

# Date Idea: List Your Love



By

[Rachel Sparks](#)

We all express love in different ways. Sometimes, just being in the same room doing different things is all your partner needs to feel connected. There are times, though, that we may want to do a little extra in order to express our love. Writing out a list of all the things you love about your partner is a romantic [date idea](#)!

## Reconnect with your partner with this romantic date idea!

- 1. Find a cozy environment:** Cuddle up next to one another to set the mood. Plan a picnic outside if the weather is nice or stay in during the winter, bundled under a blanket. Make sure to set the mood with candles, music, and a bottle of wine.

**Related Link:** [Date Idea: Plan a Picnic with Your Love](#)

**2. List the physical:** Are there things you physically love about each other? Does your heart flutter whenever your partner opens his eyes in the morning? Are you obsessed with his beard or the way her hair curls at the nape of her neck? By jotting down these things you notice about each other, you'll give one another a boost of confidence and strengthen the physical bond you share.

**3. List the abstract:** What quirks does your sweetheart have that make your day? Is their passion for work inspiring to you? Do they have an annoying habit that actually makes you smile, like talking to themselves or singing in the shower? Pick the small, obscure attributes that you've never talked about before and let them know that you accept them unconditionally.

**Related Link:** [Date Idea: Make the Perfect Playlist](#)

**4. List your relationship:** Write down the things about your relationship that make you the happiest. Recite your favorite traditions: weekly date nights, pre-sleep cuddles or post-work wind-down sessions. Choose your commonalities and why they make you such a strong couple. Do you share a favorite movie? Explain why quoting it on a daily basis makes your relationship better. Do you both have type-A personalities? Tell your S.O. how you think your similarities and differences make you stronger together. Write down how you've grown from each other.

**5. Share your list:** Whether you go out for dinner for a romantic [date night](#), stay in and watch a movie, or plan a [romantic getaway](#), sharing these lists with each other will boost confidence, strengthen bonds, and reignite passion.

**How do you tell your partner that you love him or her? Share your story below!**

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# Beauty Tips: Romantic Make-Up Looks for Valentine's Day



By

[Rachel Sparks](#)

Valentine's Day is almost here, and we have the perfect celebrity beauty trends to make you look glamorous for your V-Day [date night](#). Aside from the classic red lip, which is a no-fail look for Valentine's Day, these [beauty tips](#) are inspired by celebrities to help make you feel like an A-lister.

## Try these beauty tips for a romantic look on Valentine's Day

# date night!

**1. C-shape:** Get inspired by Rita Ora's look. Use a light color, like apricot or peach, along your cheekbones in the shape of a C. Use the same color on your lids for a simple, glowing look.

**Related Link:** [Fashion Advice: Choose the Perfect Date Night Dress](#)

**2. Cleopatra style:** Kohl lined eyes and bronze shadow. It's such a classic, powerful look. Go bold on your eyes but keep the rest of your face clean and simple. Your date won't be able to stop staring into your eyes with this statement look!

**3. Glitter red lips:** Think Dorothy's slippers meets Valentine's Day. Naomi Campbell's has gone bold with a twist. Change the classic red lip for V-Day with a disco-worthy glittery shimmer. It may be messy, but get creative and have fun with where and how you leave your lip stain behind.

**Related Link:** [Dating Advice: Get the Look – Valentine's Day Romantic Curls](#)

**4. Red liner under the eye:** Sure, the normal thing to do is to get rid of the red puffiness below your eyes. Still do that. If you're looking for a fun and easy way to bring the Valentine's Day spirit to your everyday makeup look, get gutsy and use red liner on your bottom lashes. Janelle Monáe keeps it classy with traditional wing liner and light lips.

**5. Edgy pink:** Ok, so there's some of us that want to dress up without being overly girly. Go pink and go bold. [Kristen Stewart](#), queen of edgy, unconventional makeup, uses a light pink along her temples, her cheeks, her lips, and her lids. All the same shade. It's definitely not a look for the faint of heart.

What are your favorite beauty tips for Valentine's Day? Share your styling advice below!

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## Date Idea: Get Woodsy



By

[Rachel Sparks](#)

You've spent all summer trying to get fit with your partner. Maybe you've been talking about it and haven't made any progress with the gym, so you want to stay active in other ways. This weekend, you and your sweetheart can find a fun way to exercise and still have a fun and memorable date. Get woodsy with your love on a calming nature walk for a fun and fit [date idea](#)!

# Date Idea: Get Fit & Get Out on a Woodsy Nature Walk

Head to your closest state or national park for a day of hiking. Bring all the essentials for this outdoorsy date: water bottle, boots or sturdy sneakers, bug spray, sunscreen, a bag you can use for garbage, hiking snacks like Clif Bars, trail mix, or dried fruit, and, of course, a camera to capture your day. Some good just-in-case items to bring include a compass, matches or a lighter, a first-aid kit, a whistle, a flashlight, a rain jacket, and plastic bags to protect your things from getting wet.

**Related Link:** [Date Idea: Enjoy the Great Outdoors with Your Other Half](#)

Don't forget to pack a lunch! Try packing a (light) picnic for you and your significant other. Include finger foods like sandwiches, grapes, berries, and chips. Just make sure it won't go bad being left in a backpack all day. You can also include a "sample-size" bottle of red wine (the kind you find at a wine tasting) for a [romantic getaway](#) just for the afternoon. When the two of you get to the top of the mountain, or any clearing you deem appropriate for a picnic, take the time to rest and appreciate each other and the beautiful scenery around you.

**Related Link:** [Date Idea: Take a Trip to the Park](#)

During your picnic, take out the camera and have some fun. Try to get some candid shots of your sweetheart stuffing their face or ask a passerby to take some photos of the two of you. Explore the area nearby without wandering too far off the path. Can you get some good nature shots? Make a photography scavenger hunt.

**Have you and your date gone on a hike together? What are some**

ways you've made it fun and romantic? Share your tips below!

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# Food Trend: Seasonal Foods to Bring Spring Cleaning to Your Body



By

[Rachel Sparks](#)

Spring means open windows, light breezes, knocking out the dust from every corner, and of course, getting ready for the dream beach body workout. Why limit spring cleaning to just your house? Your body has all of that sugar and fat leftover from decadent holiday foods, and the cold weather of winter made it pretty hard to keep up with your workout routine. Try these four easy [food trends](#) to cleanse your body and gear up

for summer.

## These seasonal food trends will bring spring cleaning to your body!

**1. Green smoothies:** Smoothies have been all the rage for [celebrity diets](#) for a long time now. If you have yet to jump on board with this liquid diet, you should really consider doing it now. Smoothies are an easy way to start your morning with lots of energy, but make sure you're looking up healthy recipes. Anything with berries, especially blueberries, and dark leafy greens cleanse your body, provide important antioxidants for repair, and give you a boost of energy. [Gwyneth Paltrow](#), one of the healthiest foodies in the celebrity world, is all about juice diets!

**Related Link:** [Find Your True Weight with the Incredible Dukan Diet](#)

**2. Turmeric:** This is a classic Indian trick that many people haven't quite accepted yet. Turmeric is that yellow stuff you see in a lot of curries (although distinct from yellow curry). Curcumin, the compound in turmeric that makes it yellow, helps with digestive disorders, liver issues, and inflammation. It's great for anyone with IBS or arthritis as a natural supplement, and that's in addition to the cleansing it does! Even [Beyonce](#) has used this detox to drop weight!

**Related Link:** [Celebrity Diet: Get a Red-Carpet Ready Body & a Healthy Mind by Eating these Super Foods](#)

**3. Green Tea detox:** Did you know one cup of green tea has more caffeine than a cup of coffee? The powers of green tea have been the latest rave, but for good reason. The chemical that makes green tea green, polyphenols, help rid the body of harmful chemicals. Studies have shown a cup of green tea a day



helps reduce the risk of certain cancers, improves memory, and reduces belly fat. Maybe it's time to add green tea to the "apple a day" philosophy!

**4. Lemon water:** Lemon water is not being taken advantage of. If you're not starting your morning with a cup of lemon water (hot or cold) then you haven't felt utterly rejuvenated yet. Lemons contain antibacterial properties that purifies the blood and balances the pH of your colon. Nobody likes talking about the colon, but it really is quite dirty. Clean it up every once in awhile for much cleaner, easier, and healthier internal processing.

**Do you have any special food tips to get your body in shape for the summer? Share your advice below!**

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## **Celebrity News: Robert Pattinson Spotted Holding Hands with a Mystery Blonde Post FKA Twigs Split**





By

[Rachel Sparks](#)

*Twilight* star [Robert Pattinson](#) has been seen holding hands with another woman just a few months after the split with [celebrity ex](#) FKA Twigs. According to [UsMagazine.com](#) the couple attended Seth MacFarlane's annual holiday party together. The identity of the mystery blonde remains unknown. Pattinson admitted that his engagement with FKA Twigs was not totally amicable towards the end as believed. Privacy and scheduling conflicts created tension for the [celebrity couple](#) towards the end.

**This celebrity news seems to mean that Robert Pattinson is moving on. How do you know when it's time to give up hope of returning to your ex?**

**Cupid's Advice:**

Returning to an ex is great. They know exactly what you like,

how to treat you, what your interests are, and, more than likely, the two of you are great friends. Getting back with an ex can be like returning home. If the two of you agreed to take a break and ended on friendly terms, it's normal to wait to jump back into dating because you want to wait for your ex. Sometimes, though, it's more important for you to move on. Read Cupid's [love advice](#) to help navigate those tough relationship waters:

**1. You're ready for a relationship:** This is the ultimate way to know when to move on, whatever the circumstance. If you're feeling great about life, what you have, who you are, and you're ready to share that with someone, don't wait for your ex. Love never follows a predictable path. You may be sad to be moving on when there seemed to be promises of returning to your ex, but you deserve your own happiness.

**Related Link:** [Celebrity Break-Up: Robert Pattinson & FKA Twigs Split, But Maybe Not for Good](#)

**2. The problems haven't resolved themselves:** Couples take a break for a reason. If those reasons haven't been resolved, returning to an ex will only start a cycle. Whether it's scheduling or distance or something else together, don't go back until you feel you can give the relationship a fair shot. If the problems won't ever go away, it's definitely time to start fishing for something new.

**Related Link:** [Celebrity Couple News: Robert Pattinson Says He & FKA Twigs Are Still 'Kind of' Engaged](#)

**3. You're ok seeing your ex with someone else:** The penultimate way to know you're past your ex: seeing (or imagining) them with someone else doesn't get you fired up. It's not fair to a new relationship if you're still harboring feelings for your ex. If you're truly past them, there's no reason to hold onto the hope of a reunion if that's not where you see love.

**How have you decided it's time to move on from an old**

relationship? Share your own relationship advice below!

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# Celebrity Couple: Dakota Johnson & Chris Martin Are 'Definitely Dating'



By

[Rachel Sparks](#)

The *Fifty Shades of Grey* actress Dakota Johnson is a part of a new [celebrity couple](#)! A source confirmed to [UsMagazine.com](#) that Johnson and Chirs Martin are “definitely dating.” The couple has been spotted on two public dates in just as many months. Cold Play singer Martin asks Johnson for her opinion on his music and Johnson asks her celebrity boyfriend his opinion on her upcoming projects. The

couple just recently came back from a trip to Israel together.

## **This celebrity couple just came back from a romantic getaway together. When is it too soon in a relationship to plan your own?**

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

[Romantic getaways](#) are great, without a doubt. Sure, plans may fall through, it may be raining and you totally forgot to bring any rain gear, but traveling somewhere with just your love is a terrific bonding experience. But when is it too soon to get away with your partner? Read Cupid's [relationship advice](#) to learn when you should start planning your own couple's vacay:

**1. Do you know how to spoil them:** A romantic getaway is all about appreciating your partner, celebrating your relationship together, and expressing your love. How does your partner like to be appreciated? If you don't know this yet it may be too soon to get away. That's the whole point of these mini vacations!

**Related Link:** [Romantic Getaway: 8 Affordable Destinations to Escape the Cold](#)

**2. Relaxers or adventurers:** You imagine drinking mojitos on the beach but your S.O. is that person parasailing. Spending time apart is healthy for relationships, but if you're looking for a weekend of 24/7 time with your partner, make sure you both have the same goals for the vacation.

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

**3. Common Intentions:** Ultimately, no time is too soon for a romantic getaway if you both agree you're ready. While they can be silly, exciting, or serious, what you both bring out of it is up to the two of you. Make sure your intentions for your relationship are clear, along with what you would like to see out of your getaway.

**Have you gone on a weekend trip with a partner before you were ready? Is there such thing as too soon? Share your own love advice below!**

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**Celebrity Couple The Weeknd & Bella Hadid Are 'Still Totally in Love'**





By

[Rachel Sparks](#)

Is a reunion of this [celebrity couple](#) on the horizon? We hope so! A source told [UsMagazine.com](#) that [celebrity exes](#) The Weeknd and Bella Hadid “have been talking, texting, and FaceTiming each other pretty consistently” since he and [Selena Gomez](#) broke up. The source continued to say that The Weeknd and Bella Hadid are still in love with each other.

**This recently reunited celebrity couple are finding love once again. What are some benefits to rekindled love?**

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

At some point we all have wanted to get back together with an ex. It's normal. They know you and what you like and they're familiar and safe. While getting back together with an ex doesn't work for everyone, there are times that it can be the exact romance that you want in life. It all depends on your past with your ex. Was the breakup irreconcilable? You alone

know what's best. Cupid has the [relationship advice](#) to help you decide:

**1. You know each other:** The best relationships are the ones where your partner knows you inside and out. They know your buttons and your insecurities, but they love you anyway. They know what makes you happy, how your brain works, your dreams, and how to support you. If your ex was great at all of these things, going back to that relationship can actually be a good thing.

**Related Link:** [Celebrity News: The Weeknd Hangs Out with Justin Bieber's Ex Post-Selena Gomez Split](#)

**2. You're friends:** Romantic relationships work best when there's a solid foundation as friends. Sure, friends becoming romantic partners doesn't always work out, but romantic partners need to be friends through it all. If your friendship never ended with your ex, consider going back. No matter what [dating advice](#) says about dating an ex again, you will know if you're ready for that kind of thing and if it will be good for you both.

**Related Link:** [Celebrity News: Surprise! The Weeknd & Bella Hadid Are Hanging Out Again](#)

**3. A chance at redemption:** We've all messed up at relationships. We've all been too young, too immature, too inexperienced and regretted the outcome. When you go back to an ex, you're still the same people, but a little older and wiser. Sometimes that's all you need to make something a success. When you go back to an ex, make sure it's for the right reasons and that you're fully committed to making it work. Who knows, the person who was once an ex could become the love of your life and your future spouse. Treat them as if they could be.

**Have you gone back to an ex? Share your dating advice below!**



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# Royal Celebrity Couple News: William & Kate Will Host Harry & Meghan for the Holidays



By

[Rachel Sparks](#)

With all this holiday cheer and [celebrity wedding](#) planing fun, what's more exciting than this [royal celebrity news](#)? According to [UsMagazine.com](#), Prince Harry and Meghan Markle have a family-filled Christmas holiday. They'll start Christmas Eve with Queen Elizabeth II at her Sandringham House, then spend the rest of the holiday with [Prince William](#) and [Duchess Kate](#) as their official house guests. Slated with plans, they'll

spend brunch-time at St. Mary Magdalene Church and enjoy a massive feast with two turkeys, a third bird being sent up to the nursery for the royal children.

## **Even celebrity couples celebrate the holidays with family. What are some ways to keep the drama out of your family reunion?**

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

Let's be honest, not everyone likes their family. Holidays pressure us to spend time with our more distant relatives, but that only adds more stress. Snide comments, little jabs, and passing judgements end up hurting a lot of feelings and causes drama. Our [relationship advice](#) will get you through this holiday season with as little family drama as possible:

**1. Be grateful:** Not everyone can visit their families, so realize that, despite the drama, there are people who are envious of you and your family. No, your family isn't perfect. There's fights and screaming children and disappointed parents, but families are messy. Revel in the fact you have so many people around you who, at the end of the day, love you. That's a lot to appreciate.

**Related Link:** [Relationship Advice: 4 Survival Tips When Bah Humbug Meets Father Christmas During the Holidays](#)

**2. Anticipate triggers:** It's hard to remain cheerful when you know your brother is going to comment on your weight. Expecting these snide comments can help alleviate some of the frustration and anger when they do occur. You may be able to ignore these comments and just have a good time, and that is something that will drive your family crazy if they're wanting

to push your buttons. Set a new trend: ignore jabs and experience joy.

**Related Link:** [Relationship Advice: Kinds of People Most Likely to Get the Holiday Blues](#)

**3. Banish black-and-white thinking:** We all want the holidays to be magnificent. We want our kids to have the same joyful memories we did, full of magic. We want to genuinely enjoy seeing our family and reconnecting with them. People don't always meet these expectations, accidents happen, fights break out, kids cry, and that holiday cheer you pictured isn't what's playing out. Put aside expectations and realize setbacks happen, but that doesn't mean the whole holiday is ruined. Don't dwell on the problems; instead, enjoy every moment for what it is.

**How do you survive family holidays with the least amount of drama? Share your tips below!**

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## Parenting Advice: What to Do If Your Teen Wants to Celebrate Valentine's Day





By

[Rachel Sparks](#)

With Valentine's Day upon us, we can't help but worry about how our kids are feeling at school. Cyber bullying, daily stress, and the pressure of Valentine's love can be too much for teens to handle. While it may be easier to encourage them to stay home and avoid V-Day celebrations, you can't always tell your teen "no". Cupid has [parenting advice](#) to help you and your teen survive another stressful holiday.

## Help your teen rock Valentine's Day with these parenting tips!

**1. Enlist your teen's help:** Valentine's Day is about love, but this is a great opportunity to teach your teen not all love is romantic. Giving to others, especially the down-trodden, can warm the heart on an otherwise cold day if you're alone. Teach your teen to give to others and make a date of it. You'll be giving your kid valuable [love advice](#), helping them avoid loneliness, and you'll be brightening someone else's day.

**Related Link:** [Parenting Tips: How to Connect with Your Teenager](#)

**2. Give passionate affirmation:** Teens are prone to thinking about nothing but romantic love. The idea of romance places value on who they are, which is an unhealthy perspective of self. Not all love need be romantic, especially when self-worth is involved. Teach you teen about positive self-images with passionate affirmations. Even if they're alone this V-Day, they will have a lot more fun with friends if they feel love elsewhere.

**Related Link:** [Parenting Tips: 5 Holiday Activities to Do with Your Child](#)

**3. Pampering:** Guys or gals, your teen needs some pampering. Take them to a sports game or to get their nails done, but find a way to express your love for them in their language. As annoying as parents can be to teens, they still need our love to ground them on an otherwise stressful day. Have a [date night](#) with your teen or have fun getting them ready for their own!

**What parenting advice do you have to make it through Valentine's Day? Share your tips below!**

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## **Product Review: Beauty Products to Help You Glam Out all Winter Long**





By

[Rachel Sparks](#)

With impending holidays, winter harshness, and New Year's resolutions looming ahead, we're feeling the pressure to look our best. Whether you're aiming for the casual elegance of a model on her day off or the dressed up glam of a runway show, these [beauty products](#) are must-haves for your routine. We've got something for your hair, your skin, and your makeup needs, topped with the lasting impression of your scent as you walk away.

**These beauty products have all of your beauty needs covered so you can step out in celebrity style!**

[Dickinson's Toner:](#)



Dickinson's Toner. Photo:  
Courtesy of Lippe Taylor.

With the first ingredient listed being 100% natural witch hazel, you know what you're putting on your face is great for your skin. Witch hazel is a natural remedy that removes oil and impurities without drying your skin out. Dickinson's toner is a gentle way to remove makeup, free of soaps, dyes, parabens, or sulfates. Fighting winter skin blues starts with your skincare routine, so find products that are healthy for your face.

### [Lavanila Healthy Deodorant Girl Mini Duo Set:](#)



Lavanila Healthy Deodorant. Photo:  
Courtesy of Tractenberg & Co.

This deodorant is specifically engineered for tween and teen girls. It's an all-natural, powerful, gentle, and non-irritating deodorant that is also non-whitening. Super soft under the arms, this solid twist-up beauty product is vitamin-rich without the inclusion of aluminum or other harsh chemicals. Using health-promoting beta-glucan technology with antioxidants, active botanicals, and essential oils, it will fight underarm odors by preventing the growth of bacteria. Available in Beach Vanilla or Sporty Vanilla, help your teen feel flawless with this healthy deodorant!

### [HairRX:](#)



HairRX products. Photo courtesy of HairRx.com

Joe Segel, CEO of ProfilePro LLC and QVC, has launched a new hair-care product line specifically for women thirty and over. Available for customization, users can answer questions based on their hair's needs, hair goals, and lather and scent preferences to pair them with the best shampoo and conditioner



for their needs. Scents to choose from include citrus, coconut, lavender, vanilla, or jasmine. A number of styling products are available for separate purchase. If you don't know where to start on your hair journey, eight different salon-style sets come with shampoo, conditioner, and styling products based on specific hair-care needs. No matter the phase of life you're in, these beauty products will make you feel gorgeous.

### [The Hard Candy Eau De Parfum:](#)



Hard Candy Perfumes.  
Photo: Courtesy of dna  
Public Relations.

Exclusively available at Walmart, Hard Candy perfumes are the perfect budget-friendly beauty product to make you feel confident going out on the town. Available in Pink and Black scents featuring a blend of fresh fruits and elegant musks, these perfumes were inspired by the confident, edgy, and flirtatious Hard Candy girl herself. With top notes of fruit, middle floral notes, and lower, sweeter flavors, these

perfumes will keep people intrigued.

## Models Own:

# modelsown

Summer Favorites

Lix Matte Liquid Lipstick, Sculpt & Glow Highlighter Palette, Colour Chrome Eyeshadow Kit, and I-Definer Eyeliners



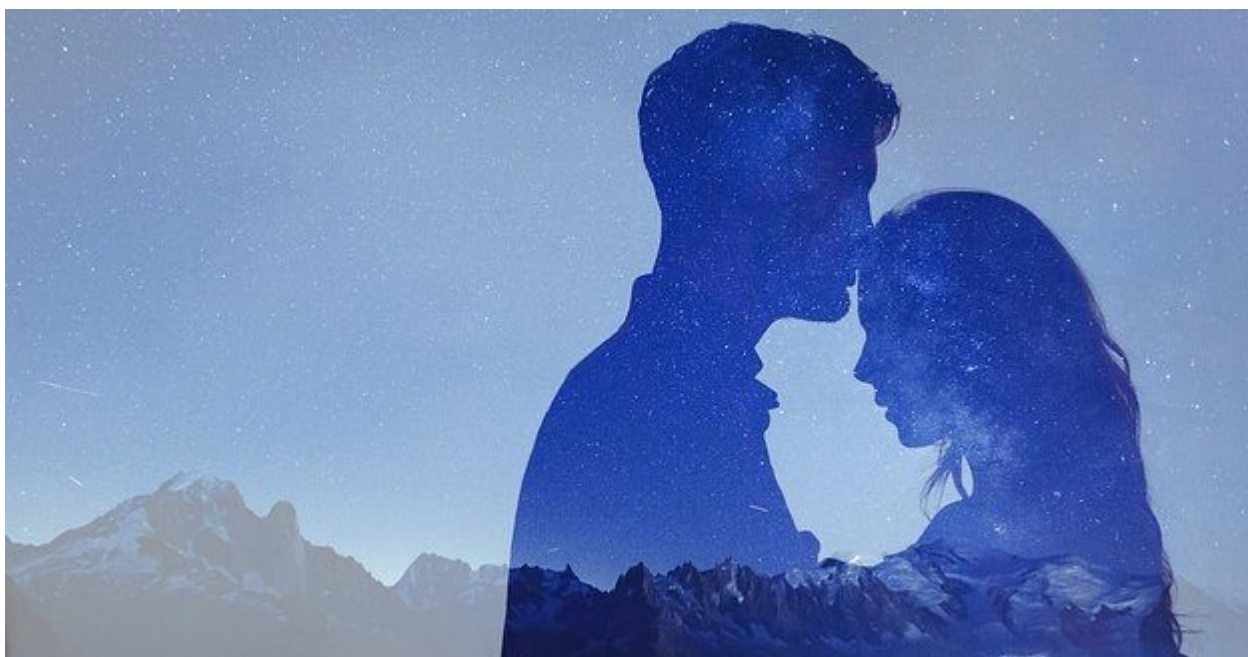
Models Own beauty products. Photo: Courtesy of dna Public Relations.

Models Own beauty products have everything you need to look your best for the perfect [date night](#). With lipstick, highlighter palettes, eyeliner, and eyeshadow kits, this product line meets every need. Their Lix Matte Liquid Lipstick is available in “Strawberry Mojito” and “Eucalyptus Pink” and have a fresh minty scent to make your lips irresistible. The Sculpt and Glow Highlighter Palette comes in “Gold Spotlight,” including three shimmers that define and illuminate for just under \$20. Their Colour Chrome Eyeshadow Kit comes in both “Copper Lustre” and “Golden Lights” to match all skin tones for a metallic finish to your look. Combined with primer, this eyeshadow will last longer than you will. To finish your look, I-Definer Black Eyeliners comes in “Liquid,” “Kohl,” or “Duo” to add a subtle or sassy look. Models Own is exclusively available at Ulta.

**Rely on these amazing beauty products to beat the winter blues and perfect your look for the most amazing date night!**

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# Celebrity News: Harvey Weinstein Lied About Having Intimate Relations with Gwyneth Paltrow



By

[Rachel Sparks](#)

Harvey Weinstein's name has become a household warning. There's yet more [celebrity news](#) on Weinstein's decades long scandals. According to [EOnline.com](#) and *The New York Times*, [Gwyneth Paltrow](#) published a staggeringly long list of cover-ups and lies throughout Weinstein's career. One major lie Weinstein told was that Paltrow had consented to have sex with him in order to advance her career. Paltrow's name and

Weinstein's lie was used as a weapon against other actresses in order for them to say "yes" to his advances.

## **This celebrity news has us cringing. What are some ways to ward off unwanted advances?**

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

We all at some point will be in a position where we are made uncomfortable by unwanted advances. Male or female, someone with power can abuse their position to negotiate with you something you don't want to do. Cupid has [relationship advice](#) to help you when you're in these situations:

**1. Call them out:** Use your best judgement. Sometimes, calling out a person on their advances is exactly what it takes to end it. If a person thinks they can get away with something because they don't think you'll speak up, prove them wrong. Sometimes, though, the person making the advances is too aggressive and calling them out will anger them. Again, use your best judgement, but don't be afraid to speak up for yourself.

**Related Link:** [Celebrity News: Reese Witherspoon Reveals She was Sexually Assaulted by Director at Age 16](#)

**2. Tell them to leave you alone, in no uncertain terms:** If you firmly say you want nothing more, sometimes the person coming onto you will stop. If you say this in front of a group, the other people can hold the advancer accountable for their actions. But be careful, doing this makes it much more uncomfortable being alone with that person, so avoid alone time at all costs.

**Related Link:** [Celebrity News: Matt Later Fired from NBC News](#)

[for 'Inappropriate Sexual Behavior'](#)

**3. Report the behavior:** If you've asked the person to stop and they haven't, told them to stop and they won't, called them out and they don't care, it's time to report this behavior. Telling an authority figure will likely mean someone steps in and protects you. There may be backlash, so don't be alone with that person. Stay strong.

**How have you gotten out of unwanted advances? Share your advice below to protect others.**

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## **Celebrity Getaway: Prince Harry & Meghan Markle Plan Vacation Ahead of Wedding**





By

[Rachel Sparks](#)

We're just as excited for the royal [celebrity couple](#) as they are! The royal [celebrity wedding](#) plans are moving along at lightening speed. Meghan Markle, a Protestant, is making plans to get baptized and confirmed at the Church of England. The televised wedding ceremony and reception are set to take place in Windsor Castle. According to [UsMagazine.com](#), amidst all of the wedding planning, the happy couple are planning a [celebrity getaway](#) somewhere sunny, set to come back refreshed for their 2018 wedding!

**This duo is heading for a celebrity getaway pre-wedding! What are some benefits to a pre-nuptials getaway?**

**Cupid's Advice:**

The wedding season is all about you and your partner, so enjoy the time celebrating your partnership. Sometimes, though, wedding planning gets stressful and you need to reconnect with your partner to remind yourselves of the joy for this season. Here's Cupid's [relationship advice](#) for your wedding planning:

**1. Reconnect:** Amidst all the stress of wedding planning, it's easy to start getting frustrated with your future spouse. During these times arguments can start, creating doubt (cold feet) before the wedding. Taking time away to reconnect with your spouse will solidify your relationship and help remind you both why you're getting married.

**Related Link:** [Celebrity Wedding: Source Says Prince Henry & Meghan Markle Are Engaged & Will Have a Summer Wedding](#)

**2. Escape the stress:** getting away means no wedding planning, which should mean no stress. Your wedding is about you, and at the end of the day, whatever you forgot or whatever goes wrong doesn't matter because you're married to the love of your life. As long as you have a great best man and maid of honor, you have nothing to stress about while you're gone!

**Related Link:** [Royal Celebrity Wedding: Prince Henry & Meghan Markle's Wedding Venue and Date Revealed](#)

**3. Celebrate yourselves:** In case the stress sucks you in, you need to remind you and your love what the wedding means. You're celebrating the love you have for each other and the faith you have in your relationship. Taking a mini vacay before the wedding can help you guys celebrate like you should be!

**Have you taken a vacation pre-nuptials or do you wish you had? Share your advice below!**

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## **Fitness Secrets: Slim Down in**

# Time for Valentine's Day Date Night



By

[Rachel Sparks](#)

Valentine's Day is almost here, and we know you want to look your hottest for the perfect [date night](#)! Your New Year's resolutions may have included a workout plan (and you may have even stuck with it), but all those holiday treats are still sticking to your hips. Here are Cupid's [fitness tips](#) to get you in sexy shape for your dream Valentine's Day date night:

**Cupid's fitness tips will help make your Valentine's Day date night the sexiest!**

**1. Juice detox:** If you're trying to make a change really



quick, a detox is the way to start. You can lose weight on a detox, but you want to use this as a starting point and not the only technique for losing weight. You need to clean your body of all that junk leftover from the holidays in order to feel better, eat healthier, and kick-start a work-out routine.

**Related Link:** [Look Like a Victoria's Secret Model with These Celebrity Workouts](#)

**2. Stay hydrated:** And we mean all the time. Drinking enough water will give you more energy, replace water you lost during a work-out, keep you feeling full so you don't overindulge at meal time, and it keeps your skin taut and glowing. So really, there's no reason to not drink water.

**3. Cut unnecessary calories:** Drinking, white bread, and junk food are some of the biggest culprits of wasted food. Our bodies need calories to function, and especially while working out, but make sure you're ingesting the right kind of calories. Fruits are high in the good kind of carbs to give you a burst of energy. Proteins like chicken or fish are light and easy to digest while still giving you the heavy feeling of having eaten. If sticking to a diet for too long seems daunting, just remind yourself you're doing this for Valentine's Day. A month is easy, right? Well [according to Idealfit](#) you can get lean in as short as 15 days.

**Related Link:** [Fitness Tips: 5 Fit Celebrities That Lost Weight and How They Did It](#)

**4. Don't starve yourself:** You think weight loss and you think cutting back on eating, but that's retroactive to your goals. Starving yourself triggers your body into survival mode, which means it will actually run slower and store even *more* calories. When you don't enough, you're telling your body food isn't common. Eat regularly, have healthy snacks often, and you'll actually lose more weight from eating more often.

**5. HIIT workout:** This is one of the latest fitness trends. HIIT stands for high-intensity interval training. Basically, you give everything you can for a short amount of time, rest, and come back. You're pushing your body to the max. It's a lot like heavy-lifting training; you're doing high intensity for shorter reps to gain muscle and burn more fat. This is definitely a hard workout, but it's a quick ticket to that sexy bod.

**Related Link:** [Celebrity Workout: How to Drastically Lose Weight Like Jonah Hill](#)

**6. Find fun workouts:** Ok, so working out usually sucks. Weight training and timed miles remind us of gym class in high school, and no one wants to go back there. Take cues from [Kate Hudson](#) and other celebrity workout plans and find something fun. Whether you follow Kate Hudson's passions for pole dance or you've fallen in love with Zumba, anything that gets you to jump off the couch and burn those calories is a win.

**How do you plan to get in shape for Valentine's Day? Share your own fitness tips below!**

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## **Parenting Tips: How to Keep Your Children From Getting Hurt at School Valentine's Day Parties**



By

[Rachel Sparks](#)

Valentine's Day is a stressful day for everyone, whether you're in a relationship or not. You may be thinking about how you and your spouse can't afford a babysitter, how being a single parent sucks, or how your teenagers may be having more fun in their relationship than you. As a parent and adult, the stress seems limitless, but to your kids, they Valentine's Day stress and loneliness may be something they don't know how to cope with yet, but our [parenting tips](#) will help you and your kids survive a stressful holiday.

## **Protect your kids from Valentine's Day blues with Cupid's parenting tips!**

Valentine's Day is full of pressure. you have to buy the perfect gift, have the perfect romantic [date idea](#), or rush to

find someone to spend the day with. Our [dating advice](#) to you and your family: rushing into a relationship you don't want will only end in heartbreak and frustration. Cupid's [relationship advice](#) will help your whole household find something better than what one night can deliver:

**1. Make plans with friends:** If your kid doesn't have a date for Valentine's Day and they're upset about it, encourage them to make dates with their friends. Whether it's going to the movies with all their girlfriends, having a rowdy gaming sleepover full of shouting boys and empty pizza boxes, you'll be helping your kids stay busy and prevent loneliness for the holiday.

**Related Link:** [Making Valentine's Day Fun Again!](#)

**2. Challenge them to meet new people:** If they're going to a party but don't have a date, challenge them to come back home with three (or five) new people they met. The adrenaline your kids will feel right before introducing themselves to someone new will help make the night exciting and they may even end up with a new friend or two. At the very least, you're teaching them a long-lasting survival technique for whenever they feel lonely. Loneliness is the spark of a lot of depression young adults face.

**Related Link:** [Parenting Tips: How to Cope with Stress](#)

**3. Teach them about bullying:** Ultimately, no matter what you teach your kids or how much you try to prepare them, some hardships cannot be prevented. If your kid or one of their friends is being bullied, they need to be able to identify what it is and how to react to it. Make sure you spend time with your kids telling them what signs to look for and that what bullies say should not be taken to heart. Build a support and safety network beforehand so your child knows who to go to when something does happen.

**What parenting advice to you have to help kids survive**

Valentine's Day at school? Share your tips below!

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# Movie Review: Fifty Shades Freed



By

[Rachel Sparks](#)

The final installment of the *Fifty Shades* phenomena is here and we're beyond ecstatic! Mr. Grey weds Ana, making our dream [celebrity wedding](#) come true. While the Greys move forward in this exciting venture together, problem after problem hits the couple, challenging them to the end of this series. Despite the off-screen animosity between the two stars, Jamie Dornan and Dakota Johnson still get us very, very excited.

# **Fifty Shades Freed is the perfect steamy movie for you and your partner on Valentine's Day!**

## **Should you see it:**

If you're looking for barely publicly allowed excitement, this film will be perfect for you. It's got sex, romance, and car chases to keep you on the edge of your seat. We'll be there opening day.

## **Who to take:**

Girlfriends, boyfriends, friends, anyone is great to take, except your mom. Whether you're trying to have some time with friends or trying to inspire some passion back into your relationship, this movie is a lot of fun.

## **Cupid's Advice:**

We're all inspired by the searing passion between Ana and Christian. But let's be honest, that passion doesn't always stick around in a relationship. We're inspired by the Greys. Here's the [relationship advice](#) we've learned from the dreamy couple:

**1. Try new stuff:** Whether it's in the bedroom or as a new hobby, trying new stuff with your partner builds a stronger bond. It sparks a new excitement, builds trust, and makes your relationship stronger. Push the fear aside, get brave, and get strong.

**Related Link:** [Dating Advice: The 5 Stages of Love and Why Many Stop at Stage 3](#)

**2. Share new things:** Christian let go of the past when he let Ana touch his chest, forging a deeper connection. Sometimes we

have to push ourselves to open up to our partner more, changing the dynamics of the relationship for the good.

**Related Link:** [Relationship Advice: 8 Creative Ways That Older Couples Can Keep the Romance Alive](#)

**3. Spoil each other:** No one can deny that Christian spoils Ana. We all need to be treated like kings and queens at some point. Enjoy seeing your love smile because of your passion for them. Take turns making each others' dream dates come true.

**How have you reignited passion when things feel a bit stale? Share you relationship advice below!**

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## **Dessert Recipes for the Perfect Valentine's Date Night**





By

[Rachel Sparks](#)

Dinner and a movie is a classic [date night](#), but Cupid wants to help you spice things up. Whether you go out on the town and want to end things at the house or you're spending a casual night in, couples' desserts are the perfect [date idea](#). Celebrity chefs talk about aphrodisiacs, but whether or not you believe in the romantic powers of lobster or pomegranates, these celebrity chef recipes will up the romance between you and your S.O.

**These celebrity chef recipes will make your Valentine's date night that much sweeter!**

What date night is complete without a little something sweet? These dessert recipes are easy for couples to make together, although we did include one decadent challenge. Keep the romance going with these unique desserts:

1. [Boozy Clementines with Pound Cake](#): What's better than a little booze to keep the fun going? Don't worry, with desserts you can choose to bake out the alcohol for a buzz-free night



still packed with flavor. If you choose to keep the booze at an appropriately adult level, These sticky sweet clementine slices pair well with the light flavors of a lemon pound cake.

**Related Link:** [Relationship Advice: The 8 Best Budget-Friendly Valentine's Gifts](#)

2. **[Carrot Cake for Two:](#)** Carrot cake is the perfect light-weight dessert for couple's trying to mind their New Year's resolutions. The cake itself is fluffy, the cream cheese frosting delicate on the tongue, and you can justify this treat by telling you and your partner it's made from a vegetable. If you and your S.O. are worried about the extra calories, check out our couple's [fitness tips](#).

3. **[Chocolate Mousse:](#)** What dessert is complete without a little (or a lot) of chocolate? There's something incredibly irresistible about licking chocolate off of a spoon, so we've found the perfect dessert for just that. Surprisingly easy to make, this chocolate mousse recipe is rich in flavor without being too sticky or thick for your palette.

**Related Link:** [Relationship Advice: How to Make this Valentine's Day Special for Your Loved One](#)

4. **[Cherry Trifle:](#)** The Valentine's day classic, cherries are an aphrodisiac, and for good reason. Deep scarlet cherries are even more luscious when paired with the bitterness of dark chocolate. This recipe calls for soaking the cherries in brandy for an explosive experience in your mouth. Served with whipped cream cheese and almonds over lady fingers, this recipe has every aspect of a dessert you could possibly want.

5. **[Tiramisu:](#)** There's nothing easy about this classic. Layered, boozy or not, this is a dessert that takes some time to make, but it's oh so worth it. While you're waiting for the lady fingers to finish baking, work up an appetite with your partner while you dance it out together. When you finally do slice into this Italian classic, you'll be proud of what you

and your partner made together, the perfect symbol of your relationship and the best way to celebrate Valentine's day, a day meant for celebrating everything you and your love have accomplished together.

**What special desserts make your Valentine's Day memorable? Share your tips below!**

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## Movie Review: Forever My Girl



By

[Rachel Sparks](#)

*Forever My Girl* is a story about star-crossed lovers. Liam

Page (played by Alex Roe) has to choose his love for music over his love for his bride Josie (played by Jessica Rothe). Leaving his bride-to-be behind for his music dreams, Liam never overcomes his love for his ex-bride. Pursuing his musical career forced Liam to leave the small town where he grew up, but the death of his childhood best friend takes him back home and forces him to face everything he left behind.

**Forever My Girl is a movie about dreams, lost love, and facing your demons. Check out our movie review.**

### **Should you see it:**

Yes. Who hasn't been faced with the difficult decision between one's own dreams and love? Filled with music, what more can one ask for in a heart-warming story?

### **Who to take:**

We have a feeling that the men in your life won't be big fans. This film isn't action-packed nor does it have any explosions. Instead, the movie focuses on matters of the heart, and for some guys, this makes them uncomfortable. Go with a group of friends to have something to discuss over drinks after the movie!

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

Facing the decision between love and personal dreams is a difficult one that we hope no one has to face. Ideally, your love will support your dreams, but sacrifice is a part of any relationship. Does that mean you have to give up your goals? Read Cupid's [relationship advice](#) to help you through the tough decisions relationships face:

**1. Patience:** Sometimes it's just not the right time. That

sounds terrible, right? Dreams are something to work on, constantly. They're life-long goals. As much as we may want a dream to come true right away, there are good reasons dreams may take longer than we want. You may want to blame your partner for your dreams taking longer than you would like, but consider the benefits of waiting. You'll be more capable and ready for your dream whenever it comes. In the meantime, keep working and be ready for the opportunity.

**Related Link:** [Dating Advice: Balancing Your Career & Relationships and Love](#)

**2. Compromise:** When you're in a relationship, compromise is expected. If your family is having a hard time staying afloat, whether it's finances, time, affection, you may have to put your dreams on the back burner. That doesn't mean completely give up on your personal dreams. Find a way to invest a little time in for yourself, even if it's only a couple of hours a week.

**Related Link:** [Relationship Advice: Is Your Job Killing Your Relationship? How to Choose the Right Company to Work For?](#)

**3. Leave:** If you're feeling controlled or unsupported, it may be time to consider if the relationship you're in supports the vision you have for your life. It's important to evaluate expectations versus reality. Do you have expectations that are destroying your happiness? Become grateful for what you have. But if you evaluate reality and realize that you're not receiving the support you need for your dreams, if you're being treated like your goals don't matter, then it's time to leave and fight for your own happiness.

**How have you fought for your dreams in a relationship? What advice do you have for couples so that they can be successful in their partnership and their individual dreams? Share below!**

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# Celebrity Chef Recipes: Meal-Planning Made Delicious



By

[Rachel Sparks](#)

Meal-planning is all the rage, but where do you even start? Eating the same ingredients all week sounds pretty boring, but these [celebrity chef recipes](#) can help you plan your weeks in delicious style. Not only does it save time and energy, meal-planning is a great way to help you achieve your healthy-eating goals. These recipes are so good that even though it's meal planning, the food is good enough to serve on a [date night](#)!

# Try these celebrity chef recipes for easy and delicious meal-planning ideas!

Meal-planning doesn't have to be boring. Yes, you're trying to use the same ingredients all week to save on both time and money, but there's a lot of ways to use the same ingredients in delicious ways! These recipes will add some new cooking techniques to your repertoire and make you look like a celebrity chef in no time! Check out these meal planning ideas inspired by [Jennifer Lopez's diet](#) and the creative substitutes [Kim Kardashian](#) makes.

**1. It starts with the protein:** Have you ever noticed that the bigger the cut of protein is the cheaper it is? This is because it requires you to do a little fabrication: basically, the art of butchery. If you don't feel comfortable about breaking down a whole chicken, look for large portions, such as loins and roasts. You can cut these into stew meat, pork chops, or leave it as a roast. Buying these large portion saves you money, requires only a little prep ahead of time, and you can freeze any leftover cuts until you're ready to use.

**Related Link:** [Celebrity Diet: Get a Red-Carpet Ready Body and a Healthy Mind by Eating These Super Foods](#)

**2. Seasonal vegetables:** Meal-prepping made easy and cheap means using readily available resources. While most grocery stores have a variety of vegetables year-round, the ones in season tend to be cheaper and, tastier, and much more delicious. Summer squashes can be used in pasta, stews, or sides for traditional entrées. Get creative and challenge yourself to use vegetables in every dish in a variety of ways.

**3. Leftovers anyone:** What's easier than an already prepped

meal? Not everyone loves leftovers, but some dishes taste better as they age. Stews and soups continue to develop flavor as they sit in the fridge ready to be eaten. Yes, some people don't like leftovers, so consider smaller batches, but it's already a meal prepared that just needs to be reheated.

**Related Link:** [Find Your True Weight with the Incredible Dukan Diet](#)

**4. The back-of-the-pantry meal:** Have you ever seen Chopped? They require contestants to use unusual ingredients to prepare normal meals. When you're running short on time and can't go to the store, digging around in your pantry can actually produce some unique dishes. It can be fun to challenge yourself.

**5. To freeze or not to freeze:** The ultimate in meal-prepping, preparing a dish ahead of time and saving it for later is incredible for a lot of people. If you have an afternoon free on a weekend, preparing a lasagna or casserole and freezing it makes an evening later in the week that much easier. Not everyone has time to cook an entire meal beforehand, thus the previous suggestions, but take that free time and get in the kitchen. You'll thank yourself later!

**How do you meal prep for your busy schedule? Share your tips below!**

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## **Product Review: Snow Fox 3-Step Skin Care**



By

Rachel Sparks

*This post was sponsored by Snow Fox.*

Despite the latest beauty trends, the best look is the natural look. [Kendall Jenner](#) is known for her glowing skin and flawless but quick makeup routine because of how healthy her skin is. Great skin starts with an amazing care routine and excellent products are a necessity. Snow Fox skincare line is not only healthy for you, but also for the planet we care for and the animals we love.

**Get that gorgeous glowing skin you've been dying for with Snow Fox skincare line, and check out our product review!**

What we love about Snow Fox products is that they genuinely



care about what you put on your face. Designed specifically for sensitive skin, Snow Fox has no parabens, no SLS (sodium lauryl sulfate), phthalate, petrochemicals, phenoxythenal, mineral oil, sulfates, synthetic colors, or synthetic fragrances. That's an impressive list! They don't test on animals and source primarily from Australia. Snow Fox is also 100% natural and certified organic.

**Related Link:** [Beauty Trend: 5 Face Masks to Try](#)

But what does Snow Fox have that makes it so great? Their three step process is acclaimed for not only cleansing, healing, and hydrating your skin, but for changing your skin to that celebrity-quality glow. How do they do it? In addition to organic and natural ingredients, Snow Fox's production process guarantees lab-day freshness. Packaged in Taiwan, Snow Fox's process of sealing their products in the lab prevents contaminants from entering and means you are the first person to interact with the products beyond the lab.

### **1. The three step process starts with their Soothing Facial Cleansing Mousse.**

Their cleansing step uses organic peppermint oil for antiseptic and antimicrobial protection. Alpha Hydroxy Citric Acid removes build up and dead skin cells for a gentle exfoliation. Finally, aloe vera promotes healthy skin regeneration.



## Snow Skin Care: Mousse

**2. Step two, Arctic Breeze Detox Mask, is made with 100% organic cotton.**

Globally sold-out, all skin-types have used and bragged about its excellent skin revitalization.

**3. The third and final step, Day and Night Defense Cream, goes beyond hydration.**

After 18 days of use, it evens out skin tones and textures, negates redness, and regulates sebum production. It's make-up friendly and can be used as a make-up primer to start your morning routine and get your gorgeous for a [date night!](#)



### Snow Skin Care: Cream

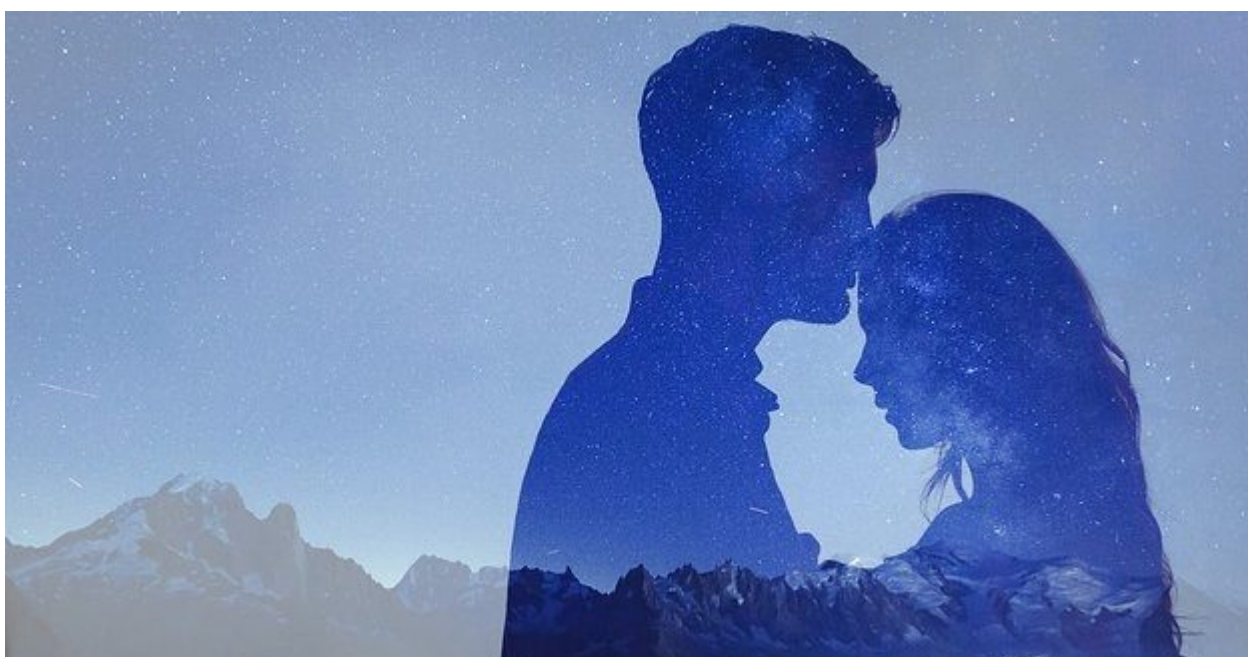
**Related Link:** [Beauty Tricks: 7 Ways to Maintain a Young-Looking Face](#)

Priced at \$120 for the three-step process, it's an achievable and reasonable price for revolutionary products that will heal your damaged skin, and it's just in time for winter! They have a \$48 travel kit with all steps included and is the perfect way to test their products. Internationally established, Snow Fox is making their way to the US. You can find retail locations in Switzerland, Australia, Hong Kong, and Singapore. Though they're new to the US, they've already been featured in *Marie Claire*, *Sassy*, *Bazaar*, and *Cosmopolitan*.

**We've loved this product so far and can't wait for you to try them! Dying to learn more? You can follow Snow Fox on [Instagram](#) or check out their website [snowfoxskincare.com](http://snowfoxskincare.com).**

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# Fitness Tips: Stick to Your New Year's Resolutions



By

[Rachel Sparks](#)

All of us have our body quirks with our bodies – things we don't like about ourselves. While it's important to accept who you are as you are, we also recognize that investing in yourself helps self-esteem. If exercise is a priority, you'll reap so many rewards beyond how your body looks. Cupid knows how hard it is to keep up a strong exercise routine, and we're here to help. Here are our [fitness tips](#) to keep your routine rocking!

# Read on for Cupid's fitness tips to achieve those New Year's resolutions!

**1. There's an app for that:** There's an app for anything, so look out for any of your specific needs! There's apps for fitness that give you a sense of community right on your phone. You can track calories, workouts, miles walked, etc. with other apps. Some apps help you meal plan, interpret labels, and compile shopping lists. There's an app for any need you have to keep you motivated and on track for your resolutions.

**Related Link:** [Fitness Tips: The 5 Best Apps to Help You Stay on Track](#)

**2. Classes:** Let's be honest; working out a gym sucks for most people. As much as we want to workout, if we're pulling on a machine all day it's hard to stay motivated. Fitness classes have become so much more fun. To stay on top of your resolutions, find a class that interests you! There's aerial fitness, dance classes, yoga, crossfit, bootcamps...you name it, it's out there.

**3. Friends = accountability:** Who is holding you to your goal? Is anyone motivating you, asking about your progress, celebrating your wins? Self-discipline only goes so far. On the days when you're feeling unmotivated, having a partner who is responsible for kicking your butt in gear is necessary. Prevent any breakdowns by assigning a friend to be your accountability partner. If you can rope your love into a workout, not only is it more accountability, but there's tons of couples workouts to rock to like Elsa Pataky and Chris Hemsworth for an energizing [date night](#).

**Related link:** [Fitness: 5 Amazing Workout Tips from the Best](#)

## Celebrity Trainers

**4. S.M.A.R.T. goals:** Have you heard of these from school or work? As annoying as these goals seemed at the time, it's a practical approach to personal goals as well. S.M.A.R.T. means "specific, measurable, achievable, realistic, timely" goals. Is what you're asking of yourself something you can track your progress and achieve in a reasonable amount of time? If not, break down a bigger goal into smaller steps so you can feel great about progress and keep building to that bigger dream.

**5. Recognize aches and pains:** How does this help you achieve your goals? When you overdo it, your body will react negatively. You may seriously injure yourself. Learn how to be aware of your body and recognize when it needs a break. It's better to rest for a day than to lose your goal completely from an injury. Remember, your goal is to better yourself; it's a lifelong process. You don't have to push yourself to achieve an Olympian's body in a few months. Commit for a lifetime. Commit to yourself.

**How have you bested your demons and achieved your New Year's resolutions? Share your advice below!**

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**Celebrity News: Matt Lauer  
Fired from NBC News for  
'Inappropriate Sexual  
Behavior'**



By

[Rachel Sparks](#)

The [latest celebrity news](#) is another sex scandal, and it breaks our hearts. After Harvey Weinstein, Hollywood has been under scrutiny for its sexual misconduct. Matt Lauer of NBC was fired overnight Wednesday, November 29 for “inappropriate sexual behavior.” [UsMagazine.com](#) reported the many celebrities who reacted to this news. Andy Cohen reacted to President Donald Trump’s tweets, calling him a hypocrite. Both Rose McGowan and Kathy Griffin, who spoke out against Weinstein, stated they had been keeping an eye on Lauer.

**This celebrity news seems to be more of the same lately, unfortunately. What are some ways to get up the courage to speak out**

# when you feel sexually harassed or have been assaulted?

## Cupid's Advice:

Speaking out when you feel victimized is terrifying, but being stuck in a situation you feel like you can't get out of is worse. Finding the courage to speak up and protect yourself will feel near impossible. Cupid has [relationship advice](#) to help a friend, or yourself, make it through this situation:

**1. Indirect confrontation:** A lot of times you want to take action, but you're terrified of the repercussions of a direct confrontation. Oftentimes a direct approach isn't the best answer. If you don't feel like you have support, fighting a situation alone could backfire. Instead, if you're being sexually harassed, find a way to distract from the sexual intentions. Spill a drink, take a phone call, fake an emergency. Find a way to get out of the situation and divert attention.

**Related Link:** [Celebrity News: Reese Witherspoon Reveals She Was Sexually Assaulted by Director at Age 16](#)

**2. Have a partner:** The buddy system from grade school is still relevant, especially in today's world where we are finding out more and more stories of sexual harassment. If you're going to be with someone you don't trust, find a way to have a partner. It's not always possible, but if you can avoid being alone the likelihood of being targeted goes down.

**Related Link:** [Parenting Tips: Ways to Talk to Your Kids About Sexual Abuse](#)

**3. #MeToo:** [Reese Witherspoon](#) used the hashtag to share her own stories of Hollywood harassment. You don't have to use a hashtag or social media, but the idea behind it is important.

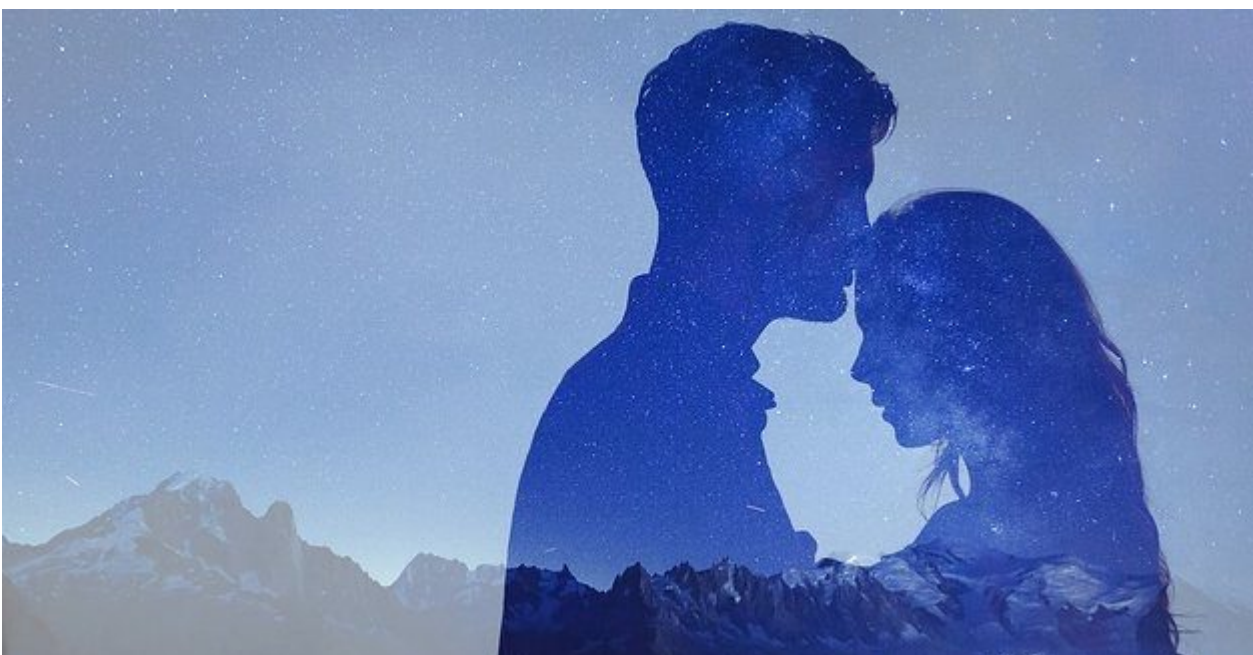


Find a way to connect with others who have been through similar situations. Build a community where you feel safe and supported.

Have you or someone you care about been sexually harassed? How did you make it through it? Share your advice below to help someone else survive this all too common tough situation.

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# Celebrity Break-Up: How Jennifer Lawrence & Darren Aronofsky's Age Difference Led to Their Split



By

[Rachel Sparks](#)

We're sad to see this [celebrity couple](#) split. [Jennifer Lawrence](#), 26, and [celebrity ex](#) director Darren Aronofsky, 48, broke up just one month after the release of *mother!*, the movie where they met. According to [People.com](#), a source told the magazine that the age difference between Lawrence and Aronofsky was likely the cause for the end of their relationship. The source says that though the couple was extremely infatuated with and respected each other, the differences in life experiences was the cause of this [celebrity break-up](#).

**This celebrity break-up happened back in September, but we are just now getting some more details. What are some factors to consider when it comes to age in a relationship?**

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

When Cupid strikes, rationale is forgotten. It's not always logical who we fall in love with, but sometimes it's important to sit down and evaluate a relationship. Age doesn't have to be a negative factor between two people. The Olsen twins are notorious for dating older men, and despite what critics may see, the longevity of their relationships speaks to their happiness. There are things to talk about with your partner to ensure that age will not have a long-term effect between you two. Here is Cupid's [relationship advice](#):

**1. Children:** Let's knock the biggie out right off the bat. Sometimes older partners may not want kids, may not be able to have them, or already have some. Children are a huge factor in many people's relationships. Are you and your partner on the same page in regards to this? Age doesn't have to have any

impact on the ability or desire to have children, but be sure both you and your partner are open and honest about what you want when it comes to children.

**Related Link:** [Celebrity Baby: Mary-Kate Olsen & Husband Olivier Sarkozy 'Really Want a Baby'](#)

**2. Friends:** We all tend to hang out with people who are similar to us. While ages may vary in friendships, more often than not we gravitate to people who are close to our age because, generally speaking, life evolves on similar paths. If you're around a bunch of older friends, will you be intimidated or inspired? Will you feel left out or will you grow and feel like part of the group?

**Related Link:** [Celebrity Wedding: John Stamos & Girlfriend Caitlin McHugh Are Engaged](#)

**3. Life-experiences:** Older ages have dealt with kids, divorce, education, careers, health issues, etc., while younger people are likely still trying to figure out life. Sometimes moments occur where there's tension because of these differences. Age differences are not impossible to work with in a relationship. The older person likely places more value on the relationship because of their past experiences, adding more depth to the relationship; however, there will be challenges. Just be certain this is something the both of you are willing to work through.

**Have you been in a relationship where there's been a major age difference? How did that impact your relationship? Share your tips below!**

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# Celebrity Maternity Style: Get Inspired by These Celebrity Baby Nurseries



By

[Rachel Sparks](#)

Famous parents have created the best nurseries for their [celebrity babies](#) that even we envy! Going all out for their children has offered a lot of inspiration for how to make your own nurseries glamorous and whimsical. [Kim Kardashian](#), the queen of luxury, decorated North West's nursery with a sheepskin rug and oversized stuffed animals in a glam-safari style. Ciara created the perfect angelic room for her son in soft, plush whites and pinks. We've been inspired by these celebrity nurseries and have [parenting advice](#) for your babies!

# Read Cupid's parenting advice to get ideas for your baby's nursery!

## Cupid's Advice:

While your baby may not remember their nursery, you certainly will. There's something about investing right from the beginning of your child's life that makes you feel like the parent who can conquer anything. Here are some of the latest nursery trends based on what we've seen celebrity parents doing:

**1. Art gallery:** Coco Rocha sets the standard for chic. For her daughter's nursery, she has a wall dedicated to artwork. Pop art pillows and name brand rocking chairs, Coco Rocha has created the perfect high-fashion designer nursery for her daughter. While you may not hire interior designers for your own nursery, you can take inspiration to recreate your own art gallery for your child!

**Related Link:** [Product Review: A Lounger Fit For a Celebrity Baby](#)

**2. Monochromatic palettes:** Pastels have been all the rage the past couple of years, but we're talking using bold colors to create your child's perfect getaway. Use Penelope Disick's nursery as inspiration! [Kourtney Kardashian](#) used coral pink everywhere: on the walls, in the fluffy-clouded-wallpaper on the ceiling, all the way to the accents in the room. Juxtapose with pops of turquoise for flashes of cheery delight.

**3. Patriotism:** Parenting is hard. You have to evaluate your beliefs and see if they are something you want to pass onto your children. Take Jaime Ford's idea and put up flags from your country (or your family's cultural heritage). Find cultural inspiration for your artwork and stray from the norm of animal-inspired artwork to give your baby something with

deeper meaning.

**Related Link:** [Soften Up a Room with Lorena Canals New Rug Collection](#)

**4. Pops of color:** Kendra Wilkinson-Baskett has created a modern nursery with bold flashes of color. Keep the rest of the decor simplistic and use sunny yellows, fiery reds, or dark-sea blues to go for a dramatic style.

**5. Whimsy:** The most important details you can add to your nursery are the ones that add magic to your child's life. Oversized stuffed animals, child-sized teepees, and plush carpeting create many sources of entertainment for your child!

**What are your ideas for your dream nursery? Share your ideas **below!****

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## Movie Review: 'Pitch Perfect 3'





By

[Rachel Sparks](#)

The Bellas are back in this second follow up to *Pitch Perfect!* After winning the World Championships, the all-girl group have split, but they're coming together for one last competition: the USO tour overseas. The catch is the groups they compete against have started using instruments. Follow the amazing vocals of Emily (Hailee Steinfeld), Beca (Anna Kendrick), Calamity (Ruby Rose), and Fat Amy (Rebel Wilson). Watch this story of friendship, frenemies, and competition

**'Last Call Pitches' has relationship advice to get you through romantic partnerships and friendships!**

**Should you see it:**

If you've loved the past two *Pitch Perfect* movies then this third one won't disappoint. There's going to be competition, arguments, friends overcoming obstacles together, global tours, and of course, a grand singing finale.

## Who to take:

This isn't a chick flick, so you can bring guys or gals. The sense of community and girl power is definitely something to bring a group of your girlfriends to, but if it's time for a date night, your significant other will still have a great time.

## Cupid's Advice:

Relationships can be hard, but *Pitch Perfect 3* portrays the struggle of every kind of relationship. Whether it's romantic or friendly, the Bellas set the stage for some serious [relationship advice](#). This is what we've learned from *Last Call Pitches* about the importance of all your gal pals:

**1. When competition strikes:** The Bellas are all about competition. The first movie showed them fighting amongst each other but the second movie showed them banding together for the ultimate stand-up performance. Competition can hurt a friendship, but it's not insurmountable. Encourage each other's strengths and find a way to combine your gifts and passions into something you can do together.

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**2. Life has made you distant:** The Bellas have split but they're coming together for one last show-stopping performance. Life can tear friends apart. You take different jobs, move for work, marry before your friend, have a baby, make new friends. It can feel hard to maintain a friendship when life places obstacles and makes time a hot commodity. Talk to your friend about how you want to spend more time together, learn each other's schedules and what times work best, and make it a priority.

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**3. Always have their back:** Just like in a romantic relationship, you need to show your loyalty and support to a friend. You may not always agree with them or may even doubt them, but supporting them despite the potential for failure will only make your relationship stronger.

**Are you dying to watch the third movie in this vocally spectacular trilogy? How have the Bellas changed your view on friendship? Share your thoughts below!**