay, until last year. The pair have two children together. She also founded Goop, which is a popular online site. She is even the author of two cookbooks and the founder of a lifestyle company. She’s been the face of Coach and perfume for Estee Lauder, too. Paltrow shows us that you can be sexy, successful and single with children all at the same time.

10. Edie Falco (53): You may know her as Carmela Soprano or “Nurse Jackie”, but it’s no denying that Edie Falco rules the television scene. She’s a talented actress, with numerous award wins to prove it. Falco also is a breast cancer survivor and looks great for her age. She is not married, but has adopted two children. It’s true that we get better and better as we age.

Who are your favorite successful, sexy, single, female

celebrities? Comment below!

Relationship Advice: Love the Second Time Around



By Dr. Jane Greer

Pop star [Miley Cyrus](#) was spotted wearing an engagement ring after she and former fiancé Liam Hemsworth reunited over New Year's in Australia. Multiple sources revealed that Miley had been struggling to move on from Liam after the end of their [celebrity relationship](#), and has never fully gotten over him. It appears the feelings are mutual, as the [celebrity couple](#) is

giving it another try. And, they aren't the only ones people are talking about when it comes to wondering about the possibility of rekindled love. Superstar Madonna and movie star ex-husband Sean Penn have reportedly been spending more time together lately, and were recently seen at a hotel bar together. All of this can be heartening for those who wonder about doing something similar with a previous partner. Hearing these stories can make people believe in romance and the value of a shared history. But, it also raises questions.

How do you know when an old loved has the potential to come back to life, and when is it best to leave an old relationship where it is, in the rear view mirror? Here is some [relationship advice](#):

When you see old lovers like Miley and Liam, and Madonna and Sean, get back together, it might make you think about reaching out to an old, but extinguished flame. There are times when that might require a deliberate act, actually calling or contacting someone from your past, or it can happen in a more spontaneous way, such as when you run into someone you once dated at a wedding or a reunion. Either way, it is good to take stock before jumping in with both feet.

Related Link: [Miley Cyrus Is 'Hanging Out' With Celebrity Ex Liam Hemsworth Post-Split from Patrick Schwarzenegger](#)

The most important barometer for gaging what to do is to consider how and why your connection ended in the first place. It is ironic that in wondering if you should begin again, it helps to go back to where it ended, but that is where you might find the best answers. If the circumstances that broke

you up didn't have anything to do with the attraction and passion you felt for each other, and might still feel, it is possible that giving it another go could be a fine idea. It is also possible that even if there were problems, you have both grown and changed, and with the wisdom and distance you now have might be better able to deal with and manage them. The same issues that were front and center when you were first together might not bother you anymore, or might be more easily worked out.

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On the other hand, if your relationship ended badly and there is still a lot of unresolved anger, there is the chance you will find yourself returning to that unhappy place. Also, if there were behaviors, habits, or personal traits the other person had that were intolerable for you, and that person still exhibits them and has not changed his or her ways, it may be better to leave the relationship in the past with the fond memories of what you once shared.

Once you have sorted that out, it may be that you feel your ex is really your lost love. In this new time and place, where both of you have mellowed, it may be viable and pleasurable to give it another chance, as Miley and Liam seem to be doing, and as Madonna and Sean may be flirting with trying. Only time will tell if they will prove to be stronger than ever after their time apart. Madonna said it straight out in her song Stay: When you walked out my door, I knew you'd be back for more, Let's leave the past behind, True love is so hard to find.

Celebrity News: Madonna Sticks Up for Ex-Husband Sean Penn



By [Jessica DeRubbo](#)

Though they're no longer a [celebrity couple](#), Madonna is standing up for her ex-husband Sean Penn, in latest [celebrity news](#). According to [UsMagazine.com](#), Penn is currently suing *Empire* creator Lee Daniels for defamation after he alleged that Penn is abusive toward women while defending Terrence Howard during an interview with the *Hollywood Reporter*. In a new declaration submitted via Penn's amended lawsuit, Madonna denies all reports of abuse, calling them "outrageous, reckless, and false."

This celebrity news show that past love dies hard. What are some reasons to stay in contact with an ex partner?

Cupid's Advice:

Just because you break it off with someone, celebrity couple or not, that doesn't mean it makes sense to cut all ties with them. Cupid has some relationship advice:

1. Networking: If your partner has been a big part of your career, then it may not make sense to cut ties with them. You can keep things professional civil without being emotionally invested.

Related Link: [Celebrity Families: Stars Who Have Adopted Children](#)

2. You're close friends first: Sometimes it may not be possible to get past the hurt of a break-up, but other times it's possible to remain friends. There's no reason to throw away a good friendship if it doesn't hurt you emotionally, so make sure you know what you're throwing away before you make a concrete decision.

Related Link: [Lourdes and Boyfriend Timothee Chalamet Make Out in Front of Mom, Madonna](#)

3. You still care: Sure, you may not be a couple anymore, but you can't just stop caring about someone the second you're no longer in a relationship. It doesn't hurt to initiate some small talk to make sure your partner is okay every once in a while.

What are some other reasons to stay in contact with your ex?

Share your thoughts below.

20 Celebrity Kids Who Look Just Like Their Famous Parents





Violet Affleck and Jennifer Garner

Despite their different hair colors, Violet is definitely Jen's mini-me. They both have almond-shaped eyes and share the same unique dimples in their plump cheeks. Photo: PR Photos/PRPhotos.com

Celebrity Families: Stars Who Have Adopted Children







Angelina Jolie and Brad Pitt with son Maddox

The Jolie-Pitt's are perhaps the best known family in Hollywood when it comes to adoptions! Three of their celebrity kids -- Maddox, Zahara, and Pax -- were adopted from Cambodia, Ethiopia, and Vietnam respectively. They also have three biological children: Shiloh, Knox, and Vivienne. Photo: Andrew Evans / PR Photos

10 Celebrity Moms Over 40





Page 1 of 10



Mariah Carey

Always known for living big, Carey not only had twins, Moroccan and Monroe, at the age of 42, but they were born on April 30 -- Carey and husband Nick Cannon's third wedding anniversary! To celebrate the special occasion, the couple

renewed their wedding vows in the hospital with help from Rev. Al Sharpton. But the pregnancy wasn't easy. She suffered a miscarriage in 2008, followed by acupuncture and hormone treatments to boost fertility before getting pregnant. Mariah Carey and Nick Cannon. Photo: Juan Rico/Fame Pictures

Celebrity News: Lourdes and Boyfriend Timothee Chalamet Make Out in Front of Mom, Madonna



By Petra Halbur

Madonna may very well win “cool mother of the year” for her nonchalance on June 18. The 54-year old pop icon attended the after party for the Cinema Society screening of her documentary, *Madonna: The MDNA Tour*, last Tuesday with her kids, Rocco and Lourdes. According to an onlooker, Madonna didn’t seem at all frazzled when Lourdes started making out with her boyfriend, *Homeland* actor, Timothee Chalamet. A source told UsMagazine.com that the young lovebirds were dating but in a “loose sense.” “They are teenagers being teenagers so I guess you can call it that,” the source said.

How do you now when you’re trying to be too “cool” with your kids?

Cupid’s Advice:

You want your kids to think of you as the “cool” parent, but there is a fine, fine line between being “cool” and being irresponsible with your children. Cupid is here to help you determine when you’ve crossed the line:

- 1. It’s dangerous:** It’s good to let your kids take risks, but when their actions are putting their own safety, or the safety of others, in jeopardy, you have to intervene.
- 2. You’re enforcing bad habits:** As a parent, it is your job to teach your children good habits. As “cool” as you would be to let them eat brownies for dinner or slack off on their homework (to keep the examples G-rated), you know that that wouldn’t be good for them in the long run.
- 3. You’re uncomfortable:** Quite frankly, you’re the parent. If your children’s behavior is making you uncomfortable, you’re entitled to step in and put a stop to it. So long of course, and don’t confuse self-expression with rebellion. Chances are, though, if your child’s actions aren’t sitting right with you,

just because you don't care for your son's taste in music or your daughter's adoration of Bella Swan doesn't mean you shouldn't care, comfort levels vary. Just because you don't care for your son's taste in music, or your daughter's obsession with pink

Do you think of yourself as a "cool" mom or dad? Tell us below.

Is Being Center Stage Ruining Your Relationship?



By Michelle Rebecca

When you and your partner have a fight, do you blog, Tweet, change your status on Facebook and call all of your friends to let them know about it? If so, you might be endangering your relationship by sharing too much information with others.

As many celebrities (e.g., Kim Kardashian, Tom Cruise, Madonna) have discovered, it's hard to nurture the tender bud of a healthy romance in the harsh glare of the public eye.

Related Link: [Kim Kardashian 'Doesn't Want Battle' with Kris Humphries](#)

The Anatomy of a Fight

All couples argue, and everyone who has ever been in a relationship would probably admit to saying or doing something he or she later regretted. Normally, couples work through these less than ideal moments. Only the two of them, give or take a couple of very close friends, ever know that the unpleasantness took place at all.

Contrast that with the experience of an A-List celebrity who gets into it with her partner and exchanges some angry words with him in public. Those words won't be forgotten as tempers cool. Instead, they will be repeated on every entertainment show and analyzed between the covers of every magazine.

If the fight was shocking enough, marriage counselors may even come out of the woodwork to speculate on the future of the relationship.

Related Link: [Sherry Amatenstein Dishes on 'The Complete Counselor'](#)

Long after the celebrity herself has made up with her partner and is ready to move on, her fans will still be talking about those few ill-advised words hurled in what should have been a private moment.

Limiting Public Access

Whether you're a movie star or a contractor estimating software sales agent, there's a lot to be said for keeping your personal relationships...well, personal.

Take a moment to think about celebrity couples who have flung open the doors on their private lives. How many of them are still together?

Now, think about celebrities who have consistently declined to turn their personal lives into public fodder. I'm thinking of names like Rowan Atkinson (married since 1990), Julia Roberts, who learned the hard way about the cost of conducting relationships under media scrutiny (now happily married since 2002), and Meryl Streep (married since 1978).

Are you beginning to see a trend?

How Does All This Apply to Me?

Okay, so maybe you're not a celebrity, but you can still make choices about whether you invite others to take an intimate look at your relationship. You can decide whether to make your latest dust-up with your partner the most talked about event of the week among your social circle or whether to resolve matters quietly between the two of you.

Most people find that the rift between you and your loved one heals far more quickly when your spat stays private.

Maybe the next time somebody says, "Talk to me, girlfriend," your response should be, "No, thanks!"

Michelle is an aspiring writer and blogger with a passion for the Internet, specifically social media and blogging. She loves how social media connects people across the globe, and appreciates that blogging gives her the opportunity to voice her thoughts and share advice with an unlimited audience.

Six Celebrity Couples We Wish Existed



By Elle Rose Williams

When surrounded by a celebrity culture and constantly looking at the world's most beautiful or talented elite, it's hard not to start wishing that two of your favourite celebrities were dating. No matter how perfect some couples seem, deep in our hearts we always know they could do better. Whether we think they'd make a great match or just want to see the children, here are five celebrity couples we wish existed:

Related Link: [Top Five Celebrity Couples Who Have Made Love Last](#)

1. Lady Gaga and Tim Burton: The quirky duo that is Lady Gaga and Tim Burton could be the ultimate power couple, with Gaga ruling the world of music and Burton ruling the world of film. Their united interest in the bizarre and huge cult followings could be great starting points. With your own relationship, it can be a great idea to make sure you have common ground in this same way.

2. Ryan Gosling and Rachel McAdams: Although Ryan Gosling and Rachel McAdams used to be a couple, they're now separated. However, any girl who grew up with the ultimate romantic epic *The Notebook* would think these two should be reunited one day. It can be the same in our own relationships too: when we have such a long history with someone, it's easy to picture ourselves with them.

3. Jennifer Aniston and David Schwimmer: *Friends* might have ended eight years ago, but after ten years of portraying the ups and downs of Ross and Rachel, it's hard to see Jennifer Aniston and David Schwimmer as anything else. Considering Aniston's consistent bad luck in relationships, it'd be amazing for her and Schwimmer to get together and to finally see her settled and happy. With our own relationships, we like to see ourselves with someone who'll look after us and someone who will be with us through the rough times and the good times too, which Ross and Rachel always personified.

Related Link: [Love in the Limelight: Why You Should Be Happy You Aren't Famous](#)

4. Madonna and Richard Branson: Another important part of being a couple is balancing your attributes. This would make Madonna and Richard Branson a fantastic power couple. Plus, it would be great to see Madonna settled down with a man her own age. There's a lot that Madonna could learn from Branson, and

even Branson could benefit from Madonna's publicity stunts. They'd be a good balancing act for each other, and this is always a good way to seek out a potential partner.

5. Charlie Chaplin and Gwen Stefani: How amazing would it be if Charlie Chaplin and Gwen Stefani were a couple? Sure, the two are actually decades apart , but their quirkiness and originality would make these two a brilliant celeb couple. We have a feeling their sense of humor would gel too. In your own relationship, humor is hugely important. As long as you can laugh together, the bad things will never seem as bad.

6. Audrey Hepburn and Colin Farrell: Audrey Hepburn and Colin Farrell are another couple that would be impossible, but still would be brilliant. We'd love to see the dynamic, cheeky Irishman be tamed by the ultimate lady of class and elegance. They'd be so different that they could actually be the perfect match. This can apply to real couples too, so look for someone who wants you to be the very best version of yourself.

Elle works for CS Bedford, an engagement jeweller in London.

Five Celebrity Divorces We Really Weren't Expecting





By Francesca B.

The world of celebrity is fraught with ups and downs. Scandals of drug abuse, cheating husbands and lying wives make for gripping and sensational stories when they come to public attention. We have come to expect a bit of drama from Hollywood romances, but even so, there have been some celebrity divorces that we really didn't see coming. Here are a few:

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

Tom Cruise and Nicole Kidman

The original Hollywood sweethearts, Tom and Nicole met on the set of the hit movie, *Days of Thunder*, in which they played a young and romantically entwined couple very believably indeed.

It was therefore no great surprise when their on-screen romance started to become apparent off screen as well, and they were eventually wed on Christmas Eve, 1990. A popular and adorable couple, they stuck it out for over a decade before "irreconcilable differences" saw them seeking the

advice of divorce solicitors and putting an end to the fairy tale romance the whole world had enjoyed. Still, both parties have now happily remarried and have children with their new partners.

Kate Winslet and Sam Mendes

The beautiful actress of *Titanic* fame, who we all thought would marry the gorgeous Leonardo DiCaprio, instead fell for dashing director, Sam Mendes. Despite being 10 years her senior, he definitely wasn't her sugar daddy, with Winslet being worth about double the Mendes fortune. They painted a picture of domestic bliss, but following the making of *Revolutionary Road*, a film starring Winslet and directed by Mendes and ironically about a couple stuck in a failing marriage, their relationship hit the rocks. To the surprise of the couple's friends and fans, they split in March 2010, leaving Winslet with two children from two marriages at just 34.

Related: [Why Celebrities Fall In and Out of Love So Quickly](#)

Courteney Cox and David Arquette

One of the world's best-known faces of the '90s for her role in *Friends*, Courteney Cox surprised everyone when she hooked up with David Arquette after starring in the *Scream* movies with him. However, even more shocking was the news that after 11 years of marriage and a child together, the couple had decided to split. Despite speculation about the real reasons, Cox stated that she "was tired of being (David's) mother."

Madonna and Guy Ritchie

We all love Madge, and when she decided to marry a quirky British director and settle down in the English countryside, the place we held in our hearts for her grew a little bit bigger. The announcement that the couple were splitting up in 2011 came as a complete shock to most, with Madonna claiming

that Ritchie 'drinks too much' as the reason for the split. That's OK, Madge, we still love you.

Jennifer Aniston and Brad Pitt

Another celebrity of *Friends* fame and so popular she had an entire generation of young ladies going into hairdressers and asking for 'a Rachel,' Jennifer Aniston tied the knot with the most eligible bachelor in the world, Mr. Brad Pitt. Without a doubt the hottest couple in Hollywood, it seemed nothing could come between them. But that was until naughty Brad went off to film Mr. and Mrs. Smith and reportedly fell in love with Miss Luscious Lips herself, Angelina Jolie. Brad and Jen split a few months later, back in 2005, but even today Hollywood still rumbles with the scandal from time to time.

Whether expected or unexpected, Hollywood splits never cease to rock the Tinseltown boat with rumors and gossip. If only everyone could just be happy all the time!

Francesca is a freelance writer and blogger who enjoys writing about a variety of subjects from celebrity gossip and fashion, to travel and food. Be sure to let her know what you think of this guest post by leaving a comment below or Tweeting her @franki_blogs.

Madonna Says 'Head Is Going to Explode' from Single Motherhood



Since Madonna split from film director Guy Ritchie in 2008, it hasn't been easy being a single, working mother. The "Material Girl" hopes to inspire others in her situation with her upcoming album *MDNA*, where she expresses the challenges of juggling life as a single parent. "I hope I'm a role model. I hope I give other girls a voice. . . someone to look up to and admire," Madonna said, according to UsMagazine.com. "I keep rolling with the punches and trying to have integrity." With this album, the pop singer hopes to inspire women and give them the strength to handle whatever struggles come their way.

What are some ramifications of being a single parent?

Cupid's Advice:

Raising children on your own is a difficult task. Cupid has a few things to consider:

1. Time: Everyone needs the chance to stop and just breath sometimes, but when you're a single parent finding that time between juggling work and taking care of your kids can be impossible. Consider taking your friends and families up on their offers to give you a break once in a while.

2. Stress: Without being able to take that time you need to breath, you can become stressed and overworked, which can be unhealthy for your body and your relationships with your children. Schedule time for yourself wherever possible, even if that means sitting in a massage chair after your kids go to sleep.

3. Money: Typically for single parents money is tight. You'll have to be responsible and frugal with how you spend your money, and spending it on luxuries and wants is rare. Luckily, kids do nothing but grow, so eventually they'll be old enough to take care of themselves.

How has single parenthood affected your life? Share your comments below.

Celebrities Who Share Too Much PDA





By Katanya Royster

You're on the subway, and the couple next to you starts hooking up. By the third stop, she's sitting on his lap, and his hand suspiciously disappears into her gray cardigan. One of her crossed legs casually rests on yours. There you sit – an unwilling participant in a *ménage à trois*.

The truth is, a little PDA is part of any healthy relationship, and it's no different for our favorite celebrity couples. But, when PDA goes from “frisky” to all-out “foreplay,” couples should pull the curtains on the show and head indoors. While some Hollywood duos try to keep their lip-locking to a minimum in public, these celebrity couples opted out of getting a room and gave their fans a VIP pass into their love life:

1. Justin Bieber and Selena Gomez. Since Bieber and Gomez took their relationship public, the PDA has been in full force. Earlier this year, the actress/singer was photographed straddling Bieber and kissing him in Hawaii, while her 17-year-old pop star beau's hands were spotted getting well

acquainted with Gomez's backside.

Related: [Justin Bieber Tells Selena Gomez She's 'Very Beautiful'](#)

2. Kelsey Grammer and Kayte Walsh. Things got hot and steamy between this couple as they laid on top of each other during a make-out session in Miami Beach, Florida, last year. Perhaps the couple, who wed a few days after this PDA session, decided to take their honeymoon *before* the wedding?

3. Angelina Jolie and Brad Pitt. Forget about holding hands or planting a kiss on her famous lips; Pitt grabbed a handful of Jolie's booty at the NYC premiere of *The Tourist*. The couple, who usually keeps it modest while in public, believes that romantic alone time in their relationship is crucial, even with six kids to look after.

Related: [Celebrity Couples Who Shy Away from the Spotlight](#)

4. Madonna and Britney Spears, Christina Aguilera and her former back-up dancer. How many girls can Madonna kiss for shock value before it's no longer shocking? Either way, the pop star's most infamous PDA moments leave us suspecting she has a very specific type – young and hot! Her most recent beau, Brahm Zaibat, confirms those suspicions.

5. LeAnn Rimes and Eddie Cibrian. This pair's relationship started while they were both married to other people, resulting in a storm of negative press. However, bad publicity didn't slowing down their PDA.

When do you think PDA has gone too far? Share your comments below.

Madonna and BF Brahim Zaibat Vacation In ... Guéthary?



Guethary is now on the map. The little French village with a population of 1,600 was the recent vacation spot for Madonna and her much-younger dancer boyfriend Brahim Zaibat last Tuesday for two weeks, according to [People](#). The couple was spotted Wednesday morning in matching exercise gear biking on the village's cycling paths before meeting with her 14 year-old daughter Lourdes at a beach close to the village port. Still, the biggest question remains to be answered is, why Guethary? "We have three hotels, six small restaurants and no nightclub," said a representative from the local tourist office. "We're known for our three surfing beaches, but besides from that there's nothing. Only reason she would come here for ... is ... is the quiet."

What are some “out of the way” vacation spots good for couples?

Cupid's Advice:

Sometimes it's nice to have some time away from rest of the world with your partner. Cupid has a few getaway ideas:

- 1. Go camping:** There's no better way than to be surrounded by nature with your lover. Just remember to pack bug spray and the fixings for s'mores.
- 2. Book a hotel:** It doesn't have to be far from home, but book a suite for a weekend and shut off your phones and computers. Spend a lazy two days in bed, on walks and in restaurants.
- 3. Avoid major cities:** Avoid any obvious vacation choices, such as big cities or beaches seen on the Corona commercials. Chances are they've been commercialized and are super touristy. Try to think of something out of the box.

What are some other “out of the box” ideas for a getaway with your partner? Share your comments below.

The Dating Double Standard





By High Yield Hottie

Ever thrown a drink in a man's face because he said something piggish? I have (and highly recommend it). However, while recently out to dinner with a male friend – let's call him Master Key – I curbed my natural reflex and listened to what he had to say. As we cocktailed, our conversation turned to how many intimate partners were acceptable for men and women in this day and age. Master Key crudely summed it up as follows:

"It's a key/lock situation. Well, a man is naturally the key. The woman is the lock. A key that opens many different locks is an amazing key. But a lock that is opened by many different keys isn't worth anything at all."

Cue my desire to give him a martini facial and poke his eyes out with the plastic olive skewer.

Yet despite my disgust for his sexist point of view, he has a point. While women have been tirelessly shattering glass ceilings and income bracket double standards professionally, there's one area where the double standard seems to persist,

and that's in dating. Even as adult women, in the eyes of many men (and women, too), we're still held to the binary categorization of "slut" or "nice girl." So what's a gal like you to do with this infuriating double standard? Take a cue from some of our celebrity friends and choose to own it, call it out, hide it or accept it.

1. Own It: In the words of Rihanna, "I might be bad, but I'm perfectly good at it!" You're comfortable with your sexploits and prefer to flaunt them.

Ex. Madonna: Not only was she the "material girl," but she was the ultimate alpha female. She embraced her sexuality and made a whole career out of it, which has since been emulated by many.

2. Call It Out: Not quite rising to the level of an "Own It" woman, you operate in a gray area between "nice girl" and "slut." You prefer to fight the double standard with verbal double entendres, rather than with double Ds in people's faces.

Ex. LeAnn Rimes: Labeled a home wrecker, she spoke out against this double standard. While I certainly don't approve of dating a married man, her comments are right on the mark; a cheatin' woman is always lambasted more than a cheatin' man. This woman might slink around, but she never slinks away in silence.

3. Hide It: This woman seems to be your classic "nice girl" on the surface, put together and demure looking. While she might not show her naughtiness to the world, someone has seen it. There might even be irrefutable proof!

Ex. Natalie Portman: Knocked up. Is there any other way to say it? Despite her good girl image, she shocked us when she got herself prego (sans ring) with her *Black Swan* co-star.

4. Accept It: If you can't beat 'em, follow along. You're the type of woman who adheres to the Sandra D 1950's nice girl code: "Keep your filthy paws off my silky drawers!"

Ex. Jessica Simpson (well, before Nick Lachey): She took Master Key's lock/key theory to heart and kept her own lock key-less until marriage.

While Master Key may disagree, there's no universal right choice when it comes to how you feel about the dating double standard and how many keys unlock your lock!

High Yield Hottie is an independent (and sometimes intimidating) woman. Originally from a flyover city in the Midwestern United States, she now lives in a major metropolitan city and has spent the last decade pursuing both her romantic and career goals. Her blog, Six Figure Siren, explores dating as a successful professional woman. You can friend Six Figure Siren on Facebook or follow her on Twitter: @SixFigureSiren.

Wendy Shaker Talks 'Are You My Guru?'





By Veronica LaRoque

What do medicine, meditation and Madonna all have in common?

For author [Wendy Shanker](#), they were all supposed to be cures for a rare autoimmune disease that struck her right when she was at the top of her game. Shanker, who had given advice to thousands of women in her hugely successful first book [The Fat Girl's Guide to Life](#), was now searching for someone to help her with the difficulties of dealing with a chronic illness.

In her new book, [Are You My Guru? How Medicine, Meditation and Madonna Saved My Life](#), Shanker tells the story of her disease.

With humor and hope, she chronicles her search to find one person who has all the answers not knowing if that person even exists.

What can you do when life takes a turn for the worse?

Cupid's Advice:

We all know what it's like to be on top of the world one evening, and under mountains of stress the next morning. But Cupid got tons of advice on how to deal with life's letdowns

from Wendy Shanker. Check out the author's thoughts on taking life's lemons and turning them into one hilarious and good-for-you lemonade.

How would you describe your journey, and how does it compare to "The Fat Girl's Guide to Life?"

The journey in *Are You My Guru?* is much different than the story of the first book. "The Fat Girl's Guide" was almost a manifesto – a way to fight back against the pressure to lose weight and look a certain way. I really thought I had it all figured out – I could be fit, fat and healthy, and still feel good about myself! Just as that book was published, the "healthy" part got knocked out of the equation. I got so sick with this rare autoimmune disease, Wegener's granulomatosis.

I'd actually been diagnosed years before, but it wasn't until "The Fat Girl's Guide" was published that it really invaded my life – actually pulled me out of my life. That was in 2004.

So the story of "Guru" is about being in this happy place, feeling secure in my body, looking forward to whatever was next in work, love, life...and then...buh-bye. A whole new body battle to fight.

How have you maintained a sense of humor and a universality throughout both of these books?

I don't know any other way to do it. I couldn't help but find the funny, even in the worst of it. You know, I'd gotten bad news from doctors who unfortunately had limited resources to treat me. So I started exploring alternative methods of treatment...and I'm like, "Someone is dripping oil on my forehead and rolling me in chickpea flour like an enchilada!

Someone is shining colored lights on my body and poking needles all over me! Someone is telling me to dialogue with my liver!" How could I not find it hilarious? That's just my coping mechanism, but I find that it's a really good way to help other people relate to my situation. Even if you don't have my problems, or haven't tried this particular treatment,

there's sort of a universality feeling exposed in these ways.

Over the course of writing both these books, what have you discovered about romantic relationships?

In the first book, I spent so much time feeling insecure about my body that I really held myself back from relationships.

There were some good ones, some bad ones, but I didn't feel like I could handle real intimacy until I figured out how to love and respect myself. So voila, I'm ready! And that's right when I got sick. Bad timing, because it meant going through the worst of the worst on my own. I'm really lucky that I have a lot of amazing friends and family, and there was no shortage of people around when I wanted them there (I'm one of those people who tends to shoo everyone away when I don't feel well). But during those long dark nights, there are these moments of "Where the f#*k is he? The guy who is supposed to be stroking my hair right now?" Um, well, he wasn't there. In a way, it's kind of empowering to go through a challenge like that as a single person. It makes you realize you can get through anything as long as you have some support in your life; it doesn't have to be romantic love.

There's no reason to settle. But now that I'm feeling strong and healthy again, I'm excited to meet someone special.

How has your illness affected your body image and your idea of yourself

Aside from the physical, that's the biggest challenge I faced.

This disease, and the treatment of this disease (chemo, steroids), dramatically changed my body. Weight gain, weight loss, hair loss, skin damage, scars from procedures and surgeries. I lost all the cartilage in my nose and had to have surgical reconstruction. This amazing surgeon took a rib out of my ribcage (just like Cher!) and used it to create a new nose for me. You'd never even know by looking. That's a helluva lot for a body to go through, and there are plenty of people who've gone through a lot worse. I have to give my

body a lot of respect. Literally think about it, organ by organ, and say, “Hey, skin, it’s amazing the way you regenerated. Thank you. Hey kidneys, it takes a lot of effort to filter all that, but you’re doing a great job. Much appreciated.” You have to offer lots of props to your body when it takes a licking and keeps on kicking.

What do you feel is the most important thing you learned on your journey?

I was so sure that I was going to find the The Guy who was going to fix me. The guru with the treatment or doctor with a trick up his sleeve who would say, “Take this pill and see you never.” Not the case. I learned that there is no one person with all the answers. If anything, the closest person who fits that bill is you. You are the expert on you. No one knows your body better than you do. Your job is to find the collaborators who are willing to pool their expertise with yours to help you feel better. In other words, you are your own guru.

Cupid sincerely thanks [Wendy Shanker](#) for her time! To purchase *Are You My Guru?*, follow Cupid to [Amazon.com](#).