

Former Celebrity Couple News: Selena Gomez Spotted at Justin Bieber Concert After Kissing Post



By [Brooke Crawford](#)

In [latest celebrity news](#), Selena Gomez and [Justin Bieber](#) can't seem to steer clear of one another. According to [UsMagazine.com](#), Gomez was seen at Bieber's concert just four days after her ex Justin Bieber posted a throwback Instagram photo of the two kissing. This news is contradictory to the statement she made in her [celebrity interview](#) with *W magazine* for her March cover story. This former celebrity couple is a prime example of what it looks like when your relationship is

a revolving door.

This former celebrity couple is making waves yet again. What are some ways to keep from getting sucked back into the vortex that is a relationship with your ex?

Cupid's Advice:

Removing yourself from a toxic relationship can be harder than it looks when emotions are involved. Cupid is here to give you some healthy [relationship advice](#):

1. Social media: Remove your ex from any and all social media. Although it may be hard to distance yourself from this person, it is in your best interest. Removing this person allows you the space to regain your own identity and see how much better off you are without him or her. Social media gives you an all access pass to continuously keep tabs on your ex, which will only make you reminisce about the good times and second guess yourself.

Related Link: [Celebrity Couple Rumors: Is Miley Cyrus Engaged to Liam Hemsworth?](#)

2. Join a group: A distraction is just the thing to take your mind off of the break-up. Joining a group of some kind will help you focus on making new friendships and finding new interests. There are Facebook groups you can join as well as the well known website Meetup.com, which will point you to some in-person get-togethers. Find a group that supports your need to branch out and have new experiences.

Related Link: [Celebrity Exes Jennifer Lopez and Casper Smart](#)

[Caught Kissing](#)

3. Get fit: Although going out and letting off some steam can be a good way to get over a break up, the gym is a great way to focus on something else as well. Getting fit allows you to feel empowered to accomplish other goals and can be the best form of revenge.

A break up can be a difficult thing to get over. What are some ways that you have overcome your former relationships? Comment below.

Relationship Advice: Master Your Mean Girl With This Self-Love Advice from Author Melissa Ambrosini





By [Whitney Johnson](#)

Sure, you know that you *should* ignore that little voice in your head that tells you you're not skinny enough, smart enough, or funny enough. But sometimes, that's easier said than done. Luckily, author and self-love teacher Melissa Ambrosini is here to help you quiet *your* Mean Girl for good. In her new book *Mastering Your Mean Girl: The No-BS Guide to Silencing Your Inner Critic and Becoming Wildly Wealthy, Fabulously Healthy, and Bursting with Love*, she shares an easy-to-follow plan to help you create and achieve your dream life. If you're ready to overcome your fears – in your job, in your love life, in your everyday world – check out our exclusive author interview, filled to the brim with honesty, positivity, and [relationship advice](#) that will change your outlook for good.

Melissa Ambrosini Shares Relationship Advice in Author

Interview

To start, can you give us some background on what inspired you to write this book?

I wanted to write the book that I wish I had back when I hit rock-bottom six years ago! Basically, I was in a really bad place: My health was awful; my relationships were destructive; and I was constantly unhappy and anxious. When my health issues spiraled out of control, I ended up in the hospital. I honestly thought my life was over – everything was falling apart! But after taking a really hard, honest look at myself and my life, I realized that all the miserable circumstances that were manifesting around me were actually a reflection of how I was feeling and treating myself on the inside. That's when I first became aware of my Mean Girl and began the journey of mastering her.

From that moment forward, my life changed dramatically. I started a blog, got well, found inner peace and happiness, started my dream business, made new friends, met my soul mate...My life these days couldn't look more different than the unhappy, unfulfilled soul I was back then. I wrote this book as the ultimate road map for other women who want to go on this kind of inner and outer journey and live an epic, love-filled life.

Related Link: [Dating Advice: Create the Person You Want to Be](#)

What are your top tips for someone who just can't master her Mean Girl?

First, everyone *can* master their inner Mean Girl, even if they don't believe it just yet. The best way to get started is by following this self-love advice and doing my three-step Mastering Your Mean Girl process, which goes like this...

- **Practice awareness:** Become aware of when your Mean Girl

shows up and tells you that you're not good enough. For most people, these sorts of fear-based beliefs pop up the nanosecond they decide to chase after an important goal. Yet we're usually so unconscious and not present that we aren't even aware of this internal dialogue, so we can't do anything about it. That's why bringing your awareness to her words is the first step.

- **Gently close the door on her:** Once you're aware that she has popped up, you can now choose to gently close the door on her. It's not about fighting her or waging an inner battle – that'll just cause more pain and suffering. Instead, it's a gentle, grateful act that comes from a place of peace.
- **Choose love instead:** Once you have gently closed the door on her, come back to your heart and choose love instead of fear. It's so much more fulfilling when you do.

Does the prevalence of social media impact someone's Mean Girl? How so?

Heck yes, social media plays a role! It's like a highlight reel of the *best* parts of people's lives, so when you're looking at all those shiny, glossy images, it can be a feeding frenzy for your Mean Girl. But comparison is the thief of joy, so getting caught in this trap is a recipe for unhappiness. I talk about comparison-itis a lot in the book; it's a massive problem in our modern world. Luckily, there are plenty of ways to climb out of this trap, and once you learn how to master your Mean Girl, you'll notice you no longer compare yourself to others.

Of course, we have to ask: How does someone's Mean Girl play a role in her romantic relationships?

Where do I start? In my Goddess Groups and live events, when I'm talking about relationships, I always like to point out that if you haven't mastered your Mean Girl (and if your

partner hasn't mastered their inner critic), there are actually four of you in your relationship! So while you and your partner are trying to have a genuine, intimate connection, your Mean Girl will be talking up a storm: *Suck your tummy in! Stop sounding so needy! Why isn't he holding your hand? He must think you're so stupid! Did you see the way he smiled at that waitress? It's because your dress is so ugly – I told you that you should have worn the other one!* And on and on it goes... (It's exhausting just reading that, right?!)

Everyone always says, "You've got to love yourself first before you can invite someone else into the equation." While this is excellent relationship advice and 100 percent true, nobody tells you *how* to learn to love yourself. They just expect you to flip a switch or something, and everything will be fine! The truth is, learning how to make peace with your Mean Girl and gently close the door on all the negative things she's saying (like all that stuff I listed out above!) is the first step for falling in love with yourself. It's also an essential prerequisite if you want to have a relationship based on genuine connection and truth. So all of this stuff plays a massive role when it comes to relationships.

Related Link: [Relationship Advice: Are You Ready for Storybook Love?](#)

If learning to love yourself is such an important step to take before you enter a relationship, what is your best self-love advice?

A divine relationship with your soul mate is when two whole and complete people come together. Your soul mate helps to awaken you and love all components of yourself. As Dr. John Demartini says, your soul-mate is actually your full complement. So we must make sure we are bursting with love within *ourselves* first before we invite anyone else into our world. Flexing your self-love muscle is the best way to start, and it's just like working any other muscle: In order for it

to get stronger, it must be flexed daily. Start by writing down the 10 things that light you up, and then commit to doing them daily. For me, it's yoga meditation, getting out into Mother Nature, watching a sunrise, swimming in the ocean, and taking a bath. In my book, I teach you how to create a self-love menu and how to flex your self-love muscle daily.

Lastly, do you have any other upcoming projects or anything else you'd like to share with our readers?

I have created the [Mastering Your Mean Girl 10-Week Activation Program](#) and guided [meditations](#) to really help amplify the lessons in the book, so if you're wanting to cultivate some stellar self-love so you can attract your ideal partner, this is an excellent way to make it happen. I also have loads of [live events](#) in New York, Los Angeles, and Australia that you can check out. They're going to be epic!

You can buy Mastering Your Mean Girl on [Amazon](#). To keep up with Melissa, visit her [website](#) or follow her on Twitter [@Mel_Ambrosini](#).

Tease Your Taste Buds on This Weekend Date Idea





By Brooke Crawford

If you're in need of a new weekend date idea, improve your palate and tease your taste buds by taking a couples trip to a winery or brewery. Napa Valley is one of the world's premier locations for fine wine. If you live on the West Coast, you can plan a romantic getaway to one of the region's romantic vineyards. On the East Coast, north Georgia is home to some wineries too.

A Beer and Wine-Filled Date Idea

Is your partner more of a beer fan? New York City is home to a variety of wonderful options. The Brooklyn Brewery not only serves an assortment of beer, but it also offers tours and allows customers to order food from the surrounding area. Or with summer approaching, try the Standard Biergarten's lovely outdoor facility, which is right below the beautiful High Line.

Related Link: [Weekend Date Idea: Pop the Cork](#)

Put a spin on the winery date idea by visiting The Sommelier Society of America. Since 1954, the organization offers wine education classes and tasting programs for couples who want to become more knowledgeable about reds, whites, and roses.

Maybe you don't have a weekend to plan a trip away. You and your partner could also enjoy a fun-filled day activity touring one of the famous Anheuser-Busch breweries. The St. Louis location is currently the number one ranked brewery in the United States. Tours are available in four other states as well.

Related Link: [Relationship Advice: Wine Taste Your Way to An Intimate Date](#)

Dating Advice from a Favorite Celebrity Couple

Famous couple [Angelina Jolie](#) and [Brad Pitt](#) took wine-tasting to a whole new level by buying Chateau Miraval, a winemaking estate in France, in 2012 after leasing the property for three years. This is the same location that the celebrity couple held their wedding. Grab a bottle of the vineyard's famous rose Miraval (formerly known as Pink Floyd) for your next date night!

Do you have any great date ideas centered around wine or beer? Share with us in the comments below!

Relationship Advice: 4 Ways

to Break Up with Your Partner In the Nicest Way Possible



By: [Josh Ringle](#)

Breaking up is not the easiest thing to do. It may hurt your heart to do it, and it will most likely break the heart of your soon-to-be-ex as well. While calling off your relationship and ending your current love life isn't the easiest, it is important to do it in a nice way if at all possible. Almost everyone knows of those [celebrity relationships](#) that ended in tears and [celebrity divorce](#), or those [celebrity couples](#) who have remained friendly after all their heartache and drama subsides. The same is true for us "normal" people. Use the following [relationship advice](#) pointers to make a difficult decision a little easier for both

you and your partner.

These pieces of relationship advice will help you to make ending it a little less heartbreaking. If you are considering breaking up with your partner, take a look at how to do it *nicely* below.

1. Do it in person: A great piece of relationship advice is to do anything that is of importance in person. Whether it is initially getting the relationship going, or ending it, doing so face-to-face will only make the situation better. Look at some former celebrity couples like [Jennifer Aniston](#) and [John Mayer](#), or [Taylor Swift](#) and Joe Jonas. Those celebrity break-ups were initiated by a text message or a phone call. They did not end well, and if you want yours to end well, do it while you can see them, be there to comfort them and talk through any heartache they may be experiencing.

Related Link: [Celebrity News: Yolanda Foster Says Ex David Foster 'Probably Saved My Life'](#)

2. The date and place matters: There are definitely some key dates and places where breakups should never occur. Anniversaries, birthdays, holidays, and times of death in one's family are not times to call things off. If you want to stay friends, or if you just want to be as nice as possible, save it for some other time. If they are on a vacation or doing something important like starting a new job, you should consider waiting if it is possible. Some places should be off the table, too. You shouldn't break their heart in public, if possible, and you should try to do it in a place where the memory won't "haunt" them. Their bedroom, for example, is

probably not the best option.

3. Ease into the conversation: Reality TV stars make break-ups look overly dramatic and super painful. Heartbreaking moments are typically over-dramatized, but they don't have to be that way at all. Instead, ease into the conversation about the future of your relationship. Conversations like this will never be easy, but easing into the conversation will make it more bearable. A good piece of relationship advice is to keep the communication open, and that should continue even if things are about to end.

Related Link: [Relationship Advice Video: Dating After a Divorce or Break-Up](#)

4. Be honest: While this piece of relationship advice goes along with open communication, it truly is important to remain honest and open when deciding to call it quits on a relationship. If you want to break up, but remain friendly and on good terms after, follow this piece of relationship advice and remain honest. That being said, it's important to not take that to an extreme and be *brutally* honest. Say what you need to, but no need to get into the gory details. While breaking up is difficult to do, the conversation and how it goes is essential to determining the future of your friendship.

Breaking up is never easy, but doing it nicely works best! Did these work for you? Let us know in the comments below!

Relationship Advice: What NOT

To Do When You're Upset With Your Partner's Weight



By Toni Coleman, LCSW, CMC for [Divorce Support Center](#)

What do celebrities like [Oprah Winfrey](#), [Britney Spears](#), [Mariah Carey](#) and [Christina Aguilera](#) have in common? They are all beautiful, talented women who have faced public scrutiny as they struggled with their weight. As people age, many struggle with their weight. It seems that between the stress, lack of time and energy, competing work and family demands, poor food choices and eating on the run, a healthy lifestyle often ends up at or near the bottom of many people's priority lists. This behavior can then be exacerbated when significant others, family and/or friends attribute the problem to the individual's apathy, lack of motivation or discipline, or an

unwillingness or inability to make better choices. All of these assume something negative—which is not only unhelpful, it often leads to a continuing downward spiral. If your partner is not taking care of himself or herself, you may have fallen into using one or more of the following counterproductive strategies. If so, it is time to find positive and healthy ways to offer the support and encouragement your partner needs especially from you with a little [relationship advice](#)!

Relationship Advice: What Not To Do About Your Partner's Weight

1. Telling them how great they would look if they were thinner. When someone is carrying too much weight, they are well aware of it. In fact many people, especially women, feel badly about themselves because of it. It isn't useful for them to hear how much better they would look without those extra 20 pounds; it only makes them feel worse as it reminds them that you are very aware and thinking about it. Even though this might seem counterintuitive, what you should do instead is offer compliments on their hair, outfit, how hot they look at that moment, or anything about their appearance that you find attractive. By doing so, you will help lift their spirits and sense of self, and offer them something positive to focus on, which will encourage and support them in taking their next steps towards a healthier lifestyle and weight.

2. Making 'useful' suggestions for what, when, and how much they should eat. "Useful" suggestions are often badly veiled attempts to control and manipulate someone's behavior. They can lead to a dynamic where one partner nags the other with their constant stream of suggestions, which then leads to feelings of anger and resentment that get expressed through their partner acting out, usually in the form of eating more of the unhealthiest food they can find. Dating tip: What you

should do instead is be a good role model for your spouse. As a relationship expert, I think that you should make good choices for yourself in what and how much you eat. You can suggest (not push or insist) a date night where you do some meal planning, shopping and cooking together, while remaining open to their input and suggestions. Cooking several meals a week at home is a great start, as you will be eating healthier because the meals are made from fresh, whole ingredients. Taking good care of yourself will result in a happier, healthier, and more attractive you—this is what your partner will notice and want for himself or herself.

Related Link: [Relationship Advice: 10 Tips for Couples 'From the Energies of Love'](#)

3. Signing them up for a gym membership when they didn't request one. It's likely they will repay your investment of money and effort by never using it. No one likes to be managed or to feel coerced or guilt-tripped into anything. The result is that it kills all motivation instead of encouraging it. If you enjoy working out—go to the gym or participate in a physical activity or sport. Definitely ask your partner if they would like to join you for a walk, a hike, to walk the dog, or any activity that you do that you would enjoy sharing with them. If they do express an interest in taking a class or joining a gym, ask them if they would like company. When we have a buddy, we are more likely to follow through and it is more fun. The key here is to listen to them and let them initiate, then you can jump in with an offer of support and companionship.

4. Commenting on how good someone looks since they lost all that weight. Adolescents sometimes do this in order to get someone to act out of jealousy; teachers of young children also use this as a way to motivate their other students to do the same and earn some of that praise. But feelings of jealousy, competitiveness, and/or insecurity are not effective motivators for adults who want to make lasting behavior

changes. All this does is pile on their already present feelings of insecurity and self-disgust, which leaves them feeling less lovable and more unworthy of their relationship. When you are having a down day and don't feel good about yourself, do you find your motivation and enthusiasm to be higher than when you are having a good day? I didn't think so. A simple way to keep these kinds of comments in check is to ask yourself how you would feel if your partner used the same approach in their attempt to motivate you into action.

Related Link: [Celebrity Couple News: Kanye West Helped Kim Kardashian Fight Back During Nude Selfie Controversy](#)

5. Bringing home their “trigger foods” because they aren't a problem for you. Here's another instance in which it is useful to ask yourself how you would feel if you could not consume something due to a medical or other condition, yet your partner frequently brought it home and consumed it in front of you. It would probably feel as though they were unconcerned or unaware of your feelings. You would also be confronted with more temptation, which could lead to feelings of deprivation and resentment. If this were the case how might you act? Would you sneak the food when your partner wasn't looking? Would you seethe quietly and want to find some other way to act out, or just withdraw and feel worse about yourself? Whatever your response, it's likely it would be a negative one. Therefore, loving and concerned partners need to be aware of how their behavior can impact their spouse and then be willing to make adjustments to help create a more supportive and helpful environment. After all, if a partner can stick with their goal and make those necessary lifestyle changes, it's a win-win.

6. Sending mixed messages by voicing concern, then encouraging noncompliance. This is a classic scenario where a spouse who is upset about their partner's weight or alcohol consumption places them in situations that lead to them consuming unhealthy food, overeating, and/or drinking to excess. It's as though the partner sends a strong message to them to maintain

discipline and healthy habits, then sets them up by insisting they join them in activities with people and in places that will surely sabotage their efforts. When this happens, some partners even say things like, "it's okay this one time," or "you are not as much fun as you used to be," when their partner is trying to abstain from certain food or drink. A driving factor behind this scenario is that the partner doesn't want to be deprived just because their significant other has an issue. They want them to deal with their issue, but not if it means they have to sacrifice something as well. Could this be you?

7. Withdrawing affection and sex because you are angry at their weight gain. Negative reinforcement rarely works. It has been demonstrated repeatedly to be an ineffective motivator. If you withdraw your affection, it will lead to them feeling unattractive and unlovable, which often leads to a sense of hopelessness and despair. My relationship advice is to stay engaged, show affection, offer positive and caring feedback, and remind them of all the ways they are special and important to you. This will help to energize and motivate them to do more and do it better. A belief in one's own abilities encourages us to reach beyond our fears in pursuit of our goals.

Related Link: [Dating Advice: What to do When Your Relationship Gets Real](#)

If your partner is struggling with an unhealthy lifestyle and carrying extra weight, a loving and supportive environment will be important if they are to make any significant and lasting changes. The tone you set, the words you choose and the attitude you take towards them will play an important role in their success or failure. You cannot do it for them, nor can you threaten, cajole, intimidate, or guilt-trip them into being who you think they should be. They have to want it and work for it. But having you as their partner in success, celebrating their good choices and big steps along the way

will help ensure they never feel alone.

Have a tip for how you and your partner powered through weight struggles together? Share in the comments below!

For more information about and articles by our Hope After Divorce relationship experts, click [here](#).

Dating Advice: Is Spring the Time for a New Fling?



By Samantha Mucha and [Jessica DeRubbo](#)

Now that the winter slump is over, Valentine's Day is long

gone and the holidays are a thing of the past, it's time to add some excitement to your love life. Perhaps a fling is just what you need! Consider this [dating advice](#), and allow yourself to relax and let loose with spring fever this season, because change can lead to positive alterations in your life.

Here are some things to consider when you're trying to decide if you're ready for a spring fling:

1. You're tired of your daily routine: Doing the same thing every day is tedious and tiresome. Adding some romance to your life may be a piece of [relationship advice](#) to really focus on. Work, the gym and your girlfriends will still be there for you no matter what, so take some time to meet a new cutie. You might meet your sweetheart at the gym or while grabbing drinks with the ladies this weekend. Whatever the activity may be, open yourself up to new opportunities.

Related Link: [How About We...Find a Date This Spring](#)

2. You just got out of a relationship: Coming out of a relationship after months or years of relationship problems is full of tears, stress and Ben and Jerry's ice cream. If this sounds like you, then it is most likely not the best time to jump into a spring fling. That does not mean you should turn down every opportunity that comes your way. If you are going to dive head first into a new fling, make sure you've sorted through your options and have chosen someone you can actually see yourself with, not the first guy to buy you a drink at the bar.

3. Your busy level: Staying late at the office on Friday nights can majorly interfere with your love life. If work is your first priority, a new romance is most likely not on your to-do list. This can be both a good thing and a bad thing. If

you love your work and that is what is making you happy right now, then by all means, more power to you. That said, if you're sick and tired of working day and night, a new relationship is exactly what you need to brighten your life and keep you from 80 hour work weeks.

Related Link: [Love Advice: Give Your Relationship and Love Life a Spring Cleaning](#)

4. The right person: Is the guy you've been chatting up to your girlfriends the same cutie you were talking about two days ago? If your love interest seems to be changing on the regular, then you are probably not ready for a relationship. Finding the right person is a challenge, but when you do, it will be a challenge well worth it. So ladies, stop falling for the same tricks, and find the guy who doesn't say "you're the happiest thing about happy hour," because we have all heard that before.

5. Emotional security: Think about your emotional status the past few months. If it has been full of downs, and few ups, then you need to make sure you are ready to handle someone else in your life. If you are finding it challenging just to deal with your own life, then taking on someone else's may not be the wisest of choices. However, if you feel content, but maybe not your best, a steamy spring fling could be what takes you to the high road.

How did you know it was time for a spring fling? Share your stories below.

Author Dan Ribacoff Talks Relationship Advice & 'Pretty Little Liars'



By [Michelle Foti](#)

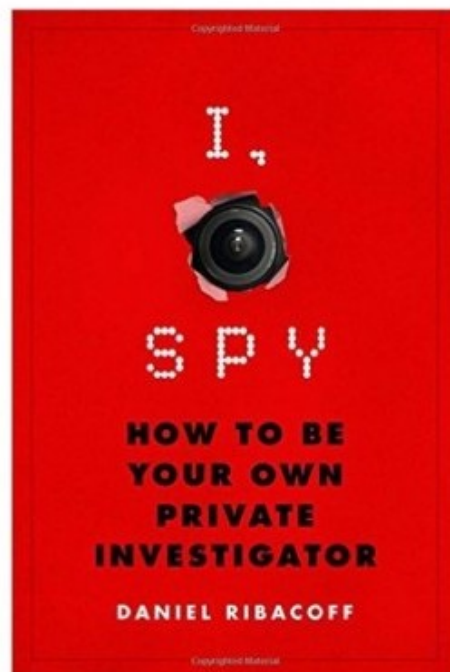
When eyebrows are raised and suspicion arises, men and women stop what they're doing and transform into investigators. If her man did something wrong, you know she is going to find it; she's unstoppable, even relentless. Yet, should this be the way she pursues the truth? Is it healthy? We talked to polygraph expert and private investigator Dan Ribacoff in our exclusive author interview where he lays out some [relationship advice](#) on seeking the truth from his book *I, Spy: How to be*

Your Own Private Investigator. Ribacoff also put the *Pretty Little Liars* to the test – the lie detector test, that is.

Author Shares Relationship Advice For Seeking Truth In Your Relationships

To start, what was the inspiration for your book *I, Spy: How to be Your Own Private Investigator*? Why do you think knowing how to be your own “private I” is an important skill?

I wanted to help people who are concerned and looking for simplicity. I feel bad for charging people. They don't have money and I don't want to leave people out there. It's an important skill everyday, with everyone. In everyday life you have to think like a Private Investigator.



Let's get into some specifics. What's the first step someone should take if they suspect that their significant other is cheating?

The book gives people investigative skills to go through step by step:

1. Don't confront them. It will tick them off and make them think "they're on to me."
2. Look out for changes of habit such as dress, health, and intimacy.

These are signs to look for. You need probable cause and you can get that through surveillance.

Of course, we have to ask: What are three easy ways to tell if your partner is lying?

My dating tips include steps of detecting lies:

1. Repeating Deception. Guilty people have a hard time saying no. If they over explain that is a significant sign of deception.
2. Visual Cues. If someone crosses their arms that's a sign of defense, protecting themselves. Shifting in their seat, touching their nose: it is a physiological response that something doesn't seem right.
3. Grooming. If your partner comes onto you, acts a little bit seductive, uses physical attributes, if they're flirtatious, that means they want you to like them and go easier on them.

Related Link: [Celebrity Interview: Blake Cooper Griffin Gives Relationship Advice & Says, "Don't Be Reckless With Other People's Hearts"](#)

After a surprising break-up, what is the best strategy for people to employ to get the closure they need?

It depends on how the breakup occurs. If it doesn't make sense, people are curious and that's when they start an investigation. If the partners are willing to take a polygraph

test for fidelity, that's the way to go. Some people become obsessed, they have to know. People can't move on.

Shifting gears, you have a long resume of appearing on popular shows and working with celebrities, most recently the cast of *Pretty Little Liars*. What would you say has been your most exciting celebrity polygraph experience?

Pretty Little Liars (as seen in the video above) and *Impractical Jokers*. We embarrassed Murr on stage at his old school.

Related Link: [Celebrity Wedding: 'Pretty Little Liars' Star Sasha Pieterse is Engaged](#)

As a polygraph expert, what relationship situations are you most often called into?

When there are relationship problems and situations of cheating and infidelity. It's emotional. I'd much rather do a criminal investigation. Relationship investigations get volatile. A woman had called me and said I had ruined her relationship, but it was the results. The brain cannot lie, the mouth does.

What are these situations like? What are you thinking/feeling as relationships crumble before you?

It's not a great feeling. I try to broker a deal and offer relationship advice. I try to chat with the wife, encourage a marriage counselor. It's better to be the referee than to see them fail the polygraph test. If they fail, they go to therapy and periodic testing for monitoring. With no one writing speeding tickets, everyone is going to speed.

Related Link: [13 Most Shocking Celebrity Couple Affairs](#)

What would you say is the key to a happy, successful relationship?

Be best friends. Be open. Be honest. It's a two way street. If you ignore the needs and the love of your partner, they'll find someone to fill that role. Take care of one another.

Lastly, do you have any other upcoming projects or anything else you'd like to share with our readers?

I recently signed a contract to host my own show in the United Kingdom in Great Britain about exes and current couples delving into their relationships. It will be on channel 4 in England. So far I've committed to 10 episodes. We begin filming in May and the show is to air in September.

I, Spy: How to be Your Own Private Investigator *is available now on [Amazon](#). To learn more about Dan Ribacoff, visit his [Twitter](#).*

Celebrity Couple News: Kanye West Helped Kim Kardashian Fight Back During Nude Selfie Controversy





By [Brooke Crawford](#)

In the [latest celebrity news](#), the Internet was, once again, broken by none other than [Kim Kardashian](#). The controversial reality TV star posted a nude selfie on Instagram on March 7th with the caption, "When you are like I have nothing to wear LOL!" She then called out those who bashed her and sent flowers to the celebrities who praised her. According to [UsMagazine.com](#), husband [Kanye West](#) is the reason that Kardashian has changed how she responds to social media trolls. A source shared that the famous celebrity couple coordinates tweets in support of one another.

This famous celebrity couple isn't one to shy away from the limelight. What are some ways to support your partner in the face of

drama?

Cupid's Advice:

It's not just celebrity couples that have to support one another through the good and bad; drama and hard times occur for every relationship. Below, Cupid shares three pieces of relationship advice to help you support your partner:

1. Show appreciation: No matter the scenario, your significant other needs to see that you appreciate them. Cook them dinner, plan a special date night, or leave a love note for them to read – anything that will lift their spirits through the hard times. Not only will they feel appreciated by your efforts, but *you* will feel great too!

Related Link: [Celebrity Couple News: Jennifer Aniston Supports Justin Theroux at Critics' Choice Awards](#)

2. Don't criticize: Everyone makes mistakes throughout life. The last thing your honey needs is criticism about the situation they are experiencing. Even if they took a wrong path, be encouraging and find useful ways to assist them in rectifying things so that you both can move on to brighter days.

Related Link: [Celebrity News: Khloe Kardashian Spends Halloween in Hospital with Lamar Odom](#)

3. Just listen: A lot of times, it helps to have someone who is willing to hear your problems. Before you go into "fix it mode," try to listen to your partner. After all, an important part of being in a healthy relationship is communication. Allow your partner to vent to you about their struggles. Your bond will be strengthened because you were able to be the support they needed.

Tough times can be unsettling for any couple. How have you

supported your loved one during drama? Tell us below!

Dating Advice: 5 Tips For Bunny Hopping Yourself Into Romance



By Jenna Barbieri

Although Easter is a religious holiday, you don't necessarily have to be religious to enjoy the festivities. Like any holiday, Easter is a cheerful day full of celebration, with opportunities to meet that special someone.

If you're celebrating the holiday with family or friends, here are a few pieces of [dating advice](#) that will have you bunny hopping yourself into a new romance:

1. Egg hunt: A popular Easter tradition is hiding plastic eggs full of candy around a designated area and having people search for them. Most people agree that the hunt itself is even more enjoyable than the prize! Turn it into a "love hunt" by taking this activity somewhere public, like a park. That way you can ask the cutie on the bench to help you look – or sit back and wait for him to find an egg and bring it to you first. It's a double prize!

Related Link: [Top Ten Most Romantic Holiday Getaway Spots](#)

2. Throw a party: If you don't have any celebrations to go to, why not throw one yourself? Decorate the space with in pretty colors, create unique deserts using Easter candy, crank up some tunes and let the fun begin! Encourage everyone to bring new friends so you're guaranteed to meet someone. Offer him a homemade snack and strike up a conversation about how you came up with it. If you're lucky, maybe he knows a thing or two about cooking himself!

Related Link: [Three Steps to Stress-Free Holiday Dating](#)

3. Wear bright colors: Easter is famous for its luminous colors, but not everyone is brave enough to keep to the tradition of wearing them. Put on your brightest shirt and go out for a cup of coffee. You're guaranteed to catch someone's eye!

4. Join NYC's Easter parade: Since the Civil War days,

thousands of New Yorkers dress up each year in their craziest bonnets and parade down Fifth Avenue from 44th to 57th Street in New York City. It's a fun and wacky way piece of dating advice to meet a possible future beau. Think of the stories you'll tell the kids!

5. Make a move: Put a note in a plastic egg, and roll it to the feet of someone who has caught your eye. It's a cute and outgoing proposal that he won't be able to resist!

Everyone wants the Easter bunny to leave us a special someone next to our candy baskets, but unfortunately, it doesn't work that way. However, the holiday itself is a great excuse to get out there and find someone. With these tips, it should be as easy as finding a bright pink egg in a tree! Cupid wishes you the best of luck on your hunt!

5 Pieces of Relationship Advice You Can't Live Without





By [Josh Ringle](#)

In every relationship, there comes a time when you need someone else's advice or opinion to get things to work again, or to move the relationship along. If that's you, you've come to the right place. There are plenty of tidbits of [relationship advice](#) a variety of people can offer you. However, most relationships are unique and not just one piece of advice will do the trick. If your relationship is dying, use some or all of these pieces of advice to heal it.

These pieces of relationship advice will make your relationship stronger and more successful. Check it out!

1. Communication is Key: In any relationship, it is important to keep a solid line of communication open. If misunderstandings and miscommunications are happening too

often, a problem could be in this aspect of your relationship. When communication is strong, you and your partner will almost always be strong as well. If it is lacking, or if relationship problems persist, the way you and your partner communicate could be the underlying reason for those problems. Even [celebrity relationships](#) have their fair share of communication problems, so you're not alone. These types of problems can happen to anyone, but by working out any communication problems and learning how to communicate better with each other, you'll only get stronger.

2. Keep it interesting: If your relationship has been going on for a long time, the biggest fears you may have could be that it is getting too boring, tiring, or just not exciting. One of the most important pieces of relationship advice to remember is to keep things interesting and lively if possible. Whether it's a fun date night or a new restaurant, changing up your dates can only help the relationship grow. You don't have to plan big surprises, or do special things every weekend! Instead, make a list of [date ideas](#) like restaurants, Broadway shows, sporting events, or even a different type of movie theater, like a dine-in or drive-in. Creating a to-do list puts forth an exciting challenge for the two of you to complete!

Related Link: [Dating Advice: Get Inspired by Childhood Fun](#)

3. Be unique: While remaining unique is an essential piece of dating advice, being unique is also important to the success of your relationship. You don't want to be too normal or typical. Granted, you also don't want to get *too* unique, but there are many ways to make life more exciting by being a little bit different, in a good way. There should always be a comfort zone, but you shouldn't be afraid to push those boundaries either. Being a little bit different will only help the communication get stronger between you two and will definitely keep things exciting. Of course, be your own person, but being unique in a new way will only enhance the

relationship for you and your partner.

Related Link: [Relationship Advice: 5 Ways Our Authentic Self Builds Healthy Relationships](#)

4. Be truthful and honest: Along with communication, trust and honesty need to be some of the strongest aspects of a relationship for it to work out. If the relationship remains honest, trust will follow. Part of creating a good relationship is forming a good team, and trust goes along with that. Without trust or honesty, the well-being of your love life could be in jeopardy, especially if you are in a long distance relationship. These traits will allow the relationship to prosper if the conditions are right and if the two of you are ready to become more serious.

5. Put the “friend” in girlfriend/boyfriend: Being a friend to your partner is a great way to keep a relationship from dying. A simple “How are you?” or “How was your day?” not only shows you care, but shows that you are actually interested in the other person’s life and want what is best for your friend. Everyone knows of that one man (or woman) who is just “too cool” for feelings. Sometimes people don’t think that being friends is an important step, but a relationship is just an upgraded friendship, with some extra benefits.

Do these pieces of advice work for you? If so, tell us how in the comments below!

Celebrity News : A New

'Bachelorette' Is Chosen on Finale of 'The Bachelor' with Ben Higgins



By Myesha Cobb

If you saw last night's finale of *The Bachelor*, then you know that there were two winners! Ok, not necessarily, but the situation was a "win win." This [celebrity news](#) made for some great TV as Lauren Bushnell walked away with Ben Higgins's heart to start their new [celebrity relationship](#) together, and JoJo Fletcher walked away as the next *Bachelorette*. According to [UsMagazine.com](#), Fletcher is getting "another chance at love." The second runner-up Caila Quinn, was tapped to be the next *Bachelorette*, but she ended up not being well

liked by viewers. Fletcher, was obviously a fan favorite.

In latest celebrity news, there's a new *Bachelorette* in town! What are some unique ways to find love?

Cupid's Advice:

Finding love can be really hard. Sometimes, you may even feel like giving up. But don't worry, love will find its way into your life at the right time. Here is some relationship advice on unique ways to find love:

1. Use a matchmaker: Matchmakers do everything in their power to make sure that they find the right person for you. There is nothing wrong with hiring a matchmaker to find your true love. Besides, people usually say that they will do anything for love, right?

Related Link: [Expert Dating Advice: Why Using a Matchmaker is Better Than Dating on Your Own](#)

2. Get out more: Sometimes we find love in the most unpredictable ways. You might meet that next true love at a book store, at a yoga class, or even at a party. Step out of your comfort zone and find what you've been looking for.

Related Link: [Relationship Expert Talks Striking Up Party Conversation](#)

3. Create an online dating profile: Welcome to the 21st century. Dating websites such as *Zoosk*, *Match* and *eHarmony*, are just some of the top dating websites that people find love on every day. Trying something new on your quest for love can be exhilarating; don't be afraid to experiment!

What are some unique ways that you found love? Share your love

advice in the comments below!

'Bachelor' Celebrity Wedding Planner Mindy Weiss Makes Predictions for Ben Higgins & Lauren Bushnell's Nuptials



By Myesha Cobb

A [celebrity wedding](#) is in the air for *The Bachelor*'s Ben Higgins and Lauren Bushnell. [UsMagazine.com](#) got the scoop on

this [celebrity news](#) with celebrity wedding planner Mindy Weiss. She discussed the possible details that will be featured in the wedding for the [celebrity couple](#). Weiss provided descriptive details from the possible invitations, the dress, the location and more. She said she feels that the pair should be wed at Parrot Cay in Turks and Caicos. “Let’s get really classy and say they’ll serve a beautiful rosé!,” said Weiss. “Rosé would be so refreshing in the tropical weather – they could call it ‘The Final Rosé’ since she won the final rose! When planning the drink menu, you also want to think about your décor and a beautiful rosé would perfectly complement the theme.”

There’s another *Bachelor* celebrity wedding in the works! What are some ways to keep the pressure from family and friends from affecting your wedding plans?

Cupid’s Advice:

Planning a wedding can be very stressful. Between setting the menu, finding the perfect dress and picking the decorations, it seems like there are not enough hours in the day to get everything done. But what can make it worse, is the overwhelming pressure from friends and family. Here is some relationship advice to ensure a smooth planning process for your special day:

- 1. Talk things out:** Talking things out with your friends and family will lead to understanding and peace among you. If there are any problems stemming from the voices in the background, address them from the start to prevent misunderstandings on your wedding day.

Related Link: [Kim Kardashian Reveals Why Brother Rob Bailed on Her Wedding](#)

2. If you can't beat them, join them: Avoid feeling the pressure while working toward your special day by inviting your loved ones to join you in the planning. Take all of that energy and put it to work in a positive way.

Related Link: [Lauren Conrad Celebrates Girly Bridal Shower](#)

3. Keep a journal: Putting the pen to the paper is the perfect outlet for stress. Use your journal to vent, and get all of your frustrations out. It will help you keep a cool head and release negativity.

What are some ways that you kept pressure from you family and friends off of you on your special day? Share your love advice in the comments below!

Weekend Date Idea: Kinkajous, Horses, and Clown Fish – Oh My!





By [Brooke Crawford](#)

According to *HelpGuide.org*, spending time with a furry friend can provide both mental and physical health benefits. So take a step away from your normal date night activities and invite a furry friend along next time! Our [dating advice](#) below could help you relieve some stress and take your relationship to a new level.

An Exotic Weekend Date Idea

The Exotic Animal Experience, located in Orlando, Florida, is home to many endangered and exquisite animals. According to the owner, these animals have been raised together since birth and are now interactive with each other as well as guests. Some of the animals that can be seen include lemurs, kangaroos, and even a kinkajou. If you want to spend time with these cute companions, call ahead to make a reservation.

Related Link: [Why Having a Pet Can Be Beneficial to Your Relationship](#)

Although horses aren't as exotic as the animals mentioned above, horseback riding can still provide the type of one-on-one time that you and your partner are craving. Sequoia and King Canyon, located in the Sequoia National Park in California, offers three different areas for your next horseback riding adventure. These trails give riders a refreshing view of beautiful scenery – perfect for a tranquil and romantic weekend date idea. Again, be sure to call ahead for accommodations.

Tropical Adventures is a California-based company that provides not only scuba diving classes but trips for divers with various levels of experience. Room, board, and dives are included in their year-round package deals. See who can spot Nemo and his clown fish friends first!

Related Link: [Anne Hathaway and Adam Shulman Adopt Adorable Puppy](#)

Dating Advice from a Favorite Celebrity Couple

Incorporate your love for animals into your relationship with this date idea. If you need a little inspiration, look to celebrity couple [Ian Somerhalder](#) and wife [Nikki Reed](#), as the pair are often seen rescuing and loving on furry friends of all kinds.

What's your favorite way to spend time with animals? Share with us in the comments below!

Relationship Advice: Eco-friendly Jewelry Makes for a Great Conversation Starter



By [Lori Bizzoco](#)

This post is sponsored by Isabelle Grace Jewelry.

With so many people doing their part to make this world a better place environmentally, is it possible to find eco-friendly jewelry that's attractive enough to wear on a date? It sounds impossible but we found a new line of accessories called Isabelle Grace Jewelry and if you're worried about aesthetics, rest assured that their pieces will make you shine, sparkle, and bling out! Not to mention, they have been seen on Hollywood's A-listers such as Katherine Heigl, Camila

Alves, Lyndsay Price, Tamera Mowry, and Alyson Hannigan..

Just a little [relationship advice](#): When wearing Isabella Grace on a date you not only get to wear beautiful jewelry, you have the added bonus of talking about your taste for environmentally friendly products. Earth Day is right around the corner. How is that for intriguing?

Relationship Advice: Eco-friendly Jewelry Makes a Great Conversation Starter

So, when your partner comments on your necklace, bracelet or earrings, you can let him know that you care about quality (after all, you chose to be with *him*, right?) and to prove it, everything you wear by Isabella Grace is handmade in the USA. There's no assembly line or mass production. Instead, the designs are made of the best materials and expertly crafted by people who love making beautiful things.

Related Link: [Date Idea: Get Close with Nature](#)

You can also customize your selection into a one-of-a-kind piece by adding names, initials, dates, birthstones and more. This personalized touch will let your partner know how much you truly care about your relationship, especially when he hears that prices are reasonable. That's another relationship advice secret: find a line of jewelry that's affordable.

Related Link: [Date Idea: Make Your Own Memorial](#)

Why not buy a piece for yourself, ask for one from your partner or give it as a gift to your mother, sister or any woman you love? The wonderful thing is that it makes a great gift, no matter what time of year it is. Whether it's a birthday, holiday, or a way to say "I love you," it will be

appreciated and cherished forever.

For more amazing jewelry collections, visit [Isabelle Grace Jewelry](#). You can also follow Isabelle Grace on Facebook, Twitter and Pinterest.

Celebrity News : 'Bachelorette' Star Shawn Booth Hangs with Fiancé Kaitlyn Bristowe's 3 Ex- Boyfriends





By Myesha Cobb

Here is some interesting [celebrity couple](#) news! *The Bachelorette* star Shawn Booth, hung out with fiancée [Kaitlyn Bristowe's](#) exes this past weekend. This pair's [celebrity relationship](#) must be great, because what partner would be fine with their significant other hanging out with their exes? Obviously, the run-in was not intentional, yet it included no drama whatsoever. In fact, Booth posted a photo with the three exes on his Instagram stating, "You wouldn't smile either if you were at the bar with 3 of your fiancés exes," which was obviously a joke. [EOnline.com](#) stated that they all went out for a night on the town. Kaitlyn brought along fellow girlfriends Andi Dorfman, Ashley Laconetti and Jade Roper.

This celebrity news requires Shawn Booth to put jealousy to the side. What are some ways to combat

jealousy in a relationship?

Cupid's Advice:

This celebrity relationship clearly has no jealousy woes at all. But, how hard is it not to be jealous when it comes to your significant other? Here is some relationship advice on how to combat jealousy in a relationship:

1. Stay focused on your relationship: Do not let any outside interference get in the way of your relationship and how you feel about your significant other. Remember that you and your partner are the only ones in your relationship and that should be your main focus.

Related Link: [Are Celebrity Couple Emma Stone and Andrew Garfield Overcoming Jealousy?](#)

2. Let your partner live their life: Sometimes being jealous means always questioning your partner, their whereabouts and who they are with 24/7. That's not okay. Let your partner live their own life. Being in a relationship means making sacrifices, and one of those sacrifices is remembering that your partner has their own life. Let them live it.

Related Link: [Kourtney Kardashian Confronts Khloe About Partying with Scott Disick](#)

3. Talk to them, don't investigate them: If you feel like you are becoming jealous about something in your relationship, talk to your partner about it, but don't treat them like they are in questioning at a police station downtown. Remember, your partner is your equal, not your child.

What are some ways that you have combated jealousy in your relationship? Share your advice in the comments below!

Celebrity Baby News: 'Once Upon a Time' Star Emilie de Ravin Welcomes Baby Girl



By Myesha Cobb

[Celebrity couple](#) Emilie de Ravin and Eric Bilitch welcomed their first [celebrity baby](#) together! This couple's [celebrity relationship](#) will never be the same again, since they welcomed baby girl Audrey de Ravin-Bilitch March 12th, 2016. The *Once Upon a Time* actress tweeted the special announcement on Sunday, March 13th. According to [UsMagazine.com](#), de Ravin first went public with her celebrity relationship to Eric

Bilitch in summer 2014. This is the couple's first child together.

This celebrity baby is a dream come true! How do you know if your partner is cut out to be a parent?

Cupid's Advice:

This celebrity couple obviously knew that the time was right to finally have a child together. But how do you know when your partner is ready for that big step? Here is some [relationship advice](#) on how to know if your partner is cut out to be a parent:

1. Watch a baby together: Ask one of your friends to let you and your significant other babysit for a day or two. That way, you will be able to see if your partner is cut out to be a parent by the way that they interact with the child. You will be able to see first hand how good your partner is with children, or how bad they are with them.

Related Link: [Weekend Date Idea: Give the Gift of Babysitting](#)

2. Talk about it: Simply talking to your partner about having a child one day will let you know where their head is at when it comes to having kids. In the conversation, ask a lot of questions. By doing so, it will lead you to see how great of a parent your partner will be one day depending on the answers that he/she gives.

Related Link: [Lauren Conrad Talks Celebrity Babies with Husband William Tell](#)

3. Talk finances: Finances play a big role in having a baby. If your partner is doing well financially, that's half the battle right there as to whether or not they are cut out to be

a parent. The way that they spend their money and what they spend it on will show you the truth.

What are some ways that you knew that your partner is cut out to be a parent? Share your advice in the comments below!

Relationship Advice: 10 Tips for Couples from 'The Energies of Love'



By Donna Eden and Dr. David Feinstein

Our guests Donna Eden and Dr. David Feinstein recently gave us some valuable [relationship advice](#) around what they call *The Energies of Love*, also the title of their co-authored book.

Check out these 10 tips for couples from *The Energies of Love*:

1. Hug often. Hugs get your positive energies to intermingle and meld. Relaxing even into a six-second full-body embrace increases serotonin levels, leaving you feeling closer and, if you were having a disagreement, less irritable. Even couples in strong relationships tend to touch less over time. Initiate hugs even if your partner doesn't, particularly at times of parting or reuniting.

2. Give your partner a "spinal flush." Reflex points that impact every one of your body's major energy pathways are situated along the spine. Have your partner lie face down and massage the points along both sides of the spine (but not directly on the spine), using your thumbs or middle fingers and using your body weight so strong pressure is being applied. While most people can tolerate and will enjoy considerable pressure on these points, check to be sure you are not using more than your partner wishes. Progressing from the bottom of the neck all the way down to the bottom of the sacrum, go down the notches along the vertebrae and deeply massage each point. Stay on each for at least 5 seconds, moving the skin too and fro or in a circular motion with strong pressure. You can stop when you reach the sacrum or repeat the downward flush once or twice more. When completed, sweep the energies down your partners body with either one long swipe or several brush strokes. Use the palms of your hands to sweep the energy from the shoulders all the way down the legs and off the feet. Repeat the sweep two or three times.

Related Link: [You are here. Home Relationship Advice On How To Fall In Love](#)

3. Support the production of oxytocin. Energy techniques can influence your hormone levels! We know that sex produces oxytocin, but so can this simple one-minute technique. It begins by breathing in slowly and deeply as you draw your hands up from your pubic bone until you get to the center of your chest. Before you exhale, move your hands up and out toward your sides as if you were tracing a heart above and around your breasts. Slowly exhale as you bring your hands back toward your pubic bone, completing the tracing of a large heart over your torso. Repeat a few times. Finish by drawing your hands up the center of your chest and holding them over your heart for two breaths. You are stimulating your “radiant circuits” and triggering the production of oxytocin.

4. Stretch! When you begin to feel stale or tense, stretch so the energies within you can move more freely. Stand and imagine an invisible rope hanging down from over your head. Reach up toward it and pull it down with one hand, then the other, alternating hands for at least a minute. Feel the stretch in your arms and all the way down the sides of your body.

Related Link: [How to Define Your Aura to Find Lasting Love](#)

5. Hook-up! If you are feeling disconnected from yourself or your partner, get the energies flowing between your own head and your body by doing the “hook-up.” Place the middle finger of one hand on your third eye (between your eyebrows above the bridge of your nose) and the middle finger of your other hand in your navel. Gently press both fingers inward, pull them upward, and hold there for at least three deep full breaths.

6. Scan for what you appreciate about your partner and state it. Often! Simply staying alert for what you like about your partner and gratefully acknowledging even the simplest

qualities stimulates the biochemistry of love and raises the energies between you.

7. Use a gentle opening for tough topics. The way you bring up a delicate topic will have an immediate impact on your partner's biochemistry and thus the energy that is activated in each of you and between you. Tracking the amount of accusation, blame, criticism, and negative voice tone and facial expressions in the early phase of a conversation has allowed psychologists to predict the outcome of a conversation with 96 percent accuracy! Be aware of your partner's sensitivities and find a kind and gentle opening for introducing a tough issue.

8. Keep your energies moving in a criss-cross pattern. When you are under stress, your energies tend to lose the natural cross-over configuration that supports your best thinking. A simple way to get the energies to cross over from the right side of your body to the left and from the left to the right is called the Crossover Shoulder Pull. Place either hand on its opposite shoulder and press in hard behind the shoulder with your fingers. Drag your hand over your shoulder, maintaining the pressure. Continue, with less pressure now, to your opposite hip. Repeat two or three times. Shift to the other side.

9. Balance your energies rather than battling your partner. If tension begins to rise between you and either of you calls for a cease fire, you both should – by ironclad pre-agreement – STOP the argument, mid-sentence if necessary. Then, immediately, set about shifting the energies within yourself. A simple technique to begin to do this is to place both hands over the center of your chest, close our eyes, and take three deep breaths. When you are both a bit more centered, do a shared energy exercise, such as the spinal flush, before returning to the discussion. You will come back with energetic bridges repaired.

10. Get curious about your partner's Stress Response Style. Rather than judging your partner or going into your own defense mode, give your partner the benefit of the doubt. That alone shifts the energies. Get curious about how the behaviors and feelings you are witnessing make sense. This opens a soft space within you so judgment is replaced with compassion and understanding.

Donna Eden is a pioneer in the field of Energy Medicine who has served in both traditional and alternative health care settings. She is recognized for her innate ability to accurately determine the causes of physical and psychological problems based on the state of the body's energies, and to devise highly effective treatments.

David Feinstein, Ph.D., is a clinical psychologist who has served on the faculties of The Johns Hopkins University School of Medicine and Antioch College. Author of eight books and more than 80 professional articles, he has been a pioneer in the areas of Energy Psychology and Energy Medicine.

*Together, Feinstein and Eden have co-authored [The Energies of Love](#), *Energy Medicine*, *Energy Medicine for Women*, and *The Promise of Energy Psychology*.*

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New Celebrity Couple: Lindsay

Lohan Is Dating Russian Business Heir Egor Tarabasov



By [Brooke Crawford](#)

There is a new [celebrity couple](#) gracing us with their love. In latest [celebrity news](#) according to [UsMagazine.com](#), actress Lindsay Lohan, 29, has found love with new beau, Russian investment banker Egor Tarabasov. Lohan gave followers a peek into her love life by sharing a shirtless, racy photo of the 22-year-old hunk after sharing a selfie of the two of them together a few weeks prior. Like Lindsay Lohan, many couples want to share their love with those around them.

This famous celebrity couple chose to broadcast their love on Instagram. How can social media be used to positively shed light on your relationship?

Cupid's Advice:

There are plenty of ways to share your relationship on any social media outlet, and Cupid is here to give you a bit of [dating advice](#):

1. Swap selfies: On a daily basis, we are used to taking a selfie for our own social media accounts. Use your partner's account to showcase the object of your attention. Does anyone remember the picture that Tyga posted of King Kylie with the caption about capturing his heart? Take a note from that.

Related link: [New Celebrity Couple: Jewel is Dating NFL Player Charlie Whitehurst](#)

2. Switch up profile pictures: Your followers will notice any changes you make to your profile. Change your profile pictures to display a flattering candid photo of yourself and your partner. A night out on the town, a cozy, movie night in, or a day at the beach are perfect settings to take the winning photos.

Related link: [New Celebrity Couple: Justin Bieber Reveals New Romance with Hailey Baldwin](#)

3. Matching shoe posts: Do you and your new love own the same pair of shoes? Snap a photo of the matching shoes and tag one another. Add a cute caption that depicts your relationship. Finish it off with a few relationship hashtags.

Maybe this is not how everyone would announce a budding relationship. What are some other ways you can share your relationship? Share your ideas below.

Celebrity News: 'Married at First Sight' Husband Speaks Out on Disappointing Divorce



By [Brooke Crawford](#)

Marriage is a commitment like no other and, for some, it does not end how it started. In latest [celebrity news](#), since the

season 3 finale of *Married at First Sight*, reality TV [celebrity couple](#) David Norton and Ashley Doherty have not been as successful as fans once hoped. According to [UsMagazine.com](#), the newlyweds had a rough start to their marriage due to David seeking out contact from another woman. As the season began to air, the couple decided to remain amicable, but due to fan backlash, things turned for the worst. David admitted that his marriage was nothing more than a piece of paper, and it ended in [celebrity divorce](#).

When is it time to throw in the towel? Cupid has some helpful relationship advice to help through a trying time!

Cupid's Advice:

Sometimes love is not enough to keep a marriage going strong. If you are wondering if it is time to let go, here are some signs to look out for:

1. Loss of respect: One of the most important parts of a relationship is mutual respect. When respect for one another is lost, there is no reason for either partner to have interest in trying to get back to a healthy place. An environment lacking respect is a toxic situation that is susceptible to chaos and turmoil. Take time to see if there is a lack of respect between you and your partner, and address it if there is.

Related Link: [Celebrity Divorce: Hilary Duff & Mike Comrie Finalize Divorce 2 Years After Split](#)

2. Loss of communication: If your marriage no longer has effective communication, the problems between two partners will continue to increase. Marriage requires open and honest

communication. A lack of intimate conversation is a sign that things may be over. Look back on the past few months to evaluate the level of communication you have had with your partner.

Related Link: [What Can We Learn From Celebrity Divorces?](#)

3. Loss of physical connection: Couples connect on emotional, mental, and physical levels. Each of these is very important to a healthy marriage, but without physically showing each other that love still exists the relationship has no chance. Physical connection requires a desire to be close with your partner so watch for signs that the desire has been lost.

Divorce is not an easy decision to make. What other signs can be used to tell if your marriage is ending? Comment below!

Relationship Advice: Author Deborah K. Heisz Talks Choosing Joy In Life and Love





By [Michelle Foti](#)

You can't see it, hear it, smell it, or touch it, but when you have it, you feel as if you are in its embrace. When you lose it, you want to fold up inside yourself and remain closed off everyone. Marked by smiles, laughter, or a loving look into your partner's eyes, happiness can be simply attained, but can also be effortlessly lost. Grasping for happiness once again can be arduous, even painful. Deborah K. Heisz's self-help book, [Live Happy: Ten Practices for Choosing Joy](#) and self-help magazine, *Live Happy* provide the path for choosing happiness in your life, illuminated by the stories of celebrities and ordinary people along the way. In our exclusive author interview, Heisz talks love advice, [relationship advice](#), and career advice. Take it from her and take it boldly as you act on your choice of joy in all entities of your life.

**Author Opens Up On Best
Relationship Advice to Find**

Happiness

To start, since our site focuses on dating and relationships, I'd love to ask you some questions on that topic. What relationship advice do you have for longtime couples who have relationship problems and are struggling to keep their marriage thriving?

Positivity gets positivity. Be present with each other and put the device away. When you share time with one another, be engaged. Positive communication is everything; 80% of your communication should be positive. When the majority is negative, you drift away from one another. Pay each other compliments and be sure to say I love you every day.

How can someone find joy after a tough breakup?

There are great stories in the book about this. Building resilience, finding little things to be grateful for. Also, find something that engages you and devote time to yourself. That will remove you from the pain.

Any tips for coming across as confident when you feel anything but after a breakup?

When you feel good about yourself you are more attractive to other people. You want to build yourself up to be a whole person before a relationship. You can't be a half looking for your other half.

Related Link: [Celebrity News: Lea Michele Splits From Matthew Paetz After Two Years of Dating](#)

What is the best piece of love advice you've ever been given?

Passion comes and goes, friendship persists.

Shifting gears, your book includes stories from many celebrities, including Jason Mraz, Alanis Morissette, and Niki

Taylor. Did you get to interview these celebrities, or did you gather research on them?

All direct interviews. The editors went out and got the stories. The best experience was with Hota. She believes in living happily and projecting positivity through the world. Also, Alanis Morissette. She was all about mindfulness, meditation, and graciousness.

Why did you pick these celebrities to cover in your book about happiness?

The standard diva impression is true, but we make sure those aren't people we're working with. We want to work with celebrities who are real, who are interested in more than themselves, and people who want a more positive world.

Related Link: [Celebrity News: Rob Kardashian Deletes Instagram Photos & Blac Chyna Hints at Break-Up](#)

We have to ask: Do you have any theories on why celebrity relationships so often fail?

They are high powered relationships with two people in the spotlight, who are ambitious and competitive. They spend time apart and it's very hard to keep in contact for the relationship. They have commitments to long term projects. They get distracted by opportunity and have difficulty setting boundaries.

Related Link: [Celebrity Couple Gwen Stefani & Blake Shelton Expected to Release Duet Together](#)

Lastly, do you have any other upcoming projects or anything else you'd like to share with our readers?

Every March 1, it's international day of happiness. It's an online campaign at HappyActs.org, where we try to get people to perform happy acts throughout March. We want to make the world a better place. On March 20th, there will be 72 large

walls around the country that are meant to show that you can spread and choose happiness.

For more from Live Happy Magazine and self-help author Deborah K. Heisz visit livehappy.com and check out her Twitter at <https://twitter.com/dheisz>.

Enjoy the Outdoors With This Challenging Date Idea!



By [Brooke Crawford](#)

According to PsychologyToday.com, one of the qualities of a

very successful relationship is the ability to stand together in the face of external challenges. Why not embark on a walk on the wild side and take your date outdoors? Not only will you learn about yourself, but you'll learn how to navigate through challenges as a couple – and you'll grow closer in the process. Consider our [dating advice](#) below to add a little adventure to your next date.

Follow This Dating Advice All the Way to Acadia National Park

During the 20th century, large parcels of land were donated in order to form what is now called Acadia National Park. This park is home to natural life, three campgrounds, five lean-to shelters, and the tallest mountain on the Atlantic coast. If you're looking to fit in some exercise on this weekend date idea, it boasts hiking trails for the thrill seeker. It's also a great spot if you're just looking for a little fresh air.

Related Link: [Weekend Date Idea: Connect with Nature](#)

Another great outdoor activity to consider is whitewater rafting. If you live in West Virginia, the Gauley River, nicknamed the Beast of the East, boasts the most intense whitewater rafting east of the Mississippi. This 105-mile long river creates the perfect space to test your endurance and coordination as a couple. If you're concerned about intensity, New River is an easier path to navigate. Choose this activity for your next outdoor, water adventure!

Date Idea: Get Wet and Wild at the Columbia River Gorge

The Columbia River Gorge is the perfect getaway for windy water sports, including windsurfing, paddle boarding, and

kiteboarding. This gorge is said to be the largest scenic area in the United States and includes a mixture of trails, forests, and windy rivers. Whether you fancy a trail walk or a windy ride on a paddle board, there is something for every couple looking for some outdoor fun. Leave your phones at home and spend a weekend here connecting with nature and one another.

Related Link: [Date Idea: Explore Your Relationship and Love on a Road Trip](#)

These outdoor date ideas allow you and your partner to focus on your relationship without the strain of your normal day-to-day expectations. Challenge your relationship by tackling these activities as a team and grow through your new experiences.

What's your favorite outdoor date idea? Share with us in the comments below!

Celebrity Interview: Blake Cooper Griffin Gives Relationship Advice & Says, "Don't Be Reckless With Other People's Hearts"





By [Rebecca White](#)

From the small screen to the big screen, actor Blake Cooper Griffin has garnered success through diverse roles in shows like *90210* and *JESSIE* and Hollywood films including *Ride* and *Life of a King*. His new film *Love Is All You Need* challenges societal norms and showcases a world where homosexuality is accepted and heterosexuality is bullied. In our exclusive [celebrity interview](#), the energetic and charming actor talks about his new film, the #OscarsSoWhite controversy, and his best relationship advice.

Blake Cooper Griffin Opens Up About New Movie

The modern day *Romeo and Juliet*, *Love Is All You Need* is a tale of star-crossed lovers, Ryan and Jude, who fall in love in a world where being gay is the norm and being straight, like they are, is looked down upon. Although Griffin plays the antagonist and is not the most likable character, he says the script was innovative and featured a fascinating concept that

he had never seen before. “When you take the universal story of falling in love, on top of the flipping of the worlds, and combine all of the talented people I worked with, it turns into a dynamite movie,” he says.

The film is inspired by true events, and each person involved with the movie had a mission to tell a story that would change people’s lives. In order to prepare for a dynamic and complex role like Bill Bradley, Griffin did a lot of research including reading articles and watching videos. “I didn’t want to play a stereotype or archetype of a bully,” he explains. “I wanted to play it truthfully and figure out why somebody would have these hateful feelings for another person.”

Related Link: [Celebrity Interview: ‘Newlyweds: The First Year’ Stars Talk Love & Celebrity Relationship Struggles](#)

But it wasn’t entirely imagination that helped the actor prepare for his role. “I certainly, like most people, have had situations in my life where I was excluded,” he shares. As a child, his family moved around a lot, and he was often “the new kid” in school. “I knew what it was like to be cast out and not have someone to sit with at lunch,” he reveals in our celebrity interview. So when he saw someone being bullied, he would always try to stick up for the other kids. “I would encourage people to do the same because instances of bullying goes down when people say something,” he adds.

Although he plays the bad guy, Griffin says that he does share similarities with his character. “He’s very passionate; he’s a perfectionist; and he has a lot of energy,” the star says. “Unfortunately, Bill is putting all of his energy behind something I wouldn’t, but I connected with him on those levels, which is important.” The actor says he never judges where a character is coming from; instead, he focuses on finding the truth. The antagonist of a film is usually coming from a complex place because there is some conflict within that is leading them to take another route. “It is essential

for the story that the character be played truthfully so people can learn from it," he says. "We have to ask ourselves why Bill Bradley is taking the action he's taking. He is told by some extreme forces in the world about intolerance and hate, and those forces exist in our world too."

Love Is All You Need shows people how to resist that negativity and recognize that everyone wants to live their life being who they are without persecution. "If love is your guide, you can't go wrong," he says. "When we divide each other, that's when we fail. But when we come together, that's when we do great things."

While the movie tackles some serious societal issues, that doesn't mean the cast and crew didn't have a blast making the film. Griffin and co-star Emily Osment had Pop Tart eating competitions, while he and Briana Evigan would play basketball during the night shoots. "I'm closer to this cast than I have been with any other cast I've worked with," Griffin says. "We all became a family."

Celebrity Interview: Young Actor Discusses #OscarsSoWhite and Diversity in Film

Love Is All You Need directly addresses current controversies of discrimination and diversity. Recently, Hollywood has been under scrutiny since #OscarsSoWhite started trending. In 2016, only white actors and actresses were among the chosen few in the top four categories, for the second year in a row. Griffin believes that Hollywood directors need to seek out a diverse cast in their films. "We're telling stories about the world, and the world is diverse, so the stories we tell should be just as diverse," he says.

Related Link: [Celebrity Couple News: Gwen Stefani Wears Sheer](#)

[Dress with Blake Shelton at Oscars After-Party](#)

This message of diversity and the apparent discrimination is showcased in the new film as well. “No matter the difference, we’re all human beings, and we’re all a part of the same human story,” the actor shares. “We can all connect on that. There’s no need to say us versus them.”

Whether it be sexuality, race, or even religion, the film promotes tolerance, love, and respect. “Extremism in any form can be harmful,” Griffin says. “The movie calls out the misuse of religion to divide people.” It’s also important to note that the film displays characters finding refuge in their faith, which leaves the audience to ask themselves which is more appropriate and which is the more loving way to approach faith.

***Love Is All You Need* Star Shares Relationship Advice**

Of course, the main theme of the new film is love, and the star says there’s something to be learned from watching fictional characters on-screen. “The message of any love story you watch is that we all want love,” he says. “People need to take that seriously and not be reckless with other people’s hearts. Everyone has a desire to be loved, and we should treat that with respect.” In particular, with *Love Is All You Need*, viewers witness a couple deal with the heartache of not being accepted by their parents and peers. If this happens to you, Griffin’s love advice is to have courage. “You deserve to love whomever you choose, and if anyone tells you differently, that comes from their own fear and their own problems,” he says.

Related Link: [Celebrity Interview: ‘Flesh and Bone’ star Karell Williams Talks Relationship Advice Saying, “Be True, Be Real, Be Vulnerable”](#)

In his personal life, the famous actor avoids relationship problems by seeking out someone who is loyal, has a sense of humor, and is trustworthy. "I have a rule for myself," Griffin says. "I try to control what I can and let the rest go." Although love isn't easy, at the end of our lives, we will remember those we love over anything else. "I would encourage people to hold that idea in mind and know that the experience of loving another person is one of the greatest experiences one can have."

Now that *Love Is All You Need* continues to be released in select film festivals and theatres, the busy actor is finishing up his next project, romantic comedy *Before You Say I Do*. You can also catch him on an upcoming episode of *House of Lies* on Showtime.

For more information about [Blake Cooper Griffin](#) or [Love Is All You Need](#), check out [Twitter](#).

Expert Dating Advice: What is Love & How Do I Find It?





By Debbie Ceresa for [Divorce Support Center](#)

Have you ever wondered how [Tom Hanks and Rita Wilson](#) make their celebrity marriage work? How about [Sarah Michelle Gellar and Freddie Prinze Jr.](#)? You're not alone. Most singles wonder if they should wait for that magical attraction to happen. In our quest to solve this mystery, we often turn to expert [dating advice](#). We Google. We write, and we do research. However, the question remains: **What is love?** The question was even the hottest search phrase on Google in 2014.

Musicians have also ventured into love's mystery. John Lennon and Paul McCartney attempted to provide us with an answer with "All We Need Is Love." The lyrics say, "Love is everything." However, we are still searching for the answer to this elusive question. Is it because, if you don't have love, you have nothing? The prospect of nothing is a little scary.

Related Link: [Dating Advice: Love the Way You Search for Love with Online Dating](#)

The ancient Greek philosophers broke down the word *love* into six categories: *Philia*, the deep bond between family and close

friends; *Ludus*, the playful affection when flirting or joking around; *Pragma*, mature love found with couples who have been together a long time; *Eros*, our sexual desire and passion; *Agape*, one's love for humanity; and lastly, *Philautia*, the love we have for ourselves. You're lucky if you have all six. Some of us may only have one or two.

But maybe, just maybe, we're looking for love in all the wrong places. Let's go back to the basics and take some dating advice from the experts.

According to [Dr. Brené Brown](#), a relationship expert and research professor at the University of Houston, "Love is that intangible connection between two people that feels exceptionally good." She further states that the strength and depth of this connection is determined by the self-acceptance, openness, and honesty of the two individuals and how exposed each is willing to be.

Related Link: [Expert Dating Advice: The Help You Need to Find Love](#)

Although not logical, love is both easy and mysterious. Couples who have been together for years often confess that they aren't really in love with each other. Don't feel hopeless! You're not on this quest alone.

A love map that gets you from one stage to the next doesn't exist, but there are two important questions to ask yourself.

- 1. What are you looking for?** Once you understand your desired qualities, make a checklist.
- 2. What do you think your future partner would want from**

you? Always keep in mind that no one is perfect. Recognize your imperfections and understand your future lover may have a few flaws too.

Once you've answered these two questions, follow my love advice below to find The One.

1. Love yourself first: You are the only *you* in the universe. Work on being the best you that you can be by taking care of your mind, body, and spirit. Do you have characteristics about yourself that you dislike? You're not alone – we all have them. Our disliked imperfections become our trigger buttons. How we deal with our buttons is the answer. Now is the time to start accepting your imperfections and reminding yourself that no one is perfect. Taking this first courageous step will help lead you to discovering your own special qualities. Loving your whole self will lead to loving another.

Related Link: [Dating Advice: 4 Signs He's About to Say 'I Love You'](#)

2. Let your hair down: Openness is a key ingredient to have in your relationships. We have different types of love in our life: sexual, mature, family, friends, and self. Think about some of the people in your life who you are close with – maybe your partner or a friend – someone who has seen you at your very best and worst. They've seen you laugh and cry, be strong and weak. They were given permission by you to see the real deal. The totally exposed you is comfortable sharing yourself with a shared connection. Once you feel comfortable, you have the connection. And then, you have love.

Debbie is a Certified Grief Recovery Specialist® and the author to the #1 bestselling memoir A Beautiful View, available on amazon.com. A Beautiful View documents her

journey through her husband's battle with cancer, which ultimately ended with his death. She has experienced grief firsthand and is well equipped to aid others in the recovery process, whether with death or divorce. For more information about Debbie and how to recover from your loss, please visit debbieceresa.com.

For more information about and articles by our Divorce Support Center relationship experts, click [here](#).

Celebrity News: Amy Schumer Slams 'Bachelor' Host Chris Harrison for Calling Jubilee 'Complicated'





By Myesha Cobb

Things got heated on Twitter recently between comedienne Amy Schumer and host of *The Bachelor* Chris Harrison, according to UsMagazine.com. This [celebrity news](#) caught some off guard, as Amy Schumer went after the host for calling Jubilee Sharpe “complicated.” The comedienne took to Twitter, saying, “There is nothing wrong with ‘complicated’ women Chris Harrison. You treated it like something she should fight. A women shouldn’t try to.” Afterward, Harrison fired back via Twitter and said, “Stop yelling at me, I’m 82% sure I said and supported all these points as well.” The two said that they would be down to talk about it over some wine as Schumer replied, “I’m drinking all the wine!”

This celebrity news stirs the drama pot a bit, but it does make sense! What are some ways to know your

partner knows the “real” you?

Cupid’s Advice:

Obviously, Jubilee Sharpe just wanted to let Ben Higgins get to know “the real her,” despite her “complicated” life. There is absolutely nothing wrong with allowing your partner to get to know you so that you can have honesty and trust in your relationship. Here are some some pieces of [relationship advice](#) for ways to know that your partner knows the “real” you:

1. Take your partner to your hometown: Taking your partner to visit where you grew up is one way you will be able to see if they know the “real” you. Once you’re there, ask your partner some questions that only he/she would know about your hometown life. That way, you’ll get to see if your partner knows you on a deeper level.

Related Link: [Celebrity News: Hometown Throw Down on ‘The Bachelor’](#)

2. Meet the family: If your partner knows you the way they think they do, meeting your family and knowing all of them by name and relation is another way that your partner will come to know “real you.” If you’ve told your partner everything about your family and they remember it, then you know that you’ve picked a good one. After all, family is an extension of you!

Related Link: [Celebrity News: Meet the Families on ‘The Bachelor’](#)

3. Take a quiz: Yes, it’s so high school, but make up a quiz about yourself and have your partner take it. That way, you’ll be able to see if you’ve let your partner fully know the “real” you or not based on their answers.

What are some other ways to know your partner knows the “real” you? Share your thoughts below.