

# Nikki Reed and Derek Hough Hook Up Post-Paul McDonald Split



By Sanetra Richards

More fish in the sea! According to [UsMagazine.com](http://UsMagazine.com), Nikki Reed has *Dancing with the Stars* pro Derek Hough on her hook. The news about the pair came out nearly a month after the announcement of her split from husband of two years, Paul McDonald. A source revealed the 25-year-old *Twilight* actress and 28-year-old were spotted making out at L.A.'s Rock & Reilly's on April 18<sup>th</sup>. They were joined by Hough's friends and costars Mark Ballas and Cheryl Burke: "The whole group was drinking and partying. Derek bought shots for Nikki at the bar," said an eyewitness. "There was lots of PDA, Nikki was feeding him, holding hands, and they left together. They didn't seem to care if anyone was watching." The pair may have been canoodling, but a source says it is "nothing serious".

“Nikki isn’t currently dating anyone. She is focused on her divorce from Paul and caring for that relationship as well as her latest film projects,” says the insider. “Nikki and Julianne are good friends, and she has hung out with Derek a few times through her. They’re having fun but it’s nothing serious.”

## **How do you know when it’s time to move on from a past relationship?**

### **Cupid’s Advice:**

For some, moving on from an ex seems like an impossible task and/or a long process. You are constantly going back and forth with yourself if you made the right decision. You might even find yourself mentally replaying memories between you and your ex. However, there are quite a few signs that let you know when and how to move on, in a timely manner:

**1. All ties have been cut:** One of the most clear ways to tell it is time to completely move on is when there is nothing (besides emotions) keeping you and your ex connected. If you both agreed the relationship will never resurface, it is best to consider moving on. However, do not be afraid to take the time needed to help you emotionally heal from the breakup.

**Related:** [Nikki Reed and Paul McDonald Split After 2 Years of Marriage](#)

**2. They have moved on:** There is certainly no need to continue holding on to the what could be’s, should be’s, and would be’s if your ex-partner has found someone else. Any chance of you all getting back together is slim to none – frankly, it is probably best that they have moved on because you all are not together for a reason. This could either be their way of making it clear they are past the relationship or trying to cope with the breakup. Whatever the reason may be, use it to your advantage to move on.

**Related:** [How to Move On After Heartbreak](#)

**3. You've let go:** All of your resentment towards your ex has slowly disappeared and you are at a state where you want to mix and mingle a little bit. You have made up your mind that you will not carry the baggage from the relationship over into the next. These are two definite ways to tell that you have moved on.

How do you know you are ready to move on from a past relationship? Share your thoughts below.

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## Nikki Reed and Paul McDonald Split After 2 Years of Marriage





By Louisa Gonzales

It's official. Nikki Reed and Paul McDonald have decided to call it quits. According to [UsMagazine.com](http://UsMagazine.com) a rep confirmed the ex-couple are over, but even though they have decided to go their separate ways, their marriage is ending on good terms. Reed, 25. And McDonald, 29 will continue to share a love of music and their collaborative debut album, "I'm Not Falling" releasing in 2014, is still in the works. The duo first met in March 2011 at the premiere of *Little Red Riding Hood* in L.A., while McDonald was garnering attention as a contestant on Season 10 of *American Idol* and after seven months of dating they walked down the aisle in a private ceremony in Malibu, California back in October 2011.

**How do you know when to call it quits on your marriage?**

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

In life not everything works out and the same goes for relationships. A break-up is hard no matter what the circumstance, but when a relationship is not working out sometimes there is no other choice but to end it. Cupid has some advice on how to decide if it's time to call it quits on your marriage.

**1. You're no longer happy:** One of the major signs your marriage is not working out is if you are no longer smiling. Happiness is key to every good, healthy and long-lasting relationship. If you and your partner are no longer making each other happy it may be time to move on.

**2. You're fighting all the time:** Every couple have arguments and fights every once in a while and studies show it can sometime be healthy for a relationship, but if you are fighting all the time that isn't a good sign. If you find yourselves fighting and arguing over even the smallest things it could be because you are not the same people you use to be. Too much of anything isn't good and the same goes with fighting.

**3. Stop spending time together:** If you find that you're no longer spending that much time together and are okay with it, that's be a big clue something is wrong. You and your honey should want to spend time in each other's company or at least put in the effort to. If you find yourselves distancing yourselves from each other it could be because you're both going on different paths.

**How can one tell if it's time to call their marriage quits? Share in the comments below.**

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**Celebrity Couple: Nikki Reed and Paul McDonald Put Children On Hold for Music**

# Career



By Andrea Surujnauth

Nikki Reed recently talked to [People](#) about her relationship with husband Paul McDonald and their plans for their future. Reed said that the key to a successful relationship is to spend time with one another. “I feel like it’s really important to just be with each other and make the other person a priority,” she tells *People*. She mentions that she and her hubby have been spending extra time with each other collaborating on music. “We’re actually writing a full-length [album] and we should be releasing that in the next couple of months and hopefully doing some touring in Europe. We’re playing a few shows at SXSW.” says Reed. When it comes to expanding their family, Reed is in no rush to have kids. “Right now we’re just so focused on what we’re doing together musically and where we’re at in our careers,” Reed says. “I can’t try to predict what life has in store for us because obviously at a certain point, you throw your hands up and say what’s meant to happen will happen. But right now at this

moment, I don't feel like I'm insistent on that. I just feel really content."

## **How do you know when it's time to have kids?**

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

How do you know when you and your partner are ready to have a baby? Cupid is here with a few key signs to help you figure out whether or not you are ready to bring a baby into your life:

**1. Relationship:** Be sure that you are in a stable relationship before you and your partner attempt to get pregnant. If your relationship is on the rocks or barely hanging on a string, a baby will not help the situation. It might make the situation worse. You do not want to bring a baby into a home that has a lot of fighting or negative energy.

**2. Finances:** Be sure that you and your partner are financially prepared for a baby. Keep in mind that women have to go on maternity leave after giving birth. Be sure you and your partner are stable enough to afford this along with all the expenses that goes along with a child. Remember, babies are not a one time expense, money will be needed to take care of that child until they become an adult.

**3. Space:** Babies take up room. If you and your partner are living in a tiny apartment, it will be difficult to fit a crib and a play pen for your bundle of joy. Be sure you have room for your baby to grow, play, and sleep. If you have all of this prepared, then you are ready to bring a beautiful baby into your life.

**How did you know you were ready to have a baby? Share your thoughts below.**

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# Nikki Reed Says Having Kids Right After Marriage is a Mistake



Nikki Reed is sure that she and her husband, *American Idol* finalist Paul McDonald, want kids, just not any time soon. The 24-year old *Twilight* star told [People](#) that she thinks “it’s a mistake for people to get married and then just [have kids right away]. I feel like it is the pressure of the family making them do it. We want to travel and be able to fly on an airplane without a baby and just have freedom.” Of course, the couple’s busy schedules are also major obstacles keeping them from having kids right now.

**How do you know how long to wait to have kids after marriage?**



## **Cupid's Advice:**

It takes careful consideration, planning and commitment to decide to expand your family and have a baby with your partner. Before you make this huge decision, make sure these things are in order:

**1. Happiness:** Before having children, ensure that you're not only largely happy with yourself, but also completely happy with your marriage. Many people think that having a baby can fix their relationship, but if you're not already happy, it will just create more problems.

**2. Support:** It takes more than two people to raise a child successfully. If you're considering having kids, make sure that you have a solid support system in line. Friends, neighbors and relatives can all help you when you need it and are all essential to being a good parent.

**3. Finances:** Most of all, a couple needs to make sure that their finances are in order. With an extra family member, you and your partner will need to buy everything from a crib to food, and these expenses won't go away when your baby becomes a child. Try to commit to at least 18 years of bills before you can even consider starting a family.

**How did you know it was time to start a family? Share your experiences with a comment below.**

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# **Reduce Stress and Maximize Romance this Winter**



By Lindsay Kriger

During the hectic holiday season, it's easy for stress levels to rise, which can sometimes equal the downfall of romance and intimacy.

To ensure you and your sweetie don't turn sour on each other, here are some of my personal tips for relaxation that you and your partner can practice to help keep you breathing easy this season:

**1. Devote a little time to indulging in like-no-one's-watching fun.**

Newlyweds Nikki Reed and Paul McDonald are known for loving to hit the dance floor. They've been seen together at many a club cutting a rug. That said, it's time to take their lead and relax with your mate by going out dancing. You'll not only enjoy an intimate evening due to sensual physical contact, you'll also melt away stress and raise your serotonin levels with all that great exercise. And you'll burn lots of calories to boot – by shaking your booties!

## **2. Share spiked hot cocoa by a fireplace.**

If no fireplace is at the ready, light lots and lots of candles. Bring some blankets into the mix. A touch of quiet flame-lit togetherness will soothe your addled nerves, and it's has been known to seriously soften the mood.

**Related:** [Date Idea – Spend an Intimate Night Inside](#)

## **3. Get outdoors with your sweetheart.**

Take a cue from lovebirds Ryan Gosling and Eva Mendes, who were recently photographed strolling around Paris hand-in-hand. Even if Paris isn't in the cards this winter, getting outside and breathing in some chilly fresh air might be an invigorating and rejuvenating move. Leaving your phone at home, put on your coats, hold hands and walk together – even if it's just around your own neighborhood. It'll enable you to devote time to connecting, talking and truly listening to one another – all of which are essential steps to strengthening your bond.

**Related:** [First Date Oufit Ideas – Outdoor Festival](#)

## **4. If it's too cold to venture outside, stay in and cook together.**

Learn how to bake apple pie from scratch. Rolling and punching dough is fantastic stress relief – plus it's kind of sexy. Also, studies have shown vanilla and cinnamon to be some of the ultimate aphrodisiac scents, so be sure to mix lots of these flavors into your recipe.

## **5. Take a hot bubble bath together.**

While you're at this indoor-activity stuff, since the weather is foul, climb in a hot bubbly bath together. Lots of delicious-smelling products and lots of physical intimacy are your ticket to a stress-free night. It's like a free couples' therapy session.

**6. Do yoga – and strrrreettttttccchhh the stress out of your body.**

On your own, yoga is great for your mind and body and can really help reduce the anxieties of everyday life. Bringing your partner into the experience is great, too, as it adds in a touch of sensuality. After all, it's always wonderful to have the opportunity to touch and be touched by your partner.

As you each help the other to move your bodies in new ways, it might even give you new ideas for how to move your bodies once you're off that yoga mat. Yep, a few good downward-facing dogs and you may both find yourselves feeling refreshed and energized for romance in no time!

*Lindsay Kriger is a New York University grad with a B.A. in Psychology. She has trained with the PAX Mastership and Leadership Program, taught by internationally recognized Relationship Expert Alison Armstrong, and at 22 is the program's youngest trainee to date.*

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## **Nikki Reed Says Marriage Is 'Easy Breezy' So Far**





In light of the recent influx of celebrity divorces, it's great to come across a happy and healthy Hollywood marriage. Nikki Reed, who tied the knot with *American Idol*'s Paul McDonald, told [People](#), "The first year [of marriage] is not the hardest. Gosh, if this is the hardest, then it's gonna be easy breezy." She added that even under the most stressful situations, she and her new husband still make a great team.

**As a newlywed, how do you set a good precedent for your marriage?**

**Related:** [Cheat On Your Husband \(With Your Husband\)](#)

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

It's important set the precedent for a healthy relationship from the beginning, not just when it comes to marriage, but also when it comes to dating. Cupid has some tips:

- 1. Don't sweat the small stuff:** Fighting over silly things is a waste of time and can only put an unnecessary riff between you and your partner.
- 2. Speak up:** If your partner says or does something you don't like, tell them from the beginning that their behavior is

unacceptable.

**3. Be their best friend:** A perfect partner isn't just a lover, but also a best friend.

How do you connect with your partner early on? Share your thoughts below.

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## Nikki Reed and Paul McDonald Tie the Knot



Nikki Reed and Paul McDonald tied the knot at a private ranch in Malibu, Calif. on Sunday. The *Twilight* star and former *American Idol* season 10 contestant 27 told [UsMagzine.com](http://UsMagzine.com), "We couldn't be happier! [We were] surrounded by our family and friends. We're so glad this day has come!" Reed and McDonald first met at the

premiere of *Little Red Riding Hood* and after two months of dating, they were engaged in June. McDonald admitted to [MTV News](#) that Reed is the perfect girl for him. “She’s amazing. She’s the perfect girl. We fit each other; when you know, you know, and she’s the one.”

**What are the advantages of a short engagement?**

**Cupid’s Advice:**

Some women plan for their wedding from the time they’re children to the time they’re ready to get married. When the time comes, they typically indulge in at least another year to plan. Here are three reasons why to cut the planning process short:

- 1. Less stressful:** Having less time to focus on minor details, such as favors, the planning process won’t be too hectic.
- 2. Less procrastinating:** The more time you have, the more you’ll procrastinate. Less time means you’ll work harder and faster on making your big day magical.
- 3. Smaller weddings:** Weddings are often small with only close friends and family when you rush to pull your wedding day together, which creates a more intimate affair.

**Why do you prefer a short or long engagement? Share your thoughts below.**

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**Twilight’s Nikki Reed and**

# Idol's Paul McDonald Are Engaged



*Breaking Dawn* star Nikki Reed and former *American Idol* contestant Paul McDonald are engaged after a whirlwind romance, reports [People](#). The pair hit it off after meeting in March, and have been extremely happy together since. Reed showed off her ring at the MTV Movie Awards on Sunday, where she told reporters, "He's the one. I've never met anyone like him. I've never met anyone who has such a good solid heart and comes from such a good solid family and is just a genuine person. We have the exact same sense of humor. I've never laughed so much with anyone as I do with him."

**What are some things to be careful of in a whirlwind romance?**

## **Cupid's Advice:**

The swept-off-your feet feeling is highly coveted in a



relationship. However, it's important to step back every once in a while. Here are a few things to be careful of in a whirlwind relationship:

**1. Taking the right steps:** It's fine to have a quick courtship, but make sure you are taking the right steps. For example, try giving your beau a key to your home or apartment before moving in together. Slowing down your relationship, even a little bit, will pay off in the end.

**2. Discussing your goals:** While you may only be concerned with your love for your partner, it's important to discuss future goals before taking the next big step. If the two of you want different things in life, your relationship may face struggles down the road.

**3. Setting boundaries:** Make sure the relationship is moving at a pace that's comfortable for both of you. Don't allow your partner to persuade you to take the next step if you don't feel ready. Make sure that you know how far you are willing to take the relationship, and stick to your convictions.

**Have you had trouble in a whirlwind romance? Feel free to comment below!**

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## **Ex 'American Idol' Contestant Paul McDonald and 'Twilight' Star Nikki Reed Dating**





It's official!

According to [OMG! from Yahoo](#), *American Idol*'s Paul McDonald and *Twilight* star Nikki Reed are a couple. The two met at a premiere and have been dating ever since. Although they have hectic schedules, McDonald states that Nikki has been "super supportive" throughout his time on *American Idol*, which unfortunately ended Thursday night when he was eliminated from the show. The biggest issue their relationship faces is making time to be with each other. "We haven't actually done much of that," says McDonald. "She's been busy working. I've been busy working." McDonald is now busy preparing for the *American Idol* tour, while Reed has been filming the final installment of *Twilight Saga: Breaking Dawn Part II*.

**How does a relationship survive when you're both workaholics?**

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

Relationships are hard enough without the added stress of a career in the back of your mind. Here are some tips on how you can ease some of that career/relationship tension:

**1. Make time for each other:** Although this may be difficult to do, it's important to have a date night at least once a week where the two of you put work out of your minds and focus on each other. No cell phones or business calls – just the two

of you enjoying each other's company.

**2. Video chatting:** If the two of you are constantly traveling on business and don't get to see each other often, why not video chat? This allows you to see and talk to one another rather than simply texting or having a phone conversation over the phone. Skype and Oovo are free, easy to use and becoming extremely popular. There are also other available apps, like Face Time for the iPhone.

**3. Take a vacation:** If both of you can coordinate your vacation time so you can be together, do it! This way, you guys can have a fun, romantic getaway. Forget about work for a couple of days and enjoy each other's company.

If you find yourself struggling to balance your relationship with your career, share with us in a comment below.