

Anne Hathaway Fakes Jealousy at Jake Gyllenhaal and Taylor Swift Couple Talk



Apparently *For Love and Other Drugs* star Anne Hathaway will not entertain talk of her co-star's love-life during interviews, according to [US Weekly](#). During a press conference for the movie, questions arose about Jake Gyllenhaal and his connection to teen singing sensation Taylor Swift. Anne Hathaway took the pressure off of her co-star by saying, "You keep the conversation to me and only me or otherwise I'm going to get nasty! Thank you."

How can you avoid answering prying relationship questions?

Cupid's Advice:

Don't fold to the pressure of onlookers when your private life is abuzz, and you're not ready (or willing) to talk about it:

1. Laugh it off: If a topic or question comes up that you aren't comfortable answering, give a little laugh paired with a mysterious smile and a shrug. This will send the message that your lips are sealed on the matter.

2. Change the subject: Segway the question at hand onto another topic. Interjecting "speaking of..." or "that reminds me..." takes the focus off of you and onto something new.

3. Be blunt: If all else fails, be blunt about it. "I'm sorry, but I'm not comfortable answering that," or "That's none of your business" will get to the point when politeness doesn't.

Thoughts from a Single 30-Year-Old





By Jessica Downey of Chicago Now's All the Single Ladies
Christina Aguilera recently divorced Jordan Bratman, and she is about to turn 30 in December. I am at the opposite end of things – I just turned 30, and I have never been married (read that as I am totally and completely single).

When I was 20, I thought that I would be married or at least in a really serious relationship by the age of 30. And it's not that I think 30 is old by any means or that I had some sort of timeline but at that time, 30 just seemed so far away.

I mean, 10 years is a pretty long time; plenty of time to meet a guy, fall in love and get married.

Obviously as I went into this year, I figured out that marriage probably wasn't going to happen. Technically, it didn't take me that long to figure it out, but I mean, you really never know what can happen. But as my birthday got closer and closer, I kind of liked the idea of having a boyfriend or at least a date by my side on that day.

When the day actually came, I honestly have to say that I wasn't all that sad that I didn't have a man by my side.

Actually, I wasn't sad at all. I looked around me and saw

all of the amazing friends and family that went out of their way to make the day special for me. I also realized that I have accomplished a lot in life since I was 20.

Now that I am actually 30, I can honestly say that not having a significant other really doesn't feel any different than when I was 20. I mean, things around me have changed. I now live in a completely different place. Certain characteristics about me have also grown and changed, but honestly being single doesn't feel any different for me.

I am not trying to take anything away from the whole concept of finding someone that you truly love. But I do believe that there are many other things in life that you can also be happy about. Things that are important as well. And while the once 20-year-old girl thought she would be married by this time, the 30-year-old woman knows that she just hasn't met the right guy yet.

Jessica Downey is a freelance writer who writes about dating and single life in Chicago. All of her ramblings can be found on her blog on ChicagoNow.com. She also writes for badonlinedates.com and has written for examiner.com.

Hilary Duff and Mike Comrie Plan for First Married Holiday





Actress Hilary Duff and new husband Mike Comrie, center for the Pittsburgh Penguins hockey team, may be in the middle of moving to a new home right now, but that's not stopping the couple from planning for the holidays. Hilary Duff told [People](#) that she and Mike Comrie are expecting to be in Pittsburgh this Christmas, while both of their families will be in Los Angeles. "It's going to be scary [to plan], but exciting," said Hilary Duff, about the couple's first married holiday together. **What are ways to make your first holiday as a married couple special?**

Cupid's Advice:

Relationships have a lot of firsts, but your first holiday as a married couple should be special. Cupid has some tips:

- 1. Thoughtful gifts:** Rather than spending a lot of money on expensive gifts for each other, try to find something that will remind your spouse of you and your relationship. Plan ahead!
- 2. Take a time out:** Your relatives and friends may be fawning

over you as the new couple. When the attention gets to be too much, quietly slip into another room, and take five minutes to breathe together.

3. Keep a sense of humor: The holidays can be overwhelming, stressful, and a little crazy. Be ready with a joke on hand to keep you and your spouse light and laughing.

Wedding Bells for Nick Lachey and Vanessa Minnillo



It's about time! [People](#) reports that Nick Lachey has finally popped the question to longtime girlfriend Vanessa Minnillo

last week near a beach in California. Nick Lachey took to Twitter to confirm the happy news. He tweeted, "Hey all. If anyone's heard the rumors of my engagement, they are absolutely true! Vanessa and I couldn't be happier. Thanks for all the love." Nick Lachey, 36, and Vanessa Minnillo, 29, have been dating since 2006 and the bride-to-be has been recently needling her beau about marriage. Last year Vanessa Minnillo said, "Once again it looks as if I'm always the bridesmaid but never the bride." Sounds like Nick Lachey got the hint when he sealed the deal with an Asscher-cut diamond flanked with trapezoids from Bader & Garrin, according to a source. This is Lachey's second marriage, after divorcing from first wife Jessica Simpson in 2005.

How long should you date before getting married?

Cupid's Advice:

It's important not to rush marriage, but you also don't want to wait too long, as Vanessa Minnillo will attest! Cupid has some suggestions on what is the right amount of time to date before tying the knot:

1. Four seasons: While each couple is different, in general it's good to know someone for about a year, or all four seasons, before you make a commitment. It will give you a chance to get to know each other past the honeymoon period of the relationship.

2. Life experiences: Perhaps more important than the amount of time you've known each other are the experiences you have been through as a couple. If you've met each other's families, seen each other at your best and worst, and survived at least one major crisis together, you're probably ready.

3. Love at first sight: Some may wonder, when you meet someone and immediately know that they're "the one," why wait to get married? While the idea is romantic, your chances of

longevity decrease the quicker you jump into marriage. If you're so sure you want to spend the rest of your life together, what difference will a few more months make?

Morning Glory with Rachel McAdams



From the screenwriter of *The Devil Wears Prada* comes this November's *Morning Glory*, which is sure to be a hit. Packed with a star-studded cast, TV hotshot Becky (Rachel McAdams) plays a role we can all relate to at some point in our lives. Struggling with her career and her love life, nothing can

ever go as planned. And when one area of her life is up, the other is down. Finally, Becky lands the role of a daily morning show producer, and she gives it her all to bring the last place show up front. She manages to grab a legendary, now-retired TV host, Mike (Harrison Ford), who doesn't seem to want anything to do with the morning show or his co-anchor, Colleen (Diane Keaton). With Becky's drive and determination, will she manage to get the show (and her love life) back on track?

How can you incorporate more personal time with your beau when faced with a demanding career?

Cupid's Advice:

Trying to figure out that perfect balance between love and work can be frustrating. If you spend too much time with one, the other gets annoyed. Although both prospects are vital, it's equally important to set some rules and boundaries for maintaining a healthy relationship:

1. Make rules: If you're able to leave work at the office early, do it. Make it clear that when you're home for the night, your partner has your undivided attention. Work is work, and home is home.

2. Compromise: If you have a job that requires extra work outside of the office, set time limits for when that work can be done. Tell yourself that you'll devote an allotted amount of time to work, and then the rest of the time is yours to do as you please.

3. Hold the phone: Make a rule about taking work calls at home; when it's acceptable to take them and when it's not.

Nobody enjoys a work call during dinner and much less during foreplay!

Release Date: November 10

Katy Perry Praises Russell Brand's Spirituality



After tying the knot in what has been a detailed four-day wedding celebration in India, Katy Perry still can't stop talking about her husband, Russell Brand. Despite the provocative teasing good-girl image Katy Perry maintains in the public eye, she tells *Harper's Bazaar*, "I always knew I wanted a great man of God. Someone who was going to be an

inspiration for people and also be a lovely husband and father.” Wait, are we still talking about Russell Brand?

Apparently so. [Us Weekly](#) reports that Brand is a “deeply spiritual man and ideal dad material.” And what about the 10-year age gap? Katy Perry explains, “We’re at different places in our lives, but we can still grow together.” With a man that’s “though-provoking, articulate [and] a real advocate,” it looks like clear sailing for the newlywed couple – with a few laughs along the way.

How important is religion in a relationship?

Cupid’s Advice:

While Perry and Brand meet on common religious ground, does religion have to be a deal breaker? Here are a few arguments to keep in mind for your own blooming relationship:

1. Get your feet wet: If you and your significant other hold beliefs in different faiths, try enlightening each other about the culture and faith behind your respective religions. If you feel comfortable, attend a service and get a firsthand look!

2. Have an open dialogue: If your relationship is headed somewhere serious, don’t be afraid about discussing spirituality. Talk about the importance of your faith. Explore the idea of conversion or allowing your relationship to follow a multi-faith path, observing both religions.

3. Think about the future: While kids might not be in the near future, or are perhaps around the corner, one thing to keep in mind is the future. Sure, religion might not be a problem when it comes to the two of you, but what will happen when you add a child into the equation? Raising a child in a certain faith might be an uncompromising matter in your relationship and in the end, religion might become a problematic aspect of your relationship.

John Stamos and Girlfriend, Leah Marsh Move Relationship toward Marriage



It looks like Uncle Jesse may be getting ready to settle down (again). John Stamos, star of *Full House* and ex-husband of supermodel Rebecca Romijn, is taking the next big step with his longtime girlfriend. [E! Online](#) reports that Stamos and gal pal Leah Marsh have moved in together. “It really is that serious,” a friend of the couple says. The two have managed to keep their relationship out of the spotlight for almost three years, spotted only rarely while walking the red carpet together. Marsh owns a Pilates studio and runs a yoga space

in Santa Monica.

What are the benefits of living together before marriage?

Cupid's Advice:

Moving in together first is a good way to test if you and the one you love are ready for marriage. Cupid has some ideas on why you should consider living together before getting married:

- 1. Learning their habits:** When you live with someone, you learn about all of their idiosyncrasies and bad habits. Before you two tie the knot, decide whether or not you can live with someone who never takes out the trash!
 - 2. Figuring out finances:** A huge part of getting married is figuring out how to merge your finances. Shacking up together first can help you establish ground rules when it comes to money as well as overcome any financial hurdles before you take a walk down the aisle.
 - 3. Seeing their other side:** Everyone acts differently in a public vs. private setting. At home, your partner might be a completely different person, and you need to know both sides of your mate before you make a big commitment.
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New Celebrity Couple: Amanda Seyfried & Ryan Phillippe



In the middle of a seemingly endless parade of celebrity breakups, it's nice to hear some good news for a change! [Us Weekly](#) reports that a new couple may be in the works – apparently sparks were flying between Amanda Seyfried and Ryan Phillippe over the weekend. The two were reportedly spotted getting cozy at not one, but two Halloween parties! Seyfried, 24, and Phillippe, 36, chatted at Kate Hudson's annual Halloween soiree and at a party hosted by CAA's Todd Feldman in Beverly Hills. According to a witness at Hudson's bash, Seyfried, who wore a dog costume, was acting "flirty" all night. "She was listening to [Phillippe] and talking close but no making out... She seemed intrigued by him." Phillippe, who was dressed as Star Wars character Obi-Wan Kenobi, was in "a good mood. He looked cute and was smiling a lot." Although the two actors have yet to comment on their relationship status, when [x17](#) recently asked Seyfried if they were a couple, she coyly answered, "You never know."

How can you tell if someone's interested in you?

Cupid's Advice:

1. Watch his body language: When you first meet him, if he keeps his body turned towards you, leans forward and maintains eye contact, he's interested and probably wants to see you again.

2. He likes what you like: By showing interest in what you like and do, he's trying to establish common ground. If he suggests going to a concert of a band you like or playing your favorite sport together, he definitely wants to get to know you better.

3. He stays in contact: We've all been there: you hit it off with a great guy and then never hear from him again. If he really wants to continue the relationship past the first date, he will get in touch with you somehow, whether through a phone call, text, IM, or Facebook message.

Snooki's New BF Avoids the Spotlight





While the third season of the *Jersey Shore* is already looking to raise our eyebrows with the addition of another roommate, Deena Nicole Cortese, one guy who we won't see shouting "T-Shirt Time!" is Snooki's newest boyfriend, Jionni LaValle.

While Snooki and her *Jersey Shore* cast mates have turned their 15 minutes of fame into consecutive seasons of their hit reality TV show, Jionni LaValle has other plans. When LaValle saw a photo taken of himself and Snooki in the tabloids, "he was less than thrilled." Snooki tells [People](#), "He said, 'I don't want to be in that world, because he's trying to be a teacher and, you know, he just wants me to be me.'" And it only gets better! Snooki reveals that LaValle and her father "are already tight," having gained the sought-after seal of approval. With previous boyfriends looking to spill the details about their relationships to any available media outlet, LaValle doesn't seem to care for the celebrity world.

He's just Snookin' for love. **Why is privacy important in a relationship?**

Cupid's Advice:

When you begin a relationship and everything is going well, or

perhaps not so swell, it's easy to feel the need to share with anyone who'll listen. But, here are some tips as to why you should think twice:

1. R-E-S-P-E-C-T: Entering into relationships means letting your guard down and allowing another person to get closer. You share parts of yourself that not everyone knows, and in doing so, you both understand that these parts are personal and private – just like your relationship should be.

2. “And Kat and Becca agree with me, too”: Friends are a great support system, and after a fight they're often the first to hear every detail. And like a good friend, they'll listen and most likely support your side of the argument. But what happens when you and your significant other rehash the past and you point this out? Oops! No one likes knowing his or her dirty laundry is being aired out.

3. Keep it to yourselves: This relationship involves you and your partner, and that's the way you should keep it! One of the greatest things is sharing moments and experiences that no one else can. Your relationship is a serious commitment, not a soap opera to be played out in front of others.

Courteney Cox and David Arquette Unite for Halloween





In the midst of their very public separation, Courteney Cox and David Arquette have vowed to make sure that daughter Coco, 6, remains their top priority, according to [People](#). When the duo announced their separation last month, they insisted that they would remain dedicated parents. In fact, the two even planned to celebrate Halloween together with their daughter.

“Sunday, yeah we go trick-or-treating,” Arquette said at a recent film screening. “Coco is going to be a bumblebee and Courteney is going to be a sunflower. I’ll put on a flower suit or something,” Arquette joked. **After a split, how can you keep your child’s life normal?**

Cupid’s Advice:

Breakups are especially hard on children, which is why it’s important to make sure you remain responsible parents. Cupid has some ideas on how to keep your child’s life as normal as possible during a separation or divorce:

1. Stick to the routine: Although your child’s life will undoubtedly change, you should try to keep their routine as normal as possible. If you used to get pizza every Tuesday

night, keep on doing it to show your little one that some traditions will never change.

2. Split up time: Unless you have already figured out custody issues, try to split your tot's time evenly between both parents. This will remind your kid that they aren't going to lose either of you.

3. Communication is essential: Don't leave your child in the dark about the breakup. Talk to them about why you two are separating and make sure they know that they are still your number one priority. Also, make sure they're 100% confident that it's not their fault.

Rumors Confirmed: Mariah Carey is Pregnant!





It's time to finally set the record straight: Mariah Carey is pregnant! [People](#) reports that after months of relentless media speculation, the 41-year-old singer has revealed that she and husband Nick Cannon, 30, are expecting. Carey told *Access Hollywood*, "It's been a long journey. It's been tough because I've been trying to hold on to a shred of privacy." After Cannon joined his wife in the interview, the couple revealed that they were especially secretive about this pregnancy because of a miscarriage two years ago. Cannon said, "It strengthened our relationship so much ... She handled it so well." Cannon seemed ecstatic about the new baby, adding, "The greatest gift on earth is a child."

When and how should you tell your mate about your pregnancy?

Cupid's Advice:

Baby news is always exciting (and sometimes unexpected), so make sure you tell your partner in the right way. Cupid has some ideas on when and how to break the news:

1. Wait until you're certain: If your period is only a couple

days late, wait it out. Unless you want to take the pregnancy test together, don't tell him until you are absolutely sure you're pregnant. False hopes are never a good thing.

2. Tell him at the right time: Don't bring it up in the midst of a fight. Wait until he's in a good mood and you have his full attention to avoid a bad reaction. Plus, this is a time you want to remember fondly!

3. Have some fun: Why not pick a creative way to tell him? Try buying some baby socks (they're small and easy to hide) and slip them into his pocket before he goes to work. You should expect an elated call in a couple of hours!

Billy Ray Cyrus Files for Divorce From Wife Tish





In a surprising announcement, Hollywood proves that not everything is about award shows and after-parties. Citing “irreconcilable differences,” Miley Cyrus’ father, Billy Ray Cyrus, filed for divorce from wife Tish after 17 years of marriage. Like any couple that have contemplated and chosen divorce, they’ve attested, “As you can imagine, this is a very difficult time for our family. We are trying to work through some personal matters.” While they appreciate thoughts and prayers, the issue of custody has come up, and as [Us Weekly](#) states, “Billy Ray asks for shared custody of their three minor kids [Miley, Braison, and Noah], and for an equitable division of their marital assets.”

What are the most important factors to consider before deciding on divorce?

Cupid’s Advice:

When your relationship has hit a rough patch and it seems like there is no solution to your personal issues, should you consider a divorce? When is divorce a topic to put on the

table during a discussion with your partner? Here are some factors to consider:

1. Hopeful or hopeless: DivorceMag.com says, "Hopelessness is the cancer in marriage. People convince themselves that their problems are too huge to surmount and so they have to divorce." Before bringing up the idea of a divorce, make sure to ask yourself, "Is this something worth saving?" Are you willing to put in the time and effort for counseling to save the union between you and your partner?

2. Threat or decision: Everyone gets angry sometimes. It can make it seem like times are tough. Are you simply threatening a divorce to demand change from your partner, or are you confident that there's nothing left for either of you to do to salvage your relationship? Before you resort to a last ditch power play in an argument, think about why you are choosing that path. Perhaps take some time apart so your decision comes from a grounded, reasonable place.

3. What does this mean for everyone?: When considering divorce, you will have to come to terms with the negative consequences this brings for you, your partner, and possibly, your children. Are you ready to sit your children down and explain to them what has occurred and provide a support system for them during this time? Do you have a support system outside of your home?

Counseling or a trial separation are measures many couples take before deciding on divorce. Give yourselves time to make sure this is the step you want to take.

Gossip Girl Stars Blake Lively and Penn Badgley Split



It's official: another cute celebrity couple has parted ways. *Gossip Girl* costars Blake Lively and Penn Badgley have gone their separate ways, [People](#) has learned. Reps for both of the actors have confirmed the split, even though the two were seen out in public together just last week in New York shopping for candles at [Henri Bendel](#). While the real-life couple split just like their TV characters, unlike their *Gossip Girl* counter parts, the pair are remaining mum about the subject. A source says that there seemed "no sign of trouble" between the two while filming their hit show on set. Lively told [Allure Magazine](#) in an interview last month that she doesn't comment on relationships. "My anonymity is something I treasure. Wanting to be an actor and wanting to

be famous are different.” If only Dan and Serena felt the same.

What details in your relationship should you keep to yourself?

Cupid’s Advice:

Releasing private details about your relationship to the public, whether that being to your friends and family or via the paparazzi, can be tricky. Talk to your partner, and decide together what is appropriate. Cupid has some suggestions:

1. Privacy levels: What may be considered personal information to one person may be just fine for public scrutiny as far as the other is concerned. Our take on private and personal information probably comes from how we were raised as children and what was disclosed in our own family settings. If you and your mate can’t compromise or agree on what is appropriate, perhaps dating someone who shares similar privacy levels would work better.

2. Girl’s night out: One of the best parts of going out with the girls is getting to dish about your beau. Full disclosure. But beware: your beau may be doing the exact same thing with his crew. A good rule to keep in mind here is to ask yourself how you would you feel if the roles were reversed? If you think you may be upset in that situation, zip your lips when you’re about to say something overly personal.

3. TMI: Even if you and your partner are completely open and want the world know everything about your relationship, the world may not feel the same. We’ve all been in that situation where you’re stuck listening to someone jabber on and on about the specific intimate details of his or her relationship. Be careful you don’t become that person!

Shia LaBeouf and Carey Mulligan Break It Off



While romance might have been in the air between Shia LaBeouf and Carey Mulligan during the filming of [Wall Street: Money Never Sleeps](#), that doesn't seem to be the case post-premiere.

The duo have indeed parted ways, with a friend claiming, "It just wasn't working," as the reason behind the split. With Mulligan back in Los Angeles filming indie flick *Drive*, a friend offers reassurance that, "[Carey]'s strong. She'll be fine!" Would a certain British actor, Tom Sturridge, have anything to do with this? Sources tell [Us Weekly](#) that isn't the case; they're just pals.

If things aren't working, when is it time to call it quits?

Cupid's Advice:

Every relationship has its ups and downs, but there's a difference between a rough patch and an unhealthy relationship. Here are some signs for when the going gets bad and you're just not sure whether it's time to break up:

1. All we do is fight: If every conversation ends with a screaming match, chances are you're having problems communicating with your partner. If the arguments stem from trivial matters, try compromising and picking your battles.

However, if these fights involve serious issues, such as your goals and values, remember: you can't change who a person is at heart.

2. The spark just isn't there: While it is common for the thrill of a new relationship to dissipate over time, there also just comes a point when you simply don't feel the same way as you used to about the person you're dating. People change, and if the spark that made your relationship special in the first place has gone out, then you need to reevaluate what makes you happy.

3. You want to see other people: It happens. You reach a point when you realize that your current mate is just not "the one" for you. All you can do is be honest and straightforward. Don't placate a relationship. It's not fair for your partner to think that you are 100% emotionally committed to your relationship, when you aren't.

Wendy Shaker Talks 'Are You My Guru?'



By Veronica LaRoque

What do medicine, meditation and Madonna all have in common?

For author [Wendy Shaker](#), they were all supposed to be cures for a rare autoimmune disease that struck her right when she was at the top of her game. Shaker, who had given advice to thousands of women in her hugely successful first book [The Fat Girl's Guide to Life](#), was now searching for someone to help her with the difficulties of dealing with a chronic illness.

In her new book, [Are You My Guru? How Medicine, Meditation and Madonna Saved My Life](#), Shaker tells the story of her disease.

With humor and hope, she chronicles her search to find one

person who has all the answers not knowing if that person even exists.

What can you do when life takes a turn for the worse?

Cupid's Advice:

We all know what it's like to be on top of the world one evening, and under mountains of stress the next morning. But Cupid got tons of advice on how to deal with life's letdowns from Wendy Shanker. Check out the author's thoughts on taking life's lemons and turning them into one hilarious and good-for-you lemonade.

How would you describe your journey, and how does it compare to "The Fat Girl's Guide to Life?"

The journey in *Are You My Guru?* is much different than the story of the first book. "The Fat Girl's Guide" was almost a manifesto – a way to fight back against the pressure to lose weight and look a certain way. I really thought I had it all figured out – I could be fit, fat and healthy, and still feel good about myself! Just as that book was published, the "healthy" part got knocked out of the equation. I got so sick with this rare autoimmune disease, Wegener's granulomatosis.

I'd actually been diagnosed years before, but it wasn't until "The Fat Girl's Guide" was published that it really invaded my life – actually pulled me out of my life. That was in 2004.

So the story of "Guru" is about being in this happy place, feeling secure in my body, looking forward to whatever was next in work, love, life...and then...buh-bye. A whole new body battle to fight.

How have you maintained a sense of humor and a universality throughout both of these books?

I don't know any other way to do it. I couldn't help but find the funny, even in the worst of it. You know, I'd gotten bad news from doctors who unfortunately had limited resources to

treat me. So I started exploring alternative methods of treatment...and I'm like, "Someone is dripping oil on my forehead and rolling me in chickpea flour like an enchilada!

Someone is shining colored lights on my body and poking needles all over me! Someone is telling me to dialogue with my liver!" How could I not find it hilarious? That's just my coping mechanism, but I find that it's a really good way to help other people relate to my situation. Even if you don't have my problems, or haven't tried this particular treatment, there's sort of a universality feeling exposed in these ways.

Over the course of writing both these books, what have you discovered about romantic relationships?

In the first book, I spent so much time feeling insecure about my body that I really held myself back from relationships.

There were some good ones, some bad ones, but I didn't feel like I could handle real intimacy until I figured out how to love and respect myself. So voila, I'm ready! And that's right when I got sick. Bad timing, because it meant going through the worst of the worst on my own. I'm really lucky that I have a lot of amazing friends and family, and there was no shortage of people around when I wanted them there (I'm one of those people who tends to shoo everyone away when I don't feel well). But during those long dark nights, there are these moments of "Where the f#*k is he? The guy who is supposed to be stroking my hair right now?" Um, well, he wasn't there. In a way, it's kind of empowering to go through a challenge like that as a single person. It makes you realize you can get through anything as long as you have some support in your life; it doesn't have to be romantic love.

There's no reason to settle. But now that I'm feeling strong and healthy again, I'm excited to meet someone special.

How has your illness affected your body image and your idea of yourself

Aside from the physical, that's the biggest challenge I faced.

This disease, and the treatment of this disease (chemo, steroids), dramatically changed my body. Weight gain, weight loss, hair loss, skin damage, scars from procedures and surgeries. I lost all the cartilage in my nose and had to have surgical reconstruction. This amazing surgeon took a rib out of my ribcage (just like Cher!) and used it to create a new nose for me. You'd never even know by looking. That's a helluva lot for a body to go through, and there are plenty of people who've gone through a lot worse. I have to give my body a lot of respect. Literally think about it, organ by organ, and say, "Hey, skin, it's amazing the way you regenerated. Thank you. Hey kidneys, it takes a lot of effort to filter all that, but you're doing a great job. Much appreciated." You have to offer lots of props to your body when it takes a licking and keeps on kicking.

What do you feel is the most important thing you learned on your journey?

I was so sure that I was going to find the The Guy who was going to fix me. The guru with the treatment or doctor with a trick up his sleeve who would say, "Take this pill and see you never." Not the case. I learned that there is no one person with all the answers. If anything, the closest person who fits that bill is you. You are the expert on you. No one knows your body better than you do. Your job is to find the collaborators who are willing to pool their expertise with yours to help you feel better. In other words, you are your own guru.

Cupid sincerely thanks [Wendy Shanker](#) for her time! To purchase *Are You My Guru?*, follow Cupid to [Amazon.com](#).

Halle Berry Steps Out With New Beau



Although actress Halle Berry and new beau Olivier Martinez have been spotted together before, last week they finally made their relationship official by gracing the red carpet. The couple made their first red carpet appearance over the weekend at the Carousel Of Hope gala in Beverly Hills. Berry, 44, wore a stunning red dress by Yves Saint Laurent and beau Martinez, also 44, looked very handsome, as usual. The duo met while working together on the upcoming thriller, *Dark Tide*. An onlooker told [Us Weekly](#) that the “smitten” twosome were “inseparable” at the event. Martinez was “constantly leaning in and whispering in Halle’s ear, making her laugh,” added the source. Hey, maybe inter-office dating *can* work!

When should you make your relationship with a co-worker

public?

Cupid's Advice:

Dating someone you work with can be a challenge, but if you're serious about making the relationship work, you have to be careful about when and how you go public with the relationship. Cupid has some ideas on how to make the transition as smooth as possible:

1. Will I get in trouble?: Almost every company has rules on inter-office dating. Look into your office's policies to make sure you're not in danger of getting fired before entering into a relationship with a coworker.

2. Is it serious?: Before you start telling people, make sure it isn't just a fling. Dating someone at work brings a lot of extra baggage with it so you need to be certain that the relationship can go the distance before you open up about it.

3. Who should I tell?: If you tell your cubicle mate you're dating someone in the office, she might start a rumor that could easily get out of hand. Mum's the word as far as other coworkers go until things get serious. Then make sure your supervisor or boss is the first to know before telling others.

Jon Gosselin's Ex-Girlfriend Calls Him a Chronic Liar





After what seemed like a heartfelt message to his family and friends via Twitter, Jon Gosselin's ex-girlfriend Hailey Glassman is calling him out on his chronic lying habit. Gosselin tweeted, "I am acutely aware of the mistakes I made in 2009 and I am ashamed of the choices I made. I have apologized to Kate, my family, and to my friends. Through counseling I have learned to own my actions. My goal is to move forward in a positive direction." Despite Gosselin's seemingly good intentions, Glassman insists that his Twitter apology was just a "negotiating tactic to gain sympathy from the public," according to [RadarOnline](#). Glassman called her ex a "pathological liar" whose life coach once told her and her parents to "accept his lying and not get mad at him for it because he will then never tell the truth."

Is there any time in a relationship when lying is okay?

Cupid's Advice:

Honest communication is the crux of a healthy relationship, but sometimes telling white lies is necessary in certain situations. Cupid has some examples of instances when it's

okay bend the truth:

1. You look so thin!: If she asks, “Does this make me look fat?” tell her “no,” whether it’s true or not. Sometimes you need to fib to spare her feelings, especially when talking about her appearance. There’s no need to bring insecurities into your relationship.

2. Thanks, I love it!: Whether it’s a diamond ring or a pair of socks, this is always the correct response when receiving a gift. If you don’t want to offend your mate, pretend you love it... then if necessary, quietly return it later.

3. I’m not attracted to other people: Just because you notice when a total babe walks by doesn’t mean you have to tell your partner! Some things are better left unsaid.

Smiling David Arquette Looks ‘Relaxed and Cheerful’ After Separation





If David Arquette is hurting after his recent separation from wife Courteney Cox, he certainly isn't showing it. The 39-year-old actor was all smiles at the 2010 Spike TV Scream Awards, his first public appearance since news broke of the split from Cox, 46. [Us Weekly](#) reports that Arquette, who attended the awards show without his wife, looked happy, relaxed and chatted animatedly with his publicist before going into the event. After 11 years of marriage, the couple announced their trial separation earlier this week. The two met in 1996 on the set of *Scream* and married three years later. Their daughter, Coco, is 8. A source close to the couple says they "are by no means interested in giving up. They just need time apart."

How can you tell if your mate is fake?

Cupid's Advice:

Some people might enter into a relationship for the wrong reasons. But with Cupid's help, you can tell whether or not your mate is for real:

1. He pays attention: If he remembers minute details, like

what you said a week ago and already forgot about, then he's really into you and is in the relationship for the right reasons. If his eyes seem to glaze over when you talk, you might want to look into why that's the case.

2. He respects you: This means respect in every sense of the word. One example is understanding your need to take it slow. If he tries to round the bases too quickly, then his intentions are only lustful.

3. He only has eyes for you: If he's shows no interest in other women, then he thinks you're the one. But if he wants to keep an "open relationship" and date other women, he's not sure yet and may just be faking interest.

Jenny McCarthy Tries Honesty With New Guy





After splitting with Jim Carrey, her boyfriend of five years, Jenny McCarthy has found love again. [People](#) reports that the actress is very happy with her new man, Jason Toohey, 35, a Las Vegas-based pirate performer. McCarthy, 37, says she has learned a lot from her previous relationships. “I was a girl who pretended. I would say I liked things when I didn’t,” she says. “I knew if I wanted to grow, I needed to make myself happy before I could begin to have an equal relationship with another man.” And the most important lesson she learned? Honesty is the best policy. “If he wants Chinese [food] and I don’t, I say it,” she says. “If he wants to go out and I want to stay in and watch *Dancing with the Stars*, I tell him so... Our relationship is stronger because of the honesty.” **How can you have an equal relationship?**

Cupid’s Advice:

Aretha Franklin had it right when she sang, “R-E-S-P-E-C-T, find out what it means to me!” In order for a relationship to work, you need to have mutual respect and equality. Cupid has some ideas on how to make sure you and your partner are on equal footing:

1. Decide together: If one of you is making decisions for the other person, you're not in an equal relationship. Make sure that you listen to each other's ideas so you can come to mutually beneficial conclusions.

2. Tell the truth: Follow Jenny McCarthy's lead and be completely honest and open with your partner. These two things are essential in any healthy relationship. Make sure he doesn't always get his way or vice versa. If you don't want Chinese tonight, tell him!

3. Money matters: Financial issues are often the biggest source of relationship inequality. While you don't both have to make the same amount of money, make sure that the relationship doesn't become a financial burden. If it seems like your mate is overextending himself, try to even the score.

Ali Fedotowsky and Roberto Martinez Slow It Down





After finding love on the reality TV hit, *The Bachelorette*, Ali Fedotowsky and Roberto Martinez announced that they planned to elope. Though still head over heels for one another, the happy couple has decided not to tie the knot immediately. As Fedotowsky recently told [People](#), “Nothing has changed – we’re still just as happy as we were when we were finished [with the show]; we were so excited. We were like, ‘Oh, we’re going to get married right away.’ But if you’re rushing because you’re in love, why rush? [Just] wait. You’re going to get married anyway. We’re both sort of enjoying life.” The soon-to-be newlyweds have moved to San Diego together and are considering wedding venues on the west coast. **Why is it important to take things slow?**

Cupid’s Advice:

Taking things slow or slowing things down doesn’t mean you are any less in love. Couples who mutually decide to jog to the altar instead of running there are simply doing what they feel is best for them:

1. Only fools rush in: Just because you’re in love doesn’t mean you have to walk down the aisle tomorrow. Take the time

to enjoy each other's company and plan your dream wedding. This moment should only happen once.

2. You know best when the time is right: Your gut feeling is almost always correct. If the only rationale you have for taking it slow is that making the next move doesn't feel right, trust yourself. There's probably a reason you're internally hesitating.

3. Love knows no schedule: Don't let anyone tell you or your partner that it's time to get married or move in together. There are no deadlines when it comes to love.

Ashton Kutcher and Demi Moore to Renew Vows?





Faithful Twitterer Ashton Kutcher has once again revealed his predicament in 140 characters or less, reports [E! Online](#). Kutcher, 32, told Twitter followers that he and wife Demi Moore, 47, are traveling to Israel to “[Share] Love & Light while in Israel.” The couple are, “Asking 4 the energy 2 forge bonds with our similarities & find compromise in our differences.” Kutcher and Moore have recently been facing rumors of Kutcher’s infidelity. The couple has been taking to Twitter to sort out rumors, posting pictures of themselves in bed together, and thank everyone for their anniversary wishes. They are expected to renew their vows while in Israel, effectively squashing all rumors.

Why is it good to renew your vows?

Cupid’s Advice:

There are lots of reasons to renew your vows – and you don’t need to be a celeb to do it! Here are some incentives if you and your mate want to relive your vows:

1. Children: Your children weren’t around the last time you

got married. Making fresh commitments will allow for your entire family to take part.

2. Relationship troubles: If you and your partner have been having problems in your relationship, renewing your vows may be the answer. Reassurance will make your partnership stronger.

3. More fun: Since you got married, you and your partner have earned more money and met more people. Think of vow renewal as a romantic excuse to throw an even bigger ceremony. Invite more people, buy an even more expensive dress and even hire a band to replace the deejay this time around!

Snooki's New Boyfriend Is a 'Refreshing Change'





Jersey Shore's Nicole "Snooki" Polizzi, who was recently rumored to be starting her own reality dating show, looks like she doesn't need any help finding a man. [Us Magazine](#) reports that the reality TV star's new boyfriend, Jionni LaValle, is a "refreshing change," according to a source. "Jionni is great. He is so quiet and isn't trying to be in the spotlight." But apparently Snooki was still nervous about her new beau and looked for approval from her girlfriends. "She wasn't sure about him at first and kept asking her friends what they thought of him," says the source. "She was hesitant because he isn't the typical gorilla." **How important are the opinions of your friends when it comes to the person you're dating?**

Cupid's Advice:

Advice from your family and friends can be very telling. Cupid has some ideas on when you should listen to your friends' opinions and when it's okay to follow your own intuition:

1. Get a new perspective: Sometimes it's hard to see a person's faults when you really like him/her, which is why

it's important to listen to your friends when you're with someone new. They have an outside perspective and won't hesitate to tell you if they think your new flame is actually a jerk.

2. Know your history: Your friends know about your past relationships and your tendency to date certain types. If they see you gravitating toward the same type of partner (especially if you've had bad luck with that type in the past), they may be able to help steer you in another direction.

3. Go with your gut: Your pals don't know everything. While they care about you and want you to be happy, they don't know how you feel or what you want as well as you do. So if your intuition is telling you something's wrong (or right), listen.

Surprising Split for Ben Harper and Laura Dern





It's splitsville for another seemingly happy celebrity couple. [RadarOnline](#) reports that singer Ben Harper and *Jurassic Park* actress Laura Dern have filed for divorce. The pair dated for five years before marrying in 2005 and have two children together. The breakup is especially surprising because it comes three weeks after the Harper-Dern family traveled to Hawaii together to attend the wedding of their close friend, Pearl Jam frontman Eddie Vedder. Vedder and model Jill McCormick married September 18, and Harper and Dern spent a week partying in Honolulu along with other celebrities like Jack Johnson and Sean Penn. The couple's reps had no comment on the split.

What are some signs that your partner is unhappy in your relationship?

Cupid's Advice:

Some relationships end so abruptly that it leaves you wondering, what happened? Cupid has some tips on how to recognize signs that your partner is unhappy:

1. He seems distracted: If he doesn't pay attention to you

when you talk or seems distant on dates, he may be thinking about ending it. Not fully engaging shows that he's not content in the relationship anymore.

2. He cancels plans: If he suddenly opts out of that cruise in the Bahamas you had been planning forever, he's not ready to take that next step with you. If he doesn't want to move forward, he's not happy with where the relationship is going.

3. He starts fights: Some people have a hard time showing emotion, and men often express their sadness or frustration through anger. If it seems like you're constantly bickering, he might be trying to show you that he's lost that loving feeling.

Rumer Willis Moves On With New 'Glee' Beau





Rumer Willis and beau Micah Alberti have officially parted ways, reports [People](#), but it doesn't seem to be keeping Willis down! Demi Moore's famed daughter was spotted with new *Glee* cast member, Chord Overstreet. The duo was seen in Beverly Hills at the Night Vision presents an Evening Affair with Seth Macfarlane party holding hands and sharing kisses. The two were first spotted last week acting flirty in Las Vegas partying with Overstreet's *Glee* co-star, Mark Salling.

What are a few things you can do before jumping back into a relationship?

Cupid's Advice:

Being in a relationship can be amazing. Always having someone who is a phone call away can be hard to let go of when a relationship ends. But if you are continuously jumping into a new relationship, you may be avoiding the one relationship that may need the most work: the one with yourself:

1. Take a break: If you find that you are spending most of your time partnered up, take some time off. Going to a movie and out to eat alone can be peaceful and rewarding. Plus, you

won't feel pressured to order the lighter option on the menu.

2. Learn from your mistakes: Acknowledge what wasn't working in your last relationship in order to prevent the same things from happening in your next one. Couldn't stand your old smoker boyfriend? Make sure your next one is tobacco-free. If something didn't work in the past, it won't work in the future.

3. Write it out: Sit down and make a list of all the qualities you want in a partner, as well as a list of "deal-breakers." Don't settle but be realistic. There is no such thing as the "perfect man." Keep the list in a place you'll see it, and be patient. It's often when you're not looking that you'll find someone worthy of your time.