

The Runaway Bride's New Man



Jennifer

Wilbanks, nicknamed the Runaway Bride after she made headlines in 2005 by faking a kidnapping to get out of marrying her fiancé, has a new man, the [New York Post](#) reported Monday. Will her new beau, Greg Hutson, have the pleasure taking her her hand in marriage?

How can you be sure of your feelings toward your mate?

Cupid's Advice:

Emotion can be a challenging hurdle when dealing with upcoming nuptials or even moving in together, but if you take the time to sort things out step by step, you'll have a higher chance of success. Take a look at Cupid's advice on ways to assist you with your next big decision:

1. Fear: There's always a moment of absolute terror when you are about to make a life altering leap. If you're unsure of

your feelings, take a step back and evaluate the situation before committing to someone else. Tip: If a wedding is looming, don't wait until the big day to postpone!

2. Counseling: If you have nagging doubts or insecurities about a relationship that just won't fade, there's nothing wrong with seeking professional to spot nervous jitters versus an actual problem that needs to be addressed.

3. Turn to your partner: If you're thinking of stepping up your partnership, make sure you discuss any unresolved issues beforehand.

A New Boyfriend for Alexa Ray Joel



Singer Alexa Ray Joel (daughter of Billy Joel), who was hospitalized last December due to anxiety over a breakup, is now dating 24-year-old singer/songwriter Cass Dillon, [People](#) reported earlier this week. The couple met when Dillon was hired to play guitar on Joel's upcoming album. Joel says she's not a fan of the dating scene. "Dating can be awkward," she told *People* in April. "I prefer to meet someone through work or socially."

How can you move on from a broken heart?

Cupid's Advice:

Everyone knows how hard it is to get over a breakup. Props to Joel for moving on! Here are some of Cupid's tips to help you cope:

- 1. Acceptance:** The relationship is over. If you intend on getting back together with your ex, you'll never mend that broken heart.
 - 2. Don't wallow in guilt:** Stop blaming yourself for the failure of the relationship, and realize your partner played a hand as well. Letting go of unnecessary guilt will help you let go of the needless grief that goes along with it.
 - 3. Know that it'll get better:** Just because your previous relationship didn't work out doesn't mean you should give up on love completely. Learn to trust again, learn to love again, and naturally, you will learn to live again!
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Valerie Bertinelli & Tom Vitale Plan Low-Key Wedding



Though she was formally married to a rock star, Jenny Craig spokeswoman Valerie Bertinelli says her upcoming wedding to financial planner Tom Vitale won't be over the top. According to [People](#) magazine, the couple – who both had prior nuptials – are focusing on the marriage itself instead of the ceremony this time around.

Does the ceremony make the marriage?

Cupid's Advice:

While celebrity weddings today only seem to get bigger and better, Bertinelli and Vitale go against the mold by concentrating on their relationship. While the wedding shouldn't set the tone for a marriage, it is somewhat of a reflection of the couple; make sure you send the right message at your ceremony.

1. Plan your guests: If you want an intimate wedding ceremony but don't want any friends or family to feel left out, plan ahead to maintain balance. Keep the wedding small, and go for a larger reception.

2. Location, location, location: If you're a more adventurous couple, try a destination wedding in a unique spot. Whether it's on a beach or in a 16th century castle, make it a place you're comfortable in.

3. Do a us a favor: Your wedding favors give guests a final, lasting impression of your wedding – and your marriage. Let these tokens illustrate who you are as a couple, and remind the guests of the fun time they had at your wedding.

Ryan Seacrest & Julianne Hough Are Getting Cozy





Ryan Seacrest and

Julianne Hough have moved from the small screen to the streets of Los Angeles – together! The *American Idol* host and *Dancing With the Stars* pro were seen out and about multiple times this month, [People](#) reported. A source told the magazine that the couple has gotten “more serious.” However, there’s no official word from either camp on their dating details.

How do you know if someone is serious about a relationship?

Cupid’s Advice:

Seacrest is one of many stars that are notoriously mum on their private lives, but it appears as if he’s stepping out of his boundaries with Hough. Here are signs that may reveal a partner’s desire to become serious:

- 1. Public outings:** If someone’s dating you on the down low, they’ll most likely only reserve time for you late at night, behind closed doors. Being seen in public shows that he or she wants to show you off, and alert potential daters you’re taken.
- 2. Attentiveness:** If a new fling brings up minute details about something you mentioned that one time in the car two weeks ago, it shows he or she is really paying attention. Taking the time to notice the little things displays that you

are a constant on their mind.

3. The friend test: Want to know for sure if someone is thinking seriously about you? They'll bring you to their closest friend for inspection. Don't be nervous; by introducing you to the core of the inner circle means he or she wants approval – and may be ready to become exclusive.

Crown Princess Victoria of Sweden Marries Personal Trainer



A royal wedding!

Last Saturday's lavish ceremony between Sweden's Crown Princess Victoria and her former personal trainer, Daniel Westling, rivaled Prince Charles and Lady Diana Spencer's

spectacle in 1996. According to [Telegraph](#), King Carl XVI Gustaf initially disapproved of the union because of Westling's 'commoner' status, but granted the couple's wishes to show his country that he can modernize his methods and way of thinking.

How can you make a relationship work without your family's blessing?

Cupid's Advice:

Relationships can be tricky business, but if you've found your soul mate, it shouldn't matter where they come from – or what your family has to say about your partner.

1. Be up front: Don't hide any potentially negative details of your partner's past. Your loved ones shouldn't pass judgment unless it's for a good reason. If they do, they should know you're committed to seeing the relationship through, despite their opinions.

2. When to say stop: If your family continually dismisses your mate, tell them how much it hurts and affects you. Ask them politely to stop bashing your partner. If they don't, consider distancing yourself to make the point even clearer.

3. Open lines of communication: If you're honest and keep your family involved, any feelings they have against your pairing may disappear as they see your love and relationship develop.

Anna Paquin & Stephen Moyer

Are Avid Skypers



Newly-engaged “True Blood” stars Anna Paquin and Stephen Moyer have found a way to keep their love alive, despite long distances. The couple, who met on the set of the show, are avid users of Skype, and would use it for “three or four hours” when they first began dating, according to [People](#) magazine. Moyer told *Playboy* in a recent interview that it helped them build trust in their relationship early on.

How can you make a long-distance relationship work?

Cupid’s Advice:

Some say absence makes the heart grow fonder, and this was obviously the case for Paquin and Moyer. Long-distance relationships can not only work, but grow, as long as both parties put in the work and the extra effort for their love.

1. Keep in contact: Whether through email, Skype, or even snail mail, you need to keep in touch. Keep each other up-to-date on the little things to tighten your bond.

2. Make the extra effort: If a card or bouquet is sweet when you are living in the same town, think how much it would mean from miles away. Those added touches can make your partner's day, and also keep you on their mind.

3. Don't over-expect: No matter how much you wish it wasn't true, you are still in a long-distance relationship. Don't hold unreasonable expectations for yourself or your partner in terms of visits or long catch-up sessions. Not everyone has time for a three-hour Skype every day.

Matthew McConaughey & Camila Alves Enjoy Some Alone Time



According to [*OK! Magazine*](#), actor Matthew McConaughey shared a rare moment with his Brazilian model and designer girlfriend, Camila

Alves: they walked the streets of New York City's TriBeCa – sans strollers! The couple, known for bringing their children around wherever they go, decided not to bring little Levi and Vida along this time.

How important is time alone with your partner without your children?

Cupid's Advice:

Couple time is vital to all relationships. Seeking a little refuge from the consistency of parenthood never hurt anyone. Cupid says snag some free time!

1. Hire a babysitter: Even if it's for an hour or two, hire some help so you and your mate can escape for a little bit. Go out to dinner; getting out of the kitchen and enjoying a meal that someone else prepares can be relaxing.

2. Make use of your parents: Have family in town? Use 'em! They are the ultimate built-in nannies for your kids. Any grandparent would be happy to watch their little ones, and this is a great way to ensure a tight bond across all generations.

3. The buddy system: Have a friend in the neighborhood with children the same age as yours? Why not team up and take turns watching each others' kids? The little ones have play-dates, and the adults can have a breather – everybody wins!

Paris Hilton Goes Straight

from Reinhardt to Waits



According to [TMZ](#) and [Perez Hilton](#), Paris Hilton (reality star, heiress of Hilton hotels empire), has disassociated herself with Doug Reinhardt (heir to frozen burrito empire). She's been seen with entrepreneur Cy Waits (owner of multiple Las Vegas nightclubs) for the last month or so.

How can you avoid falling into a rebound relationship?

Cupid's Advice:

Ending one relationship can sometimes lead straight into another one. Here are some ways to break that habit and take some time for yourself:

- 1. Be brave:** It's challenging to simply be single. Find activities to keep you occupied. You'll find that you won't crave the attention of someone else if your mind is busy on things you enjoy.

2. Lean on friends: It's OK to find support in your inner circle. Tell them that you *aren't* looking for anyone right now to avoid being set up on a string on blind-dates.

3. Honesty: Set realistic goals for yourself, and realize that independence takes time. When you feel you don't need to lean on someone else for support is when you can consider stepping back into the dating scene.

David Arquette's Marriage is Just Fine



Even the happiest of couples can't escape the rumor mill. David Arquette told [People](#) that close friends sometimes believe gossip printed about himself and his wife, Courteney

Cox Arquette. “There’s nothing [wrong],” said Arquette. “We have a really great, beautiful relationship.” The couple celebrated their 11th wedding anniversary on Saturday.

Arquette admits that great marriages take work. How can you maintain a happy marriage for the long haul?

Cupid’s Advice:

Simply realizing that a happy marriage needs work is half the battle. The other half is carrying through by working on it with your partner.

- 1. Hash it out:** Some couples shrink away from problems, but avoiding the issue won’t clear the air. Get it out of your system and figure out a solution instead of letting the situation escalate into something bigger.
- 2. Do stuff together:** And we don’t mean grocery shopping or the laundry. Take each other out on dates, or simply go for a walk in the park. Kick it up a notch and revisit old haunts from when you first started dating. Staying active keeps the spark alive.
- 3. Also take time out for yourself:** You’re still individuals with your own interests and desires. Take time to pursue them, and share your experiences with each other when you’re together.

Eddie Cibrian’s Privacy Plea After Infidelity Goes Public



Last week Cupid's Pulse posted [Is LeAnn Truly to Blame?](#) about Rimes' affair with Eddie Cibrian that ultimately lead to the end of both their marriages. Now, Cibrian is requesting privacy for himself and his family, telling [E! Online](#), "I can't change the past and I'm truly sorry that people got hurt long the way, but not everything reported in the media is reality and continuing to rehash things publicly only makes it more difficult for everyone to heal." He would like to focus on his two children from his former marriage.

What drives people to cheat?

Cupid's Advice:

The reasons behind cheating are different for everyone. See if the following ring true for you:

1. Feelings of inadequacy: Some people start feeling like they don't measure up next to their partner, whether it's in terms of salary, work position, or even within your shared inner social circle. Resentment may set in, which can be a factor

in why people cheat.

2. Mixed emotions: Your relationship still has that spark, but are you still searching for something more? Figure out what's missing in your partnership that's causing you to focus your attention elsewhere.

3. Lack of self-love: Sometimes, it really is *you*, and not the other person. Take yourself out of the relationship to figure out what you want before you end up cheating.

Is Britney Spears Dating Her Bodyguard?



While rumors of past infidelities surround her boyfriend and ex-agent Jason Trawick, Britney Spears might be again finding love within her

closest circle. Photos from last month reveal that Spears is quite taken with her bodyguard, Ryan. While the status of her relationship with Trawick is unclear, she seems to “melt” whenever Ryan’s around, according to [OK! Magazine](#). **Can you have a healthy relationship with your hired help?**

Cupid’s Advice:

It may seem comfortable to date someone who works for you but be prepared for awkwardness if it doesn’t work out the way you planned.

1. Approach with caution: Though it might be an easy affair to fall into, becoming involved with any hired help – whether it’s a bodyguard, nanny, or gardener – can make life at home tricky. Make sure you have a conversation with the other person about their intentions before jumping into anything.

2. Set boundaries: In this case more than any other, it’s key to draw lines between your personal and professional lives. The two are intertwined, but keeping things separate will lead to a healthier relationship.

3. Have a back up plan: Should the relationship go sour, it’s key to have someone else in mind to cover your ex’s job incase he or she decides to quit.

Is LeAnn Rimes to Blame for Cheating?



In the latest issue of [People](#), LeAnn Rimes says she has only herself to blame after cheating on her husband of seven years, Dean Sheremet, with Eddie Cibrian. “I did one of the most selfish things that I possibly could do, in hurting someone else,” but the 27-year-old singer added that she doesn’t regret the outcome. Rimes and Cibrian, 36, became friends on the set of *Northern Lights*, a *Lifetime* movie they starred in together. Although both were married to others during filming, they found themselves falling in love. Rimes and Cibrian are currently in a committed relationship, and their respective divorces will soon be final. **For couples who have seen the worst and have lost faith in themselves or their mates, how can you get your life back on track?**

Cupid’s Advice:

Rimes is on her way to forgiveness. She has taken steps to bring her wrongdoing into the public eye, accepted responsibility for her actions, and understands that it will take time for everyone involved to heal.

1. Be honest with yourself: If there are problems in your relationship, take matters into your own hands, and talk to your significant other before you chat it up with someone else.

2. Take the next step: After discussing the issues that lead you to think of others, you should figure out how to work on the problems in your relationship together. As a team, you may find success.

3. Take time out: Working out kinks and complications can be draining. Set time aside to unwind from the stress involved. Whether this time is spent as a couple or alone, is irrelevant; you need to decide what works best for the two of you.