

Fitness Tips: 5 Fit Celebrities That Lost Weight and How They Did It



By [Melissa Lee](#)

It feels like celebrities are constantly talking about their fitness routines and how they were able to shed the weight. Although they're not necessarily *normal* – with a team of personal trainers, chefs and nutritionalists, celeb weight loss is never surprising – the basis of weight loss comes down to eating right and working out, and that's a commonality among us and stars. If you're struggling to lose weight, look to the stars and use their tips to get fit.

Check out these fit celebrities lost weight and how they did it! Plus, fitness tips.

1. [Khloe Kardashian](#): Perhaps one of the most famous celeb transformations, Khloe completely toned her body after being the victim of online bullying for years. Kardashian revealed that she likes to mix up her workouts and enjoy food in moderation instead of sticking to a strict diet. Kardashian says she has “finally learned to process things in a healthy way, and for me, that’s my ‘revenge body.’”

2. [Lady Gaga](#): Lady Gaga is another celebrity that has also been ridiculed for her weight, but continues to radiate confidence and beauty despite the haters. Gaga’s crazy tour schedule makes it hard to maintain her shape, so her personal chef said that her key to staying healthy is planning out her meals. On a day-to-day basis, Gaga’s chef says that he tries to prepare healthy, tasty and nutritious food so she has enough energy to make it through the day.

Related Link: [5 New Fitness Trends to Help You Get a Celebrity Body](#)

3. **Chrissy Metz**: After facing a health scare regarding her weight earlier in the year, Chrissy made the decision to begin her weight loss journey. Since beginning, Metz has lost 100 pounds by following a strict diet of 2,000 calories and walking for 20 minutes every day. “Physically, I really am interested in just feeling better and not having to be put in a box,” Metz says.

4. **Gabourey Sidibe**: Gabourey was diagnosed with type 2 diabetes in 2016, and after dealing with lifelong anxiety, depression, and bulimia issues, she decided to undergo weight loss surgery. Though this was prompted by her diagnosis,

Sidibe still chose to seek help from a nutritionalist and a personal trainer, all of which aided in her weight loss. Her trainer boosted her daily workout regimen, and Sidibe says that, “I wasn’t cheating by getting it [the surgery] done. I wouldn’t have been able to lose as much as I’ve lost without it.”

Related Link: [Fitness Trend: 5 Reasons Women Should Lift Weights](#)

5. Oprah: Despite dealing with years of struggling with her weight, Oprah eventually lost an impressive 42 pounds by making a mental adjustment. She says that thinking positively helped her find pure happiness, and giving up numerical goals on the scale helped her lose weight. Oprah explained that the intention behind her weight loss was not about the number on the scale. “It’s in the way you see yourself fitting into your life. Embracing your life. Honoring your life. Having reverence and appreciation for your life.”

What are some of your weight loss tips? Share them below.

Host the Perfect Celebrity-Style Dinner Party with These Celebrity Chef’s Favorite Recipes





By [Marissa Donovan](#)

Summer is great for family barbecues and outdoor dinner parties. You probably have family visiting from far away, or friends who would love to get together for a meal. Sometimes going to a chic restaurant during these busy months isn't worth the wait. Treat your family and friends with these [celebrity chef](#) recipes.

Try these unforgettable celebrity chef recipes to make your friends and family feel like celebrities too!

1. [Martha Stewart's Lemon-Poppy Seed Buttermilk Biscuits](#): As much as anyone enjoys dinner rolls, they can be very predictable. Try Martha Stewart's lemon-poppy seed buttermilk biscuits for a change in expectations. Add butter or a sweet jam to these biscuits as a starter for your meal.



Photo: Armando
Rafael/marthastewart.com

Related Link: [Martha Stewart Discusses Blake Lively and Ryan Reynolds' Wedding](#)

2. **[Giada De Laurentiis Italian Pasta Salad:](#)** This easy to make pasta salad is an appetizing side. It embodies a savory antipasto platter with it's many meats and cheeses. Your guest will be asking for seconds from this recipe!



Photo: Elizabeth
Newman/giadzy.com

Related Link: [Dating Advice: Mario Batali Shares His Tips for Cooking at Home on Date Night](#)

3. [Art Smith's Southern Oven Unfried Chicken:](#) Your guests will be licking their fingers over these delicious chicken wings. This recipe was even featured on an episode of Oprah! These wings will go great with ranch dressing or just by themselves.



Photo:
iamthemidnightchef/Instagram

Related Link: [Wolfgang Puck of 'Top Chef: Seattle' Says Taste Is the Most Important Part of Cooking for Your Loved Ones](#)

4. [Aarón Sánchez's Charred Corn with Cheese & Chili-Lime Butter:](#) Try this corn on the cob that has an extra kick of flavor. This recipe allows you to cook outside by using a grill to help season the corn. After trying this recipe, you might not want to go back to regular corn again!



Photo: Victor
Protasio/People.com

Related Link: [Celebrity Chef Richard Blais Makes a Five Star Team with BLACK+DECKER and George Foreman](#)

5. [Jamie Oliver's Rhubarb Sorbet with Pistachio Brittle](#): Hopefully your guest have saved room for this sweet treat! Rhubarb is a sweet and sour plant that makes the perfect taste for sorbet. The pistachio brittle is the finishing touch to this desert. You will have to make this desert the night before the party to allow the sorbet to freeze completely, but don't let that stop you from trying this exclusive desert!



Photo :
dasknusperstuebchen/Instagram

Related Link: [Famous Restaurants: Crazy Milkshakes in NYC](#)

What are your favorite recipes to use at dinner parties? Share yours in the comments so our readers can try them!

10 Celebs Who Made It Through

Tough Times



By [Courtney Omernick](#)

When you think about the glamorous life of a celebrity, it can be hard to imagine that, in many times, they didn't always have it as easy as they do now. Believe it or not, tabloids weren't publishing the latest celebrity news on some of these people when they were growing up.

Below is our list of 10 celebrities who've made it through challenging times.

1. J.K Rowling: Before her success with the Harry Potter

series, Rowling was divorced and on government aid. She was so poor that when sending her book to publishers, she manually typed out each version because she couldn't afford her own computer, or to photocopy the book. It was rejected dozens of times before becoming a best seller.

Related Link: [5 Celebrity Couples Who Prove Love Can Last a Lifetime](#)

2. Jim Carrey: At 14, Carrey's father lost his job, and the family lived in a van on their relative's lawn. Carrey worked an 8 hour factory job after school to help make ends meet. He worked on his comedy routine, starting at age 15, and never quit. In 1995, he made over 10 million dollars when he starred in his first major gig, *Dumb and Dumber*.

Related Link: [5 Times Celebrity Gossip Turned Out To Be Untrue](#)

3. Emily Blunt: Growing up, Blunt had a speech impediment that kept her from talking to others. In high school, a teacher encouraged her to try theater. From there, she was able to completely get rid of her speech impediment and move on to being the actress she is today.

4. Charlize Theron: At 15, Theron witnessed her mother kill her father in self-defense. Instead of letting that incident stifle her talent, she went on to make a name for herself. She is the first South African actress to win an Academy Award.

5. Jay-Z: Coming from a rough, Brooklyn neighborhood, no record label would sign Jay-Z as a rapper. So, Jay-Z went on to make his own successful record label. His net worth is estimated around \$500 million.

6. Oprah Winfrey: As a child, Oprah was repeatedly sexually abused by her own family members and gave birth at 14 to a baby boy that died two weeks later. Winfrey went on to excel in high school and college and became the icon that she is today.

7. Shania Twain: Shania started singing in bars at the age of 8 to make extra cash for her family. When she was 21, her mother and stepfather were killed in a car accident, and she raised her siblings until they all graduated high school. Then, she decided to pursue her dreams.

8. Sarah Jessica Parker: The actress is one of eight children and took up singing and dancing to help create a better income for her family. At age 11, her family took a trip to New York so Sarah could audition for a Broadway play. She got the role and went on to make millions in her career.

9. Richard Branson: Richard is dyslexic and struggled for years in school. So, he used his personality to get him where he is today. He is the fourth richest person in the UK.

10. Bill Gates: Even the richest person in the world wasn't always rich. Bill's first business failed miserably, and the product he tried to sell didn't even work! However, that didn't stop him from trying again.

What other celebrities have made it through tough times? Comment below!

Celebrities That Actually Get Their Hands Dirty When Giving Back





By Samantha Menjor

Picture this: You are helping rebuild homes destroyed by Hurricane Sandy down on the Jersey Shore. You ask a fellow volunteer to give you a handful of nails, and when you turn around you're staring into the eyes of Brad Pitt himself! While the chances of that scenario actually happening are slim, it is no surprise that most, if not all, celebrities attach their name to some sort of charity work. Whether they are boosting their image, expanding their brand, or truly helping out those in need, you can always count on seeing a celeb promote a foundation or organization at some point throughout their career. However, many times it is hard to differentiate between those who volunteer for good publicity and those who are really adamant about helping the less fortunate.

Most Charitable Celebs

Angelina Jolie: We've watched Angelina Jolie grow from a wild child to a doting mother and philanthropist for a plethora of causes. A majority of her work surrounds her children, three

of whom were adopted from different countries around the world. Her want to help others seems to have rubbed off on her celebrity love Pitt, who has joined her on many humanitarian efforts. The parents of six started the Jolie-Pitt Foundation in Cambodia, the native country of their eldest son. The organization focuses on eliminating rural poverty and protecting natural resources and wildlife. Since its beginnings in 2003, the foundation has expanded to provide aid in over 60 countries. Jolie is also a special envoy for the UN High Commissioner for Refugees, a role in which she will contribute to finding solutions for people displaced by conflict. Are you wondering how she does it all? So are we!

Related Link: [Jay-Z and Beyonce Raise \\$1 Million at Fundraiser](#)

Oprah Winfrey: Even if you haven't watched her number one daytime television talk show, you know that the celebrity news surrounding Oprah has shown she has always been a strong advocate for education. The Oprah Winfrey Foundation awarded grants to organizations that support the education and empowerment of women, children, and families everywhere. During a visit with Nelson Mandela in 2000, she pledged to build a school, which created the Oprah Winfrey Leadership Academy Foundation. Winfrey herself contributed 40 million dollars towards the creation of her self-named leadership academy for young girls in South Africa. Because she has such a large following, she encouraged her audience to get involved with her public charity Oprah's Angel Network, which has raised over 80 million dollars to fund projects all over the world. Winfrey is one of the few celebs whose altruistic credibility you cannot deny.

Related: [Charlize Theron's 'Scary' Blind Date for Charity](#)

Elton John: This British pop singer has lost many close friends to HIV/AIDS over the years. As a coping mechanism, he decided to dedicate a large part of his time and money to fighting the auto immune disease. In 1992, he started the

Elton John AIDS Foundation (EJAF), which works to cushion the blow of destruction the disease causes worldwide. EJAF has raised over 125 million dollars to support efforts in 55 countries since its commencement. The singer has also given a staggering amount of his own money to charity. In 2004, he gave 43 million dollars to different foundations, making him the most generous person in music that year. We cannot forget about his song "Candle in the Wind," which he wrote following the death of Princess Diana. Proceeds from the hit single totaled 40 million dollars, all of which was donated to charity.

These three celebs have made it their life's mission to use their fame to make a difference in the world. Their selflessness has made an insurmountable difference in the lives of so many of the less fortunate throughout the world. There are plenty of stars who could probably take notes from these influential characters.

What other celebs do you think deserve to be on this list? Let us know in a comments below!

Expert Dating Advice: What Beyoncé's Body Language Says About Her Love for Jay-Z





By Jared Sais

Beyoncé and Jay-Z have one of those rare celebrity relationships that seems like the real deal. In this candid chat with Oprah Winfrey on *Oprah's Next Chapter*, the pop superstar opens up about their four-year marriage, divulging never-before-shared details about their union and family life. CupidPulse.com's celebrity detective is here to reveal some non-verbal cues that you may have missed – and to determine if their love will last.

(0:18) Beyoncé says, “I would not be the woman I am if I didn’t go home to that man.” She uses her fist to help highlight her feelings for Jay-Z. You can take her closed fist to represent her husband being her rock. Even her voice starts to crack, indicating strong emotions about their relationship.

Related Link: [Beyonce Hugs Jay-Z After Super Bowl Halftime Show](#)

Many of you may be thinking that a closed fist means anger, but if you look closely, you will clearly see that her fist is

more of a political pointer. Bill Clinton did this gesture a lot when he wanted to emphasize a point to the public. So she's not angry; she's "crazy in love" with her man!

(0:29) Oprah asks the singer, "How has he helped you?" Beyoncé's head does a slight rollback as her eyes widen and her eyebrows rise. Together, these three non-verbal expressions mean that Jay-Z has always been there for her, supporting her in so many ways. When someone gets overloaded with information or feelings, they tend to have this reaction. It's important to note that Beyoncé was not overloaded by the question but by the numerous ways that Jay-Z has helped her throughout the years. Then, to confirm my analysis, she answers Oprah's question by stating "on so many levels."

(0:46) When talking about her relationship, Beyoncé explains that it's nice to "just have someone you just like, you know?" She leans in towards Oprah to stress the significance of Jay-Z in her life, not only as a lover but as a friend too. She then confirms her feelings by nodding her head "yes" as her hands hit her leg – another way to emphasize her words. All of these are non-verbal cues that I look for to determine if someone is telling the truth.

Related Link: [Beyonce and Jay-Z Sing Coldplay Song to Each Other in Her Documentary](#)

Throughout this interview, the entertainer didn't tell any lies or try to hide anything from the viewers. It's easy to see that she truly loves Jay-Z and is grateful for their life together. I think this couple will last a very long time, if not forever.

As a side note, I also believe that Beyoncé is pregnant again. She guards her stomach with at least one hand throughout the interview and also talks in a very soft voice. I would say she's glowing, but she's always glowing, right? I think it's a post-Super Bowl baby, so I expect her to make the big

announcement in about six months when she's in Brooklyn on tour. Keep your eyes open to see if I'm right!

Jared Sais is co-author of the website The Non-Verbal Game, where you can find free downloadable content. He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love.

Relationship Expert Kailen Rosenberg Shares Dating Advice for Finding the Love We Deserve





By Whitney Baker

You may recognize relationship expert Kailen Rosenberg as “the love guru,” “the love whisperer” or, as Oprah Winfrey recently named her, the official “ambassador of love.” With her starring role on *Lovetown, USA* from the Oprah Winfrey Network/BBC Worldwide, she put her education and experience to the test: Oprah asked Rosenberg and Paul Carrick Brunson to transform Kingsland, Georgia, into a town filled with grace, kindness and open hearts. Of how she helped the community with her dating advice, she says, “What I look for isn’t necessarily what *is* working, but what is not. I seek out what is broken, the areas that sabotage relationships and love, and help each person to work through their pain and heal, so that they can experience the love and the partner they truly deserve.”

Relationship Expert Shares Personal Beliefs on Love and Dating Advice

While fans await news of season two of the hit show, Rosenberg

is hopeful, recognizing that viewers and critics alike enjoyed the first season. "Oprah's heart and intentions are completely pure. *Lovetown, USA* was meant to be a social experiment on love," she shares. "And it worked! It proved that, when one focuses on nothing but love, healing in the most broken places can take place."

Related Link: [How to Find Love Amidst Holiday Crazy](#)

Of course, some heartaches are easier to mend than others. As viewers saw on *Lovetown, USA*, the relationship expert was tasked with helping two single dads find love. She approached it much like any other match. "What matters most is this: Is the person kind? Is he emotionally healthy and ready for love?"

Drawing from her own marriage, Rosenberg understands how tricky it is to find a partner that is a good fit for both you and your children. "My husband (who had never been married and had no children) is an amazing stepfather. We have a blessed family because of his genuine care for himself, me and my sons," she says. "It all depends on the values of the two people coming together."

As for how to know when you've found a relationship to last lifetime, Rosenberg believes that it's just a feeling. She elaborates on this love advice and shares, "When you meet your soul mate, there's something inside of you that's different; you can't explain it. There's a piece of your new partner that challenges you to become a better human being. You grow and love more deeply because of that experience with each other."

Rosenberg, a master's-level certified life and love coach, is a successful matchmaker both on and off the show. She's helped over 400 couples find each other and credits this accomplishment to "teaching people to love and know themselves authentically and to heal what needs to be healed *before* getting into a relationship." Expanding on this idea further,

she explains, “When people are able to listen to their inner voices and are fully aware, they make for better partners and create better relationships and better marriages.”

Related Link: [E!’s Newly-Engaged Ashlan Gorse May Head Back to France for Wedding to Philippe Cousteau Jr.](#)

Kailen Rosenberg Talks Relationships and Love and Her Next Project

While Rosenberg’s impressive success rate may suggest otherwise, many people are choosing to remain single rather than look for love. In fact, the Census Bureau statistics show that more than 44 percent of adults 18 and over are unattached. Even so, she isn’t deterred; she even views this number as a positive thing. “Younger people want to take their time and are more sincere about love and marriage, wanting something different than generations before,” she says. “As much as people want to believe in marriage, I think they are more afraid.”

She then adds, “The good news is that they rarely give up on love, wanting to believe that it can still be real and wonderful.”

As for what’s next, Rosenberg doesn’t plan to slow down anytime soon. She is currently working on a book, which will be released by Simon & Schuster in fall 2013, and tells us, “It will focus on teaching both singles and couples how to find and experience real love.” Additionally, she has received offers to do her own television show to further teach people about love.

Even with her credentials, the dating expert knows just how difficult it can be to find love. For single women and men looking for a relationship, she offers this advice: “Know what

is absolutely amazing about yourself, but don't be afraid to look at what isn't so lovely and great. Work on healing it and getting to a great place from within, so that when you find love, you can give and receive it at its fullest."

For more information about Kailen, please visit TheLoveArchitects.com. You can also follow her on Twitter at [@KailenRosenberg](https://twitter.com/KailenRosenberg).

Oprah Grills Kardashians on Kim's Brief Marriage to Kris Humphries





Oprah Winfrey interviewed the entire Kardashian 'klan,' but it was Kim and her abrupt marriage to Kris Humphries that peaked her interests the most. Winfrey admits that she had never seen any of the Kardashian reality shows, making her question all the more why they have become such a cultural phenomenon and the cause of much media speculation. [People](#) reports that Winfrey took to Facebook to express her thoughts and wrote, "This interview I'd say was another level of forthrightness and honesty. Why did she leave after 72 days? Her answer leveled me." We'll have to wait for Kim to open up about her much-talked-about divorce when the highly anticipated interview airs on OWN.

How do you avoid getting married before you're ready?

Cupid's Advice:

Many people like Kim Kardashian get lost in the fairytale perception of marriage when, like relationships, it comes with ups and downs for which you have to be prepared. Here are some ways to avoid rushing into marriage:

1. Don't say 'yes' just because your partner proposes: Proposals are most often unexpected, which means you don't have time to think about the consequences of your answer because you are caught up in the moment. If you feel any hesitation, do not say 'yes.' It doesn't mean you don't love your partner; the timing could be wrong. Explain your reasoning, and they will understand.

2. Focus on the present, not the future: When you've been dating someone, it's easy to get lost in the romance and talk about your hopes for the future. These talks could be giving your partner false hints and hope. Do not get carried away in talking about marriage and children to a person you are not sure you want to marry or have kids with.

3. Set a goal: Set a goal, and stick to it. Plan a certain age that you would like to be married so that when the time and age comes, you will know you are making a reasonable decision.

How would you avoid getting married too early? Tell us below.

Women Who Are the Breadwinners of Their Celebrity Relationship





The ladies of Generation X were some of the first to trade the domesticity of the housewife for the slacks of Corporate America. Powerful and confident women are sexy, but society hasn't completely caught up with us yet, and it's still uncommon for a female salary to outweigh that of her spouse's. That's where Hollywood comes in with a good message for once, as stunning starlets are throwing off the national average by earning more than their celebrity loves. Below is a list of sexy female celebs empowering themselves through healthy relationships *and* hefty paychecks:

Women's Upper Hand in Celebrity Relationships

1. Gisele Bundchen: Other than her svelte silhouette and pristine profile, Bundchen impresses with a net worth of \$200 million. Her hunky husband Tom Brady is known for his jockey skills on the football field but is only worth \$100 million. While both salaries are envy worthy, Bundchen makes far more than the man she shares her bed with. Regardless, this celebrity relationship is picture perfect, and Brady doesn't

look at all emasculated by his wife's high salary.

Related Link: [Gisele Bundchen Says She Knew Celebrity Love Tom Brady Was The One 'Straightaway'](#)

2. Jessica Simpson: We've watched Simpson transform from a young singer and clueless newlywed into a confident entrepreneur. With a net income of \$100 million and a shoe line that racks in over \$500 million annually, she would be hard pressed to find a man wealthier than she. Fortunately, she's has found happiness with ex-NFL player Eric Johnson. Though his salary hasn't been reported, he is currently unemployed. Regardless of their paychecks, the two are expecting their first child this year, proving that money is not an issue with this celebrity relationship.

3. Oprah Winfrey: Whether you're an Oprah devotee or totally impartial, there's no denying this woman grabbed life by the reigns when she began her journalism career in the mid 1970's. Forty years and one huge following later, Winfrey is worth a staggering \$2.7 billion. Longtime partner Stedman Graham may not make as much, but he isn't loafing off of Winfrey's riches either. As CEO of S. Graham and Associates, Stedman has wracked in an impressive \$10 million of his own.

Related Link: [Oprah Winfrey Explains Why She Never Wanted to Raise Children](#)

4. Julia Roberts: Roberts, America's *Pretty Woman*, has a hefty income of \$140 million. Her husband, however, Danny Moder, is a camera man. Though his salary has not been reported, it has long been known that Roberts is the money maker in the Moder home. Regardless, after ten years of being a married celebrity couple and having three children, the two have shown that true love trumps any jealousy over income.

Actress Earns More Than Celebrity Love

5. [Angelina Jolie](#): From dominatrix to domestic diva, Jolie is another star we've had the pleasure of watching grow up in front of our eyes. While her days of drinking blood have passed, she continues to make celebrity news by adopting children, working as a humanitarian and starting foundations to help combat poverty. Somehow, this busy mother and activist also has time to star in movies and grosses nearly \$150 million. Her equally famous and good-hearted soon-to-be husband Brad Pitt makes only a little less than her at an annual salary of \$130 million. These two aren't sitting home comparing paychecks though. Instead, they combine their incomes to help better the world around them.

6. **Nicole "Snooki" Polizzi**: Outside of partying, tanning and going to the gym, Snooki found her fame by starring on MTV's *Jersey Shore*. Though her wild antics have made her somewhat infamous, she wasn't downing tequila shots for nothing. At an annual salary of \$2 million, the tiny beach bum can at least impress with her bank statements. Fiancé Jionni Lavallo chose a more modest lifestyle and is currently studying to become a teacher. While his salary may never match Polizzi's, the two were able to work past the drama of the shore and are currently expecting a baby.

Do you think salaries matter? Do you make more than your man? Comment below.

Lady Gaga Confesses Her Soccer Mom Dreams to Oprah



It seems Lady Gaga is fed up with talking to people. According to UsMagazine.com, the pop star spoke with Oprah and said, "Other than this interview, Oprah, I do not intend to speak to anyone for a very long time." And in that final interview, Gaga also divulged her dreams for the future. "I want kids, I want a soccer team," she said about wanting a large family. "And I want a husband. Well, I'm being superfluous. I don't want to have one kid. I want to have a few." Now, all she has to do is find that dream guy!

If you're ready to settle down, but can't find the right partner, what do you do?

Cupid's Advice:

Sometimes your biological clock is telling you it's time to settle down and have those kids you always wanted, but you simply can't find the right person with whom to do it. Cupid has some advice:

1. Embrace independence: Even if you don't have a partner, you should be able to have enough independence to be happy on your own. Coming to terms with who you are and learning how to satisfy yourself is the first step to finding a significant other. Confidence attracts.

2. Hold out: If you absolutely do not want to embrace settling down alone, then hold tight for a couple more years. Utilize online dating, speed dating and other businesses set up just for matchmaking purposes. Get out there and meet your soul mate.

3. Analyze your expectations: If it's been a while since you found someone you want to date and it seems like you've been sifting through partners quickly, it may be time to examine your expectations. Discuss these with a professional, as they may not be realistic. Do you really need a 6-foot-tall built redhead with freckles? Probably not.

What did you do when you couldn't find a partner? Share your ideas below.

30 Rock's Tina Fey is Pregnant



Funny gal Tina Fey revealed some big news on a recent taping of *The Oprah Winfrey Show*. According to [People](#), the 30 Rock star announced that she is expecting her second child. Fey currently has a 5-year-old daughter named Alice with her husband, Jeff Richmond. The expectant mother went on *Oprah* to promote her new book, *Bossypants*.

How do you prepare your five-year old for a new sibling?

Cupid's Advice:

For a young child, the announcement of a new brother or sister can be both exciting and terrifying. Remind your children just how special they are to you and what a great role model they can be for their new sibling:

1. Spend quality time with your child: Spending time with your son or daughter when you're expecting will make them feel

secure in that they are not being replaced by the new baby.

2. Include them in your plans: Take your child shopping with you to pick out the baby clothes and furniture. It's a great way for them to bond with you and their future sibling.

3. Answer their questions: Have open and constant communication with your child. Tell them that you will always be there for them and that they can come to you with any concerns about your changing lives.

**Let Alan and Denise Fields
Help You Plan Your Dream
Wedding, Even On a Tight
Budget!**





By Krissy Dolor

Now that Valentine's Day is over and done with, a new season is quickly approaching: Wedding season! And let's face it – you need all the help you can get. However, according to the WE tv Networks Wedding Report, the average wedding in 2010 cost \$24,000, which is a 23 percent increase from 2009. For many people, especially in today's economy, that budget may not always be realistic. And even if it is, why spend money when you don't have to? That's where the Fields come in. Alan and Denise Fields have been called the “wedding watchdogs” for their consumer books that offer advice to couples about to tie the knot. Needless to say, top dogs in the wedding industry didn't take kindly to the Fields' money-saving tips, and the couple was publicly ostracized for their efforts. Luckily, Oprah Winfrey (yes, *the O herself*) suggested the *Bridal Bargains* to her viewers, and the Fields went on to sell 400,000 copies. The authors recently released the 10th edition of their best-seller, which includes tips on how to save up to 40 percent on brand new, big name wedding dresses, ways to save 70 percent on wedding invites, and even

advice on how to plan a green wedding. The Fields can show you that cheap doesn't necessarily mean tacky, and there are always ways to save on your dream day. Now you have more to spend on your honeymoon!

We spoke with Ms. Fields via email last month. Take a look at what she had to say:

You relaunched the 10th edition of Bridal Bargains last November – what inspired the relaunch?

We typically release a new version of the book every two years. This year was particularly great for us as it is our 10th edition. So we've been writing about weddings for 10 years now. Trends change, prices change and we want to keep the information fresh for our readers. Every year there is a new crop of brides and we don't want to give them out of date information.

The notion of what's cheap and what's expensive vary, depending on a couple's budget. What's your limit, when you have to say, "That's too expensive"? And does it change depending on what you're buying (flowers vs. wedding dress, venue vs. invitations, etc.)?

Good question. We always advise couples to sit down (with each other and anyone else who is contributing money to the event) and figure out what your priorities are. So if you decide that photography and reception food are important, then you can allocate a larger percentage of the budget to those items. If flowers aren't that big of a deal, you'll be prepared choose smaller bouquets, less expensive arrangements, and so on. But we also try to help couples have the best looks for less. That way you have to make fewer trade offs.

We see that you've added a section about green weddings, which is awesome! What do you say to couples who are planning a wedding and assume that green weddings are expensive to plan?

Obviously, more couples today want to have the great wedding without the huge carbon footprint. The good news is there are many strategies to green your wedding that are actually less expensive. For example, the best way to green your invites is to make them all e-invites. Yes, traditionalists frown on this, but if you're committed, use the Internet. There are some great free- and low-cost services that offer graphically attractive e-invites. Evite.com is one example that is completely free. PaperlessPost.com is another service with even nicer invites, but they do have a small charge – still less than paper invites. Also, consider flowers and food grown locally. You don't have the huge carbon footprint of shipping orchids from Hawaii, you meet some of your goals for shopping locally, and it's often less expensive.

Why do you think many brides (and/or grooms) feel the need to plan an expensive wedding?

Grooms probably don't often want to have the huge production. □ But brides often dream from a young age about their wedding. And there are so many wedding reality shows and celebrity examples that seem to push the extravagant wedding. Finally, parents sometimes want their kids to have the wedding they didn't have – occasionally you have to remind them who's wedding it really is! With the economy still sputtering, it's just not realistic. So often typical couples recognize this and tone it down. We try to explain that your goal is not the "perfect wedding" but rather a "fun wedding." And fun doesn't mean expensive, over-the-top, budget-busting gowns or flowers or food.

What's the number one tip you wish to share with your readers, one that everyone – no matter what they're budget is – should know about and use?

Negotiate. Everything is negotiable: every price, every item. This is probably the first time in their lives when a couple has the opportunity to brush up on their bargaining

skills. For example, give a vendor your budget and ask them what miracles they can perform within that budget. Too often brides and grooms are given a price list and think they have to choose from that. We're amazed at how much you can get when you ask.

Cupid thanks Ms. Fields for her time! *Bridal Bargains* can be purchased on Amazon. Also, check out their companion guide, *Bridal Bargains Wedding Planner*. And to read more on the authors and their other work, visit their website at www.WindsorPeak.com. Happy planning!

Kevin Spacey Doesn't Need an American Beauty





By Jenna Barbieri

This weekend at The Times Center in Manhattan, famous legends of film, theater, music and dance will join together to express their shared love for the arts at the 10th Anniversary of Arts & Leisure Weekend. Kicking off the spectacular event tonight will be none other than two-time Academy Award-winning actor-director-producer, Kevin Spacey.

Though currently starring as disgraced former lobbyist Jack Abramoff in *Casino Jack*, Spacey has a much bigger responsibility serving as creative director of The Old Vic theater in London for the last seven years. So what makes it so easy for Spacey to drop what he's doing and hop an eight-hour flight to New York? Perhaps it's because he has no "ball and chain" to hold him back.

That's right, the 51-year-old film legend's ring finger bares no band. In fact, it never has! Yet Spacey continues to squeeze out every ounce of creative energy he has in him year after year. Which begs me to question, can being married to the arts act as a healthy alternative to being married to a significant other?

Spacey has never been known to go out of his way to get serious with another person, but he moved to another country to take the job at the Old Vic theater. When first questioned about his feeling on the big commitment Kevin would say, "I'm living my dream." Not being married gives him the opportunity to give full attention and devotion to his number one love – the arts. In a way, the theater plays the role (pun intended) as his wife: a wife whom he is completely passionate, happy and more than content with.

And Kevin Spacey isn't alone in this category! Among other passionate art lovers who have never walked down the aisle are Diane Keaton, Oprah Winfrey, Al Pacino, Sheryl Crow, Bill Maher and the legendary Coco Chanel. These stars are living proof that something that while some people get married when they're in love to have someone who will be there to hang out, listen to music and laugh with them for the rest of their lives, others can depend on their stage, their guitar, or their audience to fulfill the same feeling.

Want to read more about Kevin Spacey's hosting gig? Follow Cupid to The Times Center's 10th Anniversary of Arts & Leisure Weekend event page.

Jenny McCarthy Explains Split With Jim Carrey





Jenny McCarthy was full of explanations about her recent split with actor Jim Carrey on 'Oprah' this week, according to [People](#). The couple, who dated for five years, separated on friendly terms and still express admiration for one another.

"The first thing is, when it's not fun anymore, you need to start investigating and do an inquiry into the relationship," said the former *Playboy* model. McCarthy is at peace with the breakup, explaining, "I always got back on my feet, and I know especially this year who I am." But will the couple ever get back together? McCarthy admitted that she "didn't even think about" the possibility of rekindling her romance with Carrey.

Is a relationship over when you stop having fun?

Cupid's Advice:

There is inevitably a point in every relationship where the "newness" wears off. Things become more of a routine, and you have to work harder to keep your relationship exciting. Cupid has some things to consider:

1. Abandon ship: If you deem the relationship completely

unsalvageable, then resign yourself to a breakup. However, if you feel that the relationship could be saved, then devote yourself 100 percent to making it work.

2. Rough periods: All relationships have tough times, where it seems the two of you just can't connect. However, these periods pass, so be sure not to give up on the relationship too soon.

3. Analyze the problem: You need to ask yourself, "Why aren't we having fun?" If the answer is a problem such as money or stress, then stay strong. The problem will most likely pass. If it's a bigger issue, such as conflicting goals in life, it may be time to call it quits.

Katie Holmes & Tom Cruise Still in Love





No one can forget the time Tom Cruise jumped up onto Oprah's couch professing his love for then-girlfriend Katie Holmes.

Now the two are married, with 4-year-old daughter, Suri, and are still head over heels in love. As reported this week in [People](#), Holmes still sees her husband as the leading man he is on the silver screen. **Years down the road, how do you keep the fire burning in your marriage?**

Cupid's Advice:

Everyone has come into contact with that inspiring older couple that still looks at each other the same way they did when they fell in love. Cupid has some suggestions on how to reach this relationship ideal:

1. Pick the right one: People who marry just for looks or money always tend to end up unhappy. Don't choose a partner for merely superficial reasons. Spend your life with someone you can't live without.

2. Never stop dating: Even though you now have kids and a mortgage doesn't mean you don't have time for dinner and a

movie once in while. Making time for dates can make a big difference.

3. Be spontaneous: Planning dates and vacations in advance is great. However, the element of spontaneity can keep you feeling like a honeymooner for years to come.