



## Selena Gomez

thinks she's entered a new phase

**T**he 27-year-old singer has admitted that her new single, 'Lose You to Love Me' - which she wrote last year - doesn't reflect her current, more upbeat outlook. Selena shared: "I feel a sense of relief. I wrote this song over a year ago ... and I feel completely different from when I wrote it. "It's more beautiful for me because I know exactly where I was when I wrote it and how I felt." The brunette beauty wouldn't have released the track at the time she wrote it, because she was still in the midst of some personal drama. Selena - whose single is rumored to be about her ex-boyfriend Justin

Bieber - also conceded that 'Lose You to Love Me' is likely to mean much more to her than to most of her fans. Speaking to 'On Air with Ryan Seacrest', she explained: "That's the unfortunate part of what I do. It's all very real to me, and I'm sure it's just entertainment for other people. "I had become numb to it, and it would be stupid of me if I didn't acknowledge what I had felt, 'cause it would be inauthentic. I know there are thousands of people, men and women, who have felt this feeling." Meanwhile, a source recently said that Selena's single is "obviously" about Justin. The pop star doesn't mention Justin by name in the song, but

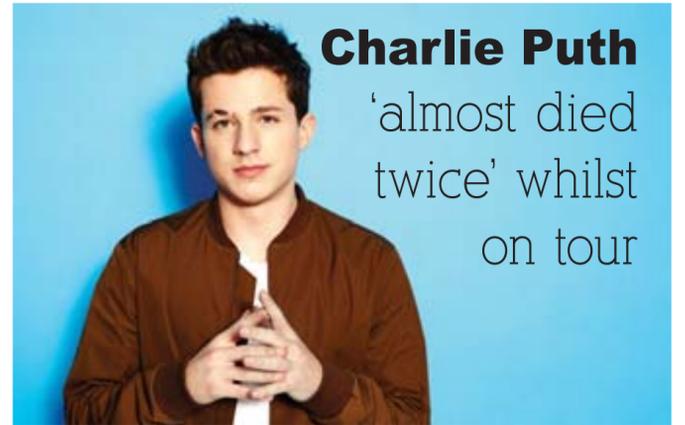
according to an insider, the track relates to the 'Love Yourself' hitmaker rather than The Weeknd, who Selena has also dated. The source explained: "Although the song 'Lose You to Love Me' was co-written and a collaboration, Selena was very involved in writing and creating it, and the song is obviously about Justin. "Her fling with The Weeknd did not inspire the song - their relationship was much more short-lived and not deep enough to inspire it."

## Ben Affleck has revamped his dating app profile



**T**he 'Batman v Superman: Dawn of Justice' star is trying his hand at the celebrity dating app to find love and has made amendments on his profile in a bid to find the right woman after his split from ex-wife Jennifer Garner and partner Lindsay Shookus. A source told the New York Post's Page Six column: "He changed the song and almost all of the photos. He's still on it but it's all different now. His new song is 'Guava Jelly' by Bob Marley." Meanwhile, an insider previously claimed Ben wants a "real partner" and not a "celebrity". They said: "He seems to want a real partner and is not looking to date a celebrity." He is private and is in a good space right now. He has his kids and is focusing on work, but is ready to be in love again." Meanwhile, it was previously claimed that the Hollywood actor wants to "ensure he is healthy" before he starts

dating and is living a healthy lifestyle free of alcohol after having been in rehab to battle his addictions, but he wants to "take it slowly" and make sure he can be a "supportive partner" to whoever he ends up with. An insider said: "Ben wants to date but knows he needs to take it slowly. He wants to ensure he is healthy enough to be a supportive partner. Ben is looking to date someone who is supportive of his clean lifestyle. It has been a long road. Ben has finally taken that step toward a healthier lifestyle and his family couldn't be happier. He's on the right path and doing incredibly well with the full support of Jen and his entire family. Jen, of course, helped to motivate Ben by being a constant reminder that he must be the best he can for his children."



## Charlie Puth

'almost died twice' whilst on tour

**T**he 27-year-old musician has admitted his dramatic rise to fame put pressures on him whilst he was on the road, and said that his arduous touring schedule meant that he "kept getting sick", which led to him facing death on two occasions. He said: "I almost died twice. Like, literally, it was really tough. I kept getting sick, I was sick for like a year with a cold. I just wasn't really taking care of myself." Four years after his rise to fame, the 'We Don't Talk Anymore' hitmaker has said he's cracked the code to touring healthily, and now draws "energy" from his fans when he's on stage. He added: "Now I know how to tour, I figured it out. It took four years but [I got it]. The fans make it all worth it. When I'm performing in front of like 15,000 people, I'll sometimes even write a song on stage from everyone's - I

hate using this word but - energy." Over the years, Charlie has developed a "bad boy image", and says the style choice came as he wanted to show what an "evil twin version" of himself would be. Speaking during an appearance on 'Lorraine', the 'I Warned Myself' singer said: "It was me thinking what would the evil twin version of me be, I was a very nice boy in high school what would the antithesis be." Meanwhile, following his illness, Charlie underwent nasal surgery in 2018 to correct his septum, which helped him "sing better". He said at the time: "I had nasal surgery to correct my septum, and nobody knows I had surgery. I can sing better now. I was never gonna tell anybody, but I can tell people."

## Jameela Jamil still checks under her bed for monsters



**T**he 33-year-old actress has admitted she doesn't believe in ghosts but is terrified that there is something awful lurking under her bed and is convinced it'll grab her ankles when she's walking from the bathroom to her bed in the middle of the night. Speaking to 'Access Hollywood', she said: "I've never seen a ghost, if I did I would lose my mind. If I have to go to the bathroom at night I run from my bedroom to the toilet sometimes because I'm worried that something under the bed is going to grab my ankles. It's the thought of something under my bed and grabbing my ankles that constantly scares me - I check under my bed sometimes and I'm 33." The 'Good Place' star certainly isn't one to hold back on her thoughts and feelings as she recently admitted that she tried to take her own life six years ago. Jameela - who has previously spoken about her battle with eating disorder

anorexia - feels "so lucky" to have survived and gone on to get help and urged those who have hit rock bottom to "hang on" and ask for help. Marking World Mental Health Day earlier this month, she tweeted: "Today is #WorldMentalHealthDay. "This month, 6 years ago, I tried to take my own life. I'm so lucky that I survived, and went on to use EMDR to treat my severe PTSD. "I urge you to hang on just a bit longer and ask for help if you need it. Because things can turn around. I promise." Jameela's admission came a few days after she revealed she has previously battled cancer twice. The former model - who has previously revealed she had a breast cancer scare in 2015 - hit out at the "cultural taboo around ageing" as she suffers from neurological condition Ehlers Danlos Syndrome (EDS) and has also been stricken by the deadly disease, so every moment is precious to her.

## Nick Jonas was groped by a fan in LA

**T**he Jonas Brothers singer was performing on stage with his siblings Joe and Kevin as part of the group's 'Happiness Begins' tour at the Hollywood Bowl in Southern California on October 21 when an audience member squeezed his butt. The incident, which saw the woman stroke the 27-year-old hunk's leg before she edged her way up to his bottom, was caught on camera by a fan and shared online. An eyewitness wrote on social media: "cant believe I have just watched a video of Nick Jonas getting groped on stage by a fan "Security was battling her hands away but the thing that stopped her? "Nick batting her hand away from the inside of his thigh and then turning round and glaring at her. How can people think this is acceptable behavior. If that was me stood next to that girl I'd have battling her hands away myself too. (sic)" Another fan wrote: "How can anyone think that behavior is ok. People like her are why celebrities like them need a whole security team with them." Despite one fan getting a little too close for comfort, Nick - who is married to Priyanka Chopra - had clearly put it to the back of his mind as he took to his social networking sites shortly after the gig had finished to thank those who had attended. He said: "Hollywood Bowl night 2. Thank you to every single one of you who made these two sold out nights so incredible. I am so grateful." That wasn't the first time an incident like that has happened at that venue, as exactly two years ago Harry Styles was inappropriately groped by a concert-goer when he was performing at the 'We Can Survive' concert to benefit breast cancer awareness.



## Ellie Goulding feels guilty for not championing social issues

**T**he 'Burn' hitmaker says she is "acutely aware of the power of songs to communicate messages" and wants to make sure she uses her tunes to speak about important issues including climate change or homelessness, for example. She said: "I am acutely aware of the power of songs to communicate messages. And it is important to remember when we communicate our message about the Earth that it is just as important to connect with people on a human level as it is to communicate the facts ... "They give us an emotional work-out. This type of connection is the point, the power of music. When I am not doing something which directly addresses the climate emergency or homelessness I feel really guilty." And the 32-year-old singer has praised the work of young people in

raising social issues to the wider community, and branded them an "unstoppable force of change". Speaking at the One Young World international environment summit, she added: "Over the last 12 months the clear-eyed focus of young people has created an unstoppable force of change. When I first met [climate change activist] Greta Thunberg at Davos last year, the school climate strikes were a relatively recent phenomenon. Climate crisis is the era that we inhabit. It forms the backdrop to our lives, a constant soundtrack which will only get louder." Ellie was recently bestowed the honorary Doctor Of Arts degree at the University of Kent, where she apologized to her old tutor for dropping out of her drama degree in 2008.

## Tyra Banks has got a new man

**T**he 45-year-old model set tongues wagging on Wednesday night when she was spotted on a romantic date with Canadian executive Louis Belanger-Martin at the luxurious Chinese restaurant Hutong in New York City. A source told the New York Post newspaper's Page Six column: "The two were definitely on a romantic date. But [they] kept the PDA low-key." Tyra and Louis have been spotted together on numerous occasions - dating right back to August - but up until recently he's only been identified as a "mystery man." The brunette beauty has kept her love life close to her chest since she split from Erik Asla, with whom she has three-year-old son York, back in 2017. Meanwhile, Tyra recently admitted that York - who was born via a surrogate - is desperate to have a sibling and her mother Carolyn London thinks it's a good idea. She said: "God, my mom wants more grandbabies. "My son is rolling and running around and she's like, 'You

see? He needs a friend. He's saying that these stuffed animals are his babies and he's calling himself a big brother.' "He calls himself a big brother. I'm like there's nobody underneath you - what does that mean 'big brother'?" " Tyra has spoken candidly in the past about the troubles she had conceiving her son, and the 'American's Next Top Model' host was undergoing vitro fertilization treatments while filming the show in 2015. She has also revealed she doesn't think she can conceive again, due to her previous difficulties and not having any frozen embryos remaining. However, she has loved life has a mum and loves that York has already become the "boss" of her household. She said last year: "I think every two-year-old has some terrible moments. And he definitely, definitely has that." — Bangshowbiz

