

Celebrity Couple News: Emily VanCamp Makes Tribute to Josh Bowman on 8th Anniversary



By [Hope Ankney](#)

In the latest [celebrity news](#), [celebrity couple](#) Emily VanCamp and Josh Bowman recently made everyone gush over their relationship. According to *EOnline.com*, VanCamp took to Instagram to post an adorable shout-out to Bowman for their 8th anniversary together. In the caption, she wrote, "Almost 1 year married, but today marks 8 years together. Thanks to this human for making life the greatest adventure and also for being the best dad to our furry child Frankie. We are so lucky." Not stopping there, she also went on to post multiple

Instagram stories that documented the couple's time together.

In celebrity couple news, this pair proves they are soulmates. What are some ways to know you've found "the one"?

Cupid's Advice:

There's something about love that just makes colors brighter, the world happier, and your life the most magical part of the universe. There's nothing sweeter than finding someone that makes you feel like you are worthy of a lifetime of love. But, sometimes it isn't so easy to distinguish whether or not this person is "the one" for you. If you're in a relationship that you're thinking could be your soulmate, Cupid has some [relationship tips](#) for figuring out if your partner is "the one" or not:

1. They bring out the best parts of you: The right relationships should always show the absolute best parts of who you are. They are meant to bring out what others can't, and if you feel like your partner does that, it might be a good indication that they're the one for you. But, remember! Make sure you bring out the best in them, as well.

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2. Your friends and family have never seen you happier: Those closest to you know you better than you know yourself. They know when you're sad, or when you're angry, or even when you're happy. If you've gotten comments from friends and family that detail how much happier or how much you glow since being in this relationship, you might have found "the one" for you. You should never be in a relationship with someone that

doesn't make you the happiest you've ever felt.

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3. You're each other's biggest fans: There's nothing like a relationship that shows how much you support the other. If you're both your guys' biggest cheerleaders, no matter what, it's a great indication that you found someone that can be with you for life. It's hard to find partners who are willing to support you, unconditionally. If you have that in your relationship, you're one of the lucky ones. Cherish it!

How did you know when you found "the one?" Sound off below!

Celebrity News: Jennifer Garner Has Found a 'True Partner' in John Miller





By [Katie Sotack](#)

In [celebrity news](#), Jen and Ben are officially over. [Jennifer Garner](#) announced she has found solace with her new partner John Miller, a Cali Group CEO. After a hectic year divorcing [Ben Affleck](#) and supporting him through two stints in rehab, a source told *UsMagazine.com*, “John is the complete opposite of Ben. Jen feels like she’s finally found a true partner.” Both Garner and Miller are committed to keeping their relationship low-key as well as being successful co-parents to their kids from previous marriages.

In celebrity news, Jennifer Garner feels like she’s finally met her match. What are some ways to know you’ve met your “true partner”?

Cupid’s Advice:

Sometimes you just *know* you’ve found the one. Butterflies

flutter in your gut, and your heart swells just looking at them. But, a true partner goes far beyond falling in love. Here are [relationship tips](#) to be sure your significant other is the one:

1. You want the same things: A partner should share your goals. When it comes to spending your life with someone, they should generally want the same things. If kids, a suburban house, and a steady career are in your future, love won't save your relationship with a kid-hating, apartment-renting, daredevil.

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2. They support you: Of course not all goals need to be shared. However they should stand by your individual goals and root you on as you achieve them. For example, if you want to eat healthy and get fit your partner doesn't need to do the same. However a partner that undermines your attempts to stay on track by offering you ice cream every night is not trying to help you succeed.

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3. You're both willing to work: Aside from goals, communication is the key to a healthy relationship. A partnership likely won't have the same communication styles. But true significant others should be willing to compromise and workshop communication for a healthy relationship.

What are some other ways to know you've met your match? Share your thoughts below.

Celebrity Break-up: Miley Cyrus & Liam Hemsworth Split Less Than 8 Months After Wedding



By [Katie Sotack](#)

It “came in like a wrecking ball” for [Miley Cyrus](#) and Liam Hemsworth fans. Following a surprise reunion and hasty marriage, the couple’s time together has ended in divorce. According to *UsMagazine.com*, the couple is happier focusing on themselves and their careers. The marriage lasted less than eight months before the relationship grew too rocky. The [celebrity news](#) was a shock to fans hoping that the *Last Song* costars real life love affair would work out.

Miley and Liam announced their celebrity break-up as she enjoyed an Italian vacation with friends. What are some tips for announcing your break-up to family and friends?

Cupid's Advice:

Aside from the pain of the actual breakup, you'll find it's time to deal with telling the masses. If friends and family knew them well this can very difficult news to break. Here are some relationship tips to ease the tense news:

1. Bring everyone together: Instead of doing a world tour to tell your family and friends, make the news a one night show. Invite those close to you over for dinner, ply them with wine, and fess up.

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2. Ease them into it: Divorce and break-ups don't just happen, but it can feel that way to those who know you. Be honest about the dissolution of your relationship and the negative effects it was having on you near the end.

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3. Focus on you: Your loved ones may have a lot of opinions, but remember that this was your relationship. Do not let their suggestions or criticism persuade you from knowing this breakup was right. Look out for yourself while reassuring their feelings.

How do you break the news for your breakup? Share in the comments below.

Movie Review: 21 Bridges



By [Katie Sotack](#)

Chadwick Boseman and J.K. Simmons star in a new action thriller that'll have you perched straight in your seat. Boseman plays an NYPD cop who uncovers a conspiracy surrounding two cop killers. The [movie](#) takes place in the course of one night where Boseman's character becomes increasingly unsure of who to trust. As tensions rise and the

chase goes on, the city closes down all 21 routes of escape from Manhattan to prevent the killers from fleeing.

21 Bridges is a star soaked, action-packed thriller that'll leave you questioning who to trust and where to turn.

Should you see it: *Avengers: Endgame* directors had a hand in making this film and Chadwick Boseman stars. If you're a fan of the Marvel Cinematic Universe for its action scenes rather than it's one-liner comedy and enjoy the shaky anticipation a good chase, check out this movie.

Who to take: This is a movie for the in-depth friend who can talk about anything and everything afterward at dinner.

Cupid's Advice:

Knowing who to trust is not a science, but an art. Try as psychologists might, we can't all be trained in the micro-twitches of a liar's facial movements. Instead, think of trust as a building exercise. Here are [relationship tips](#) on establishing and maintaining trust.

1. Intuition: Security to the stars and traumatized victims, Gavin de Becker famously exclaimed to the world "Trust your intuition!" in his self-help book *The Gift of Fear*. Often read in self-defense classes and by women seeking ways to minimize attacks, the book is ultimately about relationships (both long term and immediate). The most essential advice from every chapter is, "trust yourself first and foremost." Social niceties teach us to suppress our illogical worries, but your body and mind have intuitive reasons for that gut feeling. Next time you feel something 'off' in your relationship, speak up.

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2. Honesty: The number one way to establish trust is honest and open communication. This means intimacy and it can sound scary. Take the process one step at a time. The first few dates are not the time to confess that embarrassing time when you walked into a wall because you were nose-deep in your cell phone. Talk about your hopes and dreams to build gradual intimacy and add in the embarrassing or deeper feelings once trust has been established.

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3. Keep True: A far more practical take on the establishment of trust is by staying true to your word. If you promise to do something, make sure you stick to it. Think of it from your partner or friend's perspective. Had they promised to pick you up at the airport but instead left you searching to find a cab, you'd feel cheated. Instances like this make a person seem unreliable and would encourage the receiving person not to trust the, with another task.

How do you experience trust in your relationships? Share in the comments below!

**Celebrity News :
'Bachelorette' Hannah Brown
Confronts Luke P. at 'Men**

Tell All'



By [Katie Sotack](#)

This season's [Bachelorette](#) has been full of stories about Luke Parker. Yet, on Monday, [Hannah Brown](#) took the [celebrity breakup](#) narrative back and stood against Luke P's red flag behavior. According to *UsMagazine.com*, Hannah said she was "over being slut-shamed" and apologized to *Bachelor* fans for keeping Parker's face on their TVs for so long. Fellow contestants joined Hannah's #LukePIsOverParty with Devin coming on stage to confront Luke's need to control women to feel better about himself. As for Luke, he mostly minced words and contradicted himself in between commercial breaks.

In [celebrity news](#), *Bachelorette* Hannah Brown faced Luke Parker after the explosive end to their relationship. What are some ways to get closure after a relationship ends?

Cupid's Advice:

At the end of the relationship, there are steps to be taken to ease the painful process. Instead of wondering "what if?" find ways to deal with your feelings and move on. Here are relationship tips to find closure:

1. Wallow: In the wake of your devastating breakup give yourself permission to wallow for an allotted time period. Take Friday off and watch your favorite movies while binging on ice cream. Or, call up your mom and talk about what happened. Allow yourself to feel all the confusing and painful emotions that come with ending a relationship so that you can make peace inside your head.

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2. Seek socialization: After your weekend of wallowing, call your friends and go outside. Being around outside energy will widened your perspective and help you to see the world outside of your old relationship. Whether you want to go dancing or browse the local bookstore absorb the positive vibes around you and be mindful of the now.

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3. Talk to your ex: When the time comes, speak to your ex to find closure. This step should only be taken after you've processed the bulk of your emotions and can be trusted to converse calmly without blame or aggression. Meet for coffee or somewhere else public to discuss the demise of your situation. Go in knowing that the goal is not to get your relationship back but rather to hear out the other person and grow from their experience with you.

How do you find closure? Share in the comments below!