

# Relationship Advice: Our Connection With Sleep



By [Dr. Amy Osmond Cook](#)

More people do this than you may think. [Taylor Swift](#) does it. [Kendall Jenner](#) does it, too. Some people have caught [Katy Perry](#) and Demi Lovato doing it, and supermodel Heidi Klum credits it as one of her best beauty secrets. What are they doing? They nap. And they make sure to get a good night's sleep. With less than 40 percent of Americans getting a satisfactory amount of sleep each night according to [gallup.com](#), it is evident we have a love/hate relationship with sleep. What happens when we sleep? And why is it so important for our well-being? "While we doze, our brains and bodies aren't slacking off, they're at work, repairing us after the day's battles and refueling us for tomorrow's

slog-in more ways than you likely realize,” [prevention.com](https://www.prevention.com) writer Sarah Klein says. The brain and heart are recharging, the liver is detoxifying the day’s activities, and skin cells are reproducing and repairing. With the role of sleep being such an important part of our wellness, it’s time we build a healthy relationship with sleep. Here are four ways to do it.

## Want to feel less tired during the day? Then follow this relationship advice about sleep.

**1. Don't ignore sleep.** The notion that sleepless people can accumulate a “sleep debt” is true. And the long-term effects of neglecting the need for better sleep can have a negative effect on daytime functions. “The curious thing is that with sleep deprivation, you can only pay off a recent debt,” Brandon Peters, M.D. says. “Fortunately, the short-term effects of sleep deprivation are quickly reversed by getting adequate rest.” Although the damage from years of not sleeping may be difficult to remedy, we can start improving our sleep habits now with immediate benefits like improved motor skills, better concentration, and decision-making skills.

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**2. Pampering is required.** The best way to welcome a good night’s sleep is to adhere to a routine. Experts from The Mayo Clinic suggest going to bed and waking up at the same time each day. And try adding a soothing ritual like a hot bath, relaxing music, reading a good book, or dimming the lights for quiet meditation. It will help lull you into a deep sleep that will allow you to wake up energized for the next day.

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**3. Let the process progress naturally.** Although getting seven to nine hours of sleep per night is the popular belief, some of us simply don't need that much sleep. The National Sleep Foundation conducted recent studies that place more emphasis on the way you feel rather than dictating a specific amount of time. "Pay careful attention to your mood, energy, and health after a poor night's sleep versus a good one," experts at Sleep Foundation say. "Ask yourself, 'How often do I get a good night's sleep?' Like good diet and exercise, sleep is a critical component to overall health." The National Sleep Foundation uses a series of questions to measure adequate sleep. For example, after sleeping seven hours, do you feel productive and happy? Are you overweight? Do you rely on caffeine to get you through the day? And do you feel sleepy while driving? The answers may help you better gauge how many hours your body needs to stay healthy.

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**4. Give sleep your full attention.** If you want to improve your sleep quickly, put down the electronic devices before you go to bed. "The pervasive glow of electronic devices may be an impediment to a good night's sleep," [Washington Post](#) writer Meeri Kim says. The culprit is the blue light emitted by computer and smartphone screens. The physiology behind it stems from the tiny pineal gland in the brain. It releases melatonin a couple of hours before you are ready for bed. However, the blue light of electronic devices prevents the pineal gland from releasing melatonin, which means you don't feel sleepy. And, morning arrives before you've had a chance to get a good night's sleep.

The health risks from a lack of sleep are enough to keep you awake at night. But by catching up on lost sleep, sticking to a routine, gauging how we feel each morning, and unplugging at night, we are on our way to a healthy lifestyle that can lead you to your future sweetheart. And, that's just dreamy!

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

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# Relationship Advice: How to Handle Your Significant Other's Family



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#) with contributing writer Hana Gilbert

So there's a new someone in your life. They're the bee's knees, the cat's meow, the best thing since sliced bread.

You're so head-over-heels in love with your new partner. You two have gone through almost everything as a couple- the laughs, the tears, the fights. Unfortunately, you have yet to cross off one of the leading causes of breakups: the family. You decide it's time to mention the forbidden four word phrase, "Mom, I've met someone." You set the day, time, and place for the big reveal. You eat, talk, laugh; all seems to be going well. After several attempts to reunite are turned down due to "last minute obligations," you begin to question your confidence regarding your family's approval. So what do you do? Potentially hinder the future of your relationship by molding yourself into the ideal candidate the family wants? Or risk furthering the divide between you, your significant other, and your significant other's family by remaining true to who you are, making uncomfortable family outings few and far between? [Relationship experts](#) Lori Zaslow and Jennifer Zucher share insightful relationship advice on how to maintain a steady, healthy relationship with the family by understanding and accepting the situation and remaining yourself within your relationship. If you think your significant other's family aren't fond of you (or vice versa), take heed of the following [dating tips](#) and avoid relationship problems.

## Relationship Advice on How to Handle Your Significant Other's Family

**1. Don't force it :** Just because you're in a new relationship, don't expect your significant other to perfectly fit into the family dynamic right away. In some cases, the significant other is exactly what the family expected. However those cases have made their way onto the endangered species list. Don't get offended if your significant other doesn't want to take

part in, or isn't invited to every family outing. Allowing both your family and your significant other to ease into the family relationship at their own pace is healthy for a long, successful relationship. As the significant other, don't patronize the family, or act differently in an effort to impress them. Any fake personalities will just come off as awkward and uncomfortable, and give the family more excuses not to like you.

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**2. Understand and learn to accept the outcome :** Sometimes no matter how hard you try, two people just don't click. It doesn't mean either one is right or wrong. It just simply means that these two particular people weren't meant to get along, and it is up to you to learn to accept this. The sooner you accept the fact that your knight in shining armor may not be the hero your family was looking for, the sooner you can learn to navigate the situation. Make the best of a not-so-favorable mix through compromises, such as agreeing to attend family gatherings but keeping the house an outside family free zone. Remember, in these situations, compromises are made not for one person, but for the relationship as a whole. Therefore, if the compromise doesn't exactly go in your favor, take a step back and remember the real reason you're in this situation, because you love your significant other unconditionally want things to workout between the two of you.

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**3. Remain respectful:** As soon as the situation has been accepted, the people involved can begin working on a relationship that works for everyone. The most important thing to remember, however, is to remain respectful and rid of any hostility felt towards one another. Learn to respect boundaries and control your emotions when in familial



situations. However, if you ever feel guilty or pressured into choosing between your family and your significant other, it may be wise to re-evaluate the relationship from other points of view, or consider if their requests are fair. Your family or your significant other should never put you in the situation to choose one over the other. Instead, all parties involved should respect one another's decisions and remain as positive about the situation as possible.

*Relationship experts Lori Zaslow and Jennifer Zucher are BRAVO TV's Love Broker and founders of Project Soulmate, a high-end New York-based matchmaking company.*

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## Dating Advice: How to Get Men to Fall into Your Lap





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Jaki Sabourin to offer their [dating advice](#) on the best ways to make a man fall in love with you. Find out how you can make yourself irresistible to the opposite sex with the following dating tips!

## Dating Advice That Will Make A Man Fall Right Into Your Lap!

**1. Smile.** This tip seems obvious, but it's often forgotten. The best way to attract a man is through smiling. It shows that you're approachable and enjoy life. Men like women who look happy, so work on your RBF if you can, and invite a man into your life with those pearly whites.

**Related Link:** [Dating Advice: Find True Love After 40](#)

**2. Vulnerability.** Men like to help women, it's in their nature. So ask for assistance from time to time instead of



doing everything yourself. Showing your vulnerability is endearing and offers a place for a man in your life. You don't have to ask for anything big, it's as simple as asking a man to pick something heavy up for you.

**Related Link:** [Dating Advice: Manifesting the Right Man?](#)

**3. Tension.** Don't become clingy. Create some tension by allowing a man to enter "pursue" mode. He needs to miss you and make an effort to see you. If you're too available, it can be a turn off. So make time for other hobbies and don't overshare. Men like a good mystery, it's sexy- so give it to him!

*For more relationship advice videos and additional information Single in Stilettos show, click [here](#).*

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## Dating Advice: Find True Love After 40





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Michelle Marchant Johnson to offer their best [dating advice](#) for true love after 40. Find out why it's easier to find love later in life and how you can find the man or woman of your dreams with the following dating tips!

## Dating Advice That Will Help You Find Love After 40!

**1. Know yourself.** It all starts with confidence. Women and men over 40 have established their identity. Having that inner knowledge of yourself will help you find long lasting love and a quality partner. These things just come with age, so don't fret if you meet someone later in life.

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**2. Know wants.** The same way you get to know yourself better

later in life, you find out what you need most through experience. People who are age 40 and older just make wiser decisions. Prior relationships also help you figure out how to best deal with others.

**Related Link:** [Dating Advice: 3 Ways You're Sabotaging Yourself at Finding Love](#)

**3. Know tech.** It's easier than ever for people over 40 to meet and connect. The internet and electronic devices are tools that help bring singles together. Those in this age bracket can take advantage of these mediums to find love. If you're not familiar with tech, you should take time to learn.

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## Parenting Tips: Why Disciplining Your Kids Is Important





By [Cortney Moore](#)

As time goes on, we as a society understand mental health better. With this new knowledge come concerns from mothers and fathers who are trying to navigate parenthood during this age of information. The new parents of today, millennials, struggle to find the balance raising children during these empathetic times. Thus, many have distanced themselves from disciplining their kids in order to avoid [relationship problems](#). Tactics such as these are strange to generations prior, but recent scientific studies have shown the detrimental affects harsh discipline can have on a developing brain. According to [BusinessInsider.com](#), "Certain parental behaviors that scientists have found could be linked to problems in children, like depression and anxiety, later in life." So how can millennial parents discipline their children while maintaining their psyche?

**Here are some parenting tips that**

# will ensure your children have structured discipline:

Discipline is important. In essence, discipline is the act of training someone to obey rules and correcting undesirable behaviors accordingly. Though every person has their own [parenting style](#), discipline is necessary to guide children throughout life so they grow up to be decent human beings. In other words, discipline makes for a good, law-abiding citizen and a structured society. Parents must take special care in disciplining their children during the formative years, or risk having a strained relationship like [famous parent](#) Jon Voight and daughter Angelina Jolie. Here are a few [parenting tips](#) and pieces of [relationship advice](#) to help you discipline your children without breaking bonds:

**Communicate expectations.** To minimize unwanted behavior, make sure your child knows exactly what you consider “good” and “bad” behavior. They need to understand that there will be consequences for their actions. Naughty behavior should not be rewarded whatsoever, nor should it be tolerated. If at any time you decide to try a new disciplinary technique, you need to explain your new expectations. It’s not fair to dish out punishment for things they didn’t know were wrong.

**Be authoritative, not authoritarian.** Though you want to teach your child that there are expectations and consequences for their actions, you still need to have a level of flexibility. Being a parent doesn’t have to feel like a dictatorship. There’s no harm in explaining the rationale behind house rules or including them in discussions. Allowing your child to have input from time to time can bridge compromise and help you adopt more appropriate disciplinary styles as the years go on.

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## Brightening Up Fashion Week

**Try reward systems.** Discipline doesn't have to be centered around punishment. Positive reinforcement is a great way to teach a child desired behaviors. Show your child that there are benefits to being well-mannered. Rewards can come in a variety of ways, whether it be a snack, toy, or praise- the important thing is that they earn them fair and square. If at any time you feel that your child is manipulating the system, it's okay to nix the whole thing altogether.

**Keep hands to yourself.** Physical discipline has been a hot debate for years, but studies have shown that hitting children contribute to mental health disorders, according to [abcnews.go.com](http://abcnews.go.com). Though at the same time it's important to note that spankings and beatings are very different- it's a safer bet to refrain from physically disciplining your child. A good rule of thumb: if you wouldn't hit a puppy for undesirable behavior, then you shouldn't do so to your kid. Find healthier coping mechanisms to deal with your anger. Putting your hands on a child should be a very last resort in extreme circumstances.

**Related Link:** [Celebrity Interview: 'The Arrangement' Star Lexa Doig Says Views Can 'Expect a Bit of Everything'](#)

Set a good example for your child by showing them respect. Though you created them, they're still a human being that deserve autonomy. At the same time, discipline is important. There will be ups and downs while you try to guide your bundle of joy down the right path, but the key to being a good disciplinarian is consistency. Your child will never learn if you can't clearly show them that there are natural and logical consequences. They might complain now, but they'll be grateful for all that you've done for them later in life.

**What are your feelings on discipline? Share how you discipline your children in the comments below.**



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# Celebrity News: Find Out About Sandra Bullock's Life After Jesse James



By [Whitney Johnson](#)

Sandra Bullock is living her best life: She's got a full line-up of movies in the works, including the highly-anticipated *Ocean's 8*, two adorable children, and a happy [celebrity relationship](#) with Bryan Randall. However, according to the latest [celebrity news](#) on [EOnline.com](#), it wasn't always so easy for the actress, especially following her celebrity divorce. "Life after Jesse James was really tough. She was

embarrassed by what he did and in ways blamed herself at the time,” an insider tells E! News. “She now knows she is much better off and everything happens for a reason.” Living a more private life has helped Bullock open up her heart and find love again. Of her celebrity relationship with Randall, the source adds, “They are perfect. He is a great guy and makes Sandra really happy.”

## **In celebrity news, this actress is thriving after her brutal split. What are some ways to turn your life around after a trying break-up?**

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

It's not always easy to find happiness after a tough break-up, but if you take a cue from this celebrity news and follow in Bullock's footsteps, you can do it too! Consider the relationship advice below if you're hoping to turn your life around after heartbreak:

**1. Spoil yourself:** Now that you're single, use this free time to focus on what's important: *you*. Go get a pedicure. Watch *La La Land*. Take a cooking class. Head to Starbucks for your favorite latte and a doughnut. Buy a special bottle of wine just because. Whatever it is, take this opportunity to make yourself feel happy again.

**Related Link:** [Celebrity News: Find Out Why Sandra Bullock & Bryan Randall Aren't Getting Engaged Anytime Soon](#)

**2. Stay active:** It's tempting to wallow on your couch, wearing the same pajamas for three days in a row and falling into a Netflix binge. Instead, get outside and soak up some sunshine!

Vitamin D is just what the doctor ordered. A little exercise will not only distract you from your heartbreak, but it'll also make you feel better. Thank you, endorphins!

**Related Link:** [Celebrity Couple Sandra Bullock and Bryan Randall Share Cozy Moment in New Photo](#)

**3. Be positive:** After your heart has time to heal, it's time to start thinking about the future. Know that there is someone special out there for you – someone who is an even better fit for you than your ex. Always have hope, no matter how hard it may be.

**What's your best piece of relationship advice following a break-up? Tell us in the comments below!**

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## **Celebrity Engagement: 'The Bachelor' Star Nick Viall Proposes to Vanessa Grimaldi**





By [Whitney Johnson](#)

Fourth time's a charm for [The Bachelor](#) alum Nick Viall! After two rounds on *The Bachelorette* and one trip to *Bachelor in Paradise*, the reality TV star finally found The One on *The Bachelor* season 21 finale, which aired on Monday, March 13th. According to [UsMagazine.com](#), Viall proposed to Montreal native Vanessa Grimaldi. After breaking up with runner-up Raven Gates, he began his heartfelt proposal. "So much about me being here has to do with the past, but when I look at you, all I see is my future," he said through tears to a beaming Grimaldi. He then got down on one knee before asking Grimaldi to marry him. This will be the first [celebrity engagement](#) for both reality TV stars.

**We can't wait to see if this celebrity engagement lasts. How do you know if you're ready to pop the**

# question?

## Cupid's Advice:

For Viall, this celebrity engagement was a long time coming – after all, he thought he found his future wife in both Andi Dorfman and Kaitlyn Bristowe! So how do you know if you're ready to propose? Consider this relationship advice:

**1. You want the same things:** Before you're ready to walk down the aisle, it's important to know if you both envision a similar future together. How many kids do you want? Do you want to live in the city or suburbs? Will you both always work? Marriage is a big deal, but talking about what comes with it should be easy.

**Related Link:** [Celebrity News: 'Bachelor' Villain Corinne Olympios Parties in Miami After Nick Viall Split](#)

**2. Your friends and family approve:** If you're ready to say "yes" to forever with someone, make sure your loved ones support your decision. Their opinions matter, so give them the chance to get to know your partner and hear them out if they have concerns or worries about your relationship.

**Related Link:** [Celebrity News: Nick Viall Faces Exes on 'Bachelor Women Tell All' Episode](#)

**3. You bring out the best in each other:** Your significant other should make you the best version of yourself, and you should do the same for them. Forever is a long time to spend together, so it's important that you complement one another and make a good team.

**What's another way to know if you're ready to get engaged? Share with us below!**

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# Relationship Advice: How Far Will You Go for a Relationship?



Dr. Jane Greer

Singer Ed Sheeran found true love on another continent. When he first started dating girlfriend Cherry Seaborn, she lived in New York and he lived in England. The two, who met in school, made that work for a while before Seaborn moved to England to be closer to Ed. The latest buzz is that Ed plans to propose to her soon, sealing the deal that has seen a lot of miles traveled to build their relationship before finally



ending up in the same place. This is not an unusual scenario.

**Since celebrities and singers are so busy on set or on tour, they often meet and even strike up a relationship with someone who lives far away.**

You certainly don't have to be a celebrity or songwriter to travel the world to find love. Sometimes, if you're lucky, work will take you to another place where you might meet someone you feel a connection to, and then you find yourself trying to stay in touch with the hope of building a relationship. Other times you might be forced to become more creative in your pursuit of finding a romantic partner. Whatever the case, while long distance is never easy, it is much more doable these days with all the social media that keeps us connected and has bridged that gap that might literally be between you. With Skype, Instagram, Twitter, Facebook, email, and even a good old-fashioned phone call, people can interact and feel like they are together even when there is a great distance between them. This allows couples to not only feel close, but also to actually get to know each other and begin to date when they aren't in the same town or, in some cases, the same country.

So if you are contemplating broadening your horizons, what is the best way to go about it, especially if your job is not going to take you someplace new? Consider this relationship advice. This might be particularly timely now that Valentine's Day is over and spring is right around the corner, both which might spark your desire to step outside your comfort zone to meet that someone. Here's how to proceed. Use a dating app, which is a great tool in this process. Many people flinch at

the thought of doing so, because they have tried it and it didn't work out, or they had a negative experience, or they feel they should be meeting someone spontaneously instead of in this formalized way. Consequently, they have tried it and won't use it again, or are reluctant to use it in the first place. However, one bad date doesn't translate into all dating apps being useless. Proceeding that way would be like having a cut on your wrist and amputating your arm. By excluding them from your options you could wind up missing out on a terrific way to meet a great person who could be your friend or even more.

So instead of generalizing all dating sites, consider them individually. If you are ready to go abroad, [AnastasiaDate.com](http://AnastasiaDate.com), [AsianDate.com](http://AsianDate.com), and [AmoLatina.com](http://AmoLatina.com) are the apps for you because they specialize in international dating both in Europe and Asia. In using these apps you expand your search far and wide, give yourself the chance to experience the culture of another country, and create the opportunity to build travel into your lifestyle as well, all while achieving your main goal of finding love. Best of luck to Ed Sheeran and his girlfriend. They are the perfect example that absence makes the heart grow fonder.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://HealthyLife.net) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.*

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# New Celebrity Couple? Joshua Jackson Makes Out with Mystery Woman on Romantic Date



By [Delaney Gilbride](#)

In [celebrity news](#), it looks like we may have a [new celebrity](#) couple on the horizon! *Dawson's Creek* alum Joshua Jackson was spotted on what looked like a pretty romantic [date night](#) with a mystery brunette at Immigrant Wine Bar in NYC's East Village Thursday night, March 9. According to [UsMagazine.com](#), the duo

was seen tucked away near a window at a candlelit table sharing multiple glasses of red wine throughout the night. An eyewitness reports that the two “were both smiling and laughing” as the night began to heat up around 10:30 p.m.; they couldn’t keep their lips to themselves! Looks like Jackson has been keeping himself busy since his split with longtime girlfriend, Diane Kruger, back in July 2016 – the couple had been dating for 10 years.

## **There may be a new celebrity couple soon enough! What are some ways to keep your relationship under wraps?**

### **Cupid’s Advice:**

It’s hard getting yourself out back out there following a failed longtime relationship, *especially* if the tabloids are following your every move. How do you keep your relationship under wraps to avoid this? Cupid’s here with [relationship advice](#):

**1. Stay away from the PDA:** The easiest way to get the news out there about your relationship is to indulge in some PDA in front of others. Because you never know who might see you while in public, stay away from any PDA while out and about. It’s the only sure-fire way to keep things under wraps.

**Related Link:** [Celebrity News: Joshua Jackson Caught Making Out With Mystery Woman Post-Split from Diane Kruger](#)

**2. Stay away from social media:** Social media can be both a blessing and a curse. It’s obvious that you should keep your relationship off of your own social media, but it’s also important to keep an eye on friends who tend to get a little post-happy while out at social events. Tell them not to post anything with you and your new flame in it.

**Related Link:** [Celebrity Exes Joshua Jackson & Diane Kruger Embrace at Airport After Split](#)

**3. Seize date opportunities, but stay discrete:** Of course you want to get to know your new partner, so you should absolutely go on dates. That being said, consider going to places you know none of your friends will be. If it's a restaurant you know your friends enjoy as well, choose something else. Or, consider going out of town, even if it's just to a neighboring one.

**Are you dating discretely? Comment below on how you do it!**

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## **Celebrity Wedding: 'Teen Wolf' Colton Haynes Is Engaged to Jeff Leatham**





By [Delaney Gilbride](#)

In [latest celebrity news](#), American actor and model Colton Haynes is officially off the market! According to [UsMagazine.com](#), the *Teen Wolf* actor's boyfriend, Jeff Leatham, proposed on a candlelit beach at Las Ventanas al Pararso in Los Cabos, Mexico on Saturday, March 11. Haynes announced the proposal with a photo on Instagram of the new-fiancés sharing a kiss with fireworks lighting up the sky captioned: "I SAID YES!!!" Leatham had a little help from his famous friend Cher, as a video message from the pop star was projected onto an immense screen saying, "All right, this is for you. You know what it is, you know what you're supposed to do now. This is gonna be the best thing ever, and you have to call me to tell me how it worked out." The [celebrity couple](#) announced their relationship last month; a little under a year after the *Arrow* actor came out as gay in May 2016. We couldn't be happier!

**This [celebrity wedding](#) is sure to**



# be special. What are some ways to know you've found "the one"?

## Cupid's Advice:

There's almost no better feeling than realizing that you've finally found the one you want to spend the rest of your days with. But, how can we tell that the person we're with is actually it? Cupid's here to help out with some [relationship advice](#):

**1. You can be your true self around your significant other:** Words almost can't express the feeling of relief you have when the person you're with can't get enough of who you are. The relaxation and comfort you feel being with someone who loves you for everything that you are is bliss. This is a very good indicator that you and your boo may be in this for the long haul!

**Related Link:** [Celebrity Couple News: Jennifer Garner Still Not Wearing Wedding Ring After Ben Affleck Reconciliation Reports](#)

**2. Your love supports all that you do:** If the person that you're dating is fully supporting you in your endeavors, don't let them go! It's hard to find someone that wants to see you succeed and follow your dreams no matter what. If you've found someone that wants the best for you, it looks like you've struck gold.

**Related Link:** [New Celebrity Couple: Jennifer Lopez is Dating Alex 'A-Rod' Rodriguez](#)

**3. You trust each other completely:** Trust is the glue that holds any relationship together and if you and your partner have no secrets, then your relationship is strong. Trust in a relationship is extremely important; without trust, you don't have a relationship. If you and your partner don't have trust

and/or jealousy issues, you're perfect for one another!

Have you found "the one"? Comment below with some indicators on how you knew!

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## Celebrity Couple News: Jennifer Garner Still Not Wearing Wedding Ring After Ben Affleck Reconciliation Reports



By [Delaney Gilbride](#)

In [latest celebrity news](#), we're still totally and completely unsure about the status of [celebrity couple Jennifer Garner](#) and [Ben Affleck](#)'s marriage. Despite multiple claims that their [celebrity divorce](#) had been called off for the time being, the 44 year-old actress and film producer was seen walking about Los Angeles on Thursday, March 9, without her wedding ring. An insider close to Garner told [UsMagazine.com](#) that she's still considering going through with the divorce when the time is right, while a *different* insider close to Affleck, 44, told the magazine that the two are putting their divorce on hold because they've been getting along pretty well. The *Daredevil* co-stars are reportedly still living under the same roof for the sake of their three children since their split back in June 2015. Although the news of their rocky marriage is still relatively new, the duo has been going to couples therapy for *years* now.

**We can't quite seem to keep up with this celebrity couple. How do you know when it's time to end a longtime marriage?**

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

Breaking up is hard as it is, but what if it's ending a longtime marriage with someone you thought you'd spend the rest of your life with? How do you know when enough is enough? Cupid's here to help with some [relationship advice](#):

**1. You're too tired to keep fighting the truth:** When all the negative signs you've been ignoring keep adding up, it will become completely overwhelming. If your sex life is a daily frustration, your loved one won't fight for you, and it's

impossible to open up to them anymore it's time to take a minute and realize that you can't keep fighting the truth. Ask yourself, is this worth fighting for?

**Related Link:** [Celebrity Break-Up: Scarlett Johansson Reportedly Files for Divorce From Romain Dauriac](#)

**2. You only communicate when you have to:** A key part to any relationship is communication and if you and your partner see this as a chore, something is very wrong. Talking to your loved one should be something you look forward to during a long day of work it shouldn't be something you dread. If this is the case, the two of you have to really think about what you want for the future.

**Related Link:** [Celebrity Break-Up: Katy Perry & Orlando Bloom Break Up After 10 Months Together](#)

**3. You're falling for other people:** If your spouse is distant and your sex life is dying you might be finding your lost needs in other people. Although you may not be acting on it, the feeling you get from others that truly appreciate and truly want you is overwhelming. This is a huge sign that your marriage is most likely coming to an end.

**Are you struggling with your divorce? Comment below with some indicators that your marriage might be coming to and end.**

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**Celebrity News: 'The Bachelor' Alum Juan Pablo**

# Galavis Is Close to Getting Engaged



By [Whitney Johnson](#)

According to the latest celebrity news in [UsMagazine.com](#), former *Bachelor* Juan Pablo Galavis may be off the market soon! Multiple sources confirm that the reality TV star is ready to propose to his girlfriend, Venezuelan beauty queen Osmariel Villalobos. “She’ll definitely say yes,” the insider reveals. “They spend all their time together, and she gets along amazingly with his 8-year-old daughter, Camila. All of Juan’s family and friends love her. They have talked about marriage, and both know it’s what they want.” The [celebrity couple](#) has been dating since last summer and are “perfect” for each other. Despite this happy [celebrity news](#), we can’t ignore Galavis’s shaky relationship history: The ex-soccer star

is known for his inability to commit, infamously giving his final rose to Nikki Ferrell on the season 18 finale of *The Bachelor* but refusing to propose or even say “I love you.”

## **This celebrity news has us skeptical. What are some ways to know you're ready to get married?**

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

Only time will tell if this celebrity couple makes it down the aisle! If you think you're ready to tie the knot with your partner, consider the relationship advice below:

**1. You no longer want to change him:** In the beginning of a relationship, it's tempting to want your beau to be the type of guy who surprises you with a dozen roses, always picks up after himself, and can make a new friend anywhere, but as time passes, you may realize that's just not who he is. Before you get hitched, you need to accept him as he is.

**Related Link:** [Are 'Bachelor' Nation's Josh Murray & Amanda Stanton a Celebrity Couple Again?](#)

**2. You're willing to compromise:** Sure, happy relationships are all about compromise, but marriage gives the word a whole new meaning. If your families live in different states, you can't spend Christmas with both of them, so you need to be willing to come up with a solution that works for both of you. Once you truly understand what it means to compromise – and you're *willing* to do so – you're one step closer to be ready for marriage.

**Related Link:** [Celebrity News: Former 'Bachelorette' Andi Dorfman Calls Juan Pablo Season 'Stupidest Thing I've Ever Been a Part Of'](#)



**3. You bring out the best in each other:** When it comes to forever, you want to be with someone who makes you the best version of yourself – and you want to do the same for him. Do you feel like you're glowing when you're together? Do people ask you why you're so happy? If so, he may just be The One!

**What are some ways to know if you're ready to get married? Tell us in the comments below!**

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## **Celebrity Break-Up: Scarlett Johansson Reportedly Files for Divorce From Romain Dauriac**





By [Delaney Gilbride](#)

In [latest celebrity news](#), it looks like this is the end of the road for actress [Scarlett Johansson](#) and Romain Dauriac. *Page Six* reports that Johansson has officially filed for divorce after two years of marriage with her French husband. [EOnline.com](#) publicized that the news comes only two months after the [celebrity couple](#) had split, although the two had been spotted together on multiple occasions *supposedly* on good terms. The two are parents to their daughter, Rose Dorothy Dauriac, and the couple has kept their family life under wraps following her birth in Fall 2014. Dauriac's attorney Harold Mayerson released a statement explaining that Dauriac "would like to move to France with his daughter and Ms. Johansson does a lot of traveling." This will be Scarlett Johansson's second divorce as she split with Ryan Reynolds in 2010 after two years of marriage.

**This [celebrity break-up](#) will**

# definitely be hard on the whole family. What are some ways to make your divorce easier for your kids?

## Cupid's Advice:

Although getting a divorce is undoubtably difficult for you and your spouse, it's only that much harder for your kids. So, how can you make the transition easier for your children? Cupid's here with [relationship advice](#) that both you and your partner will need during the divorce process:

**1. Keep yourself together around your kids:** Everyone goes through the process of divorce differently. If your divorce is hitting you hard you have to make sure you don't show it around your children. Your emotions will rub off on your kids when they're looking to you on how to cope; keep your emotions in check so you can help them in the best way possible.

**Related Link:** [Celebrity Break-Up: Katy Perry & Orlando Bloom Break Up After 10 Months Together](#)

**2. Be prepared to answer the tough questions:** Your kids will have a lot of questions following your divorce and you have to be ready to answer them in a calm manner. Their lives will change drastically after you and your spouse split and it's important to keep the conversation between you and your kids relaxed. No matter what happens, let them know everything will be okay.

**Related Link:** [Celebrity Break-Up: Jennifer Lopez and Drake End Their Whirlwind Romance](#)

**3. Let them know this isn't their fault:** It's extremely important to remind your children that what's happening is between you and your spouse and that they are not at fault. You and your spouse *need* to remind your kids time after time

that nothing they did had to do with the divorce and that you will continue to love them unconditionally no matter what.

Are you going through a divorce with kids? Comment below with some ways you made the transition easier for your children.

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## Relationship Advice: Is it worth it to try relationship counseling in the dating phase, or is it a lost cause?



By [David Wygant](#)

I've been coaching for 17 years and I'm a firm believer in any type of counseling, therapy, or coaching that you can get will actually make your life far more fulfilling than just trying to get advice from friends and Google searches. As a [relationship expert](#), I've been asked this question many times: Is worth it to try relationship counseling in the dating phase or is it a lost cause?

## **Find out if you and your loved one could benefit from some counseling with the following relationship advice.**

Here's my take on it. It all depends on what the counseling is all about. To me, when I look at couples come into my office, I always look for the foundation of their relationship. Is the relationship based on mutual values? Do they have the same language of love? Meaning are they understanding each other's desire and need to be loved? How are their communication skills when it comes down to crisis management? How are their communication skills when they have to ask each other for needs, wants, and desires? What is their sex life like? Are they able to understand and fully satisfy one another in that way? There's a lot of other things that I can list here. But when it comes down to couples, you need a foundation in order to go and actually counsel through periods of roughness.

**Related Link:** [Relationship Advice: Post-Engagement Behavior](#)

There's not one couple out there that I've not met and seen that have all the tools in the tool chest to be able to negotiate through every relationship issue. So you need to look at your relationship and ask yourself this. What seems to come up over and over again between the two of you? Because anything that comes up over and over again is a dynamic that

you don't have the tools to fix or change. Take a look at your argument history. Are there arguments that you're having on a regular basis? And is it always about the same thing? A couple once came into my office and they were having the same dynamic over and over again. He didn't feel like he was being heard. She kept cutting him off whenever he said that because she went into defense mode. So he felt frustrated and wasn't able to express his needs and desires in the relationship. And this perpetual cycle kept going on and on and on. I was able to counsel them through that. I was able to get them to understand one another. I was able to get her to listen to him more clearly. And he was able to express his needs, wants, and desires to her without feeling cut off or shamed; and this was achieved with only a few [dating tips](#). So you need to take a hard look at your relationship and find the source of your problems.

**Related Link:** [Relationship Advice: Why Isn't It Easy to Say Goodbye?](#)

Once again, if there's one or two dynamics that seem to be repeating over and over again and you can't seem to come up with a solution or find a way to make each other satisfied and happy, then couple counseling is fantastic. Especially if you really desire to be in a long-term partnership and/or relationship with this person. But if it's a list of things and you're not understanding each other on many levels, then you're in the wrong relationship in the first place and you haven't done the work on yourself to really figure out exactly what you're looking for or need. However, with an open mind and a good counselor, you can learn worthwhile [relationship advice](#). You never know when you can apply these tactics to another relationship.

**Related Link:** [Relationship Advice: Understand What You Don't Want](#)

So I'm all for couple counseling to negotiate through some of



the tough journey through things that you can't negotiate through yourself. And it doesn't matter if you're in the dating phase or if you're in the romance stage or whatever stage you're in. If you're committed to that person, counseling is telling that person I'm committed to understanding you on a much higher level and I'm committed to making this relationship work out fantastic. And I know I don't have the skills or the tools to get past some of the bumps that we have coming up in the road. So it's great to be able to talk to somebody. I'm all for it. It's healthy, it's fantastic, and I appreciate when people have the guts to stand up for the one they love in effort to avoid [relationship problems](#).

*David Wygant is an internationally-renowned dating and relationship expert, author of the book Naked, and speaker. Through his boot camps, personal coaching, and his [website](#), his love advice has transformed the relationships and love of hundreds of thousands of people from every corner of the globe.*

*For more expert relationship advice from David, click [here](#).*

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## **Celebrity News: 'Bachelor' Villain Corinne Olympios Parties in Miami After Nick Viall Split**



By [Delaney Gilbride](#)

In [celebrity news](#), the latest *Bachelor* dumpee Corinne Olympios was spotted in Miami looking surprisingly well after her split from Nick Viall. According to [UsMagazine.com](#), the 24 year-old reality star was seen relaxing and soaking up the sun at a friend's birthday party in Miami on March 4. Following her failed [celebrity relationship](#) with *Bachelor* Nick Viall after a [romantic getaway](#) to Olympios' hometown, it looks like the Miami native is doing fairly well. During a recent interview with *Good Morning America* the morning after her elimination aired, Olympios confessed, "I definitely was surprised when I got sent home. We had just had such an amazing hometown date, and things went really well with my family. I just thought we had a lot of fun." When asked by Jimmy Kimmel if we'd be seeing Corinne on the upcoming season of *Bachelor in Paradise* in a different interview, she joked, "If anyone ever tries to give me a red rose again, I think I might punch them

in the face.”

## **This celebrity news isn't exactly surprising. What are some ways to get over a fresh break-up?**

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

Getting dumped is hard, and it's going to take some time getting used to being alone again. It really begs the question, how do you get over a bad break-up? Cupid's here with [relationship advice](#):

**1. Lean on your friends:** Your friends will be there for you during the ups and downs and they're the best source of comfort after a bad break-up. Don't allow your thoughts to take over, grab a bottle of wine and kick back with your girls!

**Related Link:** [Celebrity Break-Up: Katy Perry & Orlando Bloom Break Up After 10 Months Together](#)

**2. Write it out:** Sometimes the best way to get your aggression out is to write it out. Take a couple of hours to yourself and write down everything you're feeling. This type of release is a great way to start healing following a break-up.

**Related Link:** [Celebrity Exes: Late George Michael's Ex Opens Up About Relationship](#)

**3. Do the things you love:** Nothing is better than doing the things that you love. Take time for yourself and be selfish! Eat all the sweets, watch all the movies, and treat yourself to something special because *you* deserve it.

**Have you gone through a recent break-up? Comment below with some tactics that helped you get over the heartbreak!**

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# Celebrity Baby News: Natalie Portman Gives Birth to Daughter Amalia Millepied



By [Delaney Gilbride](#)

In [latest celebrity news](#), Oscar-winning actress Natalie Portman has given birth to her second child with husband Benjamin Millepied! The [celebrity couple](#) told [EOnline.com](#) exclusively that their daughter, Amalia Millepied, was welcomed into the world on Wednesday, February 22. The 35 year-old actress has been relatively quiet about her pregnancy throughout the last nine months in comparison to

other celebrity parents who can't contain their excitement about their growing families. In an interview with [Jimmy Fallon](#) in November, Portman confessed: "It's weird because I'm a small person in general, so you show a lot faster and a lot more when you're small. Everyone thinks I'm about to pop and about to give birth any minute, and I have *months* to go..." Thankfully, that month has finally arrived. Congratulations Natalie and Benjamin!

**This [celebrity baby](#) has a lot to live up to when it comes to her famous parents! What are some ways to get on the same page with your partner when it comes to raising your kids?**

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

Having a baby isn't easy. Raising your child isn't easy either, *especially* if you and your partner have different ideas on how to do it. So, how do you find a happy medium? Cupid's here with the latest [relationship advice](#):

**1. Talk about the parenting decisions when you're both calm:** Due to the fact that this is a very important topic for the two of you, it can become very heated when you have different opinions. It's important to go into the conversation level headed and remind yourself to stay calm if the two of you have very different views. There's no reason to fight if you're having a calm conversation.

**Related Link:** [Celebrity Baby: Tori Spelling & Dean McDermott Welcome Fifth Child, a Baby Boy](#)

**2. Be open minded:** If you go into the conversation about how the two of you will raise your child with your mind already set up, the conversation will go nowhere. You have to be able to accept that your partner has a different idea of how they want to do things. This way, you'll really be able to take in what *they* want and consider the options.

**Related Link:** [Expectant Parents & Celebrity Couple Amanda Seyfried and Thomas Sadoski Turn Movie Premiere Into Date Night](#)

**3. Find a happy medium:** With every big decision comes a good deal of "give and take". Unless the two of you agree on literally everything having to do with your kids, you're going to have to give things up and accept others as well. Don't forget that no matter what you decide on, your kids will grow up just fine!

**Did you and your partner have differences when discussing how to raise your kids? Comment below with how to came to a compromise!**

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## Dating Advice: The Girl He Won't Bring Home to Mom...







On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Nick Karson to offer their best [dating advice](#) on what to do when a man won't take you home to meet his mother. Find out the reasons why men hide women, and learn how you can prevent this situation from happening to you with the following dating tips!

## Dating Advice That Will Help You Meet His Mom

**1. Easy.** If you haven't made a man earn your body, this will get you added to the booty-call list. Women who give up the "goods" easily are less likely to meet mom and other family members. A man takes a woman he genuinely likes and sees a future with back home. Give a man the thrill of a chase if you want him to take you seriously.

**Related Link:** [Dating Advice: Are You Intimidating Men?](#)

**2. Crude.** Being yourself is important, but don't get too

comfortable right away. Being crude, swearing and general messiness can repel a man and make him not want to introduce you to his mother. Take time to get to know him before you drop F-bombs and risque jokes. You have no control on how these factors will be perceived.

**Related Link:** [Dating Advice: First Date Do's and Don'ts](#)

**3. Aggressive.** Men don't like seeing women with bad attitudes or mean personalities. If a man wants to sleep with you, then he'll put up with the unpleasantness, but if he is looking for something serious then he won't tolerate it. Women who are "bitchy" don't get to meet mom, so be careful with this- and just be a nice person.

*For more relationship advice videos and additional information Single in Stilettos show, click [here](#).*

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## Dating Advice: Are You Intimidating Men?





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Wendy Newman to offer their best dating advice on how to attract a man. Learn how you can be intimidating to men and how you can prevent these behaviors in the dating scene. Here are three great ways to improve your love life with the following dating tips!

## Dating Advice That Will Help You Be Less Intimidating

**1. Saying "I got this."** Being independent is a good thing, but waving your self-sufficiency in front of a man's face shows that you don't need them. A man wants to feel needed, like he has a place in your life and can take care of you. Let him pay for a meal, pull out your chair and help you with errands.

**Related Link:** [Dating Advice: 3 Ways To Be Irresistible To a Man](#)

**2. Not having a place.** Men like to provide, it's in their

nature. Find a way to let a man contribute to your life, whether it be as a breadwinner or confidant. If you show any sign that you don't have a place for a man in your life, any potential partner will lose interest. Show him that you want him as much as you want him to want you.

**Related Link:** [Dating Advice: Manifesting the Right Man?](#)

**3. Don't be demanding.** Sure, a man wants to feel wanted and needed, but he also doesn't want to be treated like a slave. Make sure you're not too demanding or asking for help all the time. You want to be high performance, not high maintenance. A man wants to be satisfied, not overwhelmed by upkeep.

*For more relationship advice videos and additional information Single in Stilettos show, click [here](#).*

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## Celebrity News: Beau Biden's Widow Is Dating His Married Brother Hunter





By [Mallory McDonald](#)

In recent [celebrity news](#), Beau Biden's widow is in a [celebrity relationship](#) with his married brother Hunter Biden. According to [UsMagazine.com](#), the Biden family is completely okay with the relationship. Hunter shared with *Page Six*, "Hallie and I are incredibly lucky to have found the love and support we have for each other in such a difficult time, and that's been obvious to the people who love us most. We've been so lucky to have family and friends who have supported us every step of the way." He is currently separated from his wife Kathleen, the two share three children. Jill Biden shared with *Page Six*, "We are all lucky that Hunter and Hallie found each other as they were putting their lives together again after such sadness. They have mine and Jill's full and complete support and we are happy for them." Kathleen has declined to make a statement, but the couple is moving forward in their relationship.

**Well, this celebrity news seems**

# complicated! What are some ways to get support for your unconventional relationship?

## Cupid's Pulse:

Finding love with someone who seems to be the wrong person can be difficult, but if it is what truly makes you happy, use this [relationship advice](#) to get support from your loved ones:

**1. Be honest:** The most important thing you can do is be honest and open with your family and friends about the relationship. Don't try to hide it or shy away from the details, be upfront and tell them the full story so that nothing comes out that didn't come from you.

## Related Link:

**2. Don't flaunt it:** For a little while, try to not flaunt or be overly affectionate in front of your friends and family. This doesn't mean not being around each other, it just means that it may take a little while for your friends and family time to get used to the relationship and you should try and respect that.

## Related Link:

**3. Stay grounded:** Make sure that you're grounded with your significant other in how you are handling the important people in your life. If you continue supporting each other and working towards a future together eventually it will all come together.

**What ways did you help your family be accepting of your unconventional relationship? Comment below!**



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# Celebrity Break-Up: Katy Perry & Orlando Bloom Break Up After 10 Months Together



By [Delaney Gilbride](#)

In [latest celebrity news](#), it looks like Orlando Bloom may just be the one that got away. World renowned pop star [Katy Perry](#) and British actor Orlando Bloom's reps released this statement regarding the [celebrity couples](#) relationship: "Before rumors or falsifications get out of hand we can confirm that Orlando and Katy are taking respectful, loving space at this time." According to [EOnline.com](#), the two posed for a photo at *Vanity*

*Fair's* 2017 Oscar After-Party but failed to walk down the red carper together during the event. After confirming to *E!News* that the two were in fact a couple following the 2016 Golden Globes, Perry and Bloom weren't afraid to flaunt their relationship. Although they traveled abroad together, spent holidays together, and even talked about marriage and children together, it looks like the two couldn't quite make the relationship work in their favor.

## **This [celebrity break-up](#) caught us by surprise. What are some ways to fight rumors after a messy break-up?**

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

Although we don't truly know what happened between Katy Perry and Orlando Bloom, the news is heartbreaking! The vagueness surrounding this celebrity break-up is sure to start some rumors. What are some ways to avoid this? Cupid's here with [relationship advice](#):

**1. Make an announcement:** We may not be lucky enough to have our own personal reps break the news for us, but we do have social media. In order to avoid rumors regarding your failed relationship it might be best for your to clear the air for everyone else. Even if it's just a couple of words, it's better than hearing nasty rumors about you and your ex.

**Related Link:** [Celebrity Exes: Late George Michael's Ex Opens Up About Relationship](#)

**2. Tell your close friends and family what happened:** If you feel uncomfortable talking about your break-up online, you're not alone. A break-up is something very personal, and if it ended badly you may not want to discuss it with the world.

Talking to your friends and loved ones is a good way to get it off your chest, and they'll be able to shut down rumors quicker than they begin.

**Related Link:** [Celebrity Break-Up: Jennifer Lopez and Drake End Their Whirlwind Romance](#)

**3. If people ask, just tell them the truth:** Even if your break-up ended badly, you don't have to get into detail. Just let people know the truth even if it isn't the full story – people don't need to know everything! This way it's straight from your own mouth and that's the only confirmation people need.

**Have you just gone through a bad break-up? Comment below with some ways you avoided nasty rumors about what went down.**

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## **Celebrity Couple News: Kristen Stewart & Girlfriend Stella Maxwell Attend Chanel Pre-Oscar Dinner**





By [Delaney Gilbride](#)

In [celebrity news](#), [Kristen Stewart](#) and girlfriend Stella Maxwell had the most elegant [date night](#) ever at the Chanel and Charles Finch 9th annual Pre-Oscar Dinner Saturday, February 25. According to [UsMagazine.com](#), the [celebrity couple](#) attended the famous event in West Hollywood dripping in Chanel as Stewart debuted a black quilted leather jacket and cashmere top from Chanel's Paris-Cosmopolite 2016/17 collection paired with a black silk lace skirt from the Spring-Summer 2017 Ready-to-Wear collection. Maxwell, on the other hand, sported a simple sheer black top with chic leather pants. One of the insiders attending the event relayed to *Stylish*, "Kristen and Stella looked laid-back and comfortable while cozied up next to each other." The two were first spotted together back in December 2016 in Savannah, Georgia while Stewart was working on her upcoming film *Lizzie*.

**This celebrity couple is enjoying**

# all that life has to offer. What are some ways to spice up your love life?

## Cupid's Advice:

Stewart and Maxwell must have felt like they were on top of the world at Chanel's dinner; talk about the perfect romantic night out. Although we may not be able to attend events like celebrities, there are still many different ways to make your love life exciting. Cupid's here with romantic [relationship advice](#):

**1. Take a trip together:** Nothing is more romantic than spending a number of days with your significant other far away from all of life's stresses. Whether it's the two of you tucked away in a cozy cabin or relaxing with a margarita on the beaches of Mexico, taking a trip together is a great way to really connect with your love!

**Related Link:** [Celebrity Wedding: Newley Engaged Kirsten Dunst Opens Up About Wedding Planning with Jesse Plemons](#)

**2. Plan a date night at home:** You don't have to go out and spend hundreds of dollars in order to have the perfect date night. Sometimes, all you need to do is snuggle up next to a fire with champagne and a good movie to show your honey how much you love them. Cooking a meal together is also a great idea for a date night; romantic and rewarding.

**Related Link:** [Top 5 Academy Award Nominations if the Oscars Were Based on Love Stories](#)

**3. Do something liberating together:** Have you and your love ever thought of doing something absolutely crazy together? Maybe even along the lines of skydiving? Getting your adrenaline going (in more ways than one) with your significant

other is a great way to spice up your love life – try it out!

Are you and your significant other trying out new ways to make your love life exciting? Comment below with some ideas!

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## Celebrity Wedding: Newley Engaged Kirsten Dunst Opens Up About Wedding Planning with Jesse Plemons



By [Delaney Gilbride](#)



In [latest celebrity news](#), it looks like *Fargo* co-stars Kirsten Dunst and Jesse Plemons are in no rush planning their [celebrity wedding](#). During their first outing as an engaged couple at the 2017 Independent Spirit Awards this past Saturday afternoon, Plemons told [EOnline.com](#) that the two are “taking it somewhat slow,” proclaiming that they’ll “find the time.” During a second [celebrity interview](#) with [EOnline.com](#) at the 2017 Oscars, Dunst teased a wedding date saying, “Maybe next Spring.” The duo’s relationship was kept mostly to themselves until they were seen kissing in May 2016. Now, not even a year later, Dunst has no problem showing off her new engagement ring ... and we couldn’t be happier!

## **This celebrity wedding-to-be should be great, when the time comes. What are some reasons to take the wedding planning slow?**

### **Cupid’s Advice:**

Celebrity weddings are always exciting. We can hardly wait! Although we may be antsy for a wedding date, it doesn’t look like this celebrity couple is in any rush. It begs the questions, what are some pros in taking wedding planning slow? Cupid’s here with some [relationship advice](#):

**1. If you’re really in love, there’s no rush:** There’s no reason to rush a wedding if you’re truly in love! There’s no shame in taking your time when planning your wedding. This way you both have a stage to really talk about what you both want your wedding to be like; planning takes time!

**Related Link:** [Celebrity Break-Up: Kylie Minogue & Fiancé Joshua Sasse End Engagement](#)

**2. Being engaged is fun:** Being engaged is such an exciting

moment in your lives, so why rush it? A happy marriage will last forever but your engagement is only a small blimp in you life... you should make it last! Enjoy the honey-moon, head-over-heels phase for as long as you can before you decide the time is right to tie the knot.

**Related Link:** [Celebrity Couple News: Gwen Stefani Gushes Over 'Love' Blake Shelton](#)

**3. Don't rush your perfect wedding:** When it comes to every aspect of your wedding, don't you want it to be perfect to the last detail? If you plan your wedding too quick you may overlook some things that you'll regret in the future. Make sure your wedding is perfect by taking it slow!

**Are you in the midst of planning your wedding? Let us know how you and your beau are planning it by commenting below!**

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## **Celebrity Exes: Late George Michael's Ex Opens Up About Relationship**





By [Delaney Gilbride](#)

In [celebrity news](#), late George Michael's ex Kenny Goss finally opened up about his emotions regarding the death of the British icon. During a recent interview with *The Dallas Morning News*, Goss had nothing but fond memories of his longtime boyfriend, proclaiming, "He was truly the love of my life." Michael and Goss began their [celebrity relationship](#) in 1996 and split in 2011, only a few years after the two were said to be getting married. Goss told [People.com](#) exclusively that he's absolutely heartbroken by the loss of his "dear friend" and "longtime love." Goss claims: "He was a major part of my life and I loved him very, very much." Kenny Goss is now putting all of his focus on the British art collection organization, The Goss-Michael Foundation, in order to "give money back" and "help the people." It's what George would have wanted.

**This [celebrity ex](#) is opening up**

# emotionally about his late ex-boyfriend, George Michael. What are some ways to help your partner cope with tragedy?

## Cupid's Advice:

Coping with a tragedy is never easy, but help from your loved ones can make it a bit more bearable. The thing is, dealing with death is hard for everyone, so how do you do it? Cupid's here to help you cope with the latest [relationship advice](#):

**1. Listen with compassion:** Let your partner know that you're going to be there to listen whenever they need it. It's extremely important that your partner finds comfort in the fact that you will be present for them in their time of need. Nothing is worse in grieving than the feeling of being utterly alone.

**Related Link:** [Relationship Advice: When Your Partner Sings The Blues, It May Be Something More](#)

**2. Recognize the stages of grief:** In order to help your loved one grieve, you first have to understand what's going on inside their head. There are five stages of grief that go in this specific order: denial, anger, bargaining, depression, and acceptance. Once you understand this, you'll be able to start understanding how to help your loved one cope.

**Related Link:** [Relationship Advice: Can You Cheat Jealously?](#)

**3. Realize that everyone copes differently:** There is no "right" way to cope with a tragedy; everyone is different. Some may want to be alone, some may never want to be alone, some may cope for years, and some might not need to cope at all. Try to understand the way that your partner is handling

things, and realize that it will be a journey for the two of you. No matter the way they cope, nobody should do it alone.

Has your loved one just endured a tragedy? Comment below with some tips on how you helped them get through it.

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## **‘Martha & Snoop’s Potluck Dinner Party’ Producer SallyAnn Salsano Talks About Her Hit Reality TV Shows & Possible ‘Jersey Shore’ Revival**





Interview by [Lori Bizzoco](#). Written by [Delaney Gilbride](#).

The queen of reality TV, [SallyAnn Salsano](#), has taken VH1 by storm and is back and better than ever! The self-made American television producer is the CEO and president of 495 Productions, which launched in 2006 and has been a success ever since. Salsano has produced a number of widely-loved television shows, including MTV's [Jersey Shore](#) with its equally successful spin-off *Snooki & JWoww*. The entrepreneur has also produced popular reality TV series such as *Friendzone*, *Party Down South*, *Blue Collar Millionaires*, and the new VH1 show that everyone has been raving about, *Martha & Snoop's Potluck Dinner Party*.

## Celebrity Interview with Reality TV Producer SallyAnn Salsano

In our recent [celebrity interview](#), Salsano opens up about the idea behind her latest project. She had collaborated with VH1 in the hopes of creating a new, unique show that viewers would fall in love with – and boy, did they! When speaking about the



birth of *Martha & Snoop's Potluck Dinner Party*, Salsano says the new president at VH1 asked her what kind of show she had been dying to create. She answered the question with an immediate response: "I would love to do a crazy, energetic celebrity cooking show," which everyone at VH1 jumped right on board with. When going back and forth about who they wanted to co-star in the show, Salsano tells us she asked the room, "Why are we even discussing other people? I think Martha Stewart and Snoop Dogg would be the best show ever."

**Related Link:** [Celebrity Interview: 'Ex Isle' Executive Producer SallyAnn Salsano Talks Reality TV](#)

After discussing the idea with the world-renowned chef, 495 Productions reached out to the rapper, but when they called him, he had already known about the show through Stewart. "They really are friends," says Salsano. "It's such an honor working with them." Salsano relates the mega-stars to those on another one of her shows, CNBC's *Blue Collar Millionaires*, by expressing how they started out just like every other aspiring blue collar worker: as entrepreneurs. "Even now, at this stage of their careers, they don't take it for granted," she adds.

Feeling inspired by the reality TV stars of her many shows, Salsano shares an important piece of career advice, saying, "You don't have to be a rapper or an NBA star to make it big. You just have to have an interest in something, dedicate yourself to it, and be good at it. And sometimes, loving your job, regardless of what it is, is enough."

*Martha & Snoop's Potluck Dinner Party* is the number one rated non-sports cable program in its time period with over three million viewers after only the second episode was released. Plus, it's already been renewed for a second season. Salsano believes that the reason why the reality TV show is such a hit is because the duo makes the show extremely fun-loving and humorous for people of all ages.

She adds that the show has an underlying message of, “Come on, everyone – knock it off. We can all get along.” The renowned rapper and famous chef continue to cross generations and demographics with their [celebrity relationship](#). People may wonder how they can be friends, but as Salsano explains, “When you look at who they really are as people, you come to realize that they have the same interests and the same sense of humor.” It doesn’t get any simpler than that.

**Related Link:** [Relationship Advice: Stay True to Yourself](#)

It’s no surprise that the reality TV producer loves working on the show. “If Snoop and Martha are on set, I’m on set,” she reveals. “It’s a fun day.” The stars actually have a lot of leeway when it comes to what they want to make in the kitchen. While Stewart makes, well, anything and everything she puts her mind to, Snoop is more of a “home cook” and uses recipes passed down by his mother. As Salsano shares, “He claims his mother always used to tell him, ‘You know what girls like? A man that cooks.’ And from then on, he has been making his signature dishes, like fried shrimp and catfish, for his family and friends.” Great [relationship advice](#) from Mamma Snoop!

## **SallyAnn Salsano Teases Future Bravo Reality TV Show & Jersey Shore Revival**

Salsano also talked about her future projects in our celebrity interview. “There’s still so much I want to do,” she shares. The producer teased us with the notion that her first Bravo show will be coming out in the spring, but she’s not able to tell us much more than that she’s extremely excited to share it with everyone when the time comes. She also revealed that she’s constantly thinking about reviving her past reality TV shows, including *Friendzone*, which is still

one of her “favorite shows of all time.”

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Of the continued success of the *Jersey Shore* stars, Salsano says, “I love it. I get excited for them, watch everything they do, and root them on. I feel like I have a different kind of love for them – I feel like I’ve known them from birth.” She also wants people to know that the stars of the hit MTV show are more than how they’re presented on camera. People don’t truly see “what great kids they are and what great families they’re from.”

Given her love for the reality TV stars, we had to ask if she ever thinks about doing a *Jersey Shore* revival. Without skipping a beat, she exclaims, “Like every day! Every show runs its course, but you never know.” We’ve got our fingers crossed!

*Be sure to tune in to Martha & Snoop’s Potluck Dinner Party on Monday, March 6 on VH1 at 10pm ET. You can keep up with Salsano’s many projects on Twitter [@sallyannsalsano](#)!*