

Celebrity Couple News: Gwen Stefani Gushes Over 'Love' Blake Shelton



By

[Delaney Gilbride](#)

In [latest celebrity news](#), it looks like [celebrity couple](#) Gwen Stefani and Blake Shelton are still loving each other like teenagers! [Gwen Stefani](#), 47, couldn't contain herself when talking about her country-singer boyfriend and fellow coach on *The Voice*, [Blake Shelton](#), 40, during a [celebrity interview](#) on *Late Night With Seth Meyers* Tuesday, February 21st. According to [UsMagazine.com](#), when Meyers asked about Stefani's romance with the country star, she gushed: "It's so unbelievable. I love Blake. He's the most incredible guy. Everybody loves Blake and that's the thing, there's no way around it. He's just a sparkly, happy, amazing person." The

couple had met before working on *The Voice* in 2014 and have been dating since November 2015. Stefani is returning for the 12th season of the hit show and claims that she is determined to beat her beau this time, declaring: “He’s in trouble this season!”

This celebrity couple is still very much in love. What are some out-of-the-box ways to show your partner your love?

Cupid’s Advice:

If you’re still head over heels for your longtime love like Gwen and Blake, you might want to shake things up a bit. Cupid’s here to help you show your love in new ways with the latest [relationship advice](#):

1. Revisit your first date: There’s nothing like going back to where it all began. Whether it was a restaurant, an art museum, or a simple walk in the park, revisiting the place you went for your first date is a great way to express your love for your partner! When the memories come flooding in, so will a newfound appreciation for your relationship.

Related Link: [Celebrity Couple Blake Shelton & Gwen Stefani Pack on PDA During Concert](#)

2. Write a love letter: The difference between a quick “I love you” text and a written letter expressing how much you appreciate your boo is staggering. It’s been proven time and time again that people express the most gratitude when receiving something physically written than something typed. So, if you’re truly looking for new ways to express your love, a written love letter is perfect!

Related Link: [Celebrity News: Blake Shelton Spends Christmas Eve With Girlfriend Gwen Stefani & Her Kids](#)

3. Unplug: One of the best ways to express your love for someone involves putting your phone away, shutting your laptop, and enjoying personal one on one time with them. Nothing says “I love you” more than truly listening and engaging in conversations with somebody you care about. If you want to show your love, you gotta be in the moment!

Are you in a long term relationship? Comment below with some fresh ways to express your love for one another!

Celebrity News: Jennifer Lopez Opens Up About Dating Younger Men





By [Ma](#)

[llory McDonald](#)

In recent [celebrity news](#), [Jennifer Lopez](#) has decided to speak about dating younger men. According to [UsMagazine.com](#), she says she got “labeled right away” after dating younger men. She shared with Ellen on *The Ellen Show* some insight on the topic, saying, “OK, first of all, stop. I don’t date younger men,” Lopez, 47, told host [Ellen DeGeneres](#). “It’s not like you have to be younger, it’s not about that. I just meet people and if I go out with them, I go out with them, and if I like them, I like them and if I don’t, I don’t. It’s just about the person. It’s about who they are, it has nothing to do with age. I dated Beau [Casper Smart] and he was younger and that was the first guy I ever dated younger than me and then I got labeled right away,” she continued. “If they’re older, they’re older. If they’re younger, they’re younger. It doesn’t matter. It’s whether or not I’m attracted to them or not, attracted to their spirit, their soul, whatever their energy is.”

This celebrity news has us

respecting J. Lo even more. What are some ways to approach age when it comes to dating?

Cupid's Advice:

Dating someone older or younger comes with certain stereotypes and difficulties. But with this [relationship advice](#), you can conquer any age-related issues:

1. Common interests: If you have been hanging out with someone who is older or younger and you're worried about age, ask yourself if can you see a future with the person. Do you both have enough common interests to withstand a relationship? If so, you shouldn't let age affect you.

Related Link: [New Celebrity Couple Jennifer Lopez & Drake Enjoy Another Date Night Together](#)

2. Maturity: Making sure that you and your significant other are in the same place in your life and want the same things in a relationship is important. Just make sure that you are on the same maturity level or it may not work out.

Related Link: [New Celebrity Couple: Source Says Jennifer Lopez Is 'Having Fun' With Drake](#)

3. Listen to your heart: It may seem corny, but when it comes to worrying about their age, you need to go with your heart and your gut. If you are really enjoying getting to know this person and feel a connection, you shouldn't let age get in the way.

How did you handle dating someone who had a different age than you? Comment below!

Dating Advice: 3 Ways To Be Irresistible To a Man



On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Cyndi Olin to offer their best [dating advice](#) on how to attract a man. Learn how you can become irresistible to a man and great ways to improve your love life with the following dating tips!

Dating Advice That Will Make You Desirable!

1. **Be happy.** Learn how to smile! Nobody wants to be around a

“Debbie Downer.” Don’t let sadness get in the way of your dating life. Men like happy women, they want to be a part of positive energy and make a woman happier. At least a man that desires a healthy relationship will want to do these things.

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

2. Be confident. Men love seeing an independent and confident woman. You don’t need to be a damsel in distress all the time, it’s not really sexy and can actually be scary- which will ultimately repel a man. The women that have a good head on their shoulders are the ones who attract quality men.

Related Link: [Dating Advice: How to Get Him to Commit to You!](#)

3. Be present. Stay “in the moment” when you’re on a date. Don’t daydream about a future that doesn’t exist. Be attentive and engaging. Also try to avoid thinking of the past, it’s a sure way to sabotage a good moment. It’s also a good idea to put your cell phone away. Being present automatically makes you irresistible to a man.

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

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Dating Advice: Manifesting the Right Man?



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On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Jaki Sabourin to offer their best [dating advice](#) for those trying to find love. Learn how you can improve your relationships by "manifesting a man" with the following dating tips!

Dating Advice That Will Help You Find A Man!

1. Find clarity. You need to address what you want and why. By evaluating your needs and wants, you'll be able to narrow down your list of potential partners. You don't want to waste time or send mixed messages while you're dating. A great way to clarify your desires is by cultivating those traits in yourself, which will in turn attract and manifest in a man.

Related Link: [Dating Advice: How to Avoid Holiday Weight Gain!](#)

2. Thoughts, words and deeds (a creation trilogy). The best way to find a quality man is by having a positive attitude. You need to be consistent in your thinking, wording and actions. If you have doubt or tell your friends that there's "no good men out there" while you're dating, that is just setting yourself up for disaster. By making sure everything you do is in alignment, you'll attract a great man.

Related Link: [Dating Advice: How to Become Irresistible to a Man](#)

3. Commit. Don't give up if things aren't going according to plan. Love doesn't happen overnight. You need to put in the time and effort to find someone, especially if you're trying your hand at online dating. Checking out of the process simply because you're upset is a terrible thing to do. Give yourself a year at least to improve your dating skills. You need to evolve in order to find a man worthy of manifesting.

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

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Celebrity Breakovers: Kardashian Breakups That Have Broken Necks & Other Helpful

Relationship Advice



By

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

As healthier lifestyles have become a steady trend across the nation, the next generation grows more comfortable bringing health and fitness into their relationships. The latest craze that is catching fire is the breakover. What on earth is a breakover you may ask? Well, a breakover, otherwise known as the “revenge body,” is a complete reinvention of oneself. By changing one’s image through the transformation of mind and body as they shed both the pounds and people holding them back. If there was an award ceremony for Hollywood breakovers, spots one, two, and three belong to, yep, you guessed it, Khloe, Kourtney, and Kim Kardashian. Not only did their breakovers that focus on being fit, but also on staying fabulous, and falling back in love. In other words, the

Kardashian sisters turned their breakups into breakovers and started breaking necks. Here's some [relationship advice](#) that can help you achieve your own breakover.

Relationship Advice That Will Encourage You To Turn Breakups into Breakovers!

Be Fit Like Khloe: [Khloe Kardashian's](#) breakover is probably the most significant of all time. Since her split from husband Lamar Odom in 2013, she has shed 35-pounds and transformed herself from “the fat, chubby, unhealthy sister of Kourtney and Kim,” to a gym enthusiast with a commitment to healthy living. Her breakover focused on finding self-love and independence after a devastating divorce, and she managed to break the bank as it inspired both her own book *Strong Looks Better Naked* and her own TV series, *Revenge Body*. Getting a “revenge body” after a breakup is one of the best ways to move on. Yes, you have the ability to show your ex what he or she is missing. More importantly, however, you gain the confidence you need to get through one of the most humiliating, insecure times in your life. Exercise has the ability to transform from the inside out. A breakover that focuses on fitness and healthy living not only improves how others view you, but how you view yourself. Trimming the fat includes both the extra relationship weight and the negative attitudes, vibes, and opinions surrounding the breakup. Breakups can leave you with a lot of free time. Instead of wallowing in self-pity and a pint of ice cream, do yourself a favor and sweat out your negative energy, thoughts and feelings. Your future self and significant other will thank you for it.

“Fitness is not about being better than someone else... It's about being better than you used to be. I'm not where I want to be, and who knows if i ever will be.” – Khloe Kardashian

Related Link: [Relationship Advice: What Your Type Says About You](#)

Be Fab Like Kourtney: Back in 2015, [Kourtney Kardashian](#) called it quits with long time love Scott Disick. After nine years and three children, Kourtney decided it was best if the couple spent some time apart. As Scott continued to spiral, Kourtney continued to squat, making her, hands-down MILF of the year. Although Kourtney flaunted her post-baby abs and cellulite-less tush, she gained most of her recognition from her Kylie-like fashion statements. The eldest of the three sisters had no shame in her game as she flaunted her revenge body in stylish crop tops, daisy dukes, and bodycons while rocking bold lips and eyes. How you dress after a breakup speaks volumes about how you're handling the split. It is important to critique your style so that, although you're an emotional mess on the inside, you project a classy lady who hasn't lost her grace and dignity. Just like Kourtney, don't be afraid to step outside your comfort zone and wear something you feel sexy in. Heels are also a breakover essential. Heels transform the way you look, from your legs up to your shoulders. You'll be amazed at the level of confidence of few inches adds. Transform your normal makeup routine with sparks of glamour. Don't be afraid to test a new lip color, or a sultry smokey eye. The glam additions will only further your confidence, helping you to love the new you in your new single life. The strong, confident face you see in the mirror now is the perspective you need to move on in the future.

Khloe – “Who calls you Queen?”

Kourtney – “Every single person on Twitter, Instagram, and anyone that meets me.”

Related Link: [Celebrity News: Kourtney Kardashian & Justin Bieber Hang at Club After Fling](#)

Be Fallen Over in Love Like Kim: Although Kourtney and Khloe

used physical attributes to motivate their breakovers, [Kim Kardashian's](#) breakover focused more on an emotional makeover. After her disastrous, 72-day marriage to Kris Humphries ended, Kim, just like the rest of us, was left heartbroken and humiliated. Opinions swirled regarding the two, adding to the emotional turmoil of the split. We all are aware of the drama that followed the split, and later Kanye's proposal of the century, so I'll just skip right to the most important part of Kim's breakover: Time... Time to heal, and time spent alone. Breakups, separations, and divorces are all nasty and affect all parties involved. All incur lingering heartache, while some experience a degree of guilt, issues and questions. None of which can be fixed or answered immediately. Yes, rebound hookups and dates make you feel uplifted in the moment, however those feelings are only temporary and don't resolve long term sorrow. A breakover that focuses on regaining independence, finding self-love, and taking the time to grow a friendship with your prospective partner is more important than jumping back in the saddle with the bartender at Chili's. Instead, try a slow burn relationship like Kim and Kanye to see your relationship from a different perspective. You meet, hangout, build a friendship, experience things separately, and then realize this person is actually your lifelong partner. Give yourself enough time to heal from your previous relationships, and realize that you can stand on your own two feet. Get to know the friends you already have; you never know when one might just be "the one." The honeymoon stage will wear off, but the passion from knowing your best friend on a deeper level never will.

*"I used to think, well, can you really have it all? The truth, the excitement, and the passion? Now I know you can."
– Kim Kardashian*

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.

Celebrity Couple Cheryl Burke & Matthew Lawrence Are Back On



By

[Delaney Gilbride](#)

In [latest celebrity news](#), *Dancing With the Stars* alum Cheryl Burke and *Boy Meets World*'s Matthew Lawrence are dating again! Multiple sources confirmed exclusively to [EOnline.com](#) that Burke and Lawrence are definitely back on, stating, "Cheryl is very happy." The celebrity couple met back in 2006 during the filming of *Dancing With the Stars* through Matthew's brother Joey Lawrence, a contestant on the show's third season. Despite multiple claims that the couple were head over heels

in love with each other, the [celebrity relationship](#) only lasted a year before the two called it quits. Now nine years later, Cheryl shared an Instagram of flowers sent to her by Matthew right around Valentine's Day. Does a relationship need any more confirmation than that?

It seems this [celebrity couple](#) never lost their love for one another. What are some factors to consider before getting back together with an ex?

Cupid's Advice:

With all of the celebrity break-up's in Hollywood, it's nice to see a relationship rekindle like this one. But, how do you know when it's right to get back with an ex? Cupid's here with all of the [relationship advice](#) you need:

1. Time has passed: Following your breakup, the two of you definitely did some soul searching and it could be possible that after time has passed the two of you find each other again. During that time apart, maybe the both of you have matured and realized the reason you broke up was actually insignificant. Time truly does heal all wounds.

Related Link: [Celebrity Break-Up: Amber Rose & Val Chmerkovskiy Call It Quits](#)

2. The problem has been fixed: If the sole reason as to why to two of you broke up in the first place has been fixed since you've been apart, why not give it a second chance? Maybe it was because of your location, or maybe it was because of a demanding job. If those factors no longer exist, maybe it's time for the two of you to start things over again.

Related Link: [Celebrity News: 'Bachelorette' Alum Ali Fedotowsky Says Dating Roberto Was Her 'Most Successful Relationship'](#)

3. You both realize the grass really isn't greener: The two of you may have broken up because you thought you wanted to meet other people, which is absolutely fine. But, once you put yourself out there, you may have realized breaking up was a serious mistake. If the two of you come to the realization that breaking up was a mistake, by all means make it work again!

Have you ever gotten back together with an ex? Comment below with some of your reasons why!

Ivana Jarmon





Septe

mber 2018 to Present
Editorial Intern

Ivana Jarmon is a student at Southern New Hampshire University where she is majoring in Creative writing with a concentration in Fiction. She is currently writing celebrity news with CupidsPulse.com. Her hobbies include reading, writing her novel, traveling and eating great food. Her favorite [celebrity couple](#) is Meghan Markle and Prince Harry. The best piece of [relationship advice](#) she has gotten is to remain humble and love will find you.

Ivana's Expertise: [Celebrity News](#), [Celebrity Couples](#), [Celebrity Divorce](#)

Celebrity Break-Up: 'Famously

Single' Stars Ronnie Magro & Malika Haqq Have Split



By

[Delaney Gilbride](#)

In [latest celebrity news](#), it looks like Ronnie Magro and Malika Haqq are famously single yet again. According to [LifeandStyleMag.com](#), Jersey Shore's Ronnie Magro, 31, and Khloé Kardashian's BFF Malika Haqq, 33, have called it quits after only a few short weeks of dating. The [celebrity couple](#) met during the filming of the second season of *Famously Single* and supposedly became instant friends after meeting on set. Following the recent [celebrity break-up](#), the two deleted all evidence of their short-lived relationship from their Instagram pages. The couple introduced their relationship to the world with an Instagram of the two kissing before a beautiful sunset, but it looks like we won't be seeing that

again any time soon.

Add this split to the 2017 list of celebrity break-ups! What are some ways to know the issues in your relationship are too big to solve?

Cupid's Advice:

Like Ronnie and Malika, we all know how hard it is trying to make a failing relationship work. However, sometimes you need to know when enough is enough. Cupid's here to help with some [relationship advice](#):

1. Your partner doesn't make time for you: A huge part of being in a relationship involves actually being together. They say distance makes the heart grow fonder, but if your significant other is constantly bailing on you it's a problem. If your partner isn't showing the initiative to see you, your relationship is headed towards failure.

Related Link: [Celebrity Break-Up: Paris Jackson & BF Michael Snoddy Call It Quits](#)

2. When talking about the future starts arguments: If the thought of your future together constantly brings up negativity, your relationship is probably on the fritz. Growing together as a couple should be exciting, not scary. If your partner doesn't see a future with you, you shouldn't want to see a future with them either.

Related Link: ['The Bachelor' Celebrity Couple Lauren Bushnell & Ben Higgins Relationship 'Ain't Perfect'](#)

3. You're walking on egg shells: If you have to constantly tip-toe around your significant other with the fear that you

may say or do something wrong to upset them, end it! You should always feel comfortable enough to be yourself around your partner. If that isn't the way your relationship has been going, your relationship is going nowhere fast.

Have you recently gotten out of a failed relationship? Comment below with some indicators that your relationship was too far gone to fix.

New Celebrity Couple Selena Gomez & The Weeknd Look Affectionate on Latest Dinner Date





By

[Delaney Gilbride](#)

In [latest celebrity news](#), this new [celebrity couple](#) are no strangers to knowing that the heart wants what it wants. World renowned pop-star Selena Gomez, 24, and “Starboy” singer The Weeknd, 26, were spotted unable to keep their hands to themselves yet again at celebrity hangout, Tower Bar and Restaurant, in West Hollywood Sunset Tower Hotel on Monday, February 6th. According to [UsMagazine.com](#), the new celebrity couple was seen making their way to the back of the restaurant quickly while holding hands. This hot new duo has no problem sharing their [celebrity relationship](#) with the public; after their romantic meal, Selena was seen hugging the singer from behind before exiting in a car together. Ever since the two were first spotted kissing outside the Giorgio Baldi eatery in Santa Monica January, 10th, it’s been pretty clear that they may just be the hottest celebrity couple of the year!

This new celebrity couple is wasting no time to get to know one

another. What are some unique ways to get to know someone you've just started dating?

Cupid's Advice:

Selena and The Weeknd's hot new celebrity relationship has us on the edge of our seats for what's to come with these two in 2017. How is it that they've just started dating and yet it seems like they've known each other a lifetime? Cupid's here to help you with the latest [dating advice](#):

1. Talk about your interests: If you're *really* into the person you've just started dating, you're going to want to get to know each other better. Don't be afraid to dig deep within yourself and your new significant other in order to get to know what they like and dislike. And who knows? You may have more in common than you thought!

Related Link: [Selena Gomez & The Weeknd Spend Alone Time in Italy](#)

2. Eye contact, eye contact, and more eye contact: The way you interact with the person you've just started dating is extremely important. If you're having a conversation with the person you're supposedly *all about* and you're on the phone the whole time, your relationship won't go anywhere fast! You have to show the person you're with that you're interested in what they have to say; it'll go a long way.

Related link: [Find Out How Bella Hadid Feels About The Weeknd & Selena Gomez's New Romance](#)

3. Invite your new beau around your friends: There's no better way to get to know somebody than in a social setting, especially if it's your BFF's! This is a good way to watch how your new significant other interacts with people when it's not

just the two of you in one place. You'll definitely learn new things about each other with your friends around.

Are you in a new relationship? Tell us how you got to know more about each other below!

'The Bachelor' Celebrity Couple Lauren Bushnell & Ben Higgins' Relationship 'Ain't Perfect'



[itney Johnson](#)

By [Wh](#)

Amid celebrity break-up rumors, *The Bachelor* star Lauren Bushnell posted a picture on Instagram of her hugging fiancé [Ben Higgins](#) with the caption, “We ain’t perfect but we tryin.” According to [EOnline.com](#), fans first noticed the [celebrity couple](#) spending less time together after their [reality TV](#) show *Ben & Lauren: Happily Ever After?* came to a close in 2016. After Bushnell took a recent birthday trip to Mexico without Higgins, the rumor mill really started churning, but still, the reality TV duo is standing by one another.

Despite reports of a break-up, this celebrity couple is standing firm in their love for each other. How should you respond to rumors about your relationship?

Cupid’s Advice:

Given their life in the spotlight, rumors are inevitable for a celebrity couple like Bushnell and Higgins. Even those of us who don’t share our relationship on reality TV can still deal with gossip from time to time. So how should you address rumors about your love life? Consider this relationship advice below:

1. Work together: If your parents have heard gossip about your relationship or your BFF is worried about you, it’s time to deal with the untruths. But before you do so, talk to your partner and make sure you’re both on the same page. If you tackle the rumors as a team, it’ll be easier to shut them down.

Related Link: [Celebrity News: ‘The Bachelor’ Alum Lauren Bushnell Celebrates Birthday in Mexico Without Ben Higgins](#)

2. Use social media: It's nearly impossible to pick up the phone and call all of your friends and family to make sure they know the truth. Instead, take a cue from this celebrity couple and keep it short and sweet on social media. Your loved ones will immediately be reassured about the state of your relationship.

Related Link: [Celebrity Couple: Lauren Bushnell Says When She'll Marry Ben Higgins is the 'Million Dollar Question'](#)

3. Don't overthink it: It's easy to get caught up in the gossip and wonder if your partner is cheating or if you're better off single. At the end of the day, only *you* know the truth about your relationship. Trust your heart, and don't second guess yourself or your response to the rumors.

Cupid wants to know: What's your best tip for dealing with rumors about your relationship?

Celebrity News: 'Bachelor' Nick Viall Causes Drama After Disastrous Group Date





By [Wh](#)

[itney Johnson](#)

On Monday night's episode of [The Bachelor](#), reality TV star Nick Viall and the remaining nine ladies headed to St. Thomas, which frontrunner Raven called "the perfect place to fall in love – and the perfect place to send people home." According to the latest celebrity news on [UsMagazine.com](#), after a successful one-on-one date, the group date took a disastrous turn. None of the six women felt like they were getting enough quality time with Viall, and after a lot of tears, the bachelor deemed the day "pretty much a disaster." That evening, things continued to go poorly as Viall listened to each woman open up about her feelings and sent Jasmine home on the spot. The only one to actually enjoy this disastrous date? Raven, who got the rose at the end of the night.

This celebrity news has us cringing. What are some ways to keep drama to a minimum in your

relationship?

Cupid's Advice:

This week's episode of *The Bachelor* wasn't easy for Viall: In only three days, he said goodbye to six women! Of course, drama is expected on reality TV, but that doesn't mean you need it in your own love life. If you're looking for ways to keep drama to a minimum in your relationship, it starts with *you*. Consider this [love advice](#):

1. Keep yourself in check: Sure, you want to believe that you're always rational and calm, but we all get caught up in drama occasionally. Before you lash out and blame your partner, take a look at your recent behavior and make sure you're not at fault.

Related Link: [Celebrity News: 'The Bachelor' Nick Viall Calls Two-on-One Date with Corinne & Taylor a 'Disaster'](#)

2. Communicate your feelings: As much as you may want him to, he can't read your mind. It's up to you to tell him what he needs to know. Something to remember: It's important that you understand your own emotions before you open up to your partner and expect them to understand. Write down what you're thinking, and make sure you're prepared for what may be a tough conversation.

Related Link: [Celebrity News: 'Bachelor' Villain Corinne Temps Nick Viall with Surprises on Latest Episode](#)

3. Know who you are and what you want: You've been dating your girlfriend for a few months, but you're already tired of her tendency to run late. Why can't she just be on time?! If that's a deal breaker for you, accept it, and move on. Staying with someone who isn't the right fit for you is a surefire way to keep the drama alive.

What's your best piece of love advice for minimizing drama in your relationship? Tell us in the comments below!

Dating Advice: How to Avoid Holiday Weight Gain!



On this week's episode of *Single in Stilettos*, founder and matchmaker Suzanne Oshima talks to relationship expert and fitness guru Tracy Campoli to offer their best [dating advice](#) for those trying to maintain their weight during the holidays. Learn how you can stay fit this Valentine's Day with the following dating tips!

Dating Advice That Will Help You Find Love Online

1. Start off right. Eat a healthy breakfast, it's the best way to start off the day. You'll feel good throughout the day if you eat something nutritious. This way you'll crave healthier food for the rest of the day.

Related Link: [Dating Advice: How To Handle a Bad Date?](#)

2. Calm down. Don't freak out if you notice you've gained some weight. You're busy and stressed enough, you don't have to worry about your body too. Take a moment to meditate, and don't be afraid to reject unhealthy food.

Related Link: [Dating Advice: Revive Your Love Life & New Year's Resolution By Losing Weight, And Keeping It Off!](#)

3. Mark calendars. Write down the time you want to dedicate towards working out. Putting it down on paper will make you accountable. Be realistic with your fitness goals also, you're not going to work out extra during a busy holiday schedule.

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Dating Advice: How To Handle

a Bad Date?



On this week's episode of *Single in Stilettos*, founder and matchmaker Suzanne Oshima talks to relationship expert Jen Kelton to offer their best [dating advice](#) for those who have experienced disastrous dates. Learn how you should handle a bad date with the following dating tips!

Dating Advice That Will Help You Find Love Online

1. Go offline. Screen your potential date, especially if it's someone you've met online. Make a point to communicate with them offline, either through phone call, video chat, or text. From the conversations you have, evaluate whether it's a good idea to meet this person face-to-face.

Related Link: [Dating Advice: What Attracts a Man?](#)

2. Be polite. Make a graceful exit if you're having a bad date. You don't really know this person or what they're capable of, so don't make a scene. Just quietly run for the hills. You also want to be polite because you wouldn't appreciate it if someone was rude to you after a poor date. Be candid, don't waste their time.

Related Link: [Your First Trip Together? 10 Packing Tips](#)

3. Say something. If you're upset or uncomfortable with something that is going on during a date, bring it to their attention. Make sure you're not chastising your date, use humor if you have to- but don't sit there unsatisfied if your date is neglectful or rude. If they don't respect what you have to say, it's okay to remove yourself from the situation.

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Dating Advice: What Attracts a Man?





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Mr. Locario to offer their best [dating advice](#) for those looking for love online. Learn how you can improve your chances at finding love with the following dating tips!

Dating Advice That Will Help You Find Love Online

1. Appearances, duh. This shouldn't be a surprise to anyone, but appearances matter when it comes to attracting a man. You don't have to look like a super model, just look your best when you go out. When you're put together, men will notice and gravitate towards you more. Don't stress yourself out too much.

Related Link: [Dating Advice: Best Online Dating Tips From a Dating Strategist](#)

2. Good attitude. Men like being around people who have pleasant attitudes. Your behavior and energy are definitely analyzed before a man pursues. Even if you reject a man, if

you do it nicely- he'll appreciate that. Nobody wants to be treated badly, especially not in the dating scene.

Related Link: [Single in Stilettos Show: 5 Signs He's Interested in You](#)

3. Success is key. Those who are successful and goal-oriented are found very attractive. Men like seeing women have their own hobbies and careers. They'll want to build with someone who already has things going on in their lives. A good man wants to support, not be relied on completely.

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Relationship Advice: Can You Cheat Jealousy?





By

Dr. Jane Greer

[Kristen Bell](#) recently shared how her husband, Dax Shepard, was her wingman at the Golden Globes so that she could meet her celebrity crush, Riz Ahmed. This is a perfect example of a relationship where both partners are secure and completely trust that, even though one may find another individual attractive, it won't challenge their fidelity. It's natural to see others as appealing, even when you're in a committed, monogamous relationship, but it is also important to remember that everyone's physical appearance changes. People get older, and sometimes they get sick. Beauty is not enough to sustain an ongoing romance. If you know in your heart that you're always the most important person to your partner, then even if they have flirtations and/or a crush, it will enable you to tolerate your partner's attention or interest in someone else without feeling threatened.

So, how do you get the trusting feeling that equips you to joust

jealousy? Here's some [relationship advice](#).

Make sure you take the time to tell and show one another how much they turn you on. If you are able to do this even when someone hasn't taken the time to dress up – when they first wake up in the morning and are makeup free, or are playing with the kids and despite being covered in dirt from the backyard look so manly – it can mean even more because those are the real moments of living. They can bind you in intimacy because you are seeing each other through the eyes of love. Also, be aware of your partner's likes and dislikes so that you can take them seriously. This will help them feel supported, cared about and understood by you, and help keep the air clear so tension doesn't build. You don't have to be the best looking person in the room, just the best in your partner's eyes.

Related Link: [Famous Couple Kristen Bell and Dax Shepard Plan Date Nights Mathematically](#)

By following this recipe, you strengthen your bond so that you can buffer your relationship from other people coming between you. When you have a solid foundation and know that you both have each other's back, it gives you the confidence to handle a passing flirtation knowing that's all that it is, something that is in the moment and will pass. Whether it is meeting one of your high school first loves, an old flame from college, a new work partner, or anyone who might be perceived as a possible intruder, the two of you can remain impenetrable.

Related Link: [Expert Relationship Advice: How to Handle a Jealous Girlfriend](#)

Another ingredient in the trust recipe is that when either one of you feels insecure and voices that, it is important to respond with a heavy dose of reassurance. Rather than getting

angry, minimizing your partner's feelings, telling them they are being ridiculous and continuing your behavior or ignoring them, instead let them know that it doesn't matter how many people you are talking to because they come first and you only want to go home with them.

Everyone is drawn to other people at times, but attraction and intimacy are two different things. One is instant and the other takes time to develop. If you trust this, and know your connection runs deep, you will be better able to cheat any jealousy that might come up and move forward as a team that nobody can divide. It seems that Kristen and Dax have this recipe under their belts.

Please tune in to the Doctor on Call radio hour on 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. Connect with Dr. Jane Greer on Facebook, at 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>.

Dating Advice: Best Online Dating Tips From a Dating Strategist



On this week's episode of *Single in Stilettos*, founder and matchmaker Suzanne Oshima talks to relationship expert and dating strategist Damona Hoffman to offer their best [dating advice](#) for those looking for love online. Learn how you can improve your chances at finding love with the following dating tips!

Dating Advice That Will Help You Find Love Online

1. Communicate before meeting. Go beyond the instant messaging systems on dating websites. Make moves for conversations over the phone or through text. This gives a better sense of who you're talking to so you don't paint a picture of somebody that doesn't exist. Romance doesn't start online, it happens in person.

Related Link: [Dating Advice: How Long Will It Take Until I Finally Meet The One?](#)

2. Tell the truth. Be honest with how you present yourself. Don't dabble in false advertisements. It's a disappointment to those you meet in person if you don't meet their expectations. It's also a bad idea to lie about your age online. If you're not being contacted online for dates, then be more proactive and send out messages of your own.

Related Link: [Dating Advice: Best Online Dating Photo Tips](#)

3. Be more inclusive. When searching online, it's easy to narrow down the qualities you want- so your dating pool ends up being very small. Lighten up on your criteria and be open to meeting people who don't match your list completely. It's more important that you find someone who shares your values and beliefs.

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

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Dating Advice: How Long Will It Take Until I Finally Meet The One?





On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert Arica Angelo to offer their best [dating advice](#) on how long it should take for you to meet "the one." Learn how you can improve your chances at finding love with the following dating tips!

Dating Advice That Will Help You Find Your "One"

1. Pay attention. Look at the people around you. Don't rely on dating apps to find someone, it distracts you from people you see in your daily life. Pay attention and observe the relationships around you- you never know who is nearby checking you out. Sometimes your lover is the guy you kept in your friends circle.

Related Link: [Dating Advice: How to Meet Men if You're Shy!](#)

2. Be thankful. Appreciate the dates you do have. Don't be negative and complain about what your date didn't do right. If you have frequent dates, you should be grateful for that. You're spending time with someone who's interested in you and

you're connecting with them. That's a beautiful moment, be thankful for it.

Related Link: [Relationship Experts Talk Capturing His Attention \(In Person!\)](#)

3. Find focus. Determine what kind of love you want and stick to it. Don't settle for less or let your circumstances affect your dating life. Be careful though, your desires could be too rigid; a list can write off eligible candidates. Make sure the qualities you want in a partner stem from love and not fear.

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Celebrity Break-Up: Kylie Minogue & Fiancé Joshua Sasse End Engagement





By [Wh](#)

[itney Johnson](#)

Australian popstar Kylie Minogue recently announced her [celebrity break-up](#) from fiancé Joshua Sasse. As reported by [UsMagazine.com](#), she captioned a skyline photo on Instagram with a sweet note to her followers: “Thank you for all your love and support throughout this recent chapter of my life. Thank you now for your love and understanding with the news that Josh and I have decided to go our separate ways. We wish only the best for each other as we venture towards new horizons.” She ended with the encouraging hashtag #thesunalwaysrises. The former [celebrity couple](#) met on the set of his show *Galavant* in 2015 and announced their engagement in February 2016.

This celebrity break-up comes as a surprise. What are some factors to consider before getting engaged to your partner?

Cupid's Advice:

Getting engaged is a big step to take in your relationship, and before you do so, it's important to be 100 percent confident in your love for one another. Below, Cupid shares three factors to consider before picking out a diamond ring:

1. Talk about your future: It's sounds like an obvious piece of relationship advice, but you must talk about your future before planning your wedding. Where do you want to live? Do you both want kids? How will you afford your lifestyle? Will you go to church each week? Nothing is off limits, and everything should be out in the open.

Related Link: [Celebrity Break-Up: 'Bachelor in Paradise' Couple Josh Murray & Amanda Stanton Split](#)

2. Get real about starting a family: Soon after you get hitched, people will inevitably start asking when you want to have children. Deciding the answer to that question now will take some of the pressure off and help you enjoy your newlywed bliss. Something else to think about: Unfortunately, having a baby doesn't come easy to everyone. Now is the time to decide if you'd be willing to adopt. There are other options to consider as well, like surrogacy and IVF.

Related Link: [Celebrity Break-Up: Naomi Watts Breaks Silence After Split from Liev Schreiber](#)

3. Open up about your career: If your job requires you to travel or work late on a regular basis, it's important that your partner is aware of these responsibilities, as they'll cut into your time together. Similarly, if there's a chance you'll have to move to a different city or state, you need to be honest about the possibility. You also need to talk about the future of your career. If your partner expects you to stay at home with your kids, but you've also seen yourself as a working mom, explore other options that will ensure both of you feel happy and fulfilled.

What else should you consider before getting engaged? Share

your best relationship advice below.

Dating Advice: How to Meet Men if You're Shy!



On this week's episode of *Single in Stilettos*, founder and matchmaker Suzanne Oshima talks to relationship expert Thomas Edwards, Jr. to offer their best [dating advice](#) for those shy girls who want to meet someone new. Learn how you improve your love life and become more outgoing with the following dating tips!

Dating Advice That Will Help You Meet a Guy Even If You're Shy

1. Stand out. Wear something that is unique. It can be a cute accessory, a bright dress, or an intricate hairstyle. If you have something on your person that looks nice, it can serve as a conversation piece and help you meet someone. Stay away from black also, that's a "blend in" color.

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

2. Go for hobbies. If you're a shy person, try picking out special-interest activities. This way you'll be able to meet people who have the same hobbies and aspirations as you. Not only will you be surrounded by like-minded people, but you'll also feel comfortable having conversations you're knowledgeable on.

Related Link: [Single in Stilettos Show: How to Have the "Exclusive Relationship" Talk with Him](#)

3. Start early. If you wait until nighttime to go outside and date, you'll end up competing with others doing the same exact thing as you. So start earlier in the day if you want to increase your chances in meeting someone. This is also great practice if you're a shy person that's nervous about competing.

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

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Dating Advice: 3 Ways to Protect Your Relationship from Reality TV



By

TraceyAnne, Relationship Coach and Founder of FindThatMach.com

When it comes to love and connection with our loved ones, I find it astounding some of the things that I see on reality TV. *Kendra on Top*, *Real House Wives of Beverley Hills*, and *Keeping Up With the Kardashians* to name but a few, all depict a world that most of us do not live in. The fast cars and expensive seemingly superficial lifestyles don't resonate with us much. These "celebrities" appear to have everything and all done for them from their hair and make-up to holidays planed

and designed for them. Our attraction, I believe, is seeing a mix of a world we might like to one day inhabit and the relationships that are very much just like the ones that we have in our own circles.

This [dating advice](#) can help you keep reality TV from negatively affecting your relationship.

To see people who appear to 'have it all' fall out with and argue with their close friends, family and spouses can in a weird way give us a sense of comfort. You see, we only get to view the edited versions, so we have no idea what information we're missing. The communication that we see is bad, short and misses so many vital points that I always find myself thinking, "For goodness sake! Perhaps if they had a real conversation about what was really happening, they might be able to get their stuff together." Alas, we watch these shows and it teaches us nothing, just that relationships are hard work and full of drama. Drama that viewers believe is passion and chemistry and what all relationships should have. Relationships take work. A few pieces of advice:

1. Listen to what they're really saying.

So often you will see an argument play out that is more about circumstance. These people are fighting in their own corner and simply want to be heard and more likely want to be the person who is 'right'. If they (and us at home) would communicate our feelings, it would honestly move mountains. The real issues would be spoken about and the couples could find some common ground to move forward.

Related Link: [Do Your Friends Influence Your Relationship?](#)

2. Don't be fooled by romantic gestures.

On these TV shows we see the romance of being taken out to

dinner, bought flowers and diamonds and it makes us stop and think 'hang on where is this in my life, I don't get that' well I implore you to take stock and think about how many times your other half has made a romantic gesture. Really think about it, I bet they do, and if they don't how often do you? Romance is a two way street!

Related Link: ['Millionaire Matchmaker' Reality TV Star Marisa Saks Says Listening Is Key](#)

3. Don't allow yourself to become suspicious.

We sometimes see couples on reality TV get cheated on and hurt. I by no means am suggesting that you ignore or block out if you think your partner may be cheating, what I am saying, is that if you watch these TV shows and your role models are cheaters you may start to become suspicious.

TraceyAnne, a Relationship Coach and founder of [FindThatMach.com](#); a unique online relationship and dating course helping people find love and what they truly want in life.

New Celebrity Couple Jennifer Lopez & Drake Enjoy Another Date Night Together





By [Ma](#)

[llory McDonald](#)

New [celebrity couple Jennifer Lopez](#) and Drake are continuing to spice up their new relationship! [EOnline.com](#) reported that the two have enjoyed another [date night](#) together despite originally reports that the two were not getting serious. A source told *E! News* exclusively Wednesday that the two “are not seeing anyone else but each other. Drake is in it all the way,” the source added. “J.Lo is peddling slower, but still really enjoys his fun and loving company.” Lopez has two [celebrity kids](#) and many are wondering if that is going to be a problem for the future of their relationship. But according to this source, “He is not fazed by her having kids. He loves kids and is sweet with them.”

This new celebrity couple seems to be getting more serious. How do you know when it's time to make your relationship more serious?

Cupid's Advice:

Taking a relationship from having no pressure and all fun to one that is more serious and future driving is a scary thing. Use this [relationship advice](#) to make that decision easier:

1. Insecurity: One reason to make the relationship more serious is if the fun just isn't enough for you anymore. If you have been with that person for a good amount of time this could be the right next step.

Related Link: [New Celebrity Couple: Source Says Jennifer Lopez is 'Having Fun' With Drake](#)

2. Constant communication: When you and your partner are constantly together or constantly finding ways to talk to each other, this is a good sign your ready for a more serious relationship.

Related Link: [Celebrity Couple Drake & Rihanna Call It Quits](#)

3. Mutually ready: If either you or your partner are constantly talking about the next step or thinking about the future and you both like what you see, make it more serious!

When did you make your relationship more serious? Comment below!

Celebrity Baby News: Peta Murgatroyd Wishes 'Best Father in the World' Maksim

Chmerkovskiy a Happy Birthday



By

Justin Thomas

[Celebrity couple](#) Peta Murgatroyd and Maksim Chmerkovskiy welcomed their son Shai Aleksander Chmerkovskiy on January 4, and excitedly told [UsMagazine.com](#), "This is, without a doubt, the best thing that has ever happened to us!" soon after the birth. Peta celebrated the new dad's 37th birthday with two heartfelt "Happy Birthday" pics posted to her Instagram. The first post featured a charming photo of the couple perfectly captioned, "To my best friend...my partner, for the remainder of the most incredible years to come. You are forever the light that makes my soul ignite, you're the text book definition of my true soul mate. I never believed in one until I met you. My love for you is never ending #HappyBirthdayMaks." And if that wasn't enough to leave you "aww"ing, her next post will do it. With a heart melting black and white photo of Chmerkovskiy

holding their son, she captioned the photo, “...and to the best Father in the world Happy Birthday, Shai is so fortunate to have you as his guardian and protector for life. I see you with him and cry with the amount of love that is in your eyes. Our love for you is for eternity, forever the 3 of us are together.”

Even celebrity baby parents need to make each other feel special. What are some ways to keep the spark alive in your relationship when you have an infant?

Cupid's Advice:

The happier you are in your relationship the better parent you'll be, and of course that will reflect on the child. It can get hard to keep the spark in your relationship after a baby so here are some tips from Cupid to keep the fire burning:

1. Communication is key: No matter what the dynamic may be in your relationship, know that parenting is a tough transition for everyone to make. This isn't the time for the blame game; it's time for major collaboration.

Related Link: [How to Celebrate the New Year with a New Baby](#)

2. “We” time: Once you welcome a baby into the world, focuses shift and often times it's easy to forget that you're in a relationship. But remember that aside from being parents, you are both partners. Make time for romance with a date night or romantic dinner or whatever it takes to feed your relationship.

Related Link: [‘Bachelor’ Sean Lowe is Digging Dad Life with Newborn Celebrity Baby](#)

3. The extra mile: After or beyond the date night, remember to keep things exciting by trying new things together. Research actually shows that engaging in new experiences can bring couples closer together, especially in trying times.

What are some ways you keep things exciting in your relationship after having a baby? Share your thoughts below!

January Jones Opens Up About Being a Single Celebrity Mom



By

Justin Thomas

In a recent [celebrity news](#) from [Red Magazine](#), *Mad Men* actress and proud [single celebrity](#) January Jones opened up about the only (little) man she needs in her life. That, of course, being her 5-year-old son, Xander. She has never revealed the identity of Xander's father to the public, saying that that information is strictly the business of her son. Jones, 38, said something a lot of modern day single moms might need to hear: "It's good to have strong women around a man. To teach him to respect women. He doesn't have a male person in his life saying 'don't cry' or 'you throw like a girl.' All those s—ty things dads accidentally do." She went on to say, "I just don't feel I need a partner. Do I want one? Maybe. But I don't feel unhappy or lonely,".

This single celebrity is totally fine being alone! What are some ways to embrace your single lifestyle?

Cupid's Advice:

It can sometimes be hard to walk in a single person's shoes but it doesn't always have to be. Here are some tips to help make the stride a little easier:

1. Single doesn't mean alone: Keep family and friends close to you heart. Make sure you make and spend time with loved ones. Don't underestimate the value of family and friendship and all of the love and support they offer. We all get by with a little help from our friends.

Related Links: [Think You Need a Man at Your Side? Think Again!](#)

2. Enjoy your own company: Learning to enjoy your own company

isn't just important for single people; it's essential for everyone. From the social media crazed world we live in today to the office to the local mall, we're surrounded by people from every angle. Getting that alone time can help you not only rejuvenate, but also to learn a lot about yourself. Maxwell Maltz said it best: "If you make friends with yourself, you will never be alone."

Related Links: [Single Celebrity Susan Sarandon 'Trying to Figure Out' the Single Life](#)

3. Stay positive: Whether you're single and looking, not looking, open or not open to a relationship, it's still important to keep a positive attitude about life. No one likes a cynic. Remember there's so much in life to appreciate aside from relationships.

What are your thoughts on being satisfied and single? Share your opinion below!

Dating Advice: 3 Ways You're Sabotaging Yourself at Finding Love





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 those who want to improve their love life. Learn how you might be sabotaging your chances of finding love with the following dating tips!

Dating Advice That Will Improve Your Chances At Finding Love

1. Limiting beliefs. Don't let your mind cast doubt. If you let negative thoughts and fears take over, you'll ruin your chances at a relationship. Ignore those limiting beliefs if you want to move forward and find someone who will love you.

Related Link: [Dating Advice: Revive Your Love Life & New Year's Resolution By Losing Weight, And Keeping It Off!](#)

2. Get support. Ask someone you trust for help. If your dating methods aren't working, don't keep practicing them in hopes one day you'll have a better result. Reach out to a friend and ask them to provide you constructive feedback.

Related Link: [Dating Advice: 3 Biggest Mistakes Keeping You from True Love](#)

3. Advocate for yourself. Create opportunities where you can meet someone . Finding love takes effort. A good relationship isn't just going to land in your lap. You need to work for it, so don't be afraid to put yourself out there.

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