

Celebrity Video Interview: Singer Mike Posner Talks About New Album and Valentine's Day



Interview by Shannah Henderson.

Celebrity Video Interview with Mike Posner

Singer Mike Posner first caught our attention in 2010 with his catchy song "Cooler Than Me." In our [celebrity video interview](#) at OK! magazine's pre-Grammys party, he talks about

his album *Pages*, which features collaborations with Big Sean and Justin Bieber (he first met the pop star when they co-wrote the hit "Boyfriend"). Plus, he reveals where he'll be spending his Valentine's Day.

For more celebrity video interviews from CupidsPulse.com, check out our [YouTube channel](#).

Reality TV Star Farrah Abraham Talks Next Career Move



Interview by Shannah Henderson.

Exclusive Celebrity Interview with Farrah Abraham

We recognize Farrah Abraham from *Teen Mom* and *Couple's Therapy*, and we'll get to know the reality TV star even better when her special *Being Farrah* airs on MTV later this year. In our [exclusive celebrity interview](#), we chatted with the single celebrity mom about her Valentine's Day plans and upcoming projects.

Related Link: [Farrah Abraham Discusses Her Life as a 'Teen Mom'](#)

For more videos from [CupidsPulse.com](#), check out our [YouTube channel](#).

Celebrity Video Interview: Brad Goreski Says, "I Think We're Going to See an Explosion of Glamour" at the Oscars





Interview by [Whitney Johnson](#).

In our celebrity video interview, we talked to fashion stylist Brad Goreski about the fashion at Sunday night's Grammys as well as his tips for [date night](#) looks. "The number one trend that I loved was the metallics," the reality TV star says, citing Taylor Swift, Chrissy Tiegen ("the golden goddess of the evening"), and Rita Ora as gorgeous examples. Plus, he reveals his predictions for the upcoming Oscars: "I think we're going to see an explosion of glamour."

Related Link: [Celeb Stylist Rachel Zoe and Brad Goreski Split](#)

Celebrity Stylist Talks Date Night Looks

When it comes to a date night, Goreski encourages women to look beyond what they're wearing. "Starting off with really good hair, makeup, and skin is super duper important," he explains. "Your skin should definitely be glowing on Valentine's Day!" He also says that you should invest in a

show-stopping coat to amp up your look this winter. Watch the celebrity video interview above for more!

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

'America Now' Host Leeza Gibbons Says, "Until You Think You're Worth the Love You're Looking For, It Will Elude You"





Interview by [Lori Bizzoco](#). Editorial by Kristin Mattern.

Award-winning host Leeza Gibbons knows heartbreak and learned through experience that sometimes, to find a relationship and love, you have to start over. A successful businesswoman, she climbed from public radio to popular entertainment news broadcast shows like *Entertainment Tonight*, *Hollywood Confidential*, and *America Now*. But while her career powered forward, Gibbon's romantic life didn't progress so smoothly. After three celebrity divorces, she decided that it was time to focus on herself. Little did she realize that through this process, she would end up meeting her soul mate and now-husband, Steven Fenton. In our exclusive celebrity interview, the popular host gives some inspiring relationship advice for starting life anew.

Leeza Gibbons Opens Up About Her

Relationship and Love

The broadcaster met Fenton on a blind date that she mistakenly believed was a business dinner. “I met him at a restaurant, and two hours later, there was no ask, no agenda... and so I went into my comfort zone of asking questions and made it like an interview. He thought I was kind of rude, I think, and I left abruptly thinking, ‘What was that about?’”

Afterwards, the two didn’t speak for a while but eventually reconnected when Gibbons hired him to work for her. Over time, and after much denial, she realized she had fallen for her genuine, gentle, and loyal team member. “I had found what was missing: being part of a team, being part of a relationship. We really treasure that we are teammates.” But before Gibbons found her happy ending, she made the difficult decision to change her life.

Related Link: [How to Know When to Get Hitched](#)

The journalist came to terms with a life “redo” by “standing emotionally naked in front of a mirror and saying, ‘Wow, look at that – is this the person you want to be?’” She claims that a redo can come at any point in life, no matter your age or who you are. If you find yourself stuck in a life that doesn’t feel like it belongs to you, it’s time for a change. But where do you begin? “You have to drop the dread and banish the blame before you can start any reinvention. Those are the two essentials,” she advises in our exclusive celebrity interview. “It’s not an easy choice, but all choices start with a beginning, and there’s an energy to starting something that can sweep you along to the changes you need to make.”

For the retake on her own life, she used people she admired to become the person she wanted to be. She calls them “pace setters.” Through this positive mindset, Gibbons later had the privilege to meet some of the men and women she looked up to, including Olivia Newton John, who gave her the following

advice: “She told me to keep my heart open to love but to walk with the pain of being alone and really re-establish my relationship with myself to become someone who was 100 percent whole. Then, I would attract that kind of person into my life.”

Related Link: [Single in Stiletto Show: Why Do Men Disappear?](#)

Exclusive Celebrity Interview: New Author Shares Relationship and Celebrity Divorce Advice

Gibbons took these words to heart and earlier this year released her first book, *Take 2: Your Guide to Creating Happy Endings and New Beginnings* which delves even deeper into her experiences and teaches others how to take control of their lives. “We are all on a path of becoming who we are, and the secret to the dance is knowing when to do what,” says the author. She shares that you have to learn to gracefully move from one stage of life to the next and let go of the person you were in the past to be happy now. If it sounds like a balancing act, Gibbons thinks otherwise: “Balance is bogus. We have a high standard for ourselves, but at some point, flexibility and forgiveness – the two f-words – are the ones that are going to give us sanity.”

For those who find themselves entering the dating world after a long hiatus, the celebrity host says to get to know yourself and be real about who you were when you got hurt. “We have to teach people how to treat us. We have to treat ourselves with love, dignity, and respect. When we value who we really are, the rest of the world takes note and mirrors that. Until you think you’re worth the love you’re looking for, it will elude you.”

Related Link: [Bill and Giuliana Rancic on Marriage and](#)

Parenting

Gibbons also enjoys co-hosting *America Now* with Bill Rancic, who she describes as a “kid brother.” The show aims to empower people, much like she has in other facets of her life. The broadcast gives viewers a snapshot of what’s going on in the often frightening world and provides tools for people to cope. “We send you to our website AmericaNowNews.com, and we put a lot of resources there so you can really take control of your life,” the host explains. “People are so overstimulated today, and everything is moving so darn fast; we want you to feel like you’ve got it going on and can recover.”

In addition to being an author, on-air talent, mother, and wife this inspiring woman is also a philanthropist and created Leeza’s Cure Connection, which works to aid caregivers of family members with Alzheimer’s. She founded the nonprofit organization after she was personally touched by the disease. “My mom and grandma both died of Alzheimer’s. The first time that my mom didn’t know my name...there’s just no pierce to your heart that is worse than that. What we do is offer free services to caregivers: the husbands and the wives, the sons and the daughters. It really has been the greatest work I’ve ever been privileged to do.”

For more information on Gibbons, visit her website, <http://leezagibbons.com/>.

Celebrity Interview with Hair Stylist Chaz Dean: “The Most

Important Part is Feeling Sexy”



Interview by [Lori Bizzoco](#). Editorial by Kristin Mattern.

Stylist to the stars Chaz Dean has been creating covetable celebrity looks for years. An authority on hair care, Dean began developing his own natural product line called WEN in 1996. After building an A-list clientele, he started Chaz Dean Studio in Hollywood where celebs can escape the typical salon products and pestering paparazzi for a calm, rejuvenating experience. With his WEN products as well as the [date night](#) tips he shares below, he brings Hollywood style to the masses in our exclusive celebrity interview.

Related Link: [Hair Battle Spectacular's Blondie Talks Hair Tips For Dating](#)

Celebrity Interview with Chaz Dean

Push your bangs out of your eyes and get ready to see clearly, ladies, because this hairdresser cuts away at the salon facade to reveal the truth about hair care. The way you care for your hair is why you don't have tresses like [Jennifer Aniston's](#), but even America's sweetheart chopped off her locks recently – and it wasn't just to be trendy. “She cut her hair short because of a bad keratin treatment,” Dean explains. Brazilian blowouts, keratin treatments, and Japanese straighteners are touted as healthy for your hair, but this stylist believes differently. “People think it's good, and it's not. It takes such a toll on your hair. Your hair is protein; protein does not need more protein.” He says that added protein makes already dry hair more brittle, causing breakage. If you really want to strengthen your hair, moisture and collagen elements are what you need.

Given his passion for this topic, it's no surprise that hair foibles were part of Dean's motivation for creating WEN. Women want soft, touchable hair that also shines with vibrant color. Looking to keep color from fading, the hair alchemist turned to herbal inspiration: “I literally went to my garden and took sage, rosemary, lavender, eucalyptus, apple, bananas, and pears and boiled them together in my kitchen,” he explains in our celebrity interview. “It smelled incredible, and when I cleansed my hair with it, the natural astringents paired with antibacterial and moisturizing properties made my hair feel clean and silky.” Dean knew he had discovered the miracle recipe he'd been seeking and wanted to get this product to his customers. After nearly five years of lab work, WEN was born in 2000.

In 2005, the hair stylist started working with QVC. “QVC has

been a blessing for me because I get feedback from customers. They all have their opinions, and whether it's good or bad, you learn and you grow from it," the client-centered stylist says. "The most important part to me is making people's life easier by embracing their natural hair's texture and giving them the hair they've dreamed of." On air, Dean showcases his powerful product; whether you have the kinkiest of curls or baby fine locks, WEN makes hair shiny and buttery smooth.

Related Link: [Top 5 Hot Hair Tips You Should Be Taking from Celebrities](#)

Hair Stylist Talks Best Celeb Hair

Celebrities enjoy WEN products at home and trust him to make their hair radiant when they visit his salon. When asked if he had a favorite famous client, Dean candidly responds, "I would say Nicole Murphy because she trusts me to give her the best look." But when it comes to who has the best hair, he thinks Megan Fox has an enviable mane. "She was doing an interview recently, and she looked gorgeous. Gorgeous! Her hair, I believe, always looks good." Who wears the short trend best? Isabel Lucas, whose crop he describes as adorable. Christina Aguilera's hair doesn't get such a glowing review from the master stylist. "If she doesn't stop bleaching it to an inch of its life, she's going to end up having to cut her hair off. Girl, you can have blonde, but it shouldn't be translucent or yellow."

Every woman, famous or not, wants beautiful hair that men find attractive. So do you go Rapunzel long or Daisy Buchanan short? "Men want hair that is soft and touchable, hair that they can run their hands through." The stylist believes only insecure men need their women to have long hair; secure men are fine with women rocking short hair. To really impress your guy, wear a style that makes you feel sexy. If your man tells you how to wear your hair, the hairdresser says to put him in

his place: “Tell him that when he grows his hair out, then you’ll do what he wants.”

Related Link: [Celebrity Hair & Makeup Artist Predicts Anne Hathaway’s Red Carpet Look](#)

A woman’s hairstyle is perhaps most important on her wedding day, and brides often wonder what ‘do is best to say “I do.” Dean suggests being yourself. “Whether you’re a sexy rocker girl, a timid and sweet curly girl, or a wavy girl, bring out that element.” For damage-free curls, the hairdresser advises rolling hair into sponge rollers, misting with WEN Replenishing Treatment Mist, and taking a shower (without getting your hair wet); by the time you’re done with your makeup, your hair will be set with amazing curls without the damage of a curling iron. Don’t wait until you get hitched to try this style; use this tip for your next night on the town with your sweetie for a sure-to-wow blowout!

Continuing to expand his popular line, WEN products are for the whole family – even Fido! WEN has a pet line that cleanses while repelling ticks and fleas. The kid’s line, nicknamed WEN Sensitive, is allergen-free and perfect for anyone with whey, wheat, gluten, menthol, soy, or nut allergies. The line eventually expanded to include WEN for babies and seasonal varieties like summer honey peach, which Dean calls “heaven in a bottle.” Plus, WEN Men will soon be hitting shelves to address men’s unique hair issues.

WEN will you and your’s be ready to wear amazing hair?

For more information on Chaz Dean and WEN, visit the website, www.wen.com/chaz-dean.html.

HGTV Designer Sabrina Soto Shares Her Party Planning Secrets in Celebrity Video Interview



Interview by [Whitney Johnson](#).

Celebrity Video Interview with Sabrina Soto

The holiday season is in full swing, and for many people, that means the next few weeks will be filled with parties to plan. With that thought in mind, we enlisted the help of style

expert and author Sabrina Soto. In our [celebrity video interview](#), the host of reality TV show *The Great Christmas Light Fight* shares her top tips for hosting a stylish and affordable party.

Related Link: [Kathy Hilton's Advice for Holiday Entertaining](#)

Plus, she let us in on her holiday plans: "I have been engulfed in Christmas décor for the past two months, so this year, I'm going to Europe for Christmas just to get away and not have to worry about it!" the HGTV designer reveals.

Be sure to check out Sabrina Soto on *The Great Christmas Light Fight*, which premieres tonight at 9/8c on ABC.

For more great holiday party ideas, visit www.target.com/.

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Exclusive Celebrity Interview: 'Food Network' Host Claire Robinson Says, "Food Is the Key to Passion"





Interview by Priyanka Singh.

Chef Claire Robinson is perhaps best known for her Food Network show *5 Ingredient Fix*. But does she use only five ingredients when cooking at home? “I’m all about few ingredient cooking, which really focuses on the quality of the ingredient and the balance within each recipe,” the reality TV host explains in our [exclusive celebrity interview](#). “I’m looking for power-packed punches of flavor!”

Related Link: [‘The Chew’ Host Carla Hall Talks Winter Dinner Date Ideas](#)

Reality TV Chef Claire Robinson Shares Recipe

Plus, she reveals how the Flavor Forecast by McCormick helps her overcome “writer’s block” when she’s developing new recipes. Celebrating the Chilies Obsession of 2014, she teaches us how to make the Three-Chile Mole Fondue. She also encourages viewers to introduce fun and exciting recipes to

their partners – and she’s got just the way to do it. “Try some of these new flavors!”

And, of course, we had to ask if food is truly the key to a man’s heart: “Food is the key to memories; food is the key to passion,” she candidly shares in our exclusive celebrity interview. “It’s the one language we all speak.”

For more information on McCormick’s Flavor Forecast, visit <http://www.mccormick.com/Flavor-Forecast>.

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

‘Mob Wives’ Executive Producer Jenn Graziano Says, “I’m Not Anti-Marriage; I’m Anti-Ball and Chain!”





Interview by [Lori Bizzoco](#).

From VH1's *Mob Wives* to *Miami Monkey*, Executive Producer Jennifer Graziano transformed the realm of [reality TV](#). She now continues to expand her resume with exciting new projects like releasing a classic, family-inspired Italian cookbook and continuing the recent launch of reality TV star Big Ang's new wine line.

Related Link: ["Bigger is Better": Mob Wives "Big Ang" Launches New Wine Line in NYC!](#)

Celebrity Video Interview with *Mob Wives* Producer

Graziano recently sat down with CupidsPulse.com's Executive Editor Lori Bizzoco to talk about the *Mob Wives* franchise and how the series impacted her family and the rest of her career. And, of course, they talked relationships and love: Despite her hectic schedule, this accomplished bachelorette is open to the idea of getting married one day to someone who's willing

to support her ambitions as a thriving businesswoman. As she told us in our celebrity video interview, “I’m not anti-marriage; I’m anti-ball and chain!”

To learn more about Graziano, follow her on Twitter @jenngraziano. Don’t forget to tune in on Thursday, December 5th at 10 PM ET/PT for the new season of Mob Wives: New Blood on VH1!

Video by Erik Erikson.

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

‘Bachelorette’ Trista Sutter Talks About ‘Happily Ever After’: “Ryan and I Make It Work for No One But Ourselves”





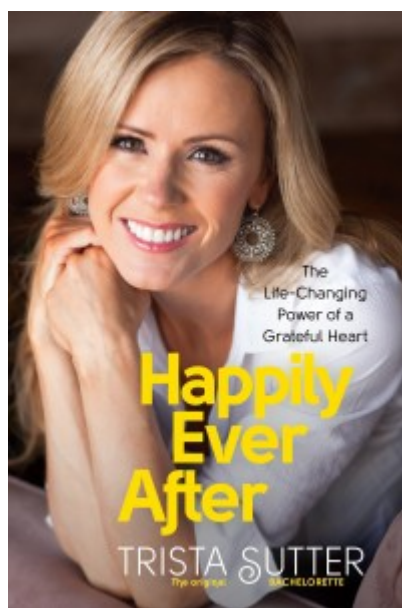
By Kristin Mattern

Reality TV viewers know Trista Sutter from the first season of *The Bachelor* where she grew to be a fan favorite on the show. When she ended as runner-up, ABC chose her as the first star of their new show, [The Bachelorette](#). It was there that she met and fell in love with her husband, firefighter Ryan Sutter. Defying the bleak love statistics of the popular ABC franchise (as of 2013, only three famous couples have gotten hitched out of 25 seasons), Trista and Ryan married in 2003 and have since welcomed two beautiful children – Maxwell Alston and Blakesley Grace. Family life hasn't slowed down this stay-at-home celebrity mom. She regularly contributes to several blogs and most recently wrote a book about the power of gratitude.

Related Link: [Reality Stars Who Found Real Love: Trista and Ryan Sutter](#)

Celebrity Interview with Former Bachelorette Star Trista Sutter

Happily Ever After: The Life-Changing Power of a Grateful Heart was inspired by Sutter's desire to write about a topic she could speak to authentically and realized that the subject most important to her was gratitude. "It's kept me uplifted during the hard times and grounded during the high times," she says in our celebrity interview. "I truly hope I'm able to encourage happiness in my readers by writing about its value through the stories of my life, others' lives, and the incredible scientific research proving its positive effects." The title stems from the reality TV star's Disney-like romance, but her book also showcases that life isn't perfect. Sutter believes that "if you embrace a grateful heart, your fairy tale will reveal itself through a happier life."



With Thanksgiving only a few days away, the release of Sutter's book is fitting. The mother-of-two says she is most thankful for her relationships with family and friends and the experiences in life that have taught her to cherish her blessings. "Moments full of sadness or strife have made me realize how short life is and helped me to appreciate it," she says.

Related Link: [Five Bachelor and Bachelorette Couples We Can](#)

[Learn From](#)

Trista Sutter Opens Up About Her Relationship and Love

When it comes to her celebrity marriage, Sutter says her relationship with husband Ryan is based on true love. Asked if they ever feel pressured to stay together because of their reality TV past, the starlet candidly responds, "I wouldn't say that we are pressured to stay together, but I'll admit that I would never want to disappoint our hopeful fans if we were to ever decide that our marriage wasn't healthy anymore. We love each other and make it work for no one else but ourselves." This December, the happy couple will be celebrating their ten-year anniversary, but they're keeping their plans a secret for now!

Over the last decade, their relationship and love has evolved simply because they've become parents and have "two tiny humans to concern themselves with." The charms that keep their fairy-tale marriage under a love spell are simple: "communication, love, respect, trust, honesty, fun, humor, adventure, commitment, friendship, forgiveness, and faith." Quite a long list, but it works for them!

The Sutter's haven't told their son and daughter about their unconventional romance but will do so when the kids are older. When the parents do share their love story, the Colorado natives plan to give this relationship advice: "Be yourself, marry your best friend, and never settle. The fairy tale is out there, and even though everyone suffers through heartache, we need to be grateful for the road that leads us to the eventual path to our soul mate." In the meantime, she and Ryan are focused on filling their children's lives with positivity and every night, they recount the blessings of the day.

Related Link: [Love Lesson's From ABC's 'The Bachelor'](#)

Never one to slow down, she is continuing her work by partnering with GloryHaus.com and featuring a line of gifts called “The Grateful Heart Collection,” which includes picture frames, wall art, magnets, pillows, jewelry, tote bags, and more – all created with the intention of spreading the word about gratitude. Just in time to start your holiday shopping!

With the next season of *The Bachelor* due to air soon, Sutter advises those women seeking to win the heart of Juan Pablo to have fun, be themselves and make friends!

To learn more about Sutter and The Grateful Heart Collection, visit her website, www.tristasutter.com/index.html. Her book, Happily Ever After: The Life-Changing Power of a Grateful Heart, goes on sale today.

EXCLUSIVE: Kathy Hilton Gives Her Top Tips on Holiday Party Planning





Interview by [Lori Bizzoco](#). Editorial by Sarah Ribeiro.

Kathy Hilton is arguably one of the most glamorous and fabulous hostesses out there. As she explained to CupidsPulse.com in the past, her priorities lie with family and love – but her success in entertaining has made her incredibly popular. With the holiday season quickly approaching, we spoke to the socialite about her party planning skills.

Here are Hilton's top tips for entertaining your friends and family during the holidays:

Related Link: [Kathy Hilton Discusses Fashion Week and Her Collection](#)

1. Do a buffet: Buffets give your guests an extra chance to mingle and meet each other. The designer, mother, and businesswoman suggests playing some light music and allowing guests to serve themselves to set a casual, informal mood. "Introduce people," she says. "Don't assume everyone knows each other. If your guests are comfortable, then you'll be

comfortable.”

2. Be mindful: Not all of your guests may get along, so it’s important that you seat people based on their personal links. “There may be people at your party that aren’t speaking,” explains the prime hostess. “You have to be aware of that. Everybody likes to have a place to go. Seat interesting people that will have something in common with each other next to each other. Mix things up too. If you have a shy friend, seat them next to someone that can talk to a wall. But be sure to group friends together – I don’t like to put people among a group that’s composed entirely of strangers. Make it a mixture of old friends and new friends-to-be.”

Related Link: [Kathy Hilton on Her Marriage: “I Thank the Lord Every Day – I’m Very Blessed”](#)

3. Be prepared: Remember that *anything* could happen. Hilton suggests that you prepare for every situation. “I stop by the convenience store and make baskets to place in the gathering room and in the bathroom,” she reveals. “You can fill it with feminine products, band-aids, safety pins, crazy glue, aspirin – anything that someone could possibly need. There’s always that one friend that needs something, and you want to be able to help them out without thinking. This tip extends beyond party planning too – Hilton keeps a basket like this one in her guest bedroom at all times.

If you follow these three tips, “you can enjoy yourself without having to worry or stress out,” according to the Hilton family matriarch. Happy party planning!

Hilton currently manages her fashion line, The Kathy Hilton Collection, while assisting in philanthropic ventures, such as the Make-A-Wish Foundation. Check her out on Twitter @KathyHilton and www.facebook.com/OfficialKathyHilton for more.

'The Chew' Host Carla Hall Talks About Thanksgiving Dinner and Date Night



If you're hosting Thanksgiving dinner this year and are tired of the same old marshmallow-covered sweet potato casserole, dried out stuffing, and gel-like gravy ladled over tough turkey, update your family's traditional meal with tips from *The Chew* host Carla Hall. Follow her advice on how to put personal pizzaz into classic Thanksgiving dishes. With the cool weather and holiday season quickly approaching, Hall also provides dinner date ideas for those chilly winter evenings spent with your sweetie.

Related Link: [‘Top Chef’ Alum Richard Blais on Healthy Holiday Cooking](#)

For more information on Hall, visit www.carlahall.com/.

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

How do you plan to revamp your family’s Thanksgiving traditions this year? Share with us in the comments below!

‘RH0A’ Star Phaedra Parks Talks New Book and Marriage: “Remember What Made You Fall in Love”





By Kerri Sheehan

Phaedra Parks of Bravo's *The Real Housewives of Atlanta* is well acquainted with working hard and multitasking. There is seemingly nothing this mother of two can't tackle; she has a healthy relationship with her husband, and a booming law firm, The Parks Group, P.C. Parks began her association with *RHOA* as the show's lawyer, but this beautiful Belle quickly went from behind the scenes to in front of the camera, joining season three as a cast member. "Now, I can say I've pretty much done everything when it comes to TV – from the licensing deals to being the on-air talent," says the starlet.

Never one to slow down, Parks is also venturing into the funeral business, working towards her mortician's license and opening up her own family-run funeral home. When asked how she got into the business, it's really a sad story. "Unfortunately, I got into this industry because I had a lot of great friends who passed. People would ask me to help with the funeral arrangements, and I actually became very intrigued by every aspect of the mortuary process – from picking out the

makeup and dressing the body to the funeral service. I always paid a lot of attention to the preparation and all of the details.” Family is a motivating factor in everything Parks does, and by opening a funeral home and crematorium in the near future, she hopes to leave a legacy for her family. “It’s a very multi-dimensional industry: You’ve got the business portion, you’ve got the counseling portion, and then you’ve got the preparation of the body portion.”

Related Link: [NeNe Leaks Ties the Knot with Gregg Leakes, Again!](#)

Throughout her somewhat unusual change of direction in career, husband Apollo has been very supportive. “I think communication is key in any marriage,” she candidly shares. “You need to clearly communicate how you’re going to achieve your goals and how your partner will be a part of your plan.” For women looking to make a similar track change in their career, Parks suggests making sure your spouse knows that they’re a significant ingredient in your success. This high-powered business woman knows that it’s not good practice to plunge into the unknown while dragging your hubby by the collar – having him as an equal and understanding partner in the new undertaking will help smooth any obstacles that may pop up during the career transition.

Related Link: [Real Housewives Star Gretchen Rossi Proposes to Slade Smiley](#)

Given her multifaceted career path, she prides herself on being an undeniable woman of southern charm and distinction. In her new book, *Secrets of the Southern Belle: How to Be Nice, Work Hard, Look Pretty, Have Fun, and Never Have an Off Moment*, she gives readers an updated version of social etiquette that mixes modern living with traditional morals. “I think some of the books out there are too traditional, so I put a spin on it with texting, social networking, and other things like that.”

From growing one's social circle, to strengthening one's professional life, Parks knows from experience that a little bit of etiquette goes a long way in any situation. Parks' mantra is "style is void without substance," and this sentiment echoes throughout her book as she teaches you that you don't have to be from the South to be a Southern Belle. "A Belle is anyone who's charming and graceful, who exhibits poise, and who appropriately maneuvers social settings," she explains, "You can put on stylish clothes, but if you're not wearing confidence, integrity, and class, then your outfit doesn't really matter."

A real Southern Belle herself, Parks believes little grace should be applied to every situation at hand. "Even if you feel very strongly about something, it may be best to revisit the conversation privately rather than publicly – you may be humiliating someone, which you never want to do," the author shares. "Being nice and killing people with kindness has definitely been my weapon of choice throughout my career."

Related Link: [Phaedra Parks Welcomes Second Son](#)

Of course, life is about more than just your job; Parks strongly believes that her most precious time is spent with her family. As a mother of two young boys, she credits prioritizing as the key to juggling it all. Her biggest tip for other women is to take care of yourself first, and everything else will follow. "If you're at your best self, then you'll give your best. It's easier said than done – trust me!" Taking moments to focus on yourself among all of the chaos of life will help maintain your identity as a woman. She says that the old saying is true: "Happy wife, happy life!"

This strong woman has known her husband since 1995, and the two have been married for four years. Because they have a long history she says, "We can sort of anticipate what the other one is going to do, whether it's good or bad, and we try to adjust our actions accordingly." The reality starlet adds,

“communicating, compromising, and negotiating keeps our marriage strong.” For women struggling in their relationship, Parks shares this piece of advice: “Remember what made you fall in love with that person and know that no marriage is going to be perfect everyday. You have to realize which battles are worth fighting, which ones need to be negotiated, and which ones you allow your partner to control.” Parks knows that when you’re going to be with someone forever, you’re not always going to be on the same page, and that’s okay.

Be sure to check out ‘Secrets of a Southern Belle,’ available on Amazon, and catch more of glamorous and successful Phaedra Parks on Bravo’s ‘The Real Housewives of Atlanta’ on Sundays at 8/7c. You can also connect with her on Twitter or her website.

**Sidebar photo courtesy of Anderson Group PR.*

Gilles Marini Says He’s “Blessed to Have the Chance to Be a Father – It’s Magical”





By Kristin Mattern

French-born actor Gilles Marini has made a lasting impression on American fans. He's memorable for his beloved turn as Dante in *Sex and the City: The Movie*, his recurring roles on shows like *Brothers & Sisters*, *Ugly Betty*, and *Nip Tuck*, and his stellar appearances on the 8th and 15th seasons of *Dancing with the Stars*. As evidenced by his diverse resume, his brave and beautiful man seems daunted by nothing. Who can forget his full frontal nude scene as Dante? The former model is currently gracing the small screen as Angelo Sorrento on *Switched at Birth*, where he tackles the challenging role of an estranged father who has reentered his daughter's life – a role that's close to this family man's heart.

Related Link: [‘Brothers and Sisters’ Star Celebrates One Year Wedding Anniversary](#)

On ABC Family's hit show, Marini plays the biological dad of Bay Kennish, who comes back into her life after abandoning his wife Regina when he thought she had cheated on him. A father himself, the star says that being a parent doesn't affect how

he plays the character: "I am the polar opposite of Angelo when it comes to being a father. I think he just landed on this planet and became one sixteen years too late. It's understandable to see why he is the way he is, based on his past and he's childhood, but that also makes him human and interesting."

Marini and wife Carole, who married in 1988, have a son Georges and a daughter Julianna. It's easy to see that the actor knows what he's talking about when it comes to parenting, so one can only hope that a little bit of the father in him will rub off on his wayward character. "There are so many things I could say about how amazing it is to be a father, but the truth is there are no words in the dictionary to explain it to anyone. Maybe I could say that it is the single most important role a man could ever have," he aptly shares. "It shows your real colors and what you are made of. I am blessed to have the chance to be a father and have the great responsibility to raise respectful, kind-hearted, passionate, strong, and dedicated souls. It's magical."

Passionate about his family life, Marini is currently building a retreat in the California woods as a private getaway for them to enjoy. "We bought a new hideaway paradise, a cabin in the woods. We are in the process of completing the little things that need to be fixed, and then, we'll have our safe haven to go to when we need some time off. It's only 90 minutes from our house in L.A., so it is very easy to get to quickly."

Given his busy schedule, it's no surprise that the star hasn't had time to watch the current season of *Dancing With the Stars*, although he does have fond memories of his time on the show. On season 8, he danced with long-time pro Cheryl Burke and finished as the runner-up. He came back again for season 15 to try to win the mirrorball trophy with season 14 winner, Peta Murgatroyd, and the couple were the eighth eliminated from the show. "Cheryl and Peta are great girls, and I hope

that they will go all the way! They will always have a special place in my heart.'

Related Link: [Brook Burke-Charvet Talks 'Dancing With the Stars' and Family](#)

Currently, Marini is working on a project that has a particularly special meaning for him: He has become part of the Ford Warriors in Pink cause to raise awareness for breast cancer. He's been personally touched by breast cancer, as he had to watch his sister-in-law battle the disease. At a young age, he lost his father to cancer as well. The star is very hopeful about finding a cure: "The ultimate goal is to one day explain to my grandkids that there *used* to be a disease called breast cancer. I am thrilled to be part of Ford's Warriors in Pink – a very nice group of dedicated people who are truly making a difference."

As part of the campaign, he and his wife designed a unisex t-shirt to aid funding for the cause. "I wanted to create something meaningful and important and something that both men and women would enjoy wearing." Well, mission accomplished! "I am wearing it as we speak," he says wryly. The shirt is a V-neck in a beautiful deep heather gray that displays the words "Unis Par L'Amour," French for "United with Love." Let's hope along that, with the support of people like Marini, we can find a cure for this disease, and it will one day be a thing of the past.

Be sure to check out the t-shirt Marini made for Ford Warriors in Pink on www.warriorsinpink.ford.com/men-s/united-with-love-t-shirt.html! To watch him in his memorable role as Angelo Sorrento, catch full episodes of 'Switched at Birth' on ABC's website and wait for the series to return in January 2014. Learn more about the star by reading his website, www.gillesmarini.com/ or following him on Facebook and Twitter.

“Bigger is Better”: Mob Wives “Big Ang” Launches New Wine Line in NYC!



By Priyanka Singh

“Bigger is better” is the motto this vivacious star lives by, and she’s certainly living up to that reputation! Angela Raiola, otherwise known as “Big Ang” from the popular reality television series *Mob Wives*, had an official launch party for her new product, BigAngWines on October 24th at Tello’s NYC. The authentic Italian restaurant was an intimate gathering of

friends and family celebrating her newest liquor venture, which included Cabernet, Chardonnay, and Prosecco. Attendees were invited to taste samples from her collection, check out the elegant wine bottle design, and enjoy a customized cake made to replicate the bottle design itself!



Big Ang poses with her customized wine bottle cake at her official launch party.

When asked what inspired her to create her own variety of wine, the VH1 star said, "I do own two bars; my family was in the bar business; and my mother and father were bartenders too. I just thought, 'Bars, bartenders, wine – it all went together.'"

Between launching her new product and shooting for her new reality series *Miami Monkey*, this lady is pretty busy. So we wanted to know how she finds time to balance her work and her relationship while keeping things so young and fresh. "It's hard. As you know, I have a husband, and he just comes along with whatever we do. He's there for me. I also have a family who stands behind me, and someone needs to make the money!"

It's all about the money," the star says with laughter. "I'm not home much, but it works! The less you're with the husband or wife, the better. When you're with each other constantly, you get under each other's skin."



Big Ang and her husband, Neil pose for the camera at her official launch party.

'Big Ang' adds that, when it comes to the dynamic between a couple, "the husband should always love you more than you love him." And for all of you singles out there looking for some premium dating advice, the reality star herself suggests, "Don't ask any questions and don't tell them anything. Just enjoy the dinner and the drinks!"

To purchase any one of the three varieties of her new collection, check out BigAngWines.com! Don't forget to follow her on Twitter @BigAngWines and 'Like' Miami Monkey on Facebook.

'Top Chef' Alum Richard Blais on Healthy Holiday Cooking with Benefiber



Interview by [Lori Bizzoco](#).

Viewers of *Top Chef* recognize Atlanta chef Richard Blais as the runner-up during the reality show's fourth season and the winner of season eight, *Top Chef: All-Stars*. What may surprise fans, though, is his new found passion for healthy cooking. It even surprised the chef himself: "I would never have envisioned that I'd be standing here today talking to you about being a dedicated chef to health and wellness." In our interview, he discusses the importance of fiber and makes raw oatmeal risotto using Benefiber.

Related Link: [Wolfgang Puck of 'Top Chef: Seattle' Says Taste Is the Most Important Part of Cooking for Your Loved Ones](#)

While the reality star handles most of the cooking duties at home, he knows a thing or two about sharing space in the kitchen. “My kids do cook. We’re getting them involved,” Blais shares of his daughters, ages five and almost three. “I think it’s really important to build a healthy relationship with food with your kids, whether that’s going to the farmer’s market, going to the grocery store, or getting them at the stove with you.”

He adds, “We just made one of these recipes at home – blue corn meal pancakes – with Benefiber.”

For more information, check out Benefiber on www.facebook.com/Benefiber.

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

‘Sweet Retreats’ Host René Syler Encourages Couples to “Remember Why You Fell in Love”





By Kristin Mattern

One time co-host of *The Early Show*, René Syler continues her television career with her own show on the Live Well Network, *Sweet Retreats*. The seasoned journalist and mother of two loves the fun and excitement of visiting vacation locales with her guests and their families; a savvy traveler herself, Syler enjoys helping show parents how to pack and plan for family trips. On her parenting website, GoodEnoughMother.com, she educates moms on more than just how to prepare for their next adventure, instead teaching parents how to be perfectly imperfect.

For a long time, Syler ran the same rat race that many women do, splitting her time between her high-powered job and her relationship with her husband and children. On top of her already demanding life, she was also trying to be the *perfect* mother. Sometime after the birth of her second child, she came to a revelation: “I had this epiphany, and I realized, ‘Wait a minute, I don’t have to be perfect, and I actually *do* know what I am doing. It’s not the way everyone does it, but it’s

the way I do it, and I've found it effective.'" That moment led to writing her book, called *Good Enough Mother*, and creating its spin-off website.

Good Enough Mother deals with more than motherhood. "I talk about career and keeping your marriage healthy. We also mention breast cancer and breast cancer causes. Just because I am a mother doesn't mean I don't have other interests, and I believe that's something other women can relate to," Syler explains. "I still have dreams, goals, and aspirations." She also recommends that parents stop likening themselves to everyone else: "You want the recipe to be really unhappy? Keep comparing yourself to everybody else."

Related Link: [Julie Benz on Her Marriage: "We Put Our Relationship First Even If That Means Turning Down Work"](#)

On *Sweet Retreats*, the celeb helps families find great places to vacation that are fun and affordable. "I love shooting this show! I'm always looking to go on vacation and save a little money here and there," she shares. "I'm also all about showing people how to get outside the traditional touristy areas. You can actually go somewhere and become a part of a community. The show is a wonderful way to showcase how families can travel."

Perhaps the most important part of planning a vacation is choosing a location to visit with your family. This well-traveled host suggests getting the input of your children or choosing a spot that coincides with what they're learning about in school. "What better way to really make what they're learning about come to life than by actually going to the location, seeing it and experiencing it?" If you have teenagers (like Syler), she recommends giving everyone their own room, so you aren't right on top of each other, and choosing a place the whole family can enjoy.

Married for almost twenty years, Syler advises couples take

time and go away together alone too. "It's important to reconnect and remember why you fell in love. Sometimes, we all need to be reminded." Her favorite vacation spot with husband Buff is Las Vegas. "We always have a great time, and I feel like we can just have fun together and act like big kids."

Related Link: [Prince William's Former Nanny Is Taking Care of Prince George](#)

When they're not getting away to a fantastic location like Vegas, the duo cherish the time they spend together, even if it's just sitting around the kitchen table. "I know that doesn't sound like a date, but it is because we're moving in the same direction, and I think that is one kind of pillar in our relationship." The couple also enjoys the movies or a quiet dinner at a pub for date night. "It's not the location. It's the communication and being able to connect," Syler sagely says.

The couple keeps their marriage strong by appreciating each other and knowing that they wouldn't be where they are today without one another. "You have to remember what it is that brought you to the party. You know, my husband is always a big fan and supporter of me, and in this day and age, you really have to have one person in your corner at all times."

Outside of work and play, Syler is a huge advocate for breast cancer awareness and education and does a lot of work with the Susan G. Komen for the Cure campaign. Both of her parents had breast cancer, and six years ago, she opted to have a double mastectomy after testing positive for the stage before breast cancer. "I believe that knowledge is power, and the more you know, the better decisions you can make for your health," she explains, "Part of my philosophy at Good Enough Mother is that taking care of yourself means that you are taking care of everybody else."

That's one thing that we know this mom does well.

For more information on Syler, visit GoodEnoughMother.com or connect with her on Facebook and Twitter @goodenufmother.

'The Chew' Star Clinton Kelly Believes That "Life Is All About Trying New Things"



By Kristin Mattern

Clinton Kelly, well-known star of *What Not To Wear* and *The Chew*, has taken on yet another endeavor in which he combines his flair for style with his passion for food: He's now

serving as the spokesperson for The National Mango Board's "Mangover." What is Mangover? Mango plus makeover equals Mangover! Kelly shares his love of the fruit and gets the word out about how nutritious, versatile and simple mangoes are to use.

The Chew star has had a love affair with mangoes for a long time, so becoming the spokesperson for Mangover was a natural move. "I'm a big fan. I also love that this fruit is available all year round. I love the fact that a cup of mango has 100 percent of your daily recommended vitamin D and only 100 calories," Kelly remarks. "Plus, they're part of the clean 15 – a group of fruit that you don't have to buy organic, which is important."

Mangoes aren't only nutritious; they're also easy to substitute into meals. "They have this great texture that's firm and works in certain recipes when you need a fruit to hold up. You can even grill a mango," Kelly points out. "It's got a perfect balance of sweetness where it's not sickeningly sweet and not tasteless either; it's right in the middle."

Related Link: [Mario Batali Shares His Tips for Cooking at Home on Date Night](#)

Not afraid to experiment with tastes, Kelly comes up with some unconventional recipes like Grilled Ham and Cheese with Mango. If you want to try some of his unique recipes but are dating a finicky eater, the chef recommends making a mango sauce on the side, so your partner can decide if they want to try the mango-concoction or not. "Though I have to tell you," confesses the star, "I'm not a big fan of people who are *that* picky when it comes to eating. I don't think that they make good partners. That somebody will not even *try* new foods generally means that they're not going to try a lot of other new things either – and life is all about trying new things." Sage advice from a happily married man!

For date nights in the fall with husband Damon Bayles, Kelly says he's looking forward to roasting a delicious chicken. "There is a great recipe with chicken that I'm doing on *The Chew*," he shares. "You make a mixture of cloved garlic, fresh parsley, salt, and cinnamon. Turn it into a paste using a food processor; put it under the skin of the chicken; and then roast the chicken for about an hour or so."

The style pro has some tips for date night fashion too. "When it comes to the first date, it's important that you feel beautiful because that gives you confidence." Kelly suggests wearing your favorite color or a print that represents you. "I would recommend being tastefully sexy. That means wearing clothes that show off your shape but don't necessarily reveal too much skin." The *What Not to Wear* stylist proposes a great pencil skirt, blouse, micro-fishnet tights, and a pair of heels.

When it comes to meeting his parents, he says to communicate with your significant other to find out what his family is like. If they are jean people, wear jeans; if they're fancy, wear a dressier outfit. He adds, "The general rule of thumb when going on a job interview or meeting someone's parents for the first time is chest, not breast. You can wear something that is V-neck and shows your décolletage, but don't take it any further."

Related Link: [Kathy Hilton Discusses Fashion Week and Her Collection](#)

For weddings, he advises avoiding white (of course) and being careful with red. "There is always that woman in the red dress every time I go to a wedding. She's wearing a low-cut, short red dress with a shine to it. There's something about it that almost feels like you're trying to steal the attention away from the bride. You want to be classy at a wedding." He suggests choosing colors that fit the season, like gem and dark colors for fall and winter and light, bright colors for

spring and summer.

Adding to his resume, Kelly recently wrote a book, *Freaking Fabulous on a Budget*, which comes out tomorrow and provides readers with tips on how to hone their style, cook great food, and make cocktails and crafts for the home on a budget. This star certainly does it all!

To learn more about Kelly, connect with him on Pinterest, Twitter @clinton_kelly, and Facebook. Visit clintonkelly.com and be sure to watch him on The Chew! To purchase his new book, check it out on Amazon.

‘The Biggest Loser’ Alum Lisa Rambo Talks Marriage and Weight: “We’ve Lost Over 180 Pounds Together!”





By Kerri Sheehan

Sometimes, being a loser really can make you a winner! Lisa Rambo learned that truth when she was chosen to compete on NBC's reality show *The Biggest Loser* during season 14. Unless you have been hiding under a box of Twinkies, you probably know that the show chronicles the journey of overweight contestants who attempt to lose the most weight in hopes of getting healthy and winning a cash prize.

Although Rambo was eliminated from the competition during week five, the show offered a \$100,000 at-home prize and Rambo tried her hardest to win it. But, when she re-entered the real world, the 37-year-old mother of four returned to work full-time as a special education assistant, and felt the pressure of keeping up with the contestants still living at *The Biggest Loser* Ranch.

Related Link: [Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life](#)

Even so, she stuck to what she had learned at the ranch and 80

percent of the total weight she lost was after she left the show. In the end Rambo was runner-up for the at-home prize, losing to competitor Gina McDonald by only a few pounds. Still, she was able to manage the needs of her family while simultaneously taking care of herself. "There is no magic pill. It takes some hard work and dedication, but it's worth every bit of it," she says of her fight to get fit. In order to reach her weight loss goals, she worked out six days a week, usually an hour and a half before work and two hours after work.

Rambo's weight loss efforts inspired her husband to shed some extra pounds as well, and as a result, her whole family adopted a healthier lifestyle. She admits that since their weight loss began they haven't had very many date nights, but they do enjoy the occasional sushi outing with live music. When losing weight with your partner a balance of seriousness and fun is key to keeping your relationship in tact. In addition they have run a few races together and also completed a 12-mile Tough Mudder off-road run and they're both excited about how they feel since tightening their belts: confident and joyful. "We've lost over 180 pounds together but have gained true strength and great courage."

In order to get her family to this place, she had to completely overhaul their routine. According to Rambo, "The first thing I did was clean out our kitchen and turn our home into a safe place. The changes then became the new normal for the whole family."

Her husband and children are now far more active too. They have run in a number of events together, and Rambo will soon run her first half marathon with her mom, sister, and daughter in tow. The newly-annointed health food queen suggests this advice to parents looking to shift their family's lifestyle: "Stick with it and know that your kids will adapt. They'll also start to crave what they eat. It'll take time for them to acquire new cravings, but it's worth it."

Related Link: [Palmer's Spokesperson Ali Landry Chats About Making Her Family a Priority](#)

It's no secret that the former *Biggest Loser* contestant has put in a lot of hard work to get to where she is today – even before she appeared on the realty show. In fact, last season wasn't her first attempt to get cast. She auditioned twice before for seasons 10 and 11, and her inspiration for auditioning this time around was her sister. "She was positive that I was exactly what they were looking for. Her encouragement kept me in it!"

Rambo hopes that her own story will inspire others. "I was always one Monday from the next best diet." Follow Rambo's example and make that Monday today so you and your significant other can get on the path to being jolly and fit now. Instead of settling with the way you are, she recommends setting goals for the journey to your happy place. She often found herself reaching mental plateaus, meaning that she would lose 50 or 75 pounds and consider calling it quits. However, after losing over 100 pounds, she realized that she often settled for less than what was possible. She reminds hopeful contestants, "Don't quit, reach your goal, get your win, and don't go back!"

Be sure to tune in for next week's premiere of season 15 of The Biggest Loser on Tuesday, October 15th on NBC at 8/7c! Rambo will be attending The Biggest Loser Walk/Run on October 20th in Eau Claire, Wisconsin, and she will be running in the New York City marathon this November. To see what else Rambo has cooking in her kitchen, you can read her blog, losingitwithlisa.com, or follow her on Twitter @LisaRambo.

'The Biggest Loser' Contestant Gina McDonald Says, "My Husband Was Very Supportive of Me Going on the Show"



By Kerri Sheehan

Like many contestants on NBC's *The Biggest Loser*, 47-year-old Gina McDonald felt like a stranger in her own body. Over the years, she attempted many fad diets as the scale escalated uncontrollably. A lawyer and a law firm owner, she's always been very accomplished in her professional life; unfortunately, her personal life used to be a different story.

Back in 2002, poor eating habits, a lack of exercise, and a stressful divorce caused her to reach 245 pounds. Ashamed and left with two young children, the single mother struggled to keep her at home life in check.

Last year, her husband of five years, Chad Eldred, encouraged her to become a contestant on *The Biggest Loser*, and she's hit the ground running ever since. Although she didn't win the show's coveted title, she was able to snatch up the \$100,000 at-home prize due to her ability to keep shedding weight after leaving the ranch. The journey she went through during the show changed her outlook on life and kept her motivated: "I have learned that I am capable of anything. I look at obstacles as just minor setbacks and stay the course."

Related Link: [Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life](#)

Her first workout on the ranch proved to be the most trying endeavor she faced. "My most challenging obstacle was believing that I could actually do it!" she proclaims with the gusto of a true winner. Once the workout was over, she was overcome with emotion. As a member of Bob Harper's team, she shares, "I had seen Jillian Michaels' team falling apart and was so thankful that our team endured."

Since her time on the show, McDonald's family has overhauled their lifestyle in a positive way. "I think my weight loss resulted in positive changes for my daughter too. She learned from my guidance that she's capable of anything if she works hard enough." McDonald's daughter has lost 30 pounds, while Eldred has shed a whopping 60! "My kids, husband, and I all try to eat healthy and move every day."

Eldred was actually her biggest supporter while she was on the show. He stepped up to the plate and managed to play both mom and dad to McDonald's two college-aged kids during her journey. "He will tell you that he cried every day missing me,

but each tear was worth it to have me happy and especially healthy.”

Over the summer, their daughter played chef in the house, but now that she’s back at college, Eldred has taken on the job. “He keeps my fridge stocked with healthy options and has a good meal ready most nights.” The couple is planning to run a half marathon together in December. “I’m training hard! This will be my longest run, and I’m excited to be doing it with Chad.”

Related Link: [Date Idea: Make Sushi At Home](#)

Of course, the duo must make a solid effort to balance their workout schedule with spending time together at home. “The perfect night is sitting outside by our pool and having a small dinner and just enjoying our home.”

According to McDonald, the hardest part of maintaining her new lifestyle has been managing to spend time with her husband and kids while also taking care of her business. “It has taken me some time to settle into my new routine. Not every little thing that goes wrong becomes a setback or an excuse not to exercise and eat right.”

For others looking to go on *The Biggest Loser*, the former contestant stresses the importance of “believing in yourself and never, ever giving up” – a motto that she repeats to herself every day!

Be sure to tune in for next week’s premiere of season 15 of The Biggest Loser on Tuesday, October 15th on NBC at 8/7c! She’ll also be participating in The Biggest Loser Run/Walk in Panama City on December 29th.

Jennifer Lopez's Backup Dancer, Tera Perez Talks Relationships, JLo, Casper, and New Docu-series, 'A Step Away'



By Priyanka Singh

“Every superstar needs backup”, and that’s exactly what world-class superstar Jennifer Lopez gets as she begins her tour with the hottest, most talented group of dancers, one of which happens to be JLo’s stand-in dance captain, Tera Perez. This vibrant and driven dancer spoke with CupidsPulse.com about the new docu-series, *A Step Away*, which airs on Thursday, October

3rd on NUV0tv at 10/9c. The show gives us an intimate behind-the-scenes look at the lives of these backup dancers on the road as they balance love, relationships, work, family, and so much more.

Touring across the globe, rehearsing for several hours a day, being far away from home...how do these dancers handle this hectic lifestyle? Perez reveals that, on the show, viewers will see a mix of everything since they are such a dynamic group of people outside of all the glitz and glamour. She also opens up about her own experiences of touring while being in a relationship with backup dancer, Lake Smits, who is also part of the group. "I have to say, I'm really lucky. I've gotten to experience being on the road with Lake and travel the world, spending every minute possibly with him for the past year and a half." Perez considers herself fortunate for not having to deal with the struggles of a long-distance relationship on tour, but she still deals with the obstacles of being surrounded by each other all the time.

Related Link: [Is Your Career Killing Your Relationship?](#)

One of the biggest challenges they face as a couple is keeping work separate from home. "Sometimes, you're stressed out. You're tired and frustrated, and you're in pain from doing all these numbers. Your body is aching, and you're with each other 24/7, doing the same thing. Not bringing that work home was definitely our biggest obstacle." However, the couple is still going strong: They plan to live together after the tour.

Of course, we had to ask Perez what it was like working with Lopez, one of the biggest global superstars in the entertainment business. "She doesn't let anything slide. You always have to be on your A-game with her because she notices everything! That's probably the biggest challenge, but she pushes you to be a better person."

Related Link: [J. Lo and Casper Smart: What Their Body Language Says About Their Love](#)

JLo's love life comes up in discussion too since her boo, Beau Casper Smart, happens to be the choreographer. Of their relationship, Perez says, "They're really great. They have great chemistry and a great creative partnership." She went on to parallel their two love lives and how it's unique to see their two relationships play out together on tour. "They have their's, and we have our's. You see it for exactly what it is, and it's just this great chemistry and love for each other."

Be sure to tune in for A Step Away tonight on NUV0tv at 10/9c!

How do you balance work and love under a tight schedule? Share your thoughts below.

**'The Biggest Loser' Winner
Ali Vincent Says, "We All
Need a Support System"**





By Kristin Mattern

The first woman to win *The Biggest Loser* – a show that premieres its fifteenth season next Tuesday, October 8th – Ali Vincent really lives up to her motto of “believe it, be it.” She has moved on from reality television to become a motivational speaker and author of *Believe It, Be It: How Being the Biggest Loser Won Me Back My Life*. Vincent continues to live a rich, full life with her new show *Live Big with Ali Vincent* on the Live Well Network.

Related Link: [‘The Biggest Loser’ Host Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life](#)

The idea for the show began with her book. “There’s a line about how it was ironic that I had to lose half of myself and become smaller in order to live big, and we developed the show from there.” On *Live Big*, Vincent helps her guests’ follow in her footsteps. This season is all about adventure, and her mom, Bette-Sue, is along for the ride. “We’re focusing on our bodies not holding us back as we enjoy adventurous lives.”

The theme of not being limited by one's body hits home for the celebrity who, before her time on *The Biggest Loser*, was restricted by her own body weight – an impediment she works hard to never be constrained by again. “I felt trapped because I was ashamed and embarrassed of my body, and I collected evidence for why people were judging me or not giving me an opportunity. I realized, though, that I was collecting the wrong evidence. I didn't have to change who I was; I had to shift the evidence I was collecting and focus on how I could get healthy and believe in myself.” Her own struggles help Vincent to identify with her guests and aid them through the hurdles they encounter.

Setting goals is how Vincent stays motivated, and she encourages others to do the same. Her personal challenge to herself is to choose three physical activities each year and conquer them. This year, she is running *thirteen races*! She recently participated in the Disney Land ‘Dumbo Double Dare,’ running a 10K race one day and a half marathon the next. “I realized I had forgotten to set objectives in my life,” the television host candidly says. “Now, I make goals that I have to train for, so I have a reason to get up and workout in the morning.”

As a motivational speaker, the star advocates that there is no secret to *The Biggest Loser*, but that each person has everything they need to change their lives. “Who you are doesn't have to change; who you are is great. There are some habits you have created that need to change, so you really just need to look for areas where you can make slight shifts.” She suggests that people start by setting small, achievable goals and then writing down their progress so they can be motivated by their improvement.

As much as Vincent focuses on fitness and nutrition ambitions, she also stresses the importance of strong relationships, both romantic and otherwise. “We all need a support system,” she explains. “I try to help people recognize what they need in

their loved ones so that they can reach their dreams and live big.”

Related Link: [Five Secrets Truly Happy Couples Know](#)

With this thought in mind, she ensures that communication is a priority in her love life. Of her boyfriend, she explains, “We have to talk about things. We come from different backgrounds and different ways of life, so we’re really just trying to support each other and have a healthy, happy, long relationship.” A triathlete herself, *The Biggest Loser* contestant seeks a physically fit partner who is conscious about making healthy choices. While she doesn’t expect her man to do everything she does, she loves for him to train with her from time to time, whether it be cycling or running. “I mean, it’s not the prettiest moment,” she laughs, “but it’s good to have people you can workout with.”

When it comes to date nights, Vincent prefers to go to healthy restaurants or make dinner at home with her beau, though she is up for a good splurge now and then. The key for her is balance: If she has a glass of wine with dinner, it counts as dessert. “I make healthy choices for me, but I don’t want to always be tempted. I want to go somewhere and choose what I want to eat because everything is healthy, not because it’s the one thing I can eat.”

To learn more about Vincent, visit her [alivincent.com](#) or connect with her on Facebook and Twitter @alivincent. Be sure to watch Live Big with Ali Vincent Saturdays at 5:30 ET/PT on the Live Well Network!

Stars Shared Relationship Advice at GBK's Annual Pre-Emmy Celebrity Gift Lounge



By Kerri Sheehan

Celebrities came out this weekend for GBK's Annual Luxury Gift Lounge at the W. Hollywood Hotel in Los Angeles, California. The Gift Lounge honored nominees and presenters of the 2013 Emmy Awards and featured a range of great gifts and brands while also including some worthwhile charities, such as The Creative Coalition, Lambda Legal, GUARDaHEART Foundation, and spcaLA.

GBK teamed up with NEW Tidy Cats® LightWeight 24/7 Performance® to put on the event and raised a whopping \$49,000

for charity. Some of the luxury gifts given away at the Lounge were jewelry from Helzberg Diamonds, flat irons from Barbar Hair Tools, and hair extensions from Pelo Hair, Los Angeles. Many great vacation destinations were also highlighted like The St. Regis Bora Bora Resort, which gifted an all-inclusive resort stay. Guests such as Rumer Willis, Ed O'Neil, Dennis Quaid, Jason Isaacs, and Neil Patrick Harris, this year's Emmy's host, were in attendance.

CupidsPulse.com was there to chat with the stars about dating and relationships—check out the star's advice below!

What is your best tip for maintaining a healthy relationship?



“I don't know. If anyone has the answer, stick it on a postcard and send it to me.”
[laughs] – Jason Isaacs, Actor

How do you break the ice on a first date?

“I've been with my wife for 26 years and have never had a date in my life. I wouldn't know what to do.”- **Jason Isaacs, Actor**



“Honesty is probably the best thing for any relationship, whether that be a love relationship with kids or marriage. I can’t imagine anything without honesty.”
– Joe Morton,
Actor on *Scandal*



“Oh my gosh! No one would ever use

this, but the first time I met my man, he asked me what I was doing, and I said I was in San Diego for my colonoscopy. [laughs] I just don't think that would normally work with most people. This was two years ago, and we are still together. Being honest, I guess, is really key. Be true to yourself and be honest." – Mary Murphy, Celebrity Choreographer



"You have to take things very slow and be very respectful. Make sure to be honest

too.”- Chuy Bravo,
Actor/ Comedian

All photos: GBKProductions

Celebrities Donated Their Best Relationship Tips at Star-Studded “Legends Beyond” Charity Gala



On Thursday, September 19, 2013, the First Annual “Legends

Beyond” Gala gathered some of the biggest celebrity names in Beverly Hills, California, to help benefit the Michael J. Fox Foundation for Parkinson’s Research. The disease affects over 1.5 million people with the United States, so all donations from the charity directly went to fund research with the foundation. This elite vintage glamour-themed evening consisted of live performances, silent auctions, and of course, a fantastic array of stars to join in on the excitement. CupidsPulse.com was there for the fun too!

Denise Richards and Charlie Sheen were the hosts of this red carpet event that honored musicians, like Maurice White, who was part of the multi Grammy-winning group, Earth, Wind & Fire, and Grammy-winning artist Howard McCrary, as well as other stars that advocate for Parkinson’s awareness.

We asked some famous stars that attended the event for their best relationship advice – check out their responses below!

What is the relationship motto you live by?

“Stay honest with each other. Honesty is the most important thing.” – **Bobby Brown, Singer/Songwriter**



“Stay with a very loyal guy!” – Tara

Reid, Actress



“A relationship is not a relationship without communication. Also, the person that you’re dating needs to be your best friend.” – Taylor Bright, Singer/Actress



“My boyfriend is

doing *Dancing With The Stars* in Australia right now, so I would say communication! Always get that 'good night' call because it makes everything so much better.

Communication is the best thing, and if it's not there, just dump the guy." [laughs]
– Rachel Sterling,
Actress

For all the single people out there, what's your best piece of dating advice?

"Oh gosh! My best piece of dating advice is a saying that I live by: 'Never treat anyone like a priority if that person treats you like an option.' That goes for all things; it goes for dating, it goes for friends, it goes for your job...it goes for everything. If you are giving more consistently than what you're getting, you're putting your energy in the wrong place. It's tried and true, and sometimes, you want to fight it, but don't." – **Rachel Sterling, Actress**



“Honesty and communication are always the best...and jewels!”
[laughs] – Vivica Fox, Actress

You're such a busy lady! How do you balance everything?

“Oh my gosh! I am just so blessed that I have a wonderful team of people working with me, from my assistant to my manager. It's so important to have good people around you keeping things focused. It's also good to have an attitude of gratitude, more than anything else. I am very, very blessed!”

– **Vivica Fox, Actress**

All photos: Izumi Hasegawa / PR Photos

‘Lucky Dog’ Host Brandon McMillan Says, “If I Can’t Laugh Constantly with Someone, It Won’t Work Out”





Interview by [Whitney Johnson](#). Written by Petra Halbur.

[Brandon McMillan](#) has dedicated his life to working with animals – so much, in fact, that he hardly has time to date. Now, he’s bringing his work to the small screen with a new show for CBS called *Lucky Dog*, which premieres on Saturday, September 28th as part of “The CBS Dream Team” line-up. Each episode will follow the trainer as he adopts a dog from a shelter – one that’s hours away from euthanasia – and then brings him back to The Lucky Dog Ranch to be trained before finding the perfect family.

Related Link: [Must Love Dogs: More Singles Getting Pets](#)

This television opportunity is a logical next step in McMillan’s career. He grew up around animals as the son of two circus trainers, moving to Los Angeles at age 18 to pursue a new path. “When I left the circus, I knew I wanted another animal training job, so Hollywood was the ideal option,” he explains. “I started working with animals for the movies, but as we all know, movies come and go, so work would get slow a lot. I then began training dogs for shelters, a cause that’s

always held a spot in my heart.”

The trainer speaks passionately about the treatment of shelter dogs in the United States. “I read the facts, and they blow my mind. Every year in America over 1.5 million dogs are euthanized because they can’t find homes. I wanted to find out why this was happening.”

Despite his concern, McMillan doesn’t condemn kill shelters, insisting that he approaches the issue from a different perspective. “My job as a trainer is to spread the word on how to train dogs and help keep them out of the shelters,” he shares. It seems that many pet owners simply drop their dogs when their would-be canine companion doesn’t behave properly. “They say, ‘You know what? Why don’t I just drop him off at the shelter? It’s just down the street.’ It’s an easy option. So I attack it from a different angle. I say, ‘Why don’t you take three days to learn how to train your dog? And he’ll keep quiet; he’ll stay; and he’ll walk on a leash properly.’”

When he’s not working the shelter dogs, McMillan helps pet owners train their dogs. He often works with couples who are struggling with differing views on puppy parenting. “The woman usually wants a dog to be more cutesy and more of a lap dog, while the guy wants the dog to be more tough,” he explains. It then becomes McMillan’s job to help the couple find a middle ground.

Before getting a dog, couples tend to disagree on the dog’s preferable size or breed. To this problem, McMillan advises, “Let the dog choose you. I constantly tell people to go in with a wide frame of mind, saying, “Whatever dog I feel connected to, that’s the one that I want in my family.” He also suggests that couples wait until they are “pretty established” in their relationship before adopting a pet to prevent a custody battle later on. “Dogs are becoming the new kids in America,” he wryly observes.

Related Link: [Date Idea: Cuddle With a Furry Friend](#)

The handsome trainer is raising his own pets by himself. He's currently single because, by his own admission, "I'm so consumed by the show that I go to bed at around 9 p.m. because I have to get up at 4 a.m. We start every morning around 6 a.m. because I want to make sure we work the dogs before the heat kicks in every afternoon."

Still, he knows what he wants in a woman. In addition to a love for animals, McMillan says his perfect mate would have to have a great sense of humor. "I'm a joker and a goofball. If she seems too serious, get out!" he says. "If I can't laugh constantly with someone, it won't work out." An ideal date for him would somehow incorporate the great outdoors – something that's easy to take advantage of thanks to the California landscape and shoreline.

For more information about McMillan, check out his personal site. Tune in for Lucky Dog on CBS on Saturday mornings!