

Kardashians & the NBA: 10 Flings to Remember



There's no shortage of publicity following the Kardashians—and Kris Jenner is happy to keep it that way. But few trends have become as notorious as the rumored 'Kardashian Kurse', which is alleged to follow athletes who date one of the siblings and subsequently post the worst numbers of their careers.

With over a dozen NBA stars alone on the list of paramours for the Kardashians, no sporting sector is as at-risk of a pop culture curse as basketball. Even so, not every relationship has led to disastrous results for athletes who mingle with the dynastic family.

With players like James Harden and Blake Griffin both having spent ample time with Khloe and Kendall respectively, it's

clear there's an emphasis on success. Both players are now on the Brooklyn Nets' roster, where they're joined by Kyrie Irving and Kevin Durant.

Though Griffin had a few slow years in Detroit and Harden failed to bring Houston an NBA championship title, the future is bright at Barclays Center in Brooklyn. And with sports betting expanding to more and more US states, fans can take advantage of [Illinois free bets](#) and similar bonus offers when they're looking to back teams like the Nets.

Though there's no word if the Kardashians are willing to wager on their exes' performances, we certainly hope Khloe isn't betting too much on husband Tristan Thompson.

Here are the ten most impressive NBA boyfriends who dated a Kardashian, ranked from best performance on the court to worst. Spoiler alert: Khloe's got the eye for talent.

James Harden

Khloe, 2018

Though names ranked below Harden on this list have at least one NBA Championship ring, no other athletes have earned the accolades that the former King of Houston posted. During the height of his fame in Houston, Harden and Khloe Kardashian got cozy for nearly a year.

Though Harden's success on the court (with MVP and All-Star accolades) is proof that the Kardashian Kurse is mere speculation, he did open up about the difficulties that come with dating a global superstar.

Lamar Odom

Khloe, 2009-2016

As one of the most infamous relationships of any Kardashian to date, Khloe's marriage with Odom remains a topic of speculation from the media. With an Olympic gold medal and two NBA Championships to his name, Odom was a force on and off the court.

Unfortunately for both Odom and Khloe, their seven-year relationship ended in a maelstrom of drama. However, the pair remain on amicable terms—and, yet again, Odom's downfall had little to do with Khloe.

Blake Griffin

Kendall, 2017-2018

Though Griffin has yet to take home a Championship title, he's got multiple All-Star awards, All-NBA honors, and a Rookie of the Year accolade to keep him motivated in Brooklyn. His peek stardom coincided with his fling with Kendall in 2017. Oddly enough, for one of their first dates, Kendall and Griffin went on a double date with her former NBA paramour, Chandler Parsons, and his girlfriend at the time.

Tristan Thompson

Khloe, 2016-present

Few men could make Lamar Odom's public meltdown in 2015 look worse, but Tristan Thompson was up for the challenge. Since beginning their relationship in 2016, Thompson and Khloe have undergone multiple public trials as a couple.

Though he's got one NBA Championship title under his belt,

Thompson likely has LeBron to thank for that, as his stats are less than impressive for a man with a finals ring.

Rick Fox

Khloe, 2015

Given Fox's long and storied history in the NBA, which ended all the way back in 2004, news that he and Khloe were dating immediately made headlines after her split from Odom in 2015. With three NBA titles under his belt from his time with Kobe and Shaq with the Lakers, Fox may be one of the most impressive players on this list. Even so, it wasn't enough to keep him and Khloe together.

Devin Booker

Kendall, 2020-present

One of the youngest players on this list, Booker is an All-Rookie and All-Star team recipient. However, he's also known for his recent involvement with Kendall Jenner. The pair have made headlines in the past year as they jet-set around the world. According to Entertainment Tonight in early March 2021, the pair are closer than ever.

Ben Simmons

Kendall, 2018-2019

Though he's been the undisputed starting guard for the 76ers since he joined the team in 2016, some believe Simmons' lackluster performance on the court since 2019 is proof the Kardashians may muddle athletic careers. However, Simmons has since kicked these rumors, after a 2019 and 2020 place on the NBA All-Star team, as well as turning around the 76ers franchise.

Chandler Parsons

Kendall, 2014-2017

Before Kendall took Parsons on her first date with Blake

Griffin or even met an athlete named Devin Booker, she spent years cozying up to Chandler Parsons. Though he's spent the most time with Kendall than any other athlete on this list, his NBA record is by far the least impressive—though he's never cited the Kardashian Kurse when interviewed about his time with Kendall.

Kris Humphries

Kim, 2011

For reference to how successful Humphries' career in the NBA was, he's largely remembered for his 72-day marriage to Kim Kardashian. Since joining the NBA, Humphries had circulated around trying to find a place as a power forward—but to little success. After spending fourteen seasons in the NBA, he retired in 2017 with no accolades to show for it. During that time, he featured on more than eight rosters.

Rashad McCants

Khloe, 2008-2009

If James Harden is proof that the Kardashian Kurse doesn't exist, and Chandler Parsons is proof that not every athlete gives the Kurse credence, then Rashad McCants is the naysayer looking to set the record straight.

Currently a free agent, McCants' prospects continuing his basketball career aren't great. Unable to top his prestigious collegiate career with the Sacramento Kings following a year-long stint with Khloe in 2008-09, McCants publicly blamed their relationship. Considering the Kardashians didn't ascend to global super-stardom until 2010 (for reference, Kim appeared on *Dancing with the Stars* in 2008), McCants' claims fall flat upon further inspection.

Relationship Advice: Tips for Strengthening Your Relationship During Addiction Recovery



Keeping a relationship strong and healthy is very difficult. When you add a drug or alcohol addiction to the mix, it can increase the amount of difficulty two people face when trying to stay together. If both people involved in a relationship are addicted to drugs or alcohol, entering a facility like [Couples Rehab](#) is important. In these facilities, you can focus on getting sober and introducing healthy habits into your relationship together.

You will find that as you start your sobriety journey the

tolerance you have for fighting and stress will diminish quite a bit. A toxic relationship will only make your journey more difficult and affect your mental health at this crucial time.

This is why you need to work on strengthening your relationship during the addiction recovery process. Here are some things you can do to make this goal a reality.

Work On Being Encouraging

Each year, nearly 800,000 marriages end in divorce in the United States. When two people are fresh out of an addiction recovery facility, readjusting to life without illicit substances is one of their biggest challenges. In some cases, these challenges can lead to very volatile situations. It is unrealistic to think that you and your partner will never argue. The main thing you need to do to avoid letting the arguments take a turn for the worse and avoid saying things that will discourage your partner.

Not getting support for a life partner can be the thing that [pushes a person to use illegal drugs](#) or alcohol again. Instead of using a person's addiction struggle against them in moments of anger, you need to be as encouraging as you can. If you do get angry, avoid letting your temper lead to you saying things you will regret in the future. Take a few minutes to remove yourself from a tense home environment to think clearly and cool off. During the break, think of constructive ways you can diffuse the situation at hand.

Don't Stop Sharing With Your Partner

Going through the drug addiction treatment with your partner

is beneficial. However, this process can still make you feel isolated and alone. Often, people in addiction treatment will uncover trauma from their past as they try to put the pieces of their lives back together. When these old feelings resurface, you might feel like withdrawing, which could jeopardize your sobriety.

Rather than shutting down, you need to open up to your partner. Being able to share your fears with your soulmate can take a lot of the weight off of your shoulders. Allowing them the chance to share their feelings will also help you strengthen the relationship you have with your partner.

After your addiction treatment, consider enrolling in couple's counseling. With the help of a relationship therapist, you can work through any issues you have with your partner without introducing unhealthy habits into the equation.

Make Addiction Meetings Your Date Night

One of the main things an addiction counselor will encourage recently sober people to do is to go to meetings with other recovering addicts. While most people start out going to every meeting they can find, this enthusiasm eventually fades.

If you are going to these meetings with your significant other, create a system of constant encouragement. If one of you allows the other to skip a meeting, it is only a matter of time before this bad decision catches up with you and becomes a regular occurrence.

Going out to dinner after these meetings or catching a movie can make these nights more enjoyable. By centering date night around your addiction meetings, you can stay on the straight and narrow while making your relationship healthier.

Recognize the Signs of a Relapse

Keeping your relationship happy during and after drug

addiction treatment will require you to educate yourself regarding the signs of a relapse. Many addicts tend to fall back into their old ways when the stresses of life confront them. Knowing what to look for can help you spot a potential relapse and take steps to either prevent or treat it.

If your partner starts talking about the days when they used to take drugs or alcohol out of nowhere, they could be thinking about using again. Also, higher levels of stress can lead to a recovering addict to turn to drugs or alcohol for relief.

Staying involved in your partner's day-to-day life is vital when trying to catch these signs early on. If you are having thoughts of using again, you need to share it with your partner. Being afraid to ask for help in this vulnerable situation can lead to big problems, such as a full-on relapse.

Making a Relationship Strong Is Hard Work

Now that you know more about how to keep your relationship healthy during and after recovery, it is time to put these tips to use. Remember to reach out for support and accept help from the people around you in this challenging, but important time.

Relationship Advice: Supporting the Caregiver





By Dr. Jane Greer

Dealing with an illness or injury is stressful and overwhelming, and that is even more true during a global pandemic. When it happens, family members and friends rally around the person who is sick, and the focus is on them as they deal with doctors, getting a diagnosis, managing symptoms, and so much more. While that is happening, their partner often becomes a hands-on caregiver, arranging appointments, transportation, in-home care, and dealing with all sorts of other logistics. Their strength and stamina can be instrumental in helping their loved one get through the difficult time. Katharine Heigl, the star of *Firefly Lane*, recently revealed her husband Josh Kelley helped her get through a health crisis. "First trip since the start of the pandemic is back to L.A. to deal with a herniated disk in my neck," Heigl captioned with an Instagram video of Kelley singing along with the coffee maker in their hotel room. "Thank God for @joshbkelley for not only coming with me to hold my hand but for providing me with some very much needed comedic relief!" And while caring for the person who is unwell is so important, the thing that can fall through the cracks is

the impact all of this has on the partner who has stepped into that helping role. Illness can hit hard, not just for the one who is sick but also for the one who is going through it with them. Since they don't want to be a burden and possibly add more stress to their loved one who is healing, they may be reluctant to voice their worry and unhappiness, as well as the strain they are experiencing, and may even think they shouldn't.

If you find yourself in this position, what can you do to make sure you are getting what you need so you don't burn out and can continue to be there for the person who relies on you?

When you are dealing with illness and recovery in your family, the uncertainty and anxiety you feel can totally drain you, as can the intense demands that are being put on you. Your ailing partner is likely not themselves, so your own support system is no longer in place and you probably miss them. You're likely to be very concerned about when and if they will return to what they once were. When this happens, it is normal to feel unsupported, angry, overwhelmed, frightened, overloaded, and even alone, all of which can make you experience guilt for having these feelings since the person you love is suffering. They can get even worse if your partner becomes demanding, takes you for granted, or are unpleasant to be around because of the pain or discomfort they are dealing with. Also, their fear about the future can put even more of a damper on the household. You may begin to resent having to carry the lion's share of the daily household work in addition to everything else you are handling, and then think you are not being a good

enough partner because if you are the healthy one, you may feel you have no right to complain.

With all of this in mind, it is important to take stock of how depleted you are. While you are serving as the emotional and physical pillar in your home at the moment, you, too, need someone to lean on. Consider finding someone who can give you the emotional support you require without feeling it is taking away from your partner's needs. In other words, your partner's family members may not be the best people to look toward. Instead, think about a friend, a neighbor, a colleague at work who is removed enough from the situation that you won't feel terrible if you share with them the occasional thought that your loved one is driving you crazy, or a therapist. Being able to say it out loud can be very helpful, because otherwise you will bottle it up and it can just get worse. Having an individual in your corner who can listen and understand how hard this is for you, too, will allow you to recharge your battery so you can be there for your partner. Along those lines, if you are aware of a friend or family member who is in the role of caring for an ill loved one, consider reaching out and offering your empathy and a shoulder to lean on – it will go a long way.

It sounds like Katharine and Josh are getting through their crisis together. Humor seems to be one of the ingredients Josh is using to support Katharine, and hopefully he, too, is getting the assistance he needs so he can continue to be there for his wife.

Please tune in to the Doctor on Call radio hour on HealthyLife.net the first Wednesday of each month, at 11 AM EST, 8 AM PST; including Shrink Wrap on Call, Pop Psych with Dr. Greer, and Let's Talk Sex! Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy. Listen to Dr. Greer's Shrink Wrap News at 7 segments on [HealthyLife](http://HealthyLife.net).

Relationship Advice: How Can You Seamlessly Welcome A New Baby?



By Dr. Jane Greer

There is no question that the announcement of a baby brother or sister is exciting. It can be a wonderful time when you are expanding your family and planning to welcome your next child into your home. Prince Harry and Meghan Markle recently told the world that they are thrilled to be expecting baby number two who will join big brother Archie. And while everyone rightfully expects this time to be joyful, it can also be

stressful and harder than you might think to navigate. With the...*Arrival* of your newest addition, for the child who is already there it actually can be a...*Rival*. They may worry about what it will be like to have to share their parents' attention and may fear that they will stop being the center of their parents' world. And while the prospective parents may view it as a gain, the child can see it as a loss. So how can you make the experience less fraught and more positive?

There are certain things to keep in mind which will help make the homecoming of your new family member as smooth as it can be.

The first thing you can do is to include your child or children in the adventure of your pregnancy so they feel a part of it, and so they can get excited about being involved. Help your child look forward to the birth of their new sibling by sharing with them how the baby is developing, and how their presence will enhance the family unit and not take away from it. If you are able to illustrate how much they can contribute and be helpful to you in caring for their new brother or sister – whatever that might mean based on how old they are – they can look forward to feeling valued and needed.

Another thing to consider is how birth order will affect the dynamics of your family unit. I talk about this in my book *Adult Sibling Rivalry: Understanding the Legacy of Childhood*. It is fairly well accepted that we make decisions about how many children we want to have based on the structure of our family of origin. For example, if you are one of four kids, that can seem normal and comfortable, and you may want to replicate that when you begin to discuss building your own family. What isn't talked about as much is the fact that your place in your family growing up – whether you were the baby or

the oldest, the middle child or an only child – can often shape how we interact with our own children. If you were the youngest and were always pampered, you may look to treat your youngest the same way. If you were the oldest and felt you were given too much responsibility, you could take that in two possible directions. The first is to offset what you thought of as negative treatment and consequently be more indulgent with your first child, thereby letting them off the hook. Or you might take the opposite approach and think if I had to do it then they should too, and therefore be more strict with them. Recognizing this in yourself can help you as you prepare for your new baby, and how you might relate to them based on your family experience.

The crux of sibling rivalry is having to share your parents love with your sisters and brothers, and worrying that you won't get your fair share. Everyone understands that. But it is possible to use this necessary sharing as a means to learn how to compromise, how to care about your siblings and develop concern for the best interest of others, how to deal with disappointments, and finally how to accept that you can't always have your way. Taking this into account, sibling rivalry can be viewed as a positive experience.

If Harry and Meghan keep these things in mind, they will likely be hands-on equipped to deal with the unknown and the sibling rivalry that is an inevitable part of an expanding family, and you can be, too.

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Relationship Advice: Could You Cross Over Into The Cheating Zone?



Everyone likes to think of themselves as an upstanding person, one who would never break a vow or betray someone they love. Each individual who has ever been in my office to deal with infidelity has always prefaced it by saying, "I'm a good person, but..." How does that but come about in the face of the expectation that you will be honest and faithful to the person you have committed to? In other words, what is it that puts you on the path from faithful to unfaithful? Recently it was revealed that this may have played a part in the break-up of

Olivia Wilde and Jason Sudeikis. It has been reported that Wilde was involved with Harry Styles before she and Jason split after spending nine years together and having two children. This raises the question of how someone, in many cases even the best-intentioned person, ends up actually having or flirting with the idea of having an affair?

The pandemic has made this even more prevalent as people are connecting through texting, sexting, and video chats. You might think you are innocently talking to an ex-girlfriend or co-worker across the country, but if you are sharing intimate thoughts and feelings you could be easing your way toward an emotional virtual tryst. So, what are the signs that you may be at risk of

heading that way, online or in person?

In this case it is important to think about what you are not getting from your relationship that could be leading you to feel resentful, angry, and neglected. It can be one big event or a series of smaller issues that take you to that place. Do you think you are always shot down when you suggest something, or believe your opinion doesn't matter? Do you feel repeatedly overpowered by your partner, and there seems to be no room for compromise? Does your partner barely look up from their phone anymore when you tell them about your day, or even worse, they have no interest in hearing about it at all and shut you down when you bring it up? These repeated negative behaviors can cause your self-esteem to take a hit, as well as leave you to feel you are just a burden or a nag. Additionally, have they stopped showing interest in having sex with you? Not only do they not initiate sex, but are they unresponsive to any overtures you make as well? If so, this can impact your sexual-esteem, leaving you feeling rejected and undesirable.

Put all of this together, and you are likely to believe you are not important and just don't matter to your partner because you are feeling so deprived, ignored, and unappreciated. This is when you are in the most danger of entering what I call The Cheating Zone, the arena between potentially cheating and actually cheating. It is the point where you shift from what is seemingly an innocent conversation to a truly meaningful relationship with someone other than your committed partner. Faced with a feeling of futility and the defeated sense that whatever you do your relationship isn't going to change, combined with running on emotional empty, can make you particularly vulnerable. If someone else pays attention to you, offers you a compliment, or just wants to talk, you may feel a strong attraction

because anything that begins to feed your self-esteem can be grist for the infidelity mill. If you find yourself feeling unhappy a lot, fantasizing about this new person that you are interacting with, or imagining ending your relationship, it is easy to go from contemplating to actually falling into an affair. Very often people think the paramour happened to come along and that's how the infidelity came about, but, in reality, that other person likely gained entrance because of all the things going on that were driving you and your partner apart. That third person is able to enter the equation because there is already so much distance between you.

If you want to avoid this, acknowledge the feelings you are having and take them seriously. Use them to guide you to action, whether that means negotiating specific changes in behavior or deciding to see a counselor. Rather than resigning yourself to being miserable, talk to your partner and let them know how distressed you are and how dire you think things could be for the relationship if you don't deal with these problems head on. Let your partner know what needs to be different for you in order to remain in the relationship. Before you do something that may lead you to the point of no return, give them a chance to work with you to make things better.

It is impossible to know what exactly took place between Wilde and Styles, or when it happened. However, if you are dealing with any of the above, then by communicating and recommitting to each other you can hopefully steer clear of The Cheating Zone.

Relationship Advice: 4 Wedding Morning Gifts for the Groom



On the morning of their wedding, the bride and groom are typically expected to exchange gifts. Yet while this is tradition, there are no rules when it comes to the type of gift or how much you should spend.

The gift exchange usually takes place before the ceremony, with many couples choosing to ask their best man or maid of honor to deliver the gifts while everyone is getting ready. This window of opportunity allows the bride and groom to gift one another with, for example, an item of clothing they may have to wear or a small bottle of alcohol to enjoy so that they can reduce their nerves.

Not sure what to gift your husband-to-be on the big day? Here's a list of exceptional gift ideas your fiancé is sure to love.

1. Personalized Drinking Glasses

What's your hubby's drink of choice? One perfectly simple but effective wedding day gift is a personalized set of drinking glasses with a small bottle of alcohol to match. You can find a variety of personalized whiskey, scotch, wine or beer glasses online and order them one-of-a-kind. Choose to have the groom's name on the glass with your name on the other. Or, if you are feeling extra romantic, you could have Mr and Mrs etched onto the glasses.

2. Funny Socks

While wedding day socks are usually associated with 'cold feet,' this doesn't necessarily have to be the case. Socks are a wonderfully fun and unique gift you can give to your groom, and what's more, they can even wear them throughout the day. There are some excellent [funny wedding socks](#) for grooms to choose from. Go one step further and treat your father to a pair of the 'Father of the Bride Socks' so the two favorite men in your life can match.

3. Aftershave/Fragrance for Men

There is a long list of fragrances on offer and everyone has their own preferences when it comes to selecting a fragrance that is perfect for them. Therefore, you should only select an aftershave for your groom if you are certain you know the fragrance notes that they enjoy.

The most popular fragrances that are on the market, however,

include:

- Dolce & Gabbana: The One
- Paco Rabanne: 1 Million
- Hugo Boss: Bottled

Not sure what fragrance to treat your groom to? Here's a quick [guide](#) to help.

4. Handwritten Letter

Is there anything more romantic than receiving a [handwritten love letter](#) from a wife-to-be? Not only is this a simple wedding gift, but it is one that truly shows your partner how much you love them. Of course, you will want to plan and prepare the letter ahead of the wedding day so that you can have the letter professionally written with calligraphy and on high-quality card. By taking these extra steps, the groom can save the letter and maybe even frame it in your house.

Your wedding morning can be quite a stressful time for everyone in the wedding party. Therefore, take some time to send across a loving and thoughtful gift to your husband-to-be so that he knows you are thinking about him and the life you are about to start together.

Relationship Advice: 6 Ways Celebrities Grow Their Money





We all love celebrities and their lifestyles that are larger than life. They set the trends on almost everything, from fashion to technology and even makeup looks. With such great influence and a lot of money to spend, you may wonder how celebrities grow their money, and what you can borrow from their investment tricks.

Even if you're not a celebrity, when choosing investments worthy of your money, one can use the [dividend yield calculator](#) to project the potential of certain investment portfolios that you may be interested in.

In this article, we have compiled a list of several techniques celebrities invest their money.

Kim Kardashian

Kim Kardashian started off as a socialite who seemed to simply love the spotlight. She was from a rich family and was labeled as untalented by some media quotas. Her business prowess was

underestimated by many for a very long time. Over the years, Kim Kardashian has proved her critics wrong. In 2009, she and three others started an online shoe business known as ShoeDazzle. She has also partnered with her sisters Khloe and Kourtney on several clothing line ventures and perfume lines. Kim Kardashian has invested solely in a shapewear line and partnered with her billionaire sister Kylie on a couple of make up ranges.

Coupled with her reality TV shows, which she has been executive producer for decades, Kim Kardashian is undoubtedly a gifted businesswoman. She has leveraged her fanbase and turned them into buyers of the products they have always seen her using. One thing you can learn from the most famous Kardashian is that you can turn your fans into money.

Kylie Jenner

Following in her big sister's footsteps, the youngest of the Kardashian-Jenner clan has been nothing short of a girl with her eyes on the goal. Forbes named Kylie the youngest dollar billionaire ever at only 21 years of age, trumping tech developers like Zuckerberg. Unknown to many, Kylie started out her investments in real estate, flipping houses and making millions as she did so. With her famous name and exquisite taste on the tag, Kylie knew just how to buy and flip with an impressive profit margin. Kylie would later launch a makeup line, Kylie cosmetics, with her products selling out in a matter of hours thanks to her smart marketing techniques. She recently sold a significant portion of the makeup line for a reported \$600 million. Kylie has clearly challenged many celebrities with her business acumen.

Ashton Kutcher

The celebrated Hollywood actor has had his eyes on several investments in the tech startup space both through direct investments as well as through his investment firm A-Grade

Investments.

Some of these tech investments include social magazine App, Flipboard, vacation-rentals service Airbnb, and a photo-sharing application known as Path. Kutcher also invested in Skype before Microsoft acquired it for \$8.5 million. You can tell Kutcher knows the tech startups worthy of his money.

Justin Timberlake

Timberlake has slowly but surely spread his investment portfolio over several assets. He has investments in golf, clothing, and even a boutique record label.

Additionally, Justin Timberlake invested \$2 million in a photo startup known as Stipple. He has also invested in Tapulous, an app maker that has been acquired by Disney. It is clear that the talented actor is a brilliant investor, just as he portrays in his role in "The Social Network."

George Clooney

This list will be incomplete without George Clooney. The actor started a liquor brand "Casamigos," which was meant to be Tequila for his friends. Diageo recently acquired the brand for \$1 billion. I guess we can learn a thing or two about turning your hobbies into investments from George Clooney.

The Carters

Beyonce and her husband, Jay-Z, are a billion-dollar couple. Jay Z, who refers to himself as a businessman has a diverse investment portfolio starting with his popular streaming service Tidal. Jay-Z has had in eyes on his Roc Nation talent label, among other assets. On the other hand, Queen B has invested largely in comfortable and unique sportswear through her brand Ivy Park. Beyonce has had her eyes on Disney producing a successful musical, the [*Lion King*](#). Following the success, Beyonce is said to have signed a three-movie deal

worth \$100 million with Disney.

Ellen DeGeneres

The popular daytime TV star and comedian is also famous in the Hollywood real estate industry for house flipping. Ellen has bought, renovated, and sold over 12 houses throughout her life as a celebrity. One of her major real estate flexes was selling a mansion she bought at \$40 million for a \$15 million profit.

Relationship Advice: Holiday Gift Guide for Newlyweds



Newly married couples come together bringing their different backgrounds and tastes, making shopping for them more difficult. When you want to buy a couple's gift, choosing something that appeals to both people in the relationship is challenging.

If you can think outside the box, you might come up with some memorable holiday presents. Here are some of our top choices.

Linens

For some gorgeous textiles, check out one of our favorites. [August Table napkins](#) and linens are block-printed by hand on mill-made cotton by Indian artists. We love the soft colors and the boho-chic vibe that make tablescaping so fun. They're timeless, but not fussy. They don't have that vintage, overly-precious grandma feel, either. You can mix and match, style your table and host some fabulous gatherings.

For the Road-Tripping Couple

Right now, we're deep in COVID. Some couples would rather live on rice and beans if it meant they could travel. If they had the choice, they'd be off adventuring right now, which means the pandemic is driving them particularly crazy.

For a fun, reasonably priced gift, give them something to do now and then use as a plan for the future. Wrap up a box of small-headed, colorful pins, puzzle glue and this [National Parks puzzle](#). They can keep their hands busy while they plan their future road trips, and glue the pieces together when they're done.

When it's time, they can hang up their map in the garage next

to their suitcases and put pins in all the national parks they visit.

The Family Saying

Is there a family motto or inside joke that would make a great sign or placard for the newlyweds' home? [Our Kindred Home](#) makes beautiful handmade wooden pieces for home decor that can define their living space. If none of this company's signs fit your friends' story, you can get a custom job done. What is this couple's meet-cute? What do they always say to each other? What do they want for a family motto? If you know, you might have the perfect gift to give them this holiday season.

Newlywed Keepsake

These customizable gifts from [Promenade Fields](#) are simply adorable. We love the wall art with a romantic saying you can choose, a sketch of a couple made to look like them, and their names spelled out on the bottom of the print.

There are also personalized mugs and candles for even more romantic keepsake choices. Perfect for newlyweds. They'll definitely be able to tell you put some thought into their gift.

For Nature Lovers

[Palmer Planter Pots](#) are simply lovely homemade pots crafted in the USA, designed by potters Daniel Ricardo Teran & Naomi Cleary. Everyone needs a little green in their house, and these planters add to any plant's natural beauty.

You can go with the natural vibrant terracotta or with the company's beautifully glazed pieces. Art and function together always make the best presents.

Like we said, presents are just harder to buy when you have to consider both people in a relationship. We hope we've given you some suggestions for couple gifts that will click with the

people in your life.

Happy Holidays!

Relationship Advice: Ways to Improve your Quality of Life and Success in Relationships



Everybody has a unique perception of life and success. The definition of success is more than what you read in books and other content resources. The diversity in what is defined as a success makes it versatile enough for anyone to decide what

adds flavor and fun to their life without presenting everyone with the same recipe for a successful life.

In this relationship advice, here are the most practical strategies and tips that will make your life and relationships more successful and rewarding, crafted by professional [statistics homework helper](#).

Check out the tips here:

1. Nurture the culture of optimism:

Practicing optimism in all your life endeavors and undertakings can improve creativity, self-esteem, performance, and the ability to handle stress. Optimism also enhances the way you assess yourself and judge the people and environment around you.

2. Live in the present:

Don't listen to the inner voices that direct you away from the real world. Also, don't listen to the toxic telltales from people who don't have your best interest. Always stay in the present and focus on what is currently in front of you. If you decide to work out, do that solely from the heart and don't let external thoughts direct you away from the task at hand.

3. Understand yourself:

Analyze your life to understand what matters most to you. Life is a lonesome race. You are not competing with anyone but yourself. Your achievements will depend on understanding yourself and pleasing your heart. Run the race in style, and ensure that you only engage in things that bring happiness to you and help you live a successful life.

4. Help and appreciate:

Just because we said life is a lonesome race doesn't mean that

you can live alone. There are always people that you can run to when you hit a rock. Appreciate, mentor, show kindness, and help without wanting to be paid back. The help you give to others will come back to you in manifold ways along the journey of life.

5. Connect to the world:

No human can live a secluded life. There's always that innate urge to connect to the world. Spare time to communicate with those within your circle, including colleagues, lovers, neighbors, family, and friends. Ensure that you are wholly connected to the world through the way you connect with your surroundings.

6. Live life to the fullest:

Life cannot entirely revolve around business and connections. You need to explore nature and learn the nitty-gritty of nature. Take time to celebrate life in all means possible by doing precisely what soothes your soul. Feed your spirit and heart with the things that inspire you to live a more purposeful life.

7. Appreciate and love yourself:

Everything about you is crucial. The life you live, the activities you engage in, the work you do, the food you eat, and the drinks you take in. Ensure you eat healthy, and abstain from alcohol abuse and smoking if possible. Your body needs to stay healthy for you to achieve anything in life. Don't get trapped in the difficulty of life and remember to do what makes you happy.

Relationship Advice: Dating Expert Lee Wilson Advises How Your Relationship Can Survive Lockdown



By Diana Iscenko

In the last few months, we've seen countless [celebrity couples](#) break up in the midst of the COVID-19 pandemic. Being stuck at home with your significant other has put a strain on many relationships, not just famous couples. With several states reporting a rise in new COVID-19 cases, we may be spending much more time at home again. If you're worried about how more time in lockdown may impact your relationship, Cupid has some [dating advice](#) for you.

We recently interviewed relationship expert and dating coach Lee Wilson to get his perspective on how to keep your relationship healthy during the stress of lockdown. Wilson has 20 years of relationship-recovery experience, focusing on reuniting couples after separation. He also gave a TED Talk and has lectured at several colleges, including Pepperdine University.

In our interview with dating expert Lee Wilson, he revealed his relationship advice for getting through lockdown with your relationship intact.

Many couples are struggling with spending all of their time together in lockdown. Wilson believes this is so difficult for many couples because it's such a drastic change from the amount of time spent together before the last few months. "Being locked in a house together is difficult to do, even for couples who are in good situations," Wilson said. "You're not used to spending that much time with this person. For a lot of couples, it's going to be a shock and they're going to get on each other's nerves."

This sudden increase in time spent together will hit couples who had existing issues even harder. While these disagreements may feel like they came out of nowhere, Wilson reminds those struggling that these issues likely are taking the forefront since you are spending more time with your partner. "If couples are having some trouble, that means their relationship dynamics are already off from where they should be. Now they just have more time to experience the bad relationship dynamics," Wilson said.

Couples may also disagree about health-related issues during the pandemic. If partners disagree on how to approach staying safe (i.e. going out in public again), this can also cause a strain on any relationship. Wilson highlights that both parties can be hurt by this disagreement. "If one of them isn't ready to go out in public yet, that can be taken as rejection," Wilson said. "The other person will feel like they're having to continue in this lockdown that they don't want to continue because the other person is refusing to go out."

Not only may the one person feel resentment toward the more cautious partner, but the cautious partner may feel unsafe if the other is going in public too often. "You get into a more complex situation where you just went out and now I'm around you. You want us to be intimate, but I feel like you're putting my health in danger," Wilson said.

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So, what can you do to fix these issues and have a happier, healthier relationship? Wilson has some unconventional advice: communicate less. "What I mean by that is not that they avoid talking at all, but that just because something is on their chest doesn't mean they have to say it at that moment," Wilson said.

"A lot of times couples are baffled I would tell them that because they've been told that if you have an issue, you better bring it up and get it out," Wilson said. "A lot of times couples need the opposite to heal."

Wilson recommends that couples who are fighting a lot should try to have only positive interactions with each other for a certain amount of time. For example, if you and your partner agree to leave the negativity behind for a week, you can revisit the negative feelings when the week is up. "A lot of

times, that week will pass, and they've had such a good week together that they don't feel like they want to duke it out anymore. They do better," Wilson said. While you shouldn't ignore issues that come up in a relationship, fighting over every small problem can cause more harm than good.

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Wilson also suggests planning activities while stuck in lockdown. "One of the most wonderful parts of a relationship is the anticipation of doing things together. It's not just doing them, it's also being able to look forward to them," Wilson said.

"What's happened during the lockdown is that couples have lost that," Wilson said, "What you're doing today is probably the same thing you did yesterday." A way to prevent this stagnancy is to plan date nights and other ways to spend time together. It doesn't matter if it's something simple like a movie night; you and your partner will have a reason to look forward.

Wilson emphasizes the importance of leaning on your partner during such a stressful time: "When the world seems like it's going to hell in a handbag, having peace with someone, having the opposite of what you're seeing in the world, is a welcomed thing."

Want to keep up with Lee Wilson? You can head to his website, [MyExBackCoach.com](#).

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



By Dr. Jane Greer

Breaking up is hard in itself. You have to find a way to move from the “we” back to the “me,” disentangle your lives and heal enough to look to the future. But what happens when the end of a relationship is charged with unrelenting and unresolved anger, and rather than bowing out gracefully and moving on your ex instead allows that anger to fuel bad behavior which can damage your reputation? This includes saying terrible things about you and can happen in different ways, including revealing personal information, distorting the truth, gossiping about a private mistake that was made when

you were together or even by spreading rumors. Sometimes the information begins with the ex, and sometimes the ex simply serves to fuel the negative information. For example, [celebrity exes](#) Matthew Morrison and Lea Michele were in this situation when Morrison recently addressed reports of Michele's diva actions while working on the show *Glee*. He said, "Yeah, going back to what I was saying, you know, you want to be a good, pleasant person to be around." He did not appear to have her back.

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

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

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If, for example, they are disparaging you to loved ones – family and friends – consider putting your own boundaries in place. If your sister-in-law or friend tells you that your ex is saying bad things about you, let them know first and foremost that you don't want to hear about it. Ask them to stop reporting back to you because it is too hurtful. Once you do that, you can take it one step further and ask if your loved one would consider telling your ex that they would prefer they didn't talk about you to them. They might explain that they are in touch with both of you, or that they truly care about you, and don't want to get in the middle or hear these negative claims. If the people your ex is badmouthing you to are your children, if they are old enough you can explain that just because people are saying things, doesn't make them true. In fact, you can tell them that you separated because you didn't agree about certain things, and because of the ongoing disagreement there is still a lot of residual anger between you. As a result, people can say and do terrible things when they are that upset. It is also okay to guide your children toward telling the other parent that they don't want to be told these things about mommy or daddy. In other words, you can encourage your children to put their own boundaries in place by either talking to the parent who is saying the disturbing things or by choosing to not listen or to ignore what is being said.

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

Finally, as was the case with Lea Michele, sometimes an ex has an even wider reach and says bad things to the public. This can sometimes be the most disturbing since it can contaminate your reputation and it can be harder to know how to reach so many people with your own message. In this situation, there are two options. The first is to ignore whatever was said and not give it credibility by trying to explain it away or justify it. If you do that, it can sometimes validate whatever

information was being put out there. However, if your ex revealed personal material that was supposed to be kept private but is truly offensive and can be verified, the better choice may be to take ownership of it immediately. You can do that by acknowledging what happened and sharing your remorse and regret about it, as well as how you have grown from it. You can let people know it is something you will never do again, and that this can be a lesson learned which may serve as an example and be an inspiration to others.

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

Please tune in to the Doctor on Call radio hour on [HealthyLife.net](#) the first Wednesday of each month, at 11 AM EST, 8 AM PST; including Shrink Wrap on Call, Pop Psych with Dr. Greer, and Let's Talk Sex! Connect with Dr. Jane Greer on [Facebook](#), and be sure to follow [@DrJaneGreer](#) on Twitter for her latest insights on love, relationships, sex, and intimacy. Listen to Dr. Greer's Shrink Wrap News at 7 segments on [HealthyLife](#).

Relationship Advice: Signs You & Your Partner are Living Beyond Your Means



Living with your partner is a big step in your relationship that brings new issues to tackle together. Finances may not be the first thing on your mind when moving in together, but it can cause some serious rifts in your relationship. Both of you are responsible for contributing to your new household, but it can be hard to talk about finances with your partner for the first time. It's even harder if you're struggling with money, especially if one of you is being reckless with your spending.

If you're unsure how to tell if you and your partner are living beyond your means, Cupid has some relationship advice for you:

1. Missing one paycheck would be devastating: Many Americans live paycheck to paycheck, but that doesn't give you an excuse to be irresponsible with your money. If you and your partner missing one paycheck would be devastating to your finances, you might be spending more than you should to live comfortably.

2. You can't pay off your credit card each month: Carrying a credit card balance from month to month is giving money away. You probably have a balance because you bought something you couldn't afford to pay outright. Doing this continually can put you in debt (with accruing interest!) you'll have a hard time escaping.

3. Your credit score is below 670: Credit scoring is based on a few factors, including the timeliness of your payments and the amount of your available credit in use. Late payments and using too much of your available credit (more than 30%) lowers your credit score. Most people rank between 670 and 850. If you're at a 669 or lower, you'll likely only qualify for [poor credit loans](#) with exorbitant interest rates if you need to borrow to cover an unexpected expense.

4. Saving 5% of your income is impossible: In an ideal world, we'd all be saving 20% of our paychecks. It's more realistic to save at least 5% of your income each month. If you're unable to save this much each month, it may be a sign you're overspending. You and your partner should have a savings account to cover you in the event of a severe disruption to your income stream.

5. You're paying overdraft fees: The only way one encounters an overdraft fee is to attempt to spend money you don't have. Sometimes it's an accident and you could've sworn you had more money in your account. If you make a habit out of this, it may mean you're living beyond your means.

What are some ways you and your partner make sure you live within your budget? Start a conversation in the comments below!

Relationship Advice: Losing a Pet During the Pandemic Like Hope Solo and Jerramy Stevens





By Dr. Jane Greer

In this traumatic and unprecedented time of the global pandemic, we are surrounded by so much loss of life. In the United States alone many more than 90,000 people have died, and that number grows every day. With that in mind, it may seem that the loss of a pet pales in comparison to the death of a human loved one, and therefore people think they don't have a right to experience or express their heartbreak. But for many, pets are among their most loved ones, and saying goodbye can be devastating, even, or more so, during this time of isolation and widespread sadness. Sports couple Hope Solo and her husband Jerramy Stevens recently talked about the [loss of their dog](#), Conan, after he was tragically shot. Solo posted about it on social media, saying, "We're broken-hearted to share that Conan passed away from blood loss last night. He fought up until the very end. We're crushed. Just a dog running through the woods, trying to make his way home."

In the same way people wonder if

it's alright to find things funny during these incredibly difficult times, many wonder if they can truly mourn the death of their beloved pet without feeling guilty. In this relationship advice, is it okay to grieve for an animal when so many people are suffering?

The short answer is a loud yes, and there are a number of reasons why. For many people, especially those who live alone, a dog or cat can be a lifeline and can sometimes be the only interaction they have with another living thing, particularly in this time of social distancing. Your animal gives you companionship and unconditional love, which can be so important and fortifying that when they pass it can feel like a huge hole has opened up in your home and heart. The pain you experience can be overwhelming. With that in mind, in the same way it is important to continue to laugh, it is also important to make room for and acknowledge the sadness that comes with losing a treasured pet.

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Try not to compare your loss to those that other people are going through. While they may be different, they are nonetheless the same in terms of the emptiness they create. Keep in mind that nobody really knows how prominently your pet factored into your days – whether it was your feeding routine and the boost you got to your self-esteem through taking care of them, or the comfort you found when they jumped into your lap each afternoon or when they slept next to you every night.

These many moments are now gone, and the magnitude of that is great. Furthermore, they have shared a substantial piece of your life history with you. Maybe as a kitten he was your first roommate in your new apartment. Or maybe you got her as a puppy the year you were married. Perhaps it was your faithful dog that saw you through your first breakup and helped you survive. They were present and a touchstone for facets of your life that proved immeasurable.

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For some, the anguish can be so excruciating that they decide they never want to go through it again and choose not to get another animal. Others, though, feel that a way they can heal and honor the pet who came before is by replacing them and keeping their spirit alive.

Some get the same breed again, or even use the same name as a tribute of love. If you aren't ready to tackle the commitment of a new pet, during the pandemic it could be an opportune time to consider fostering an animal on a temporary basis. Sadly, dogs and cats are also losing their owners to the virus and are being abandoned, so it is a way to provide a home to animals in need while forging a new bond that can be healing for you as well.

The bottom line is that mourning the passing of a pet should not be minimized. Hope and Jerramy shared their loss publicly, and hopefully got much-needed support in doing so. It takes a long time to move beyond the sorrow after the death of a beloved animal. Appreciating what you are going through is the first step.

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on [Facebook](#), and be sure to follow [@DrJaneGreer](#) on Twitter for her latest insights on love, relationships, sex, and intimacy. Listen to Dr. Greer's Shrink Wrap News at 7 segments on [HealthyLife](#).

Celebrity News: Anna Kendrick Does Not Believe in Romantic Soulmates



By Diana Iscenko

In the latest [celebrity news](#), Anna Kendrick reveals she

doesn't believe in romantic soulmates, while discussing her new HBO Max series, *Love Life*. According to *EOnline.com*, the [single celebrity](#)'s character is shown throughout a ten-year period, highlighting her different relationships and how they let her grow. Even though Kendrick doesn't believe in traditional soulmates, she told *Emmy Magazine* that people have "many 'the ones,' and if we're lucky we spend a long time with someone."

In celebrity news, Anna Kendrick shed some light on why she doesn't believe in romantic soulmates. How do you know you've met someone you could settle down with?

Cupid's Advice:

Whether you believe in soulmates or not, it's always hard to decide when to take the next step with your partner. Do you have trouble knowing if you found someone who's worth committing to? Cupid has some advice for you:

1. You can handle conflict: You're able to communicate with your partner and work through disagreements. You're not worried every fight will be the end of your relationship, and you're not tiptoeing around subjects to keep the peace.

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2. You have each other's backs: Your partner is someone you can lean on, and you do the same for them. You're both able to support the other, no matter how big or small the stress the other is going through.

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3. You talk about the future: You aren't afraid to talk about where you see the relationship going. You're vulnerable enough to tell your partner that you're planning for a future with them in it.

How do you know when it's time to settle down? Start a conversation in the comments below!

Celebrity News: Scott Disick Celebrates Birthday with Ex Kourtney Kardashian & Kids After Split from Sofia Richie





By Diana Iscenko

In the latest [celebrity news](#), [Scott Disick](#) spent his birthday with ex-wife [Kourtney Kardashian](#) and their kids. According to *UsMagazine.com*, Disick and his long-time girlfriend, Sofia Richie, recently took a break from their relationship so he could work on his mental health. In the wake of this [celebrity break-up](#), Disick and Kardashian spent their Memorial Day weekend with two of their children, Penelope, 7, and Reign, 5, in Lake Powell, Utah.

In this celebrity news, exes Scott and Kourtney made his birthday a family affair. What are some reasons to keep things civil with your ex?

Cupid's Advice:

The end of a relationship is painful. Many people choose to

cut their ex out of their life, but there are many reasons you might want to keep an ex in your life. If you're debating whether you should stay civil with an ex, Cupid has some advice for you:

1. You need closure: A break-up hurts less when it ends on good terms. This isn't always possible, but if your ex can have a conversation with you about the relationship, it may help you better move on and keep things drama-free in the future.

Related Link: [Celebrity Couple News: Scott Disick and Sofia Richie Are on a Break Post-Rehab](#)

2. You run in the same circles: Sometimes staying civil with an ex is all about practicality. If you share a group of friends or a workplace, you want to remain on speaking terms with an ex to avoid future drama and awkwardness.

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3. You still trust them: If your relationship had a clean ending, you might still want them as a supportive friend in the future. By ending on civil terms, it opens the door for your ex to come back into your life when you're ready.

Do you try to keep things civil with your ex? Start a conversation in the comments below!

Relationship Advice: The Case

of Elon Musk: Connecting Instead of Clashing



By Dr. Jane Greer

Maintaining happiness and peace with your romantic partner is an age-old quest. And with the pandemic keeping everyone at home together literally all the time, that goal is now both more important than ever, and, because of the intense proximity couples are sharing, more difficult than ever, too. The frustration people are feeling may come out in unexpected and snarky ways, which can lead to hurt feelings and fights. Take celebrity couple Elon Musk and Grimes who welcomed their son, X Æ A-12 Musk, earlier this month. When Grimes tried to explain the baby's name to fans, she mistakenly transposed two numbers and Elon corrected her publicly. She came back on the defensive, saying, "I am recovering from surgery and barely

alive so may my typos b forgiven but, da–it. That was meant to be profound.” She handled it with grace, basically asking Elon and everyone else to consider her situation and cut her some slack. The bottom line is that nobody likes to be corrected or told they were wrong or could have done something in a better way, and it inevitably leads to arguments.

So, what can you do when your partner appears to be hot-headed and calls you out? And what can you do to avoid it in the first place? Check out Dr. Greer’s relationship advice.

Because of the tight quarters, things that were once charming to you may now be totally annoying, and behaviors that were already irritating but tolerable may now be driving you crazy. Maybe the way your partner used to interrupt you because they were so excited to tell you something is now hard to take. Or their not shaving for a day, which you used to find sexy, is now a complete turnoff. Possibly you’ve told your partner a thousand times not to leave dishes in the sink, but they are still doing it, or you have a system down for cleaning items that you bring into the house, but your partner keeps messing it up no matter how many times you explain it. All of these instances can feel like a personal affront. The knee jerk reaction is typically to be critical and to tell them how they should be behaving. However, that is a sure path to a clash. When you tell them what they’ve done wrong, they are likely to get defensive and counter with everything you do that upsets them. As a result, not only will the initial problem not be dealt with, but now you are both angry and resentful.

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The most important thing to keep in mind to help you navigate these instances is that your partner is probably not doing it intentionally to ignore your request and upset you. While some behaviors at times may be retaliatory, more often than not they are just a by-product of your partner's being oblivious, forgetful, and by force of habit just doing things their way. This awareness will help you to not take things personally so that you can look to problem-solve ways to help your partner remember the things that are important to you, rather than just being angry at them. Additionally, it can help you take stock of what's going on with them. Are they having a tough day, or are they overwhelmed with balancing their work with around-the-clock home life? By reflecting on where they are, it will help you be empathic so that you can respond in a caring way. Furthermore, this can contribute to their becoming more self-aware and appreciating the impact that their behavior is having on you since you are not attacking them in anger.

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There is no question that the chores at home, always a source of conflict over who is doing more, are magnified now, not only because you are both there all the time and there is more to do, but also because you have to live with the results. He didn't make the bed again? She left the old coffee grounds in the coffee maker last night? How could they not see that the garbage has been overflowing all morning? You are both in each other's face and there is no place to hide. Often the question becomes, whose preferences take priority? One way to deal with that is to choose areas where you are each in charge, agreeing to name yourselves the sheriff of that particular purview, whatever it is, thereby minimizing the micromanaging from the other partner. Maybe one of you is in charge of ordering groceries. Of course, you can consider your partner while

doing that, but the actual task might be left up to you. Or maybe one of you is in charge of getting the kids up each morning, thereby eliminating any possible disagreements about timing and breakfast. Not only will that help you spread out the responsibilities, it will also allow you to be more flexible and open-minded, and therefore able to let go of some of the details that would bother you. It will give each of you the freedom to equally run the show in different areas of your lives. Now, more than ever, is a good time to delegate and respect differences. If, though, you go this route and can't stand the way your partner did something – the way he folded a towel or the way she put the glasses back on the bar – fix it quietly to make yourself comfortable when you can instead of making a big deal about it. Giving your opinion on the right way to do something is usually unwelcome. A good rule of thumb is to offer your opinion only when asked.

Another way to have things run smoothly is to nip negative emotions in the bud. You can do this by giving your partner a heads up if you know you are in a bad mood, saying this is bothering me, or, I'm annoyed right now, so don't take me personally. This way, if your partner is short or nasty or takes a tone with you, you can be relieved knowing you're not to blame, but it is just the space they are in.

Everything has changed, at least for the time being, and finding your own personal space and time is harder now. But if you are able to embrace that and can work at considering each other's needs, it will be a lot easier. Just as Grimes and Elon moved beyond their tussle, hopefully, keeping these tools in mind, you can, too. Or even better, maybe you can avoid it altogether.

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her latest insights on love, relationships, sex, and intimacy. Listen to Dr. Greer's Shrink Wrap News at 7 segments on [HealthyLife](#).

Relationship Advice: How the Internet Helps Famous Personalities



Websites that include the lives of famous personalities can instantly attract a reader's attention. As many of you know, celebrities already have huge followings with diehard fanbases. Many of these fans will automatically read anything

that their idol is putting out, often obsessing over every minor detail about their lives. Sites that focus on covering the lives of these stars can be under tight scrutiny, especially when their articles go viral.

Celebrity fan bases do more than just obsess, they also support their idols and their ability to grow. Fan support is a vital part of any star's career. Entertainment websites connect followers to their favorite stars. When the user likes the content they are reading, they are very likely to return to the site. Pages that review events, people, or products are super popular in today's world. Check out [Multimedia Reviews](#) on US-Reviews for more!

This relationship advice article illustrates how famous personalities can use the internet to their advantage. Not only does it help grow their fan base, but it can also help build their brands.

Maria Sharapova

Not only is she gorgeous, Maria Sharapova is an incredible athlete. With five Grand Slam tennis titles to her name, Sharapova is one of the most respected and professional players in the game. Her personal website has two million followers, where she posts updates about her life and upcoming events.

Sharapova is also a brand ambassador for multiple sportswear lines where she promotes endorsed items. This allows her followers to dress like her and feel like they can play like her too! Off the court, she is a goodwill ambassador for the

United Nations Development Program.

John Grisham

Famed author John Grisham is best known for his thrilling and extremely popular novels. His work has been translated into more than 42 languages and available for download on his website.

While his books are unavailable for free download, you are able to access a 50-second trailer to better acquaint yourself with the novel. As a writer, author, and storyteller he John Grisham has gained more than 1.5 million Likes on Facebook.

Rolling Stones

The Rolling Stones are legendary in the music industry. Established in 1992, the Stones have rocked all around the world, from London to the U.S. The band includes Brian Jones and Keith Richards on the guitar, Ian Stewart on the piano, Bill Wyman with bass, Charlie Watts on the drums and Mick Jagger as the lead singer.

Because of their legendary status, the Rolling Stones have too many followers to count. The band's website contains plenty of upcoming events and shows for fans to check out, and all their songs are available on iTunes!

Fluffy Guy

Fluffy Guy is a widely known American comedian with tons of followers on social media. While refusing to accept that he is a big guy, he calls himself Fluffy! Sometimes he'll lend his voice to various characters on the big screen.

Stephen Fry

Stephen Fry is an Englishman who has been in the entertainment business since 1981. He is an actor, director, journalist, comedian, and broadcaster.

He has made a travel series for the BBC in the name of **Stephen Fry in America**. In this series, he travels around all 50 states.

Relationship Advice: How Important Are Similarities For A Happy Marriage?



By [Dr. Jane Greer](#)

There is no question that people believe having things in common can lead to a strong marriage. But what if those shared

interests fade for one or both partners, or you don't really like that many of the same things in the first place? Can you still build a strong foundation and share a lasting relationship?

According to actor Bill Pullman, the secret to a happy marriage is "putting our hands in the dirt; it's a parallel play of digging and planting." In other words, he and his wife can do their own activity while being together. "It's helped to keep in tune with each other," he said.

Relationship Advice: For Bill Pullman and his wife, a successful marriage seems to be about embracing common ground. The question is, if you don't have that, how can you maintain a supportive connection?

Clearly it can be easier if you agree on movie genres, favorite cuisines, types of books, travel destinations, and even how often you are intimate with each other. All of that allows you to smoothly spend quality time together. But what happens if suddenly your husband doesn't like to ski anymore but you still do? Or your wife has developed an aversion to Thai food which is always your go-to Friday night dinner out and you still love it? Or what if you have always had sex twice a week, which worked well for you both, and suddenly your husband wants to only do it twice a month? What if none of this was the case, to begin with, and you were swept away by intense chemistry but once the dust settled you realized you didn't like doing that much together? Can you still make your marriage work? Cupid has some [relationship advice](#) on how to maintain a happy and healthy connection with your spouse.

Related Link: [Relationship Advice: Keep Your Pregnancy Under Wraps like Cameron Diaz](#)

There is no question that discord in any of these areas, especially if things change over time, can create problems. For example, being affectionate or not can eventually take a toll if one person is feeling deprived of it. Appearance is another place where people can get caught in the downward spiral. Very often couples get so comfortable with each other that they no longer feel they have to dress to impress and scale down to their basic look. If suddenly you are no longer dressing up and going out, or your partner stays stuck in the same shirt day in and day out or stops shaving, it can make you angry enough as well as turn you off to the point where you might even want to avoid intimacy with them. All of this, as well as the usual wear and tear of everyday life and its responsibilities, can contribute to feeling disappointed and resentful to the degree where it can feel intolerable. So, what can you do to generate harmony and happiness rather than discontent?

The first and most important thing is to keep your desire to please your partner on a full flame. It is not unusual to realize that when you met your partner all you wanted to do was please them, which might have led to your not realizing or even withholding some of how you really felt about certain things. Now that you are married, though, you can be honest, which means you are no longer concealing who you really are. When that happens, it can eclipse your desire to please your partner because you are now focusing on yourself. Hopefully, you are being authentic, but still balancing that with your intent to satisfy them and meet their needs. This can get challenging because if one person asks the other to change their shirt, instead of hearing it as a request that brings them joy, it can sound like a demand that you are telling them what to do. As a result, it can make them feel controlled, which then turns into a power struggle with one person saying

if you loved me you would and the other person saying don't tell me what to do

Related Link: [Relationship Advice: Does Marriage Change Your Feelings?](#)

The second important step is to learn to include your partner in the decisions you make before you settle on them. Very often people assume that because they want to see their family, their spouse will be just fine with that. Or since they are social and want to hang out with their friends every weekend, their partner will be on board. The truth is, when you go ahead and make choices based on what you want to do without getting your partner's input, they can't help but feel unimportant and not cared about. By learning to come to joint decisions and discussing your needs as well as theirs before organizing a plan, even though you may not always agree, at least you let your partner know that they are important to you and you value them and want them to feel loved. Finding some middle ground and learning to compromise is what can facilitate your making choices that leave room for both of your pleasures and preferences.

Finally, if you are coming from a place of few shared interests, it is never too late to be open to participating in your partner's hobby or activity. While you might not always enjoy it yourself, you can derive pleasure from seeing how much they enjoy it. It is a way to extend yourself and show your love, as well as enjoy watching them have fun with what they are doing. Also, use it as an opportunity to grow together and see if you can discover activities you both might like. Think about learning to play cards or dancing or cooking together, whatever it is, consider changing lanes and trying something new.

Learning to tolerate the differences and make room for them can help you stay connected, rather than allowing them to divide you. It seems Bill and Tamara have celebrated their

similarities which, according to Bill, has been a recipe for a happy marriage for them. However, if that's not the case for you, try to view the things you don't agree on in a positive light that can lead you both to happiness.

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Relationship Advice: Does Marriage Change Your Feelings?





By Dr. Jane Greer

So much planning goes into a wedding, from the venue, to the guest list, to the flowers and food, and that's after you go through what can be the long process of setting the date! It might seem, as you move closer to the big day, that becoming a married couple is the end goal, and that is where all the work stops. But in reality, that is where it all begins as you start your life together as spouses. So much goes into making the decision to take that next step from either serious dating or living together, and the big question is – does anything change on the other side as far as your own feelings go, or your feelings toward your new husband or wife? Celebrity couple Erin Foster and Simon Tikhman recently got married, and [according to](#) Foster, “It feels really nice and it feels safe and cozy that I have a husband. Like I have a person keeping me safe from the world, you know?” Many people live together and never get married, and others live together for a long time before even thinking about tying the knot.

So what, if anything, changes with marriage? How important is being married? Check out Dr. Greer's relationship advice.

The first things that immediately change are the legalities—the rights you have to each other, in times of illness and other situations, as well as to each other's property, become law and you are no longer operating by your own system. Marriage endows you with more protection, power, and control in almost every aspect of life together. It indicates that you have committed to sharing financially with this person. Even if you were already doing that before, it was on your own terms, and now it is spelled out and nonnegotiable. Taking this big step can solidify your sense of partnership. All of this often does change the way people feel toward each other since you are clearly in it together for the long haul, and you have made a declaration to the world that you are committed to each other for a lifetime.

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That statement also ushers in public accountability and all the expectations that go with that, from your own to those of your family and friends. This changes the status of your relationship in other people's eyes, and, depending on your new family, might either bring you both more acceptance and respect from those around you, or on occasion may garnish more hostility than you did before taking the jump. Either way, it may lead you to being more invested in making things work between you, and to mustering the patience and tolerance it takes to solve the problems you face which you might otherwise be tempted to bail on. Marriage brings with it a sense of permanence. Whether you are married or not, ending a

relationship is heartbreaking, but dealing with divorce brings in a whole new level of pain and anguish which makes ending your connection much more complex. Realizing how complicated it can be to break all of your official ties might compel you to continue to try to make it work and stay together.

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With all of this in mind, there are a few things to think about as you decide whether or not you are ready for this next step. The first is how will becoming a spouse change your role in the way you deal with each other, as well as in your financial situation? Will it make you feel more protected or will it cause things to be messier than they are now. If one or both of you were previously married and there are children involved, how will it affect them? Sometimes they can be the determining factor for getting married as was the case for Angelina Jolie and Brad Pitt who ultimately got married because it was what their children wanted them to do. Getting married can solidify the family unit. Finally, if you have been divorced, you might still be feeling the aftershocks of the marriage failing, and be afraid to try again for fear of either making a mistake or once again having things not work out. Consequently, your past may be holding you back from a better future. Evaluating what you stand to gain can help you sort of if marriage is right for you.

While being married might feel similar to living together, it can bring with it a feeling of security and comfort that you didn't have before. It becomes more about the two of you in your respective worlds fully dedicated to being together. Erin Foster talked about feeling that there was now someone keeping her safe in the world. If you get to the point of taking wedding vows, hopefully that will be your experience as well.

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Celebrity Exes: Bradley Cooper & Renee Zellweger Reunite at Oscars 2020



By [Hope Ankney](#)

In the latest [celebrity news](#), [celebrity exes](#) Bradley Cooper and Renee Zellweger were spotted mingling together at the 2020 Oscars. *UsMagazine.com* reported that the two were being cordial with one another before taking their seats as the award show started. The pair began dating soon after working together on the thriller *Case 29* in 2009. They then split back in 2011.

These celebrity exes kept it cordial and mingled at this year's Oscars. What are some reasons to remain cordial with your ex after a break-up?

Cupid's Advice:

Staying cordial with an ex can sometimes be tricky. If you and your ex ended on less than ideal terms, it can be even trickier to find a medium ground between the two of you. It doesn't help if you have to see each other more often than you would like. If you're having trouble keeping it amicable with an ex, don't worry! Cupid has some [relationship advice](#) to help you wade through those waters after a break-up:

1. Let time pass: Sometimes, the best healing agent is the act of absence. Even if you are forced to be at the same functions or events as an ex, it's easier to stay clear of them until both of you are at a point that you can talk to one another cordially. It'll be less stressful and much more rewarding if you keep your distance when you work on interacting publicly.

Related Link: ['Bachelorette' Hannah Brown Runs Into Celebrity Ex Tyler Cameron at People's Choice Awards](#)

2. Meet up to discuss problems: If you both are at a place

that you can meet and hash out your issues, that would be a great step for forging a cordial relationship with an ex. You guys can get everything out into the open, understand why one of you felt the way you did, and find common ground. Besides, this is a perfect opportunity to get closure if you didn't already have it.

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3. Bring friends as support: If you know you're going to have to interact with an ex at a function or event, surround yourself with friends to make sure it all runs smoothly. They won't allow the conversation to go off the rails, and they are a great barrier between any awkward tiffs you and your ex might have if you both were alone.

What are some ways you've learned to be cordial with an ex? Let us know down below!

Celebrity Exes: 'Bachelor' Peter Weber Was 'Just as Frustrated' As Other Women After Hannah B.'s Return





By Ellie Rice

In the latest [celebrity news](#), *The Bachelor* star Peter Weber is giving love another shot! As the 24th season of the beloved franchise takes flight, viewers are introduced to an array of gorgeous women all vying for Weber's heart. But it wouldn't be the wildly entertaining show that it is without a little controversy, especially from Weber's [celebrity ex](#) and reality star herself, Hannah Brown. According to *UsMagazine.com*, her emotional reappearance this season has left *The Bachelor* feeling frustrated and confused.

These celebrity exes didn't exactly have an idyllic reunion on *The Bachelor* recently. What are some factors to consider before getting back together with an ex?

Cupid's Advice:

Getting back together with an ex is a tough decision to make, and you want to make sure you're doing it for the right reasons. Cupid has some factors to consider:

1. Remember why it ended in the first place: Look back at your relationship and think about what went wrong and if those problems can be fixed. Starting from the beginning will allow you to analyze the pros and cons for the future. If the issues that plagued your relationship are hard to come back from, think about whether a second chance is really worth it.

Related Link: [Celebrity Exes: Anna Faris & Kat Von D Bond Over Cheating Exes](#)

2. Ask yourself the big questions: Has this person really changed? And if they haven't, am I prepared to deal with that? Reconciliation can be a positive and wonderful thing, but not at the expense of your mental health. If they aren't ready to commit to you in a way that illustrates growth and understanding, then maybe they aren't the person for you.

Related Link: [Expert Dating Advice: How To Have Tough Talks With Your Partner](#)

3. Take charge: Have a genuine and honest conversation with this person about what you are looking for in this relationship and respectfully allow them to do the same. Acknowledge each other's feelings and desires transparently and realistically. If the two of you aren't on the same page, then maybe it's time to move forward.

What are some tips you have for reconciling with an ex? Start a conversation in the comments below!

Celebrity News: Justin Hartley Brings Daughter to Critics Choice Awards Amid Divorce



By [Hope Ankney](#)

In the latest [celebrity news](#), Justin Hartley was spotted bringing his daughter as his plus one to the Critics Choice Awards. According to *UsMagazine.com*, this comes soon after Hartley filed for divorce from Chrishell Stause. He was seen snapping selfies and having a great time with his 15-year-old, Isabella, on the red carpet. An insider stated that the two “looked really happy [and] were having a light conversation.”

In celebrity news, Justin Hartley brought his daughter to an awards show after filing for divorce from Chrishell Stause. What are some ways to lean on family after a break-up?

Cupid's Advice:

A breakup can leave you emotionally spent. It's difficult to not go through some rough patches when a relationship ends, but the support of family can help you heal and move forward. There's almost nothing a family's love can't fix. If you are going through a split, Cupid has some [relationship advice](#) on how to lean on your loved ones during this hard time:

1. Go home: There's something about coming home that soothes all heartbreak and hurt. Being in the presence of family can take you back to beloved nostalgia from your childhood. There's no one who loves you or adores you as much as your family does, and getting lost in that comfort can help you heal after a breakup.

Related Link: [Celebrity News: Sources Say Kendall Jenner & Ben Simmons Are Dating Again](#)

2. Let them give you tough love: If there's anything your family is good at, it's not sugar-coating anything. If you're looking for clarity or closure, know that one of your loved ones will be more than happy to give it to you straight. Having these conversations with family can help you see why your relationship might have ended and what you need to do to move on.

Related Link: [Celebrity Parents: Garth Brooks Gets Real About](#)

[Raising Daughters After Split from Ex-Wife](#)

3. Have them take your mind off of it: Whether it's attending your nephew's soccer match or getting brunch with your siblings, be open to the idea of being distracted. Giving yourself over to family events/get-togethers can help in keeping your mind off of the breakup. Allow yourself to get lost in their lives for a bit, and you will see how that positively affects your behavior and emotions towards your own lost relationship.

How has family helped you after a breakup? Let us know down below!

Relationship Advice: Keep Your Pregnancy Under Wraps Like Cameron Diaz





By [Dr. Jane Greer](#)

There are many different stages of pregnancy that people go through, from deciding when to have a baby to beginning to try to conceive to either becoming pregnant or not and, in that case, having to consider other options such as fertility treatments, surrogacy, and adoption. One big question that is often not addressed until it begins to happen is: *when do you bring other people into the equation?* Do you share what's going on right from the beginning of the journey with family and friends, or do you wait until the baby is well on his or her way? Or, like Cameron Diaz and Benji Madden did recently, do you keep the entire pregnancy under wraps until the baby is born?

The [celebrity couple](#), who began dating in May 2014, has always kept the details about their relationship quiet. Even so, it was a surprise when the two recently announced the birth of their daughter, adding the caveat that they will not be releasing any photos or additional details because they want to protect the baby's privacy. In order to keep such a big secret, Cameron and Benji must have agreed to it together.

How can you decide when the time is right to tell other people about your pregnancy, making sure the information isn't leaked before you're ready? Check out this relationship advice.

People tend to be curious and inquisitive about when others plan to start a family, but that can sometimes feel intrusive. Your mother in law, for example, might be eager to become a grandmother. So, she might ask when you are going to give her a grandchild. Or, your sister has three kids and can't wait until they have cousins to play with, so she might be pushing you along. It can start to sound and feel like pressure. If you tell people you plan to try, then you might imagine it is all they think about when they see you, wondering how it's going. If it doesn't happen quickly, you might start to feel a sense of public accountability. If it takes a long time, you might even feel like you are failing and disappointing the people you have told. With all this in mind, Cupid has some [relationship advice](#) on when to tell others about your pregnancy before you are faced with it.

Related Link: [Relationship Advice: Communicate Dislikes like John Legend & Chrissy Teigen](#)

Talk to your partner early to decide where you each stand on the topic, and determine together when you will share the news with family, friends, and in the case of Cameron and Benji, the public. Try to do this at each stage of the process. This way both of you can always be on the same page. If one of you goes ahead and spills the beans before the other is ready, that can cause tension. Say, for example, you can't wait to tell people and share the excitement as soon as you see the

positive test, but your husband is superstitious and asks you not to tell anyone until you are beginning your second trimester. It will be pretty awkward when your best friend blindsides him with a big congratulations. Along the same lines, if you tell some people and not others, the ones who are out of the loop might feel slighted if they hear the news second hand or find out later that others knew before them. It can be tricky.

It is easy to avoid all of this by having a well-thought-out and agreed-upon plan as you move forward, one that takes each of your needs and wishes into account. Consider who you want to tell, when you want to tell them, and how much information you will share. Not only will doing this allow you to support and respect each other, but it will also give you the chance to maintain control of your own space and insulate your privacy as you see fit while avoiding fallout and resentment from the people around you.

Related Link: [Relationship Advice: An Unconventional Marriage](#)

It used to seem like all babies were fair game- from the moment that baby bump began to show itself and strangers didn't think twice about patting your tummy, to every one cooing at a baby in a stroller. That has changed, and people are being more thoughtful and protective regarding how information about their pregnancy is handled. Pregnancy invites in the world, but it is up to you if you want to let the world in or not. Just as Cameron and Benji did, you can keep it private for as long as you like.

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on [HealthyLife](#).

Relationship Advice: 7 Reasons Why People Love Speed Dating



Dating. Finding your match. Meeting the one. To some it sounds exciting. To others, it's fright-inducing. The good news is that there are more ways than ever to meet that perfect someone. Which is good because it seems there is also less time than ever to do just that these days.

Relationship Advice: Speed dating. The perfect remedy for the time-starved single.

We'll call it "smart dating" because it makes perfect sense, and you'd be crazy not to [love](#) it. Here's our [relationship advice](#) on seven reasons why everyone is talking about speed dating right now:

1. It's highly efficient: There aren't many instances where it's considered acceptable to go out on 20 dates in one night. But, this happens to be one of them. The good news is that they are very short, bite-sized dates – lasting only a few minutes each. Everyone is there to meet people, so there's no wondering, "Is this person available or not?"

2. It's less stressful than normal dates: You don't have to commit to a full evening out with a complete stranger. Plus, the whole night is organized for you. So, you don't have to worry about all the details. If you don't click with one of the dates, no problem! You only talk to each date for less than 10 minutes.

3. Speed daters make more matches: Online dating might seem appealing, but according to the *New York Times*, that method only finds 1 in 100 matches. Speed daters, on the other hand, find an average of 2-3 matches in 10 dates. Not to mention, meeting in person gives you a way more accurate assessment of a person.

4. It's easy to find events: Speed dating is becoming more popular. So, when you ask, "Is there [speed dating near me](#)?" The answer is a resounding YES! Options are great to have, aren't they? The opportunity to find a great match is happening every day.

5. There's no pressure: The amazing thing about these kinds of events is that there's no pressure to approve or reject someone to their face. You choose who you like, privately. They choose who they like, privately. You only get connected with the people you chose who also chose you. So, you can just relax and enjoy the night.

6. It's set-up for conversation: Go to a bar or a nightclub and the conversation may go like this: "SO WHAT DO YOU DO FOR A LIVING?" "HUH?" "WHAT DO YOU DO?" "OH, I'M OVER ON BROWN STREET." This is not an appropriate way to assess a mate. Speed dating events want you to succeed. It's facilitated in environments suited for conversation, allowing you to get a glimpse of someone's true personality.

7. It's flat-out fun: Take a deep breath, forget about expectations, and remember everyone is there for the same thing. Surely, everyone feels a little nervous. But, when you remind yourself that you are an incredible, worthy human being, you give yourself permission to just enjoy the experience and have fun.

There you have it. Seven reasons Speed Dating is a no-brainer. If you want to meet great people and have the doors of possibility opened for you, try it out yourself!