

Real Housewife Taylor Armstrong Will Release Tell-All Book



Taylor Armstrong from Bravo's *The Real Housewives of Beverly Hills* will be releasing a tell-all memoir through the publisher Simon & Schuster entitled *Hiding From Reality: My Story of Love, Loss and Finding the Courage Within*. The book is scheduled to be released Feb. 7 and will outline her relationship with her ex husband Russell Armstrong, who tragically committed suicide in August. According to [The Hollywood Reporter](#), the couple had filed for divorce only a month before the suicide.

What do you do if your ex “tells all” after a split?

Cupid's Advice:

If an ex decides to tell all after a split, there's really not

much you can do to prevent them from doing so. All you can do is stay strong and move on:

1. Allow only positive influences: Surround yourself only with positive people and things. After all, it's your ex who is airing their dirty laundry and not you.

2. Don't answer questions: If someone asks you about something they heard from your ex, simply tell them that it's none of their business.

3. Let time work in your favor: Time cures all wounds and rids all rumors. When you are in bad place in your life, time always works in your favor.

When a relationship is over, should you tell all or keep the details to yourself? Share your thoughts below.