

Gwyneth Paltrow Dishes on New Couple Jake Gyllenhaal and Taylor Swift



Jake Gyllenhaal and

Taylor Swift's budding romance may be partially thanks to Gwyneth Paltrow, reports [Us Weekly](#). Paltrow hosted a private dinner party for Swift and Gyllenhaal during their quiet trip to London on November 13th. "Jake and Taylor were driven from the Dorchester hotel to Gwyneth and Chris Martin's house in Primrose Hill for dinner," explained an insider. "Gwyneth seems to have played a role in their relationship." When asked about the dinner party, Paltrow replied playfully, "I've just known Jake for a long time and he's a great guy, and Chris has a friendship with Taylor." Paltrow's matchmaking seems to have paid off, for over Thanksgiving Swift and Gyllenhaal had many a coffee date. **Who should be your matchmaker?**

Cupid's Advice:

Every relationship needs a good matchmaker, someone to help test the waters when things get heated (or cold). Here are a few tips to help choose your matchmaker:

- 1. A mutual friend:** It's always nice to have a matchmaker who knows the two of you. This way, your confidante will be able to talk more closely with both of you without either of you feeling awkward.
- 2. Somebody trustworthy:** If a person is going to interfere in your relationship, that person needs to have your trust. You should keep your relationship personal, and be very cautious when opening up the relationship to another individual.
- 3. A professional:** There are those who choose to make their careers about matchmaking. Make sure the professional you choose has a legit background and high success rate!

Taylor Swift and Jake Gyllenhaal Go on Another Coffee Date





Stock up,

Starbucks! Jake Gyllenhaal and Taylor Swift have been spotted grabbing coffee together again, this time in Nashville, according to [People](#). The new potential couple made their second stop in a week at the Frothy Monkey for a cup of java.

Gyllenhaal and Swift were also seen increasing their caffeine intake at Nashville's Crema on Monday and Fido last Saturday. All these coffee breaks haven't left these two strapped for cash, as it's been rumored that the duo tip well. **What's the advantage of a coffee date over dinner?**

Cupid's Advice:

If a dinner date has you panicked with thoughts of stuffy restaurants and a laundry list of table etiquette to remember, a laid-back afternoon coffee date may be right up your alley:

1. Keep it casual: Coffee dates are notoriously casual. You don't have to dress up, and you aren't pressured to order a smaller size with non-fat milk instead of your usual venti with a double shot of espresso.

2. You have an out: By scheduling a coffee date in the afternoon, you eliminate the awkward "end of the night kiss" scenario. You have the opportunity to arrive and leave separately, and the stiff car conversation will never take place.

3. Price point: If nothing else, grabbing a cup of joe to-go is a lot cheaper than dinner for two. So if you'd like to impress on a budget, schedule an afternoon caffeine break coupled with a stroll in the park – the perfect fall date.

Taylor Swift Likes Living Alone



Even though Taylor Swift is rumored to be dating Jake Gyllenhaal, she's still enjoying her independence, reports [People](#). The 20-year-old singer recently appeared on *Chelsea Lately* to discuss the perks of having her own place. "Living alone you can do so many fantastic things," Swift told Chelsea Handler. "You can walk around and have conversations with yourself and like, sing your thoughts... I think I'm the only one who does

that."What are benefits to living without a partner?

Cupid's Advice:

Shacking up with someone is great, but it's also nice to live alone and have "me" time all the time. Here are some of the pros of living by yourself:

- 1. Do what you want:** When you live alone, you're on your own schedule. Being able to do what you want when you want is a major plus.
- 2. Enjoy your privacy:** Living without a partner means you can do things like walk around without clothes on, sing at the top of your lungs or have conversations with yourself, like Taylor Swift!
- 3. No roommate issues:** We've all lived with someone who drives us crazy. Roommate fights are inevitable, and living by yourself helps you avoid all that drama.

Gwyneth Paltrow Slams Celebrity Couples Who Teach Important Relationship Lessons





By [Jessica DeRubbo](#)

Recent *Glee* guest Gwyneth Paltrow is making headlines lately. Even though she's part of a high-profile celebrity relationship herself, she is speaking out against "unnecessary" celebrity couples. In fact, she went so far as to tell CNN, "It's just unnecessary to be a public couple, and to have your couple-dom or whatever be its own entity. It doesn't make sense to have that in the public world."

Alright, Gwyneth, I see your point. There are definitely famous couples who live for the spotlight, which is pathetic. One obvious example is former *Hills* stars Heidi Montag and Spencer Pratt.

I don't know about you, but I'm under the impression that their every move is to garnish media coverage. And then there's LeAnn Rimes and Eddie Cibrian. Has anyone else noticed their everyday presence in tabloids lately? They cheated on their respective spouses with each other and then they spend months defending their indiscretion to the media. Is that necessary?

Even Taylor Swift is becoming a constant presence in the celebrity relationship world. While she doesn't currently have an 'other-half,' I'd be shocked to see someone who *doesn't* know that Taylor Swift is single and loving it. I've

read at least three interviews in the last month where she refers to her singleness. Okay, we get it already!

Yes, I see Gwyneth Paltrow's point. She even refers to her own relationship, saying, "When I see high-profile relationships now, I think, 'Oh my God' even though I'm technically in one. But we sort of don't do anything public, we try to keep it behind the scenes as possible (sic).

Because it just generates more interest...it just undermines the quality of your life." That being said, there's certainly a lot to learn from those high-profile pairs that Gwyneth Paltrow speaks about. Celebrity couples can teach us about our own personal relationships. Consider the following:

1. Heidi Montag and Spencer Pratt: You may roll your eyes at their publicity stunts, but through that negativity you realize that you want to avoid being like them in your own life. They convince you that it's probably best not to discuss every detail of your relationship to anyone who will listen.

2. LeAnn Rimes and Eddie Cibrian: This singer and actor duo made the mistake of cheating on their significant others and then defended their decision to do so, even though many would agree that infidelity is morally wrong. LeAnn Rimes and Eddie Cibrian help you realize that if you find yourself falling in love with someone who isn't your current partner, you should call it quits and come clean about any wrong doings.

Apologize and move on. And whatever you do, don't rehash the past in public!

3. Taylor Swift: She's not only been linked to John Mayer, Taylor Lautner, Joe Jonas and Jake Gyllenhaal, but she's turned around and written songs about it. And right now, Taylor Swift is embracing the single life, calling it "wonderful." What have we learned from her? Being single is okay! Dating is okay! Instead of sulking in a dark corner and lamenting your current solo status, enjoy the experience

while it lasts. If Taylor Swift can do it, so can you.

Gwyneth Paltrow may make a valid point in her rant on high-profile celebrity couples, but I highly doubt those who crave the limelight will leave the tabloids anytime soon. As long as they exist, we can use these stories to gain insight into the multifaceted world of dating and relationships.

Taylor Swift is Single and Scared of Being in Wrong Relationship



Country crooner

Taylor Swift has dated her share of A-listers, including Joe Jonas, John Mayer, and *Twilight's* Taylor Lautner. The singer is now connected to the always handsome actor Jake

Gyllenhaal. However, according to the December issue of *Allure* and [Us Weekly](#), America's sweetheart is terrified of being in the wrong relationship. "I used to think there were all these rules for making people like you," said Swift. "I was filled with advice! I'd tell my friends things like, 'Don't accept that apology! That isn't sincere!' or 'He hung out with his ex-girlfriend? Get rid of him.' But love is never that simple." **How do you know if you're in a bad relationship?**

Cupid's Advice:

If you think you're in a bad relationship, you probably are. Here are a few signs that it may be time to move on:

- 1. Just friends:** If you're starting to feel that you and your partner were better off as friends, the feeling is probably mutual. Friends with benefits may be fun for the time being, but it's not a replacement for a relationship.
 - 2. Nothing in common:** It's fun to date someone who has a unique hobby or interest that you know nothing about. Learning new things can keep a relationship exciting. However, if their interests and priorities are keeping you apart more than together, your relationship may be doomed for failure.
 - 3. Clashing values:** Personal beliefs on issues such as politics, religion or even finances are possible deal breakers. Beware of these relationship red flags.
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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.

Are Taylor Swift and Jake Gyllenhaal a Couple?





Country crooner

Taylor Swift and hunky actor Jake Gyllenhaal are the center of many celeb relationship rumors as of late. The pair have been spotted together multiple times around New York City, reports [E! Online](#). The duo was first seen flirting backstage at Saturday Night Live, which Swift's pal Emma Stone was hosting. The weekend continued with a romantic stroll through Brooklyn's Park Slope area, and they were later spotted doing lunch with Stone at Al Di La restaurant. At lunch, Swift was uncomfortable and spoke rarely. Gyllenhaal, however, was beaming, talking to waiters and cracking jokes. The pair seems to be sending mixed signals. Is this a PR stunt or real infatuation?

What are some signs that you are more than just friends?

Cupid's Advice:

When dealing with insecurity and stress, it's hard to cross the friend boundary. To help ease your worries, here a few tips to help you decide when the time is right to take the plunge:

1. Physical attraction: If you and your "friend" find yourselves hugging more than usual and holding hands when usually you only pat each other on the back, then something

has probably changed in your relationship. Friendship with active physical attraction is on its way to more than that.

2. Discomfort: Hanging with your pal should be fun and easy. If you catch yourself worrying over your makeup and an outfit, then chances are you have some hidden feelings for your friend.

3. Frequent calls/texts: If you and your friend talk or text constantly, then you are both thinking of each other a lot. Your pal is constantly on your mind and vice versa. This could mean that the two of you care more for each other than you initially thought.

Taylor Swift's Single Days



Country crooner

Taylor Swift may be putting her dating history into hit songs,

but don't think that she dates men just for the musical inspiration. And don't bother asking her about who her songs are referring to, because she's not about to tell you. "I will say everything in my music," she tells [People](#). But despite her emotionally heavy songs, Swift is currently embracing the single life, saying, "Being single is wonderful and I love it. I don't ever have a morning where I wake up and say, 'I really need to find a boyfriend today.'"

What are some benefits of being single?

Cupid's Advice:

For some people, living the single life is rough. And seeing all your friends pair off while you sit at home on a Friday night can be like a slap in the face. Living la vida single, however, can actually be one of the best times of your life:

1. Miss Independent: When you're single, you only have one person to answer to: yourself. You can go out whenever you want, go where you want and see whatever movie you want sans compromising. Take time to enjoy not having to answer to anyone else, and be selfish.

2. Life lessons: Sometimes when life isn't so pleasant, and you don't have anyone to turn to for help, you have to forge ahead and go at it alone. But in the end you'll be so empowered that you accomplished a seemingly impossible task all by yourself that you'll soon realize you don't need anyone and that you are capable of doing anything.

3. More money, less problems: You don't seem to realize how much extra money you spend in a relationship until you're not in one anymore. With all the extra cash you now have, save up and buy yourself something fabulous. Splurge on a ridiculously expensive pair of shoes or a designer dress you may only wear once for no particular reason.

Taylor Swift: New Song Slamming John Mayer?



With Taylor Swift's upcoming album dropping next week, speculation has begun circulating around one of the tracks, entitled "Dear John."

Does it reflect Swift's once-rumored relationship with crooner John Mayer? [Us Magazine](#) reports that Swift, 20, and Mayer, 13 years her senior, were romantically linked last year when the country crooner collaborated with Mayer on the song "Half of my Heart" for his album, *Battle Studies*. Although Swift refuses to confirm the song is about Mayer, with lyrics like, "You'll add my name to your long list of traitors, Who don't understand, And I'll look back in regret, I ignored what they said, 'Run as fast as you can,'" one can only assume all signs point to the soulful singer and serial dater.

What are some appropriate ways to deal with anger after a breakup?

Cupid's Advice:

It's normal to be angry after a breakup. While it may be fun to sit with your girlfriends and plot revenge on the one who broke your heart, think twice before you pull a Carrie Underwood in her "Before He Cheats" days:

1. All talk and no action: This may be the one time you should run your mouth with no intention of following through. Take a cue from Taylor Swift and write it out. Her lyrics are her personal way of getting through an emotional time without doing anything outrageous and harmful. The individual in question may end up being a bit embarrassed, but doesn't he deserve that anyway?

2. Gather your girls: Release your anger in a positive way. Grab some friends and go out dancing. Part of the friend code means that you'll automatically have someone to lean on. Feel free to vent as you dance out your post-breakup frustrations. Don't worry – your roles will eventually reverse, and your friend will need you for comfort and take-out pizza.

3. Work it out: Find a gym that offers a kickboxing class, and let loose! Fill your iPod up with your favorite songs and run your anger right out of your system. Exercise is a great way to filter your emotions and burn off those pizza night calories. Your ex will be sorry once he sees your hot bod, and the look on his face will be the perfect revenge!

Taylor Swift is Careful About Love



After a hectic

couple of years, Taylor Swift graces the cover of *Glamour* Magazine looking like a new, more mature woman. And why not? In the past couple of years, the 20-year-old singer has had to deal with everything from a breakup with actor Taylor Lautner to Kanye West's infamous interruption at the 2009 VMAs. [HollyScoop](#) reports that Swift was especially open about her love life in her interview with *Glamour*, where she said, "I don't seem to have any real strategy or pattern when it comes to love... At times I've been really guarded and careful and afraid to trust someone. But other times, you want to jump in headfirst... I've been careful in love. I've been careless in love. And I've had adventures I wouldn't trade for anything." To hear even more of her honest opinions about life and love, check out Swift's new album *Speak Now*, out October 25.

Can being too cautious hurt your chances at love?

Cupid's Advice:

Past experiences can teach us to be wary of love, but being overly cautious might lead to missing out on great experiences. Cupid has some ideas about why you should never lose your childish enthusiasm:

1. Have no regrets: Taking chances when it comes to love means giving it your all and not holding back. If you're too afraid to go for it, you might regret it for the rest of your life. If things don't end up working out, at least you know you tried.

2. Make a good impression: Being overly hesitant might give the opposite sex the impression that you're guarded or indifferent. Show you're willing to take risks so people know that you're dedicated to finding love.

3. Don't miss out: Let's face it: by playing it safe, you're missing out on all the fun! You know those "adventures" Taylor Swift talks about? They're what makes life exciting, so go ahead and take a chance!

Kanye West Apologizes to Taylor Swift in Song





Few can forget last

year's VMA theatrics starring controversial hip-hop superstar Kanye West and his outburst at country sweetheart Taylor Swift. Recently, West took to Twitter to formally apologize to the young starlette. His chosen form of expressing his sentiments – writing an apology song for Swift. “I wrote a song for Taylor Swift that’s so beautiful, and I want her to have it,” Kanye tweeted, according to [E! Online](#). “If she won’t take it then I’ll perform it for her.” It seems the rapper is attempting to clear the air and rebuild bridges with his tweet-happy apology.

What are some creative ways to say you’re sorry?

Cupid’s Advice:

Face it, everyone messes up sometimes. When apologies are in order, sometimes the more unique methods work best. Cupid gives some suggestions on how to say sorry with some flair.

1. Make a meal: Food is a quick way back into anyone’s good graces, and the time and preparation that goes into creating a meal will show how genuine your apology is.

2. Write a letter: Sometimes it’s harder to say you’re sorry than you’d expect. When this happens, don’t hesitate to write

down your apology in letter form. Not only will you be able to explain your thoughts and feelings clearly, but there's something flatteringly heartfelt about receiving a letter that will definitely help your cause.

3. Do something personal: The thought is what counts, so a personal gesture is the best way to get back in someone's good graces. Take him to his favorite place, buy his favorite candy or write an "I'm Sorry" card full of inside jokes or memories. With nostalgic moments like that, it'll be very hard for him to resist forgiving you.