

Former Celebrity Couple Josh Murray and Amanda Stanton Spark Reconciliation Rumors



By [Whitney](#)

[Johnson](#)

After ending their engagement just before the holidays, it looks like [reality TV](#) stars Josh Murray and Amanda Stanton are giving love another chance. According to [ETOnline.com](#), the former [celebrity couple](#), who met last spring while filming *Bachelor in Paradise*, were spotted packing on the PDA in Los Angeles over the weekend. Fueling the reconciliation rumors, this past Wednesday, Murray tweeted, "Crazies stick with crazies #breakovermorepackingtodo." Only time will tell if this celebrity relationship has staying power!

This celebrity couple is giving

love another chance! How do you know if you should get back together with an ex?

Cupid's Advice:

It's often tempting to give your ex a second chance. After all, you feel comfortable together, know each other well, and know that you can make each other happy. If you, like this celebrity couple, are thinking about reconciling with a past love, consider this dating advice:

1. You want the same things: It's not every day that you meet someone who you share passionate feelings, values, and longterm goals with. If you still can picture a life together – one that makes *both* of you happy – even after your break-up, you should sit down and discuss what went wrong and what you can change to make sure things go right this time.

Related Link: [Celebrity Break-Up: 'Bachelor in Paradise' Couple Josh Murray & Amanda Stanton Split](#)

2. Your ex is making an effort: If he's willing to drive across the country so you two can talk or she's willing to get rid of her cat that you hate, it may be worth reconsidering your relationship. Making each other a priority is the first step to happily ever after.

Related Link: [Celebrity News: Did 'Bachelor' Alum Amanda Stanton Just Call Out Ex Josh Murray on Twitter?](#)

3. You agreed to a break-up too soon: In the heat of the moment, it's easy to say good-bye – and think you really mean it. However, if a few weeks later, you can't stop thinking about each other and feel like a big piece of your life is missing, it's time to consider a reconciliation.

How do you know if you should get back together with an ex?
Tell us in the comments below!

Celebrity Break-Up: Jennifer Lopez and Drake End Their Whirlwind Romance



By [Whitney](#)

[Johnson](#)

And just like that, it's over. [Jennifer Lopez](#) and Drake, who first sparked dating rumors in December when the rapper was spotted at her Las Vegas show (twice!), have called it quits. According to [People.com](#), the celebrity relationship was "never very serious." Prior to their [celebrity break-up](#), the pair collaborated together in the studio and were just "having fun." As a source explained late last year, "They are spending

a lot of time together and really enjoying each other, but right now, it's about the music." That's not to say things didn't get serious fast: The former [celebrity couple](#) spent New Year's Eve together, and the pop star even introduced her rapper beau to her kids, Max and Emme. Reports of a celebrity break-up first appeared earlier this month.

Although we're saddened by another celebrity break-up, it sounds like this celebrity relationship was never very serious. What are some signs that it's time to call it quits with your partner?

Cupid's Advice:

As soon as the fun stopped, this celebrity couple decided to go their separate ways. But for many pairs, knowing it's time to end a relationship isn't that easy. Here are three signs that it's time to call it quits:

1. The annoyances are piling up: It's normal to have a pet peeve or two, but if *everything* your partner does is bothersome to you, you shouldn't ignore your feelings. It's one thing to be annoyed by the way he chews his food; it's another to be bothered by how he's always late, the way he never fixes his hair, the way he throws his dirty clothes on the floor...

Related Link: [Celebrity News: Jennifer Lopez Opens Up About Dating Younger Men](#)

2. Your lives don't mesh: You're always busy with work and

your girlfriends. He never wants to spend his free time with you. You can't compromise about what movie to see or what to cook for dinner. You should *want* to be together. If life keeps getting in the way of that, it's a clear sign that your relationship is over.

Related Link: [New Celebrity Couple Jennifer Lopez & Drake Enjoy Another Date Night Together](#)

3. You can't see a future together: You want your relationship to have staying power. If you start to feel like you're only living in the now and have no chance at a future life together, it's time to say good-bye. Don't waste your time with the wrong guy; instead, go searching for Mr. Right!

How do you know when your romance is over? Share your best love advice in the comments below!

Celebrity Break-Up: Paris Jackson & BF Michael Snoddy Call it Quits





By [Whitney](#)

[Johnson](#)

It looks like Paris Jackson is back on the market...for now. As confirmed by [UsMagazine.com](#), the aspiring actress, who is set to appear in Fox's new series *Star*, recently split from her boyfriend of less than a year Michael Snoddy. Speaking about the [celebrity break-up](#), an insider said, "It appears that Paris and Michael have parted ways for now, but their future is uncertain. She is doing well, enjoying being on set and focusing her energy on the opportunities ahead." Just last month, the former [celebrity couple](#) enjoyed a romantic trip to Paris, France. Only time will tell what the future holds for this celebrity relationship!

Paris Jackson is focusing on her career following her celebrity break-up. What are some ways to cope right after a hurtful split?

Cupid's Advice:

1. Work, work, work: The worst thing you can do is sit around

and mope about your split. Take a cue from Jackson and throw yourself into your career instead. Accept an extra project or two. Offer to work overtime. Who knows – your efforts may even pay off with a promotion or raise!

Related Link: [Celebrity Couple Paris Jackson and Chester Castellaw Look Happier Than Ever](#)

2. Find a new hobby: Have you always wanted to learn Spanish or take up rock climbing? Maybe you want to sign up for a cooking class or take painting lessons. Now's the time! Use your break-up as an excuse to focus on what's most important: *you*.

Related Link: [Celebrity Break-Up: Kylie Minogue & Fiancé Joshua Sasse End Engagement](#)

3. Plan a trip: Sometimes, the best way to get over heartbreak is to distance yourself from it. Get out of town – literally! Escape the winter blues, and head to somewhere sandy and sunny. It's impossible to be sad while you're wearing a new bathing suit and sipping a strawberry daiquiri on the beach.

Got any tips for dealing with a break-up? Tell us in the comments below!

Celebrity Couple News: Michael Phelps & Wife Nicole Johnson Enjoy Rare Night Out



By [Whitney](#)

[Johnson](#)

According to [UsMagazine.com](#), professional swimmer Michael Phelps and wife Nicole Johnson Phelps recently enjoyed a rare night out. The parents of nine-month-old son Boomer were spotted at the Giving Back Fund's 8th annual Big Game, Big Give Super Bowl charity event, presented by BB0 Poker Tables, in Houston, Texas. The [celebrity couple](#) secretly wed two months before Phelps competed at the Rio Olympics this past summer.

This celebrity couple is finally making an appearance in public! What are some ways to know it's time for a date night?

Cupid's Advice:

As all new parents know, finding time for a date night is tricky but always worth the extra effort. If you, like this

celebrity couple, rarely have time alone with your significant other, you may be in need of a date night. Check out this [dating advice](#) from Cupid:

1. You feel disconnected: It's easy to get caught up in the craziness of spending long days at the office, getting your kids to school and soccer practice, keeping your house clean – the list goes on. Remember that relationships need attention too, and make an effort to spend a little one-on-one time with your partner.

Related Link: [Olympian Ryan Lochte Says He's 'Always Looking' for the Perfect Girl](#)

2. You can't remember the last time you got dressed: If you're a new parent, you surely understand the haze of midnight feedings, sleepless nights, and fussy babies. It's common to go days or even weeks without getting dressed or doing your hair and make-up. A date night is the perfect reason to give yourself –and your partner – some much-needed attention.

Related Link: [Celebrity Video Interview: Olympians Meryl Davis and Charlie White Dish About Their Love Lives!](#)

3. You always make an excuse: “We’ll go out to dinner next week.” “Let’s wait and plan a date night for Valentine’s Day.” “Our anniversary is coming up – we’ll do something then.” Do any of these phrases sound familiar? While it's tempting to push date night to the back burner, it's just as important as grocery shopping and brushing your teeth. No more excuses!

How do you know when you and your partner need a night out? Share your best love advice in the comments below!

'The Bachelor' Celebrity Couple Lauren Bushnell & Ben Higgins' Relationship 'Ain't Perfect'



By [Whitney](#)

[Johnson](#)

Amid celebrity break-up rumors, *The Bachelor* star Lauren Bushnell posted a picture on Instagram of her hugging fiancé [Ben Higgins](#) with the caption, "We ain't perfect but we tryin." According to [EOnline.com](#), fans first noticed the [celebrity couple](#) spending less time together after their [reality TV](#) show *Ben & Lauren: Happily Ever After?* came to a close in 2016. After Bushnell took a recent birthday trip to Mexico without Higgins, the rumor mill really started churning, but still, the reality TV duo is standing by one another.

Despite reports of a break-up, this celebrity couple is standing firm in their love for each other. How should you respond to rumors about your relationship?

Cupid's Advice:

Given their life in the spotlight, rumors are inevitable for a celebrity couple like Bushnell and Higgins. Even those of us who don't share our relationship on reality TV can still deal with gossip from time to time. So how should you address rumors about your love life? Consider this relationship advice below:

1. Work together: If your parents have heard gossip about your relationship or your BFF is worried about you, it's time to deal with the untruths. But before you do so, talk to your partner and make sure you're both on the same page. If you tackle the rumors as a team, it'll be easier to shut them down.

Related Link: [Celebrity News: 'The Bachelor' Alum Lauren Bushnell Celebrates Birthday in Mexico Without Ben Higgins](#)

2. Use social media: It's nearly impossible to pick up the phone and call all of your friends and family to make sure they know the truth. Instead, take a cue from this celebrity couple and keep it short and sweet on social media. Your loved ones will immediately be reassured about the state of your relationship.

Related Link: [Celebrity Couple: Lauren Bushnell Says When She'll Marry Ben Higgins is the 'Million Dollar Question'](#)

3. Don't overthink it: It's easy to get caught up in the

gossip and wonder if your partner is cheating or if you're better off single. At the end of the day, only *you* know the truth about your relationship. Trust your heart, and don't second guess yourself or your response to the rumors.

Cupid wants to know: What's your best tip for dealing with rumors about your relationship?

Celebrity News: 'Bachelor' Nick Viall Causes Drama After Disastrous Group Date



By [Whitney](#)

[Johnson](#)

On Monday night's episode of [The Bachelor](#), reality TV star Nick Viall and the remaining nine ladies headed to St. Thomas, which frontrunner Raven called "the perfect place to fall in

love – and the perfect place to send people home.” According to the latest celebrity news on [UsMagazine.com](https://www.usmagazine.com), after a successful one-on-one date, the group date took a disastrous turn. None of the six women felt like they were getting enough quality time with Viall, and after a lot of tears, the bachelor deemed the day “pretty much a disaster.” That evening, things continued to go poorly as Viall listened to each woman open up about her feelings and sent Jasmine home on the spot. The only one to actually enjoy this disastrous date? Raven, who got the rose at the end of the night.

This celebrity news has us cringing. What are some ways to keep drama to a minimum in your relationship?

Cupid’s Advice:

This week’s episode of *The Bachelor* wasn’t easy for Viall: In only three days, he said goodbye to six women! Of course, drama is expected on reality TV, but that doesn’t mean you need it in your own love life. If you’re looking for ways to keep drama to a minimum in your relationship, it starts with *you*. Consider this [love advice](#):

1. Keep yourself in check: Sure, you want to believe that you’re always rational and calm, but we all get caught up in drama occasionally. Before you lash out and blame your partner, take a look at your recent behavior and make sure you’re not at fault.

Related Link: [Celebrity News: ‘The Bachelor’ Nick Viall Calls Two-on-One Date with Corinne & Taylor a ‘Disaster’](#)

2. Communicate your feelings: As much as you may want him to, he can’t read your mind. It’s up to you to tell him what he

needs to know. Something to remember: It's important that you understand your own emotions before you open up to your partner and expect them to understand. Write down what you're thinking, and make sure you're prepared for what may be a tough conversation.

Related Link: [Celebrity News: 'Bachelor' Villain Corinne Temps Nick Viall with Surprises on Latest Episode](#)

3. Know who you are and what you want: You've been dating your girlfriend for a few months, but you're already tired of her tendency to run late. Why can't she just be on time?! If that's a deal breaker for you, accept it, and move on. Staying with someone who isn't the right fit for you is a surefire way to keep the drama alive.

What's your best piece of love advice for minimizing drama in your relationship? Tell us in the comments below!

Celebrity News: 'The Bachelor' Alum Lauren Bushnell Celebrates Birthday in Mexico Without Ben Higgins





By [Whitney](#)

[Johnson](#)

Is there trouble in paradise? [The Bachelor](#) alum Lauren Bushnell recently celebrated her 27th birthday in Mexico without one special person by her side: fiancé [Ben Higgins](#). According to [UsMagazine.com](#), the reality TV star jetted off to the beach with her family for a week of fun in the sun. Higgins shared a sweet birthday message on Instagram and also responded to recent [celebrity news](#) and break-up rumors, writing, “[J]ust know as @laurenbushnell celebrates her birthday tomorrow I am still extremely lucky to be able to share life with her and be by her side.” Fans first began speculating about a celebrity break-up when Bushnell spent a girls’ weekend in Nashville without her 4.25-carat Neil Lane engagement ring – which is noticeably absent in her Instagram posts from Mexico as well.

In celebrity news, this turn of events has us wondering about Lauren and Ben’s relationship. What are some tell-tale signs that

things aren't going well in your relationship?

Cupid's Advice:

Based on this celebrity news, it's hard to know if this celebrity couple is headed for the altar or headed for Splitsville – but luckily, it's easier to tell if your own relationship is on the rocks. Here are three signs that things aren't going well in your love life:

1. You're spending less time together: If you and your partner are spending more time apart than together, there's a chance your relationship is headed towards its end. It's good to have separate interests, but you shouldn't use those hobbies as an excuse to be away from each other.

Related Link: [Celebrity News: Lauren Bushnell Says When She'll Marry Ben Higgins is the 'Million Dollar Question'](#)

2. You argue constantly: It's one thing to have a fight every now and then; it's another if all of your discussions turn into yelling matches. Relationships are all about communication, so a failure to do so in a civilized manner is a tell-tale sign that things are headed in the wrong direction.

Related Link: ['The Bachelor' Celebrity Couple Ben Higgins & Lauren Bushnell 'Happier Than Ever' After Calling Off Wedding](#)

3. You no longer make each other happy: If you're choosing to be in a relationship with someone, you should feel like the best version of yourself when you're around each other, plain and simple. Instead, if you're often stressed and unhappy because of them, it's time to reevaluate your partnership.

Cupid wants to know: What's another sign that your relationship isn't going well? Tell us in the comments below!

Celebrity Break-Up: Kylie Minogue & Fiancé Joshua Sasse End Engagement



By [Whitney](#)

[Johnson](#)

Australian popstar Kylie Minogue recently announced her [celebrity break-up](#) from fiancé Joshua Sasse. As reported by [UsMagazine.com](#), she captioned a skyline photo on Instagram with a sweet note to her followers: “Thank you for all your love and support throughout this recent chapter of my life. Thank you now for your love and understanding with the news that Josh and I have decided to go our separate ways. We wish only the best for each other as we venture towards new horizons.” She ended with the encouraging hashtag #thesunalwaysrises. The former [celebrity couple](#) met on the set of his show *Galavant* in 2015 and announced their

engagement in February 2016.

This celebrity break-up comes as a surprise. What are some factors to consider before getting engaged to your partner?

Cupid's Advice:

Getting engaged is a big step to take in your relationship, and before you do so, it's important to be 100 percent confident in your love for one another. Below, Cupid shares three factors to consider before picking out a diamond ring:

1. Talk about your future: It's sounds like an obvious piece of relationship advice, but you must talk about your future before planning your wedding. Where do you want to live? Do you both want kids? How will you afford your lifestyle? Will you go to church each week? Nothing is off limits, and everything should be out in the open.

Related Link: [Celebrity Break-Up: 'Bachelor in Paradise' Couple Josh Murray & Amanda Stanton Split](#)

2. Get real about starting a family: Soon after you get hitched, people will inevitably start asking when you want to have children. Deciding the answer to that question now will take some of the pressure off and help you enjoy your newlywed bliss. Something else to think about: Unfortunately, having a baby doesn't come easy to everyone. Now is the time to decide if you'd be willing to adopt. There are other options to consider as well, like surrogacy and IVF.

Related Link: [Celebrity Break-Up: Naomi Watts Breaks Silence After Split from Liev Schreiber](#)

3. Open up about your career: If your job requires you to travel or work late on a regular basis, it's important that your partner is aware of these responsibilities, as they'll cut into your time together. Similarly, if there's a chance you'll have to move to a different city or state, you need to be honest about the possibility. You also need to talk about the future of your career. If your partner expects you to stay at home with your kids, but you've also seen yourself as a working mom, explore other options that will ensure both of you feel happy and fulfilled.

What else should you consider before getting engaged? Share your best relationship advice below.

David Foster Talks Life After Celebrity Divorce from Yolanda Hadid





By [Whitney](#)

[Johnson](#)

Music producer David Foster recently opened up about his [celebrity divorce](#) from *Real Housewives of Beverly Hills* alum Yolanda Hadid and revealed that being single in his sixties is better than expected. According to [UsMagazine.com](#), in a recent interview with *Vanity Fair*, Foster candidly said, “I tend to go from marriage to marriage – leaving one wife for another. This is the first time in my adult life that I’ve been single. It’s a very powerful feeling, but I’m not used to it.” The former [celebrity couple](#) first announced their split in December 2015, and Hadid officially filed for divorce the next month.

This celebrity divorce proves that being single is a “powerful feeling.” What are some ways to embrace being single?

Cupid’s Advice:

For many people, it’s tempting to jump from relationship to relationship, but sometimes, the best thing is just to focus on yourself. Take time to get to know who you are and what you

want out of life. Whether you're recovering from heartbreak or happily enjoying your alone time, check out this love advice for three ways to embrace being single:

1. Be selfish: When you're in a relationship, it's important to compromise, but when you're single, it's okay to make it all about *you*. Watch your favorite movies. Read your favorite books. Spend your time however *you* want to spend it – and don't feel bad about it! Do whatever makes you happy.

Related Link: [Yolanda Foster Files for Celebrity Divorce from David Foster](#)

2. Focus on your non-romantic relationships: It's easy to let your friendships fall to the wayside when you're in love and wanting to be with your boyfriend 24/7. Now is the time to rebuild those relationships. Make an effort to grab coffee with an old college friend or throw a dinner party for your best girlfriends.

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

3. Set new goals: Instead of wallowing in self-pity and loneliness, use this opportunity to better yourself. Professionally, go after that promotion at work, or if you're unhappy in your current job, look for a new one. Personally, train for a half-marathon, paint your bedroom a cheery yellow, or start writing that book. Just because you don't have someone by your side doesn't mean your life can't be happy and fulfilled.

How do you embrace being single? Share your love advice in the comments below!

Celebrity Baby News: Beyoncé Announces She's Expecting Twins with Jay-Z



By [Whitney](#)

[Johnson](#)

Blue Ivy Carter is going to be a big sister! On Wednesday, February 1st, [Beyoncé](#) shared some major [celebrity baby news](#) when she announced that she and [Jay-Z](#) were expecting again – twins! As reported by [UsMagazine.com](#), the singer shared a beautiful photo of herself holding her baby bump on Instagram with the caption: “We would like to share our love and happiness. We have been blessed two times over. We are incredibly grateful that our family will be growing by two, and we thank you for your well wishes. – The Carters.” Beyoncé made this celebrity baby announcement ahead of her February 12th performance at the Grammy Awards, where she leads the nominations with nine nods for her album *Lemonade*.

This celebrity baby news is the talk of the town! What are some ways to prepare for twins versus an individual child?

Cupid's Advice:

You have to prepare before welcoming a baby into your family – and with twins, double the babies means double the preparation. You need two cribs, two sets of clothing, twice as many diapers...the list goes on! Below, Cupid shares three ways to prep for twins versus an individual child:

1. Find a good stroller: It's important to pick out the best double stroller for your family – side-by-side, tandem, or jogger – before your babies arrive. It'll make challenging tasks like taking them to the grocery store or even on a walk around the neighborhood that much easier. Plus, it may be your saving grace if they have trouble sleeping in those first few weeks!

Related Link: [Relationship Advice: Making Marriage Work Like Beyoncé](#)

2. Set-up a nursery: Will your twins share a crib? Will they share a room with two cribs? Or will they each have their own room? Be smart as you decorate their room(s) and buy the essentials. You'll have to buy two of some items (like highchairs), but other things (like a changing table), they can share.

Related Link: [Celebrity Couple News: Beyoncé Dedicates 'Halo' to 'Beautiful Husband' Jay-Z](#)

3. Arrange for help: Even with one newborn, help is essential. With two babies, you'll need all hands on deck! Make plans for

your mom or mother-in-law to come stay with you soon after they're born. During that time, interview trustworthy babysitters or nannies so that you have back-up whenever you need it.

Cupid wants to know: What's your best tip for preparing for twins versus an individual child?

New Celebrity Couple: 'This Is Us' Star Chrissy Metz Goes Public with Boyfriend Josh Stancil



By [Whitney](#)

[Johnson](#)

Over the weekend, *This Is Us* star Chrissy Metz introduced the

world to her boyfriend Josh Stancil at *Entertainment Weekly's* SAG Awards party in Los Angeles. According to UsMagazine.com, the [celebrity couple](#) met through a friend and have been dating for a couple of months. The breakout TV star couldn't hide her happiness as she walked the red carpet with Stancil, who is reportedly a cameraman on the hit NBC show. Last month, she opened up about her new beau and their [celebrity relationship](#), saying, "He's an amazing guy. He's super supportive and encouraging, and that's all I could ask for. And he's definitely a fan of the show."

This celebrity couple is making their relationship public! What are some things to consider before bringing your relationship into the public eye?

Cupid's Advice:

It's not always easy to introduce your new partner to your friends and family, and it's often even harder to know the right time to do so. Before you bring your relationship into the public eye, read this love advice below:

1. Cancel your Match.com account: Before you bring your loved ones into the equation, make sure you and your partner are on the same page. If you're falling in love but he's still seeing other people, now isn't the right time to take a big step forward. Once you're both ready to be exclusive, you can talk about making friend and family introductions.

Related Link: [Celebrity News: This Is Us Star Mandy Moore Wants to Have Kids 'Sooner Than Later'](#)

2. Don't rush it: Wait until you've been dating exclusively

for at least three months (like this celebrity couple!). It's important that you've worked through the early dating ups-and-downs and that your relationship is stable. You don't want to introduce your man to your BFF, only to break-up with him after a silly fight a few days later!

Related Link: [New Celebrity Couple Look 'Smitten' While Hanging Out With Friends](#)

3. Keep it low-key: Don't introduce your partner to your loved ones at a wedding, family reunion, or holiday dinner, as these events add an extra level of pressure. Not only will they be meeting nearly everyone in your circle at once (talk about nerve-wracking!), but it's hard *not* to jump ahead to the future when you're celebrating a new marriage or gathered around the Christmas tree.

How did you know when to introduce your partner to your family and friends? Tell us in the comments below!

Celebrity News: 'The Bachelor' Nick Viall Calls Two-on-One Date with Corinne & Taylor a 'Disaster'





By [Whitney](#)

[Johnson](#)

On Monday night's episode of [The Bachelor](#), reality TV star Nick Viall says his two-on-one date with Corinne and Taylor is "pretty much a disaster." For viewers of this season of ABC's hit reality show, this [celebrity news](#), as reported by [UsMagazine.com](#), shouldn't come as a surprise: The two ladies fought at the end of last week's episode as Taylor questioned Corinne's "emotional intelligence." On their two-on-one date, Corinne, this season's villain, tells Viall that Taylor "emotionally attacked" her, and Taylor later reveals that Corinne lied to him. Talk about drama!

Not many of us can relate to a two-on-one date scenario like in this celebrity news. What are some factors to consider when you're deciding between two potential partners?

Cupid's Advice:

On this season of *The Bachelor*, fan favorite Viall has to pick

between 30 women – what a challenge! Luckily, for those of us not on reality TV, the choice is often between only two potential partners. But what factors should you consider to determine who is the best fit for you? Check out our dating advice below:

1. Compatibility: Physical attraction will only take you so far. Do you enjoy spending time together? Do you share the same values? Do you want the same things out of your relationship? Determine if you're truly compatible before moving forward.

Related Link: [Celebrity News: 'Bachelor' Nick Viall Meets a Past Hook-Up on First Night](#)

2. Common interests: Sure, opposites attract, but for a long-term partnership, it's equally important to have similar hobbies and passions. If you enjoy spending a lot of your free time outdoors, it'd be difficult to main a relationship with someone who'd rather be on the couch!

Related Link: [Celebrity News: 'Bachelor' Villain Corinne Temps Nick Viall with Surprises on Latest Episode](#)

3. Compromise: A relationship will never last unless you're both willing to compromise. If you're always going to *his* favorite restaurant or seeing whatever movie *she* wants, it may be a sign that you don't belong together. You want to be with someone who will take your needs into consideration and meet you halfway.

Cupid wants to know: What's your best dating advice for deciding between two potential partners?

Celebrity News: New Couple Hilary Duff & Matthew Koma 'Had Great Chemistry in the Studio'



By [Whitney](#)

[Johnson](#)

[Hilary Duff](#) has a new boyfriend – and it sounds like this celebrity couple had great chemistry long before they coupled up. According to the latest [celebrity news](#) on [UsMagazine.com](#), the pop star first collaborated with Matthew Koma on her 2015 album *Breathe In. Breathe Out*. “They had great chemistry in the studio,” a Duff source reveals. “Hilary thinks Matt is very talented and cute.” Earlier this month, the musical pair put their celebrity relationship on display during a long weekend at Santa Barbara’s San Ysidro Ranch – the same spot where the *Younger* star spent her August 2010 wedding night with then-husband Mike Comrie. Despite their romantic getaway, the new [celebrity couple](#) is taking things slow: “It’s pretty

recent. They're seeing where it goes," the source added.

In celebrity news, Hilary Duff has a new musical boyfriend! What are some benefits to having hobbies in common with your partner?

Cupid's Advice:

If you and your boyfriend, like the couple in this celebrity news, have similar hobbies, consider it a good thing! Sharing common interests will bring you closer together and make your relationship even stronger. Below, Cupid reveals three benefits to having the same likes and dislikes as your partner:

1. You'll be happier: Research suggests that couples who try new things and share common interests, particularly active pursuits, are happier. When you share hobbies with your partner, it's like having a built-in sounding board. You can bounce ideas off one another, and the time you spend together will be even more worthwhile.

Related Link: [Celebrity News: Hilary Duff Speaks Out on Divorce, Marriage, Monogamy and More](#)

2. You'll get to know each other better: Understanding and sharing his passions will allow you to see a new side of your boyfriend. Likewise, if he tries to enjoy your favorite things (like your Thursday morning runs and *The Bachelor* on Monday nights), you'll appreciate that he made an effort. Seeing each other in your elements will make you even *more* attracted to each other. Additionally, the more hobbies you share, the more time you get to spend together – it's a win-win!

Related Link: [Former Celebrity Couple Hilary Duff & Mike](#)

[Comrie Vacation in Hawaii After Divorce](#)

3. Compromise is important: At the end of the day, relationships require sacrifice and compromise – two actions that don't always come easy. Adopting – or even just showing an interest in – his hobbies early on will benefit your partnership in the long run. Plus, you may even pick up a new hobby of your own, thanks to his influence!

What are some other benefits to sharing hobbies with your partner? Tell us in the comments below!

New Celebrity Couple Look 'Smitten' While Hanging Out With Friends



By [Whitney](#)

[Johnson](#)

She sings “The Heart Wants What It Wants,” and it looks like *her* heart isn’t denying it’s feelings for her new man! As reported by EOnline.com, Selena Gomez and The Weeknd (real name: Abel Makkonen Tesfaye) put their [celebrity relationship](#) on display and spent a fun night out in Hollywood with some of their famous friends, including French Montana and Jaden Smith. An onlooker says the celebrity couple looked “smitten” as they left Dave and Buster’s holding hands at 3 a.m. “Selena looked so happy, and Abel was very chill, very relaxed,” the insider added.

This celebrity couple is definitely making a splash in Hollywood! What are some unique ideas for introducing your new partner to your friends?

Cupid’s Advice:

This musical duo recently put their celebrity relationship to the ultimate test and enjoyed a night of fun and games with friends. If you’re looking for a unique way to introduce your beau to your buddies, consider this [dating advice](#):

1. Keep it casual: A sit-down dinner is too formal for this lighthearted first meeting. Instead, take a cue from this celebrity couple, and plan a game night! Head to your local arcade, or be even more low-key and play some board or card games at home.

Related Link: [New Celebrity Couple: Why Selena Gomez & The Weeknd Went Public With Their Relationship So Soon](#)

2. Take advantage of an upcoming event: Is there a birthday party or engagement shower on your calendar already? If so,

it's a great opportunity to bring your new man. That way, there's less pressure on you to plan the perfect outing.

Related Link: [Celebrity Exes: Find Out How Bella Hadid Feels About The Weeknd & Selena Gomez's New Romance](#)

3. Head to happy hour: Everyone loves a reason to get together after a long work day. Invite your closest friends for a after-work drinks at a nearby bar. An added bonus: A beer or glass of wine will help you keep your nerves in check!

Got any tips for introducing a new partner to your pals? Tell us in the comments below!

Celebrity Break-Up: Scarlett Johansson & Husband Romain Dauriac Split After Two Years of Marriage





By [Whitney](#)

[Johnson](#)

Scarlett Johansson is starting the year off on a rough note: [UsMagazine.com](#) reported that the actress is splitting from French journalist Romain Dauriac, her husband of two years. The [celebrity couple](#) went public with their relationship in November 2012 and announced their engagement in September 2013. They welcomed their daughter Rose the following year and wed in a secret celebrity wedding in October 2014. Unfortunately, this divorce isn't the first [celebrity break-up](#) for Johansson. The *Captain America: Civil War* star split from Ryan Reynolds in 2011 after three years of marriage.

It's unfortunate that this celebrity break-up has become a reality. What are some things you can do in your relationship before resorting to divorce?

Cupid's Advice:

With news of this celebrity break-up, another famous couple is calling it quits, but before you and your partner resort to

divorce, know that there are ways to determine whether or not your relationship is worth saving. Check out our love advice below:

1. Talk to a therapist: Sometimes, it's nice to have a neutral third-party listening when you're discussing your biggest problems. They may be able to help you see a situation in a new light, encouraging you to give your partner another chance.

Related Link: [Scarlett Johansson Says She 'Hit Rock Bottom' in Celebrity Relationship](#)

2. Date your partner again: It's common for longtime couples to get caught up in the hustle and bustle of everyday life and forget what brought them together in the first place. Instead, make an effort to date your spouse again. Leave your phone at home, forget about your work or family troubles, and just focus on each other.

Related Link: [Scarlett Johansson Secretly Married Romain Dauriac in October!](#)

3. Think about what you want: It's time to define what you want from your marriage and your partner. Talk to each other about your hopes for your relationship and see if you can truly make things work. Filing for divorce is a big step, and you want to be sure it's the only option before you move in that direction.

Cupid wants to know: How do you know if a relationship is worth saving? Tell us in the comments below!

Celebrity Couple Amber Rose & Val Chmerkovskiy's Romance Is Heating Up



By [Whitney](#)

[Johnson](#)

It looks like things are heating up between model and podcast host Amber Rose and *Dancing with the Stars* pro Val Chmerkovskiy! According to [EOnline.com](#), the [celebrity couple](#), who first met when Rose competed with Chmerkovskiy's brother Maksim on the reality TV show, have been talking every day, despite Chmerkovskiy's busy schedule during a dancing tour. "It's been four months now, and it's awesome," Rose said of their celebrity relationship on her *Loveline* podcast in early January. "I love his family, and everyone is so great. He's great."

This celebrity couple was surprising, but it looks like things are getting steamy! What are some ways to know you have chemistry with someone?

Cupid's Advice:

If you're in a new relationship and wondering where things are headed, take a cue from this celebrity couple, and consider these three ways to know if you have chemistry:

1. You're not afraid of PDA: Rose and Chmerkovskiy aren't shy when it comes to showing off their love on social media – and you shouldn't be either! If you and your partner are into each other, there's no reason to hide your feelings.

Related Link: [New Celebrity Couple Amber Rose & Val Chmerkovskiy Step Out Holding Hands](#)

2. Pay attention to your conversations: You may be too distracted by his sexy smile to notice how you interact, but chemistry matters both in *and* out of the bedroom. If you can't wait to talk to your guy at the end of a long work day and never run out of things to say, it's a good sign.

Related Link: [Celebrity News: Val Chmerkovskiy Slams Haters Who Criticized His Relationship with Amber Rose](#)

3. The little things don't bug you: It's easy to be bothered by the way he chews his food or how his dirty socks never end up in the hamper. For the right person, though, it's just as easy to ignore those annoyances and focus on the good things about him instead.

What's your number one tip for knowing if you have chemistry

with someone? Share your best dating advice below!

New Celebrity Couple: Amy Poehler Is Dating Lawyer Benjamin Graf



By [Whitney](#)

[Johnson](#)

Sorry, guys: It looks like one of our favorite funny ladies is off the market. *Parks and Recreation* actress Amy Poehler is dating New York City-based lawyer Benjamin Graf, according to [UsMagazine.com](#). The outlet reported that the [celebrity couple](#) were first spotted hiking together in Los Angeles in May of last year. This relationship isn't the comedian's first one since her 2012 [celebrity divorce](#) from Will Arnett. She was previously linked to actor Nick Kroll, but their conflicting

schedules led to their break-up. Here's to hoping that Poehler's new love with Graf brings her a lot of laughs!

This comedian has found her match – for now, at least! What are some unique ways to search for someone you'll connect with?

Cupid's Advice:

Sure, it's tempting to head to your favorite restaurant or bar when you want to meet someone new, but Cupid encourages you to think outside the box in your search for love. Follow this relationship advice if you're looking for a unique way to find a potential partner:

1. Download a dating app: Finding love can be as easy as playing with your phone! Thanks to apps like Tinder, Bumble, and Coffee Meets Bagel, meeting someone special is just a swipe or click away.

Related Link: [Celebrity Couple Amy Poehler and Nick Kroll Call It Quits](#)

2. Go on a blind date: If your BFF has been begging to set you up with her boyfriend's cute co-worker, it's time to say yes. After all, what do you have to lose? Even if the date's a total failure, you're at least opening yourself up to the possibility of meeting Mr. Right.

Related Link: [Will Arnett Files for Celebrity Divorce from Amy Poehler](#)

3. Take a class: You'll never meet someone new if you're always sitting on your couch. Grab a girlfriend and sign up for a cooking class at your local Whole Foods. If you end up

sitting next to a hot, single guy, great! And if not, at least you'll know how to make a delicious meal or two whenever you do find someone special.

What's a unique way to meet a potential partner? Share your best dating advice in the comments below!

Celebrity News: Mandy Moore Wants to Have Kids 'Sooner Than Later'



By [Whitney](#)

[Johnson](#)

It looks like 2017 is going to be an exciting year for Golden Globe-nominated actress Mandy Moore! Not only was her hit NBC series *This Is Us* recently picked up for two more seasons, but according to the latest [celebrity news](#) on [EOnline.com](#), the

star is thinking about having children with Taylor Goldsmith, her boyfriend of 18 months – and playing TV mom Rebecca Pearson may have had something to do with it! “I feel like deep down, the soul of who this woman is, I’m familiar with,” the 32-year-old actress revealed at the *Elle* Women in Television dinner. “I feel a kinship with her. I was most concerned about feeling maternal, not having children myself. But being part of a project like this definitely makes my ovaries start kicking.” So when is she hoping to add a [celebrity baby](#) to her family? “I want kids sooner than later,” she added with a smile.

It looks like Mandy Moore’s *This Is Us* character is rubbing off on her! What are some ways to know you’re ready to bring children into the world?

Cupid’s Advice:

Having a baby is one of the biggest – and best! – decisions you can make. If you, like Moore, are thinking about having kids, consider this advice from Cupid to help you determine if you’re ready to become a parent:

1. You’re in a stable relationship: A baby changes everything, so it’s important to have a loving and supportive partner to help you navigate your new role as a parent. Plus, it’s nice to divvy up the sleepless nights spent taking care of a newborn!

Related Link: [Celebrity Baby News: Mila Kunis and Ashton Kutcher Welcome a Baby Boy](#)

2. You’re financially ready: Having a child brings so much joy

into your life, but it also brings a lot of new expenses. Sit down and look closely at your spending habits and savings account to make sure you can handle the added costs.

Related Link: [Celebrity News: Peta Murgatroyd Wishes 'Best Father in the World' Maksim Chmerkovskiy a Happy Birthday](#)

3. You have baby envy: If you can't stop staring at pregnant women at the grocery store or borrowing your friends' babies for snuggle sessions, it may be a sign that you're ready for a little one of your own!

What's your best advice for knowing if you're ready to have a baby? Tell us in the comments below!

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





By [Whitney](#)

[Johnson](#)

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

Melissa Ambrosini Shares Relationship Advice in Author Interview

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

I wanted to write the book that I wish I had back when I hit

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

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

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

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

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

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

awareness to her words is the first step.

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

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

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

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

Where do I start? In my Goddess Groups and live events, when I'm talking about relationships, I always like to point out that if you haven't mastered your Mean Girl (and if your partner hasn't mastered their inner critic), there are actually four of you in your relationship! So while you and your partner are trying to have a genuine, intimate connection, your Mean Girl will be talking up a storm: *Suck your tummy in! Stop sounding so needy! Why isn't he holding your hand? He must think you're so stupid! Did you see the way*

he smiled at that waitress? It's because your dress is so ugly – I told you that you should have worn the other one! And on and on it goes... (It's exhausting just reading that, right?!)

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

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

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

A divine relationship with your soul mate is when two whole and complete people come together. Your soul mate helps to awaken you and love all components of yourself. As Dr. John Demartini says, your soul-mate is actually your full complement. So we must make sure we are bursting with love within *ourselves* first before we invite anyone else into our world. Flexing your self-love muscle is the best way to start, and it's just like working any other muscle: In order for it to get stronger, it must be flexed daily. Start by writing down the 10 things that light you up, and then commit to doing them daily. For me, it's yoga meditation, getting out into Mother Nature, watching a sunrise, swimming in the ocean, and taking a bath. In my book, I teach you how to create a self-love menu and how to flex your self-love muscle daily.

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

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

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

Celebrity Interview: 'Fuller House' Actress Lori Loughlin Talks About the Holidays & Her 'Tight Knit Family'





Interview by [Lori Bizzoco](#). Written by [Whitney Johnson](#).

Of all the roles she's played, Lori Loughlin is most proud of the one she takes on at home: that of wife and mother. Of course, it's not always easy to balance her busy career with her family life. "One day at a time – you do the best you can," she candidly shares in our [celebrity interview](#). "Some things fall through the cracks, but you know, I have a wonderful husband, and he's always on board... Somehow, we make it work."

"We're a tight knit family," she adds of husband Mossimo Giannulli, daughters Olivia and Isabella, and stepson Gianni.

Related Link: ['Full House' Actress Candace Cameron Bure Talks Motherhood](#)

Now that her girls are older, the family dynamic has changed. "That's a whole new chapter – teenage daughters," Loughlin says with a laugh. "It's great. For the most part, my girls are really good girls."

Sharing a piece of parenting advice, she encourages you to always communicate with your kids, saying, "I think it's important to keep talking to teenagers, and somewhere in there, it'll sink in."

On Friday date nights, the celebrity couple, who has been

married for 18 years, likes to keep things simple, often eating at restaurants close to home. “It’s so funny: You can be married and live in the same house with somebody, but life can be so busy that you feel like you don’t get to have a conversation with that person,” the actress shares. “It’s important to take the time to stop, sit down, have a meal together, and have a conversation – keep communicating.”

Lori Loughlin Shares Her Best Tips for Holiday Gift Giving in Celebrity Interview

This holiday season, the actress is teaming up with Walgreens to help you check everyone off of your gift-giving list. “It’s one of my favorite places to shop. They’re doing incredible gifts this season, just thoughtful gifts that will bring unexpected joy to a lot of people in your life,” she explains in our celebrity interview. “It’s one-stop shopping.” She particularly likes the customizable photo gift options, including ornaments and coffee mugs.

Related Link: [Celebrity Interview: Candace Cameron Bure Says “Dance Parties” Are Her Favorite Family Activity](#)

Fans went crazy when the *Full House* revival *Fuller House* was announced earlier this year. The 13-episode series, which will premiere on Netflix in spring 2016, wouldn’t be complete without an appearance from Aunt Becky. “We already shot it, and we had the best time,” Loughlin shares.

You can keep up with Loughlin on Twitter @LoriLoughlin and www.facebook.com/loriloughlin. Check out Walgreens.com for all of your gift-giving needs!

Author Jennifer Scott Shares Timeless Lessons of Poise and Dating Advice in New Madame Chic Book



Interview by [Whitney Johnson](#). Written by Mackenzie Scibetta.

Watching a grown woman yank on another woman's hair while wearing a skin-tight dress and holding a cocktail is the opposite of what it means to have poise, but as we know from the latest celebrity news, it is neither surprising nor uncharacteristic in our society. In fact, it is almost commonplace for women these days to have a lack of grace and dignity. Lucky for us, relationship author and blogger Jennifer Scott recently released her third book in her Madame Chic series dedicated to this topic. In *Polish Your Poise with*

Madame Chic, she serves us a guide to a classy and elegant lifestyle and also sprinkles in some [dating advice](#).

Relationship Author Shares Her Tips for Having Poise

First, can you define poise for our readers?

There are five main characteristics that make up poise: confidence, composure, compassion, presentation, and being present. Confidence is really just about feeling comfortable in your own skin and owning who you are. Composure is so important and hard, especially in a difficult situation where someone is pushing your buttons. There are so many encounters where we could use composure to our benefit. As for compassion, that asks us to think about someone other than ourselves, which is a major part of having poise, especially in our narcissistic society. Also, how you present yourself – not just your clothes but how you behave – can say a lot about you. Making eye contact, speaking clearly, and dressing in your own true style will help. Lastly, being present means not getting stuck in your own head and worrying about the future. Instead, seize every moment you have.

Related Link: [Most Popular Girl in New York City Shares Online Dating and Relationship Advice in New Book](#)

What celebrities come to mind when you think about poise?

I love Rachel Bilson because she doesn't have a big presence on social media, which says a lot about her. Other celebrities that I love are Natalie Portman, Michelle Williams, and Kirsten Dunst because they all possess a lot of grace. And of course, Audrey Hepburn is still an icon even so many years after her death.

An obvious choice for someone who needs to work on their poise would be [Miley Cyrus](#). She's trying too hard to shock people,

and that's not going to last long-term.

What was your favorite chapter to write in *Polish Your Poise with Madame Chic*?

I loved the presentation and style part because it is so valuable. People assume style is superficial, but it's not! It's simply about presenting yourself well with dignity and respect. I always encourage my readers to find their own style. You see people on the streets wearing black yoga pants everyday with an old t-shirt, and it's rancid.

In what aspect of their life do you find young women need to work on their poise most?

I think they struggle most with finding their place in the world and learning how to carry themselves. It's hard in our society, especially with celebrities focusing on the wow factor; young women start to think they should behave like that too. They're acting anti-establishment because it's the popular trend right now. Instead, young women should really think about how they present themselves and what their choices say about who they are.

Jennifer Scott Provides Dating Advice For Those Lacking Grace

Now for some dating advice! What suggestions do you have for women going on a first date?

First, I think that dating should be taken seriously. You shouldn't just accept any invitation! Next, dress beautifully and in a respectful way because you want to attract the right kind of person. There's no need to be overly sexual to try and get the guy interested in you. Also, when you're in conversation with him, don't spill your life story. Instead, show that you're well-read and discuss current events or books and movies that you enjoy. Make him see that you're

an interesting person.

Any tips for someone meeting their partner's family for the first time over the holidays?

This is where poise can be your secret weapon. Make sure to dress respectfully, make good eye contact, shake hands, and bring a gift for the host. Show them what a dignified young lady you are by really being present and engaged. And no matter what, do not play on your cell phone the whole time!

Related Link: [Relationship Author Dr. Tara Fields' Love Advice: "The Happiest Couples Don't Necessarily Have More or Less Conflict"](#)

How can a woman maintain her poise post-breakup?

It's really easy to maintain poise in the good times, but it's even more important to maintain it in the bad times. Always pause when you're agitated and do not jump on social media. Keep things private, both good and bad. Additionally, don't let yourself go into a funk of wearing only sweatpants. Pull yourself together to help keep that positive attitude.

Lastly, as a working mom, do you have any tips for our readers who are struggling to balance their family life with their career?

Set your priorities. Family is the main focus for most women, so when you come home from a long day of work, make sure to spend time with your spouse and kids. Whatever precious time you have with them, be present and make it count.

Polish Your Poise with Madame Chic is available on Amazon. If you're looking for more from Jennifer Scott, check out her blog Daily Connoisseur!

Relationship Author Dr. Brandy Engler Breaks Down 'The Women on My Couch'



By [Whitney](#)

[Johnson](#)

We met sex therapist and [relationship author](#) Dr. Brandy Engler after she released her first book *The Men on My Couch: True Stories of Sex, Love and Psychotherapy*. Now, she's back with a new self-help relationship book that focuses on tales from her female clients. In *The Women on My Couch: More Stories of Sex, Love and Psychotherapy*, Engler examines common issues that women deal with in the bedroom and beyond and hopes to help her readers tackle their own sexual insecurities. In our exclusive interview, the relationship author opens up about her marriage, life in Los Angeles, and what women really want.

Since we last spoke, you moved to L.A. and got married – congratulations! Do you feel like becoming a wife has changed your view on marriage and work as a therapist?

Yes, absolutely! It really tests all of the grand ideas I have about relationships and love. It forces me to put them into action and shows me how difficult it is. The guy who officiated our wedding told us that marriage is one of the greatest spiritual disciplines, and I totally get it now.

Related Link: [Dr. Brandy Engler Says, “‘The Men on My Couch’ Taught Me that Love is Hard and Complicated”](#)

Self-Help Relationship Book Focuses on Female Sexuality

Now, let’s discuss your book! Did you always plan to write *The Women on My Couch* as a follow-up to *The Men on My Couch*?

It actually came first. I originally wanted to work with women and wrote my college dissertation on their libido, particularly for married women – I was trying to understand this unsolvable problem in the world of sex therapy. So I had some ideas and started writing a book, but I was still a student and didn’t really know what I was talking about.

Later, I decided to take that material and turn it into *The Women on My Couch*. The book isn’t only about libido though – that’s just one of the chapters. What I wanted to do was address the most common things women were bringing to sex therapy rather than choose cases that were deviant. I wanted readers to see their own struggles or issues reflected in the book.

What is the theme of *The Women on My Couch*?

The theme of *The Men on My Couch* was more about love, while the theme of this book is about women’s sexual choices. We

have a sense that we're free sexually, which presents to us an existential crisis, this vast gray area with no clear right or wrong answer. The book doesn't really tell women what to do, but it shows them how to walk through the process of making a decision when it comes to things like having a threesome or cheating on their spouse.

Is there a particular story that you think readers will most relate to?

There's two of them. One of them is about a woman who was so in love with her fiancé and so excited to marry him, but she then dealt with major disappointment after they got married. In therapy, we call that the "post-marriage adjustment period." Soon after you get married, all of these differences show up, and you have to deal with them right away. How you deal with it sort of makes or breaks your relationship and sets the tone for the rest of your marriage. I have to walk the character in the book through developing realistic expectations and explain to her that she has a chance to be better at loving once she faces this challenge. I also share with her some of the lessons that I learned as a newlywed.

The other chapter deals with a woman who is married to a really hot guy but has low libido. I wanted to show that that problem doesn't just happen to older, unattractive people; young, attractive couples who still love each other deal with it too. There's nothing crazy in her background; it's just sexual shyness and a lack of erotic development. That's really one of the most pervasive things that I see. She gets challenged to push the edges of her comfort zone and try new things. I expose some of the reasons why women get shy in the bedroom and what to do.

On the flipside, is there a story that you think will surprise readers the most?

There's a chapter about a woman who uses sex to pay off her

college loans, and I think it'll be shocking to learn how many women actually do that. I've had a few female clients who have done it, and I've had a few young, male clients who have used a service like that. I had to read up on it – I didn't even know it was going on! It's a trend now that's popular on college campuses, especially in L.A. Super educated girls are doing it. They're taking a feminist empowerment approach, like, "College is expensive, and I'm taking it into my own hands." That whole chapter is a debate between me and my client about equating feminism and sexuality and the different ways to look at it.

Related Link: [The Independent Woman: Do We Need a Do-Over?](#)

Relationship Author Shares Love Advice

Lastly, do you have any love advice for someone who's afraid to open up about her struggles in the bedroom?

I'm really hoping the book will help with that by giving a voice to what a lot of women go through. I hope it starts to normalize it and take away some of the fear or embarrassment. One of the underlying themes in the book is that women are often in a more passive, reactive sexual role. We let the men be in the charge. So it's about finding our voice in a world where everyone wants to tell us what to do.

You can purchase The Women on My Couch on Amazon. To keep up with Brandy, follow her on her website and Twitter @TheMenOnMyCouch.

Rachel Brathen Shares Love Advice in New Book 'Yoga Girl': "Each Moment is New and So Full of Potential!"



By [Sarah](#)

[Batcheller](#) and [Whitney Johnson](#)

In Rachel Brathen's new book *Yoga Girl*, you'll not only find the key to a successful harmony of body, mind, and spirit, but you'll also discover how to utilize this balance to achieve a fulfilling relationship and love life. The book is about more than just twisting on a mat; in it, Brathen shares her own life journey and how the physical and emotional healing process of yoga led her to understand the importance of living in the moment and appreciating all the good that surrounds us. *Yoga Girl* takes readers on an unforgettable journey from a place of uncertainty and insecurity to one of wholeness and happiness. In our exclusive author interview, we uncovered the mysteries of all the gifts that yoga has to offer.

Rachel Brathen Shares Inspiration for *Yoga Girl*

What inspired you to put your experiences and your yoga teachings into one book?

I have been writing for as long as I can remember, and I'm lucky to have an audience that's excited to listen to what I have to say right now! I wanted to share my journey in-depth – not just the life I have today, but the obstacles and hardships that brought me here.

Related Link: [Gaiam Product Review: Learn Yoga and the Art of Self-Love with Rachel Brathen](#)

In the introduction, you write that “we do not love ourselves enough.” How can yoga help someone find the self-love that's missing from their lives?

Aside from the physical benefits we get from the practice, one of the most important things that yoga teaches us is how to listen to the body. Body awareness – learning how to feel the body and be grateful for what it does for us every day as opposed to judging ourselves – is a huge step when it comes to finding love for ourselves. Yoga brings us moments of complete presence and a break from the constant labeling and drama that's created by the ego on the daily.

Can you talk a bit about acting instead of reacting? How does this behavior relate directly to relationships and love?

Whenever we find ourselves in a tricky situation, we often react to it right away, which usually means judging the situation from similar experiences we might have had in the past. Reacting with fear from past experiences is what causes us to become aggressive or insecure. It brings out jealousy and other qualities that might not correctly represent who we actually are. Looking at the situation with fresh eyes of the

present moment – acting instead of reacting – allows us to take things for what they really are without tainting our experience with emotions from the past.

In terms of romantic relationships, it's important to know that just because a past love hurt you doesn't mean a new one will. There is no need to play games or be afraid of commitment. Let go of whatever patterns you may have that separate you from love, and remember that each moment is new and so full of potential!

We loved the chapter titled “Love Over Fear.” What’s your best tip for someone struggling with choosing love and overcoming their fears?

Most of the time, we are the ones standing in our own way. The mind tends to look for worst-case scenarios, and before each big step in life, we automatically see all of the things that could go wrong. By focusing on the negative, we hold ourselves back and try to create in a space of fear. Instead, focus on all the things that could go right! There are infinite amazing experiences waiting for you. Manifest those by living in a space of possibility and love!

You moved to a tiny island with a man you only knew for five days...who eventually became your husband! How’d you know that he was The One?

I just knew right away. I can't explain it... He made me nervous, and I'm never nervous! That's how I knew the first time I met him that there was something special there – he stirred something in me that I couldn't pinpoint. When I got to know him, I felt so comfortable and at home that five days may as well have been five months! Moving in was easy.

Newly-Minted Author Gives Love

Advice

Now, we'd love to get some love advice from you! How do you believe that yoga can improve our relationships with our self and our loved ones?

We need to make peace with who we are and feel whole on our own before we can commit to another person. Yoga can help us get there by teaching us how to become present in the moment so that we let go of a lot of the judgment that keeps us from living a life we truly desire.

Related Link: [How to Be Mindful When It Comes to Relationships and Love](#)

What can couples gain from practicing yoga together?

So much! A yoga practice is a very intimate thing, and it gives us a routine to stick to as couples. Watching each other grow, learn, and have breakthroughs on the mat is very rewarding. Also, have you ever held hands with your partner in Savasana? Best. Thing. Ever.

Finally, can yoga help someone heal after a break-up?

I think so. If we do it right, we can create lots of emotional release on the mat. Much of the tension we hold in the physical body is created from our inability to truly let ourselves feel and experience pain. By not expressing and releasing pain, it gets stuck. If it has nowhere to go, that tense, negative energy goes into the body. That's why the older we get and the more we experience emotionally, the tighter and stiffer our bodies become. By moving into poses with long holds and focusing on releasing tension, we can open up emotionally.

You can purchase Rachel's book Yoga Girl on Amazon. You can also check out her new yoga programs on Gaia.com!

'Game of Crowns' Reality TV Star Lori-Ann Marchese Shares Love Advice: "You Can't Expect One Person to Do Absolutely Everything"



By Jenna Bagcal
and [Whitney Johnson](#)

Thanks to the popular Bravo show *Game of Crowns*, fans have been introduced to feisty personal trainer [Lori-Ann Marchese](#). She believes in the concept of fitness by women, for women and proudly shows off the results of her hard work. As viewers know though, there may be a change to her fitness routine if the series is picked up for a second season: "We're definitely trying to have a baby," she confirms. "We're just having fun

with it and hoping to get pregnant very soon.” In our [exclusive celebrity interview](#), Marchese shares her fitness expertise and also opens up about her relationship with husband John.

***Game of Crowns* Star Shares Workout Tips in Exclusive Celebrity Interview**

Her personal experience and belief system is what led her to open up Body Construct LLC, a training facility that focuses on the specific health needs of women. “Before I started Body Construct, I actually was training with male trainers, and I just didn’t like how they were training me. They were training me as if they were training themselves,” she explains. “I wanted to share my experience with women because I understand a woman’s body. If you want to look good, you have to eat right. You shouldn’t be taking away carbohydrates from your diet; that’s just not a healthy way of living. You’ll still lose weight and gain muscle with good exercise and by eating your fruits and vegetables.”

Related Link: [Celebrity Nutritionist and Trainer Jackie Keller Says, “Those Who Exercise With Support from Their Partners Do Better Overall”](#)

When training her clients, Marchese believes in combining cardiovascular efforts with weights. “With exercise, I usually tell my clients to train three times a week. That’s going to show results, and that’s going to burn the most calories,” she shares.

Of course, she knows that many women find it hard to go to the gym or find time to exercise while having a full-time job and a family, so she always keeps that in mind. “I give my clients an exercise program that’s going to help them burn fat and

help them burn it fast,” she says in our exclusive celebrity interview. “You’re pretty much out of breath for that hour in the studio, but that’s all that you need!”

If you’re like many women and hoping to get fit for bikini season, the beauty pageant queen has three simple tips to consider. First, if you have a hard time focusing and motivating yourself, get into a group training program. Second, eat very clean and fresh. “Stay on the outside of the grocery store. Everything on the inside isn’t good for you because it’s packaged,” she advises.

And third, find something that motivates you. “Whether it’s a new swimsuit, some short shorts, or a tank top, buy it and hang it in the front of your closet,” she shares. “Try it on each week until it fits.”

Related Link: [Date Idea: Warm Up By Exercising This Winter](#)

Bravo Reality TV Star Lori-Ann Marchese Gives Love Advice

Given her fast-paced life, it’s no surprise that Marchese finds it difficult to make time for her marriage, business, television show, *and* social life. Still, the reality TV star offers the following love advice: “You and your significant other have to find a middle somewhere. For me and John, I work a lot, and he works a lot, but whoever comes home first cooks that night. You can’t expect one person to do absolutely everything – that’s impossible.”

Although both she and her husband are active, the fitness guru reveals that they don’t usually work out together. “I think it can be motivating to work out with your partner, but for me, when I exercise with my husband, he distracts me. All I want to do is sit on his lap, poke him, or make fun of him!” she says with a laugh.

With that thought in mind, she believes that the best workout partner to have is someone who motivates you *without* being a distraction. “If you want to stay focused, you need to exercise with a partner who has the same goals,” she shares. “Try to go to the gym or on a run with a girlfriend. That way, you’re both there to work out and do your thing.”

Although they may not head to the gym together, Marchese is incredibly thankful for her husband’s support in other aspects of her life. “He’s there for me every step of the way. He’s my biggest fan, my everything,” she gushes. “He’s the one who keeps me going.”

Related Link: [Exclusive Celebrity Interview: ‘Revenge’ Star James Tupper Opens Up About His Love Life and Playing David Clarke](#)

So what’s next for the reality TV star? To help her fans achieve their fitness goals, Marchese recently came out with a line of meal replacement shakes. She is also developing a Body Construct workout video system. “It’s going to include four workout DVDs and also have nutrition plans, grocery lists, and an evaluation. Somebody can buy the system, and they’ll have everything they need,” she explains.

You can keep up with Lori-Ann on Twitter @LoriAnnMarchese. Learn more at bodyconstructfit.com.