

Celebrity Interview: Hollywood Triple Threat Sugith Varughese Discusses New Role In 'The Girlfriend Experience'



Interview by [Lori Bizzoco](#). Written by [Mary DeMaio](#).

In the latest celebrity news, the famous Steven Soderbergh film turned television series, *The Girlfriend Experience*, premiered on Starz last night, April 10th. Fortunately, we had the chance to interview Indian-born Canadian actor Sugith Varughese, who plays Tariq Barr, the managing partner of the law firm where Christine works. For those who don't know the

plot, Christine (played by Riley Keogh, daughter of Lisa Marie Presley) is a legal intern by day and a high-end escort “girlfriend” at night.

In our exclusive [celebrity interview](#), Varughese opens up about the show, the casting of his character, and his long-term relationship off-screen.

Celebrity Interview: Sugith Varughese Talks Acting Experience

Being in the business for more than 20 years as a scriptwriter, actor, and director, Varughese thought he’d seen it all. However, one of the biggest surprises came about after his audition for *The Girlfriend Experience*. “I went in for a three-line part as an East Indian businessman who’s on the phone with his wife in Bombay just before he’s about to hire one of these escorts,” he explains. “I used an Indian accent for that part.” His agent called soon after and said that he “didn’t get that role.” Instead, they cast him for a major role in the series, one intended, he says, for a strong white male character. “The producers had a new vision and even changed my character’s name to reflect my background,” he adds.

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For Varughese, it was important that Barr has tremendous confidence, power and status. “Here is a guy who is Indian-American and a managing partner of the biggest patent law office in Chicago,” he says. “He didn’t get that job because his dad owned the firm. He’s going to be somebody who had to be twice as good as everyone else to get where he got.”

Even the way his character dressed was significant to the

actor, who noted that he spoke with the costume designer and tried to make Barr's suit more distinctive. "It was a great opportunity to bring a lot to the performance because the part wasn't already laid out like a regular television show," he says. In fact, he didn't even know what was going to happen to his character until the week of shooting. "We didn't get the scripts in advance," he shares.

Given the most recent controversy with the Oscars and the trending hashtag #OscarsSoWhite, there is clearly a problem in terms of recognizing diverse film-making and acting talent. Varughese believes that many of the nominees who should have been on the Oscars stage weren't there. "I think that the industry itself is changing, but I don't know if the recognition side of the industry has caught up," he says in our celebrity interview. "It is important that the people who are doing it and being successful at it are acknowledged as much as anyone else."

Actor Reveals His Best Relationship Advice

In terms of celebrity relationships, it's no surprise that dating an actor can be tough. Jealously, competition, and conflicting work schedules aren't easy to handle. Depending on the person, finding that balance can be a bit of a struggle. Luckily for Varughese, his long-term partner doesn't work in show business. "The balance is all on my part, and it is up and down," he says. "She is able to keep things on a more even keel."

Staying true to yourself, he says, is the most important relationship advice he can give. "The world is divided between us and them," he explains. "It's important to emphasize the values that you want in your life in order to make sure that your partner measures up and is consistent with your principles or convictions." Varughese shares that he and his

significant other couldn't be more different in terms of personality, career, and background. However, the one – and most important – thing they have in common is their core values, including family and love. As a result, they don't have many conflicts. "If you have the same values, you have a shot at making a relationship work," he says. "If you don't have the same values, but you're both actors, I don't know if it will work out."

Related Link: [Relationship Advice: Understand What You Don't Want](#)

As for what's next, Varughese recently finished shooting a pilot in Vancouver – and it was another part that was originally cast for someone completely different. "It's an exciting time for actors of diverse backgrounds," he says. "There is now a chance to come into your own and not be judged by ethnicity but by your abilities."

You can keep up with Varughese on Twitter [@SugithVarughese](#). Tune in for The Girlfriend Experience on Starz!

Celebrity Interview: 'American Idol' Mackenzie Bourg Channeled JLO During Love Songs





By [Katie Gray](#)

The 15th and final season of American Idol is coming to an end! Next week is the finale and the 'Final Idol' will be announced. Last night Mackenzie Bourg was sadly eliminated after a great season. The 23-year-old from Lafayette, Louisiana put on quite the performance for his hometown visit before being cut. Bourg who was first seen on season three of The Voice on team CeeLo Green, also plays the guitar and piano. In our celebrity interview with this Idol star, Bourg opened up about the way in which he channels emotion while singing love songs, who he would like to perform a duet with and his plans to tour in the future.

Former American Idol Contestant Talks Reality TV & Loyal Fans In This Celebrity Interview

The singer discussed how American Idol allowed him to be his true self. "I think American Idol has done me so many favors,

just by not trying to change me – by letting me be myself,” he explained. With this platform, he has had the opportunity to expand his audience and reach people on a broader spectrum. “I get on Twitter and Instagram, and all these things, and there’s so many people I don’t even know, sending me nothing but love and support.” He continued, “And those people want me to succeed as much as the people at home.” From his presence on social media, it’s evident that Bourg has a close connection to his fans and followers. Some of them have even started calling themselves the ‘Mac Pack.’

[Celebrity Interview: American Idol Sonika Vaid](#)

Hometown Hallelujah:

During his hometown visit, he did a fantastic rendition of Leonard Cohen’s famed ‘Hallelujah.’ Bourg said, “Hallelujah’s one of the first songs I ever learned.” The television star used to perform it when he was starting out his career years ago, so he says it is a track that is near and dear to his heart. This weighed heavily on Bourg’s decision to perform this song for his hometown visit and ultimately what ended up being his final performance. He explained, “I just wanted to go out with something that left a good taste in people’s mouth about me.”

For Bourg, the song was a metaphor. “To me, the song was more than just the lyrics,” he explained. “It’s kind of like a reminder of how far I’ve come.” This explains why we were able to see the passion and emotion in his performance. He clearly gave it his all and went out with a riveting performance. “I sang it so passionately, just because I remember five or six years ago when I first learned that song, how bad I was at the song and how I never thought that in my wildest dreams I’d be on the biggest stage in the world – performing it.” Every one can take a cue from him, that life is about learning and growing. Nobody is perfect at something in the beginning, but with hard work you can achieve your wildest dreams.

From his time on American Idol and The Voice, it is apparent that Bourg performs love songs very well. Not only does the singer perform them, but he also writes them! This is why his favorite love song to perform is one of his very own. "I like the love song that I wrote, called, 'Roses.' It's a pretty cool love song."

Relationships go hand in hand with love songs. On American Idol we saw that Bourg has found a mentor in Lauren Alaina. Unfortunately for fans who were hoping for a Bourg-Alaina romance, they're not going to be a celebrity couple any time soon because she is already taken. "She's been awesome, I know she has a boyfriend so we're definitely just friendly. But yeah, she's been so supportive of me." Furthermore; "She's been a great mentor, not just musically but in the encourage department too." Bourg let us know that Alaina sends him positive text messages and genuinely congratulates him for his success on the show.

Bourg performed a variety of love ballads on American Idol. He even sang the classic 'I Want You To Want Me' by Cheap Trick for rock week! When asked where he gets his emotion to sing these deep love song he explains, "The easiest way to sing love songs on the show is to kind of stare at JLO in the eyes," said Bourg. "It kind of works sometimes when she realizes, she commented on it a few times this year. But yeah, that's definitely who I'm channeling when I'm on the show."

[Celebrity Interview: American Idol Contestant Tristan McIntosh](#)

Not only is Bourg open to expressing emotions in his love songs, but he is open to performing a duet. If he had to pick someone to do a duet with, it would be Taylor Swift. "I would probably say, I mean just picking it vocally, I would say Taylor Swift would probably sound really good singing with me. I know she did a song with Ed Sheeran that was really awesome." He added, "That would definitely be a cool song that I think I could do with her."

As for his plans for the future, he will be furthering his career in the music industry and going on tour. "Yeah, there's definitely a chance I'll be touring. I don't think the show will be touring, but that's definitely the plan and to release 'Roses' – a song I wrote and played on the show." 'Roses' is set to be his next single. In fact, he tweeted today that he is recording it tomorrow!

Tune in next week to see who will be the Final Idol!

You can keep up with Mackenzie Bourg by following him on Twitter @mackenziebourg!

Celebrity Interview: 'Mob Wives' Marissa Jade Says Marriage & Kids Are Not In Her Future





Interview by [Lori Bizzoco](#). Written by [Dena Linzer](#)

Mob Wives reality TV star, Marissa Fiore (also known as Marissa Jade), may come across as the ultimate diva and tough girl on television but in our recent interview with her, we learned that there's a lot more to this doting mother of one than meets the eye. This goal-oriented actress may not be very well known in the "mob" community, but she does hope to become a household name for her acting, modeling and career endeavors. In our latest [celebrity interview](#) on CupidsPulse.com, we had the pleasure of chatting with Jade about her career, her son, and her relationship status.

Reality TV Star Marissa Jade Talks About Her Relationship In Celebrity Interview

Despite it being the show's last season, *Mob Wives* added a few newcomers, including Fiore and Brittany Fogarty. Fiore was infamous for arguments with some of the other cast members, but does not have any regrets. "I'm very happy with the way I portrayed myself," she says. While some reality TV stars may watch their show and have a cringe worthy moment, Fiore says

looking back on the episodes there was no cringe-moment for her. However, she does recall an episode where she showed up in the 'wrong' outfit, but says that she doesn't regret it. "I thought that I was attending a beach party," she confessed. Little did she realize she was having a sit-down and fight with Fogarty.

As an actress, Jade has been in scripted shows, including *Gossip Girl*, *Law and Order* and *The Good Wife*. So, people may question the true reality of the *Mob Wives* given her acting background. "*Mob Wives* is definitely real, however it is also improvisation at the same time," she verifies. When asked which genre of television she prefers, she says that she wouldn't mind doing more reality TV as long as it is not drama based. She is also open to the idea of doing a spin-off show if the opportunity presented itself.

Related Link: [Celebrity Interview: 'Mob Wives' Reality TV Star Brittany Fogarty Discusses the Final Season and Reveals Her Favorite Date Night](#)

The final season of *Mob Wives* had its fair share of emotion and drama, especially with the passing of beloved Big Ang. "It was hard at first," the model shares. "We got to see what she was going through and we thought she was okay. When the cancer came back, it came back so aggressively." Fiore says she felt like Big Ang got worse overnight. During her time on the show, Fiore did get close with Big Ang and says it was very sad when she passed. "I just started to have a bond with her on the show," she says. "I liked her. We got along, had great moments, and a lot of great times." If there's one thing for certain, the emotions on this season were very real.

Fiore knows that sometimes she can give off the diva image on television, but she says the one thing viewers didn't see is that she is actually pretty laid back. "I'm really a cool chick...I'm chill," she says. She also described herself as a tom-boy growing up and one of the dudes. "I hate catty

drama," she added.

Related Link: [Celebrity Interview: ‘Mob Wives’ Reality TV Star Renee Graziano Says She’s “Dating and Enjoying Being Spoiled Like a Princess”](#)

In regards to her celebrity relationship, although Fiore is with 0.Z. right now she doesn't see a celebrity wedding in the near future noting that she's anti-paperwork. "I don't feel like I need a piece of paper to justify what I am to somebody," the career-minded actress and model admits. In terms of children, she's just not interested right now but, "You never know," she adds. "I want to be a successful model and actress. I want to be a household name," Right now, she's a young 31-year-old mom looking to focus on her career she reveals in our one-on-one celebrity interview.

Fiore is definitely making a name for herself, but her 7-year-old son is her biggest fan. He chose his famous mother as the person he looks up to most for a school project. "He's proud of me," the celebrity mom shares. Being a single mom cannot be easy, especially with a booming career like Fiore. "My life has always been crazy like that, but I have a lot of support."

You can keep up with Marissa Jade by following her on Instagram [@msmarissajade](#) and Twitter [@MsMarissaJade](#)

Celebrity Interview: 'American Idol' Contestant

Sonika Vaid Channels Love For Family In Love Songs



By [Katie Gray](#)

We now have our final four of the 15th and final season of reality TV show *American Idol*, but unfortunately Sonika Vaid did not make the cut. While Vaid hails from Martha's Vineyard, she blew everyone away with her audition in Denver, Colorado and continued to get by week after week. The now reality TV star has been singing from the young age of three and playing the piano since the age of 4. The 20-year-old pre-med student went on to compose her own music on the piano. While on the show, she has performed an array of love ballads and even did an amazing version of Demi Lovato's *Let It Go* this season. In our [celebrity interview](#), Vaid opened up about her musical journey, love for everything Disney and her favorite love

songs and ballads.

Former American Idol Contestant Talks Musical Journey & Love In This Celebrity Interview

From her time on the show, it's no secret that Vaid loves a good love ballad. One of her favorites from the show was *I Surrender*. "But just in terms of love songs, I would definitely say *My Heart Will Go On* by Celine Dion is a really iconic love song in my eyes. It's beautiful!" While she performed a variety of songs on the show, her personal favorite performance was *Bring Me To Life*. "That was the performance that really made me feel like I can do this – and that I do have the confidence somewhere in me to really perform and push myself to the limits and step out of my bubble," she says.

With love ballads comes the topic of relationships, but instead of channeling a celebrity relationship or relationship problems of her own, the singer channels all her love for her family in her performances. She is really close to her family and it was hard being away from them for the show. "Being away from my family, I miss them a lot," she says. "So I channel my love for my family and I put that through my songs. That energy goes into love ballads, all of the passion!" She chose to sing those type of songs because she connects with them. "Even if it's not true to me, there's just some songs where I relate to the melody or the chords, even," Vaid says. "It doesn't have to be the words necessarily."

Related Link: [Celebrity Interview: 'American Idol' Contestant Tristan McIntosh Values Communication & Spontaneity in Relationships](#)

In the future, Vaid plans on continuing her career in the

music industry while still earning her degree. "I'm still in college, I'm a biology major," she adds. "I definitely plan at some point to finish my degree. I think for right now, I'm going to focus on music. I think this whole experience has really opened my mind to the whole idea of doing this professionally. I'm really excited about it." Furthermore, the performer plans to delve more into songwriting. "Prior to all of this, I had written a few songs, but now I'm going to take my songwriting more seriously," she says. "I'm going to really think about releasing a few singles and maybe an album one day!" She will be headed to a bigger city to accomplish working in the music industry. "I definitely think it's in the cards for me to move to Los Angeles or Nashville," she says.

Related Link: [Celebrity Interview: 'American Idol' Winner Nick Fradiani Is Single!](#)

During her time on the show, Vaid expressed that this opportunity allowed her to push herself and grow as a person. "*American Idol* really helps you to become a better version of yourself," she adds. "They make you feel like you can push yourself and it is okay. It was just a great experience overall, no regrets." Even though she made it far in the competition, Vaid says that she was always prepared to get cut. "I always try my hardest to put my effort into the songs that I get every week because there's always an opportunity of 'oh, you're getting saved' or 'oh, you're not in the bottom' so I prepare myself for everything," she reveals in our celebrity interview. "I love making things my own, too. That's always something that I do."

One of the amazing opportunities the show gave her was to heed some advice from the legendary Sia. Sia shared with Vaid the importance of having fun! "She said you have a beautiful voice and that I'm very marketable which is insane because it's coming from Sia and she's one of the greats in my opinion," Vaid says. "Sia said just to have fun and enjoy yourself, because now that I have the singing down, I just need to

really enjoy myself.”

As for who she thinks will be the Final Idol? “I genuinely think they are all so different and so talented. America has a really hard decision! I think anyone there deserves to win. They are really great,” Vaid says.

You can keep up with Sonika Vaid by following her on Twitter [@sonikavaid](https://twitter.com/sonikavaid)!

Celebrity Interview: ‘American Idol’ Contestant Tristan McIntosh Values Communication & Spontaneity in Relationships





By [Katie Gray](#)

Nashville native Tristan McIntosh was sadly eliminated last night from the farewell season of *American Idol*, leaving only five contestants remaining. She is well-known for singing country music – she even sang Martina McBride’s “Independence Day” on this week’s episode – so it’s no surprise that her influencers are Carrie Underwood, Rascal Flatts, and Chris Stapleton. As fans saw, not only does she have beautiful vocals, but she also plays multiple instruments, including the piano, guitar, trumpet, and mandolin. In our [celebrity interview](#), McIntosh, who attends the Nashville School of the Arts, opens up about her *American Idol* journey, what she wants in a relationship (someday!), and more.

Related Link: [Celebrity Interview: ‘American Idol’ Winner Nick Fradiani Is Single](#)

Celebrity Interview with Tristan

McIntosh

Only 15-years-old, being on the 15th and final season of the popular reality TV show is surreal for the singer. “*American Idol* was basically a dream come true,” she says. “As I was performing, I got a letter from my old English teacher, and when I was younger, I said that I was going to be on *American Idol*.”

Reflecting on the competition, she says that her favorite performance was of “Go Rest High on That Mountain” by Vince Gill, one of her personal idols. “I was really attached to it,” she explains. “The melody and the piano – it all just came together.”

Although very young, the singer is mature, humble, and genuine – all traits that will come in handy when she’s ready for a relationship. When it comes to a future partner, she says that “humor, a personality, and being human” are three important traits. Although the reality star’s not focused on dating right now, she shares of her dream date, “I like surprises and spontaneity!”

As for her best piece of relationship advice, it’s simple. “It’s always communication,” she reveals. “You need to be able to understand that person’s situation and be able to trust them.”

Related Link: [American Idol Star Joey Cook Opens Up About Her Celebrity Engagement: “He’s the Love of My Life!”](#)

During her time on *American Idol*, the performer gained more and more confidence as an artist. Her journey on the show just ended, but she already knows what she wants to do next: “As a musician, I really just want to make country music for people who really *feel* the music. I want it to be full of meaning and appropriate for young girls.”

So who does McIntosh think will win? “Honestly, everyone on that stage deserves it,” she gushes in our celebrity interview. “They’re just amazing people and amazing performers, and any of them would make a great, final winner.”

You can keep up with Tristan McIntosh at tristanlive.com and follow her on Twitter [@tristanmcintosh](https://twitter.com/tristanmcintosh)!

Celebrity Interview: Blake Cooper Griffin Gives Relationship Advice & Says, “Don’t Be Reckless With Other People’s Hearts”





By [Rebecca White](#)

From the small screen to the big screen, actor Blake Cooper Griffin has garnered success through diverse roles in shows like *90210* and *JESSIE* and Hollywood films including *Ride* and *Life of a King*. His new film *Love Is All You Need* challenges societal norms and showcases a world where homosexuality is accepted and heterosexuality is bullied. In our exclusive [celebrity interview](#), the energetic and charming actor talks about his new film, the #OscarsSoWhite controversy, and his best relationship advice.

Blake Cooper Griffin Opens Up About New Movie

The modern day *Romeo and Juliet*, *Love Is All You Need* is a tale of star-crossed lovers, Ryan and Jude, who fall in love in a world where being gay is the norm and being straight, like they are, is looked down upon. Although Griffin plays the antagonist and is not the most likable character, he says the script was innovative and featured a fascinating concept that

he had never seen before. "When you take the universal story of falling in love, on top of the flipping of the worlds, and combine all of the talented people I worked with, it turns into a dynamite movie," he says.

The film is inspired by true events, and each person involved with the movie had a mission to tell a story that would change people's lives. In order to prepare for a dynamic and complex role like Bill Bradley, Griffin did a lot of research including reading articles and watching videos. "I didn't want to play a stereotype or archetype of a bully," he explains. "I wanted to play it truthfully and figure out why somebody would have these hateful feelings for another person."

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But it wasn't entirely imagination that helped the actor prepare for his role. "I certainly, like most people, have had situations in my life where I was excluded," he shares. As a child, his family moved around a lot, and he was often "the new kid" in school. "I knew what it was like to be cast out and not have someone to sit with at lunch," he reveals in our celebrity interview. So when he saw someone being bullied, he would always try to stick up for the other kids. "I would encourage people to do the same because instances of bullying goes down when people say something," he adds.

Although he plays the bad guy, Griffin says that he does share similarities with his character. "He's very passionate; he's a perfectionist; and he has a lot of energy," the star says. "Unfortunately, Bill is putting all of his energy behind something I wouldn't, but I connected with him on those levels, which is important." The actor says he never judges where a character is coming from; instead, he focuses on finding the truth. The antagonist of a film is usually coming from a complex place because there is some conflict within that is leading them to take another route. "It is essential

for the story that the character be played truthfully so people can learn from it," he says. "We have to ask ourselves why Bill Bradley is taking the action he's taking. He is told by some extreme forces in the world about intolerance and hate, and those forces exist in our world too."

Love Is All You Need shows people how to resist that negativity and recognize that everyone wants to live their life being who they are without persecution. "If love is your guide, you can't go wrong," he says. "When we divide each other, that's when we fail. But when we come together, that's when we do great things."

While the movie tackles some serious societal issues, that doesn't mean the cast and crew didn't have a blast making the film. Griffin and co-star Emily Osment had Pop Tart eating competitions, while he and Briana Evigan would play basketball during the night shoots. "I'm closer to this cast than I have been with any other cast I've worked with," Griffin says. "We all became a family."

Celebrity Interview: Young Actor Discusses #OscarsSoWhite and Diversity in Film

Love Is All You Need directly addresses current controversies of discrimination and diversity. Recently, Hollywood has been under scrutiny since #OscarsSoWhite started trending. In 2016, only white actors and actresses were among the chosen few in the top four categories, for the second year in a row. Griffin believes that Hollywood directors need to seek out a diverse cast in their films. "We're telling stories about the world, and the world is diverse, so the stories we tell should be just as diverse," he says.

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[Dress with Blake Shelton at Oscars After-Party](#)

This message of diversity and the apparent discrimination is showcased in the new film as well. “No matter the difference, we’re all human beings, and we’re all a part of the same human story,” the actor shares. “We can all connect on that. There’s no need to say us versus them.”

Whether it be sexuality, race, or even religion, the film promotes tolerance, love, and respect. “Extremism in any form can be harmful,” Griffin says. “The movie calls out the misuse of religion to divide people.” It’s also important to note that the film displays characters finding refuge in their faith, which leaves the audience to ask themselves which is more appropriate and which is the more loving way to approach faith.

***Love Is All You Need* Star Shares Relationship Advice**

Of course, the main theme of the new film is love, and the star says there’s something to be learned from watching fictional characters on-screen. “The message of any love story you watch is that we all want love,” he says. “People need to take that seriously and not be reckless with other people’s hearts. Everyone has a desire to be loved, and we should treat that with respect.” In particular, with *Love Is All You Need*, viewers witness a couple deal with the heartache of not being accepted by their parents and peers. If this happens to you, Griffin’s love advice is to have courage. “You deserve to love whomever you choose, and if anyone tells you differently, that comes from their own fear and their own problems,” he says.

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In his personal life, the famous actor avoids relationship problems by seeking out someone who is loyal, has a sense of humor, and is trustworthy. "I have a rule for myself," Griffin says. "I try to control what I can and let the rest go." Although love isn't easy, at the end of our lives, we will remember those we love over anything else. "I would encourage people to hold that idea in mind and know that the experience of loving another person is one of the greatest experiences one can have."

Now that *Love Is All You Need* continues to be released in select film festivals and theatres, the busy actor is finishing up his next project, romantic comedy *Before You Say I Do*. You can also catch him on an upcoming episode of *House of Lies* on Showtime.

For more information about [Blake Cooper Griffin](#) or [Love Is All You Need](#), check out [Twitter](#).

Celebrity Interview: 'Newlyweds: The First Year' Stars Talk Love & Celebrity Relationship Struggles





By [Michelle Foti](#)

As seen on reality TV show *Newlyweds: The First Year*, newlyweds Tara and Rob Radcliffe have showed America that no marriage is perfect and not every wedding can be either! Looking past the burlesque dance and into the hearts and home of the celebrity couple, their awe-worthy connection is illuminating. In our latest [celebrity interview](#), CupidsPulse had the pleasure of chatting with the reality TV stars about their love life, some of their celebrity relationship struggles, and they even gave us some marriage advice and strategies when things aren't always going well.

'Newlywed' Couple Talks Celebrity Relationship Struggles in New Celebrity Interview

Tara and Rob have faced the camera and faced America, but at the end of the day it's about facing one another with the gaze of appreciation and of course, a love life that now mimics a

public celebrity relationship. Sharing their first year as newlyweds with America has actually brought the famous couple closer! “We have this journey we’re going through together,” Tara says. “We can talk to one another about certain things with the show that we couldn’t necessarily talk to another person about....It’s nice to have someone to share it with that you’re married to or you’re close with.”

For this duo, their daily tasks are filled with laughter because of one another. In fact, laughter is one of Rob’s favorite things about their famous relationship along with how much time they spend together. “I’ve never been in any relationship, married or otherwise, where we spend so much time with one another out of choice,” Rob says. The laws of attraction do not even scratch the surface of the marriage.

“In this relationship with Tara, I find myself really gravitated towards her and just wanting to go spend time with her,” the *Newlywed* star says. “For instance, today she’s cooking and rather than being upstairs in our gym area, I chose to do push-ups and sit-ups right off the kitchen so I can be talking to her while I’m working out.”

With a bond that seems unbreakable, Tara attests to how deep their connection runs. “For me and Rob, I feel like we’ve had many lifetimes together, so the minute I saw Rob I felt like our souls were just reconnecting again and it was a really beautiful thing,” she says.

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As newlyweds, the happy celebrity couple are no strangers to relationship problems. For the pair, struggle most typically comes in the form of family. “We have had a lot of issues just with the importance of family and the Persian culture,” Tara reveals.

“Although family is important in Rob’s life as well, he kind

of picks and chooses who he wants a relationship with and who he doesn't. For me, it's like you don't have a choice. You are going to be respectful and fake it with family members that you don't always necessarily get along with."

And although they've had their marriage problems, one thing that the famous couple not only loves to do but also helps their relationship grow is asking questions: date night questions. When they're on a date night and the conversation lulls, they like to ask each other questions about the relationship to make sure that it is growing and healthy. "They're questions, like for example, what do you feel like you should be acknowledged for," Tara says. "Or what would you like to be appreciated for? Is there anything that I haven't allowed you to say yet, something like that," Rob added. "They're helpful. Keeps the marriage strong."

The reality TV stars would advise other couples to use this dating tip to overcome hard times. "I feel like when we do have these date night questions, it's like a safe zone," Tara says. "There's no judgement around it, there's no hurt. It's just two people being upfront and real and being able to walk through a problem with one another." Rob's relationship advice is to just appreciate each other on a daily basis. "Of course there are those days that we bump heads," he says. "We disagree on things, we go off on our little spats with one another. But for me, it just comes back to appreciating each other." Even in the strongest of marriages, it isn't all smooth sailing. Rob says that in these situations, the love they share conquers all. "We're both so in love with each other, when we start stabbing and fighting I try to take a breathe and go 'You know what? Let's get through this fight because what we have is so special and the love that we have for each other is so important,'" Rob says.

Related Link: [Five Ways To Cope With A Relationship Breakdown Just Like the Celebs](#)

Before the celebrity couple exchanged vows, they had an interesting start. Tara worked for Rob for three days. “I remember I looked into his eyes and I was like, ‘Oh my God, this is the man that I’m going to spend my life with. This is the soul I am supposed to be with.’ And I just knew I wanted to be with him,” Tara says.

Although they’re newlyweds, neither Tara nor Rob are new to marriage. “For me I learned what I don’t want in a partner from having a previous marriage,” Tara says with a laugh. “I knew exactly what was making me unhappy, so coming into another relationship, it was nice to feel happiness again. I know how I should be feeling now in a relationship,” Tara says. In our celebrity interview, Tara reveals that she loves the quirky things Rob does and he just loves being around her. Both Tara and Rob treasure the relationship they share.

“The exit door is not one I want to go walking through quickly because I’ve walked out through the exit door before,” Rob says. “It makes me more committed than ever before, so I make sure that I appreciate the love that Tara and I have.”

You can keep up with Tara and Rob Radcliffe via Twitter at [@robradcliffe180](https://twitter.com/robradcliffe180) and [@tara_radcliffe](https://twitter.com/tara_radcliffe) and on Newlyweds: The First Year on Bravo, Wednesday 10/9c.

Celebrity Interview: ‘Ex Isle’ Executive Producer SallyAnn Salsano Talks

Reality TV



By Katie Gray

Queen of reality TV and seasoned executive producer, SallyAnn Salsano, is known for producing hit reality TV shows like *Jersey Shore* and *Party Down South*. She is also the founder and president of 495 Productions. In our [celebrity interview](#), Salsano talks about her new series that premiered on Jan. 8, *Ex Isle*, which is a groundbreaking series where five on-again, off-again couples endure extensive therapy in order to break free from those toxic relationships and love. The show is centered around the expert relationship advice from therapist, Dr. Ish Major, who counsels the couples through their time on the island.

Reality TV Producer Talks Relationships and Love

While *Ex Isle* revolves around exes and toxic relationships, the executive producer is actually happily married. In our celebrity interview, Salsano says that she believes that “balance is key.” When you’re a busy EP on a few successful shows, your schedule can get pretty tight. Salsano has to travel a lot for work, but she thinks that it is actually beneficial. “Some space is healthy and can strengthen many relationships,” she says. “I think the key to a good relationship is to be honest about who you are and upfront about your lifestyle.” Her dating advice is to “enjoy the time you spend together and be present.”

Celebrity Interview: Executive Producer Talks Reality TV

Getting over an ex is not easy, which is where the idea of *Ex Isle* came about. “I think we have all been there or lived it,” Salsano says. “It’s one of the most relatable shows I have been a part of.” Salsano wishes that watching the show will help people realize that they are not alone. “We’ve all stayed in relationships too long for one reason or another. If you are not in one, it’s likely one of your friends are,” the executive producer shares. Viewers who fall into this common category get perspective while watching the show and their relationships can grow from it.

The reality TV guru says, “Imagine trying to get over someone by getting under someone else. Now add in that person you’re trying to get over right there watching it all unfold, AWKWARD.” That is essentially what *Ex Isle* is all about. The show deals with both sides; people diving into their temptations of old comfortable relationships and the flip side of being curious about new relationships and being pulled in

that direction. The show proves to be especially beneficial to couples who are constantly on-again and off-again. “You aren’t in a relationship, but you’re so emotionally closed off that you can’t meet anyone new,” Salsano says. “The sad part is most people don’t realize it and they waste a ton of time.” *Ex Isle* is sure to open up new doors for people so that they can grow.

Related Link: [‘The Ex and The Why’ Producer SallyAnn Salsano Says Everyone Has Been in “Some Kind of Screwed Up Relationship”](#)

As an executive producer for reality TV, Salsano knows that people are curious how real the show is and wonder, “What if nothing happens?” However, the people on the show are what ultimately determine the success of the series. If the audience likes watching them then it will be a success. “Casting is key and an interesting process that we never rush or take lightly,” Salsano reveals. The reality shows Salsano has worked on often involve many emotions and relationship dynamics. “Just like life, it always manages to get done,” the producer says. “I am filming what they are actually doing and feeling, as it’s happening.” While working in close boundaries, cast and crew members often get emotionally attached as they get to know one another – it is inevitable. As Salsano says, “It’s hard not to develop relationships with people.” This is especially true in the workplace, because you become sort of like family. “I’ve been so lucky to work with so many amazing people and networks I love,” she says.

Related Link: [Jersey Shore Creator SallyAnn Salsano Dishes about Love in Italy and Her New Weight Loss Show, “Love Handles”](#)

Salsano’s famous show *Party Down South* is coming to an end soon. She explains, “If it were up to us I would have kept the party going forever. We are grateful to have had the opportunity to create this show and introduce the world to

both casts.” She noted, “It was life changing for us all (but the party will always be going on with this group).” Her exciting future projects include: another season of *Blue Collar Millionaires* that is coming up on CNBC, producing several *True Life* episodes on MTV and a new show on Lifetime called *The Mother/Daughter Experiment: Celebrity Edition* which will premiere March 10.

Be sure to tune in to Ex Isle on We TV on Friday's at 11/10c. You can keep up with Salsano's many projects on Twitter [@sallyannsalsano](https://twitter.com/sallyannsalsano)!

Celebrity Interview: ‘Grease: Live’ Star Yvette Gonzalez-Nacer on Playing Cha Cha and Coping With An Ex





By Emily Hoff

If you were one of the nearly 12.2 million viewers who tuned in to watch *Grease: Live* on Sunday, January 31st, you saw Yvette Gonzalez-Nacer knock it out of the park when she played Danny Zuko's saucy ex-girlfriend Cha Cha. In our exclusive [celebrity interview](#), she opens up about this fun role, discusses her other current projects (she's got an EP on iTunes!), and shares her best relationship advice and top four commandments for moving on after a break-up.

Celebrity Interview: Yvette Gonzalez-Nacer Talks About Playing Cha Cha in *Grease:Live*

You could say the actress has been prepping for this opportunity since she was a little girl. She loved *Grease* growing up and shares, "I used to go around the house singing 'Hopelessly Devoted to You' at the top of my lungs."

Performing a live show is much different than filming your

typical television show or movie. “It was very much like preparing for a Broadway show – except instead of getting to perform for months or years, we only get to do it for one night,” the actress explains. “There are a lot of technical aspects that needed to be worked out beforehand. It really was about working out the kinks instead of figuring it out on the day of the show.”

Related Link: [Relationship Advice: 5 Ways Our Authentic Self Builds Healthy Relationships](#)

Gonzalez-Nacer, who was originally up for the role of Frenchy, knew Cha Cha wasn’t going to be the audience’s favorite, but that didn’t take away from the fun of playing the bad girl. “I realized pretty early on that confidence was key with playing Cha Cha, and I am really grateful for this experience, because in my search for Cha Cha, I was able to find myself more and tap into what confidence means to me.”

She adds, “This has been such an incredible experience, and I miss everyone already!”

***Grease: Live* Actress Opens Up About Her Personal Life and Shares Relationship Advice**

So does the former star of *The Fresh Beat Band* have a real life Danny Zuko? “I do not. I’m currently single and loving it!” the actress shares. Still, she knows what she wants in a future partner: Her top three qualities are “honesty, integrity, and positivity.”

Unlike her character in *Grease: Live*, she knows a thing or two about gracefully moving on after a break-up. “I think the best thing you can do is to fall in love with your life again. Sometimes, we lose sight of our own life, so it’s great to do the things you did before you were in a relationship and

love,” the actress reveals. “Do things that inspire you and focus on what *you* want instead of dwelling on what went wrong.”

Along those same lines, Gonzalez-Nacer shares her top four post-break-up commandments: “Thou shall not cyber-stalk your ex on social media. Thou shall not compare yourself to their new love interest. Thou shall stop all forms of communication with your ex until you have properly healed. Thou shall focus on your life.” She could easily add relationship expert to her already-expansive resume!

Related Link: [Five Ways To Cope With A Relationship Breakdown Just Like The Celebs](#)

Once you’ve moved on after a tough break-up, it’s tempting to try to be friends again, but Gonzalez-Nacer says that’s not always the best idea. “I think it’s important to ask yourself why you want to remain friends and be really honest with yourself,” the single celebrity explains. “What I have found to be true is that in every instance that I have tried staying friends with an ex, one or both parties end up wanting something more, and it can get messy and confusing.”

Just because *Grease: Live* is over doesn’t mean we’ve seen the last of Gonzalez-Nacer. Her single ‘Classy,’ under her artist project, Ava Gold, was just featured on ESPN and is now on iTunes. “I’m going to be in the studio finishing up my EP, and I have a new music video coming out next month for one of my songs,” she says.

Keeping us on the edge of our seats, she adds, “I also have some upcoming shows in Los Angeles and a couple really exciting projects that I can’t talk about quite yet, but I’ll be posting updates on my social media!”

It’s no surprise that the talented star has a clear vision of her future. “I see myself happily married, doing great humanitarian work, working with the best, and being considered

one of the best in the industry," she reveals in our celebrity interview. "I could list all the specifics, but in a nutshell, I want to continue striving for greatness, be happy, and do what I love."

To find out more about Yvette, follow her on Twitter [@avagoldworld](#).

Celebrity Interview: Celebrity Trainers Sebastien and Danielle Lagree Talk Famous Clients, Relationships & Love





By [Michelle Foti](#)

At the heart of the fitness revolution stands Sebastien Lagree, Lagree Fitness owner, developer and innovator seeking to push all limitations of fitness as the world knows it. And in the heart of the fitness mogul is the celebrity love story that has brought him his wife, soulmate and business partner, marrying both of their lives into one. In our exclusive [celebrity interview](#) with the famous couple, the pair dishes on celebrity clients and reveals how they balance their relationship and love with their booming careers.

Celebrity Trainer Talks About Celebrity Clients and Gives Relationship Advice

Lagree has had a host of celebrity clients, ranging from Kim Kardashian to Sofia Vergara to the First Lady herself, Michelle Obama. "I have enjoyed working with all my celebrities," Lagree says. "Some were more personable than

others. For example, Sofia Vergara is very cool and she is very funny.” Luckily, the celebrity trainer hasn’t had to deal with any divas! “That would be the worst!” he says.

Celebrity Interview: Famous Couple Talks Relationships and Love

It only took this famous couple five weeks from the moment they met to say “I do” and take on the world as Mr. and Mrs. Lagree. Other developments bearing the Lagree name took a bit more time to come into fruition, but once Lagree crafted the Lagree Fitness Method, a snowball of new innovations soon followed. Lagree’s Supraformer released last month, joins the ranks of the Proformer and Megaformer in the lineup that breeds physical, emotional, spiritual, sexual, mental and tactile awareness, according to Lagree. Entering 2016 it is the same Lagree, bigger plans. Lagree will even be opening his first fitness studio in Los Angeles, California this year as well, with wife Danielle heading the studio operations.

Related Link: [Ivanka Trump: “I Don’t Stress About Being Balanced”](#)

After duty calls, “Call of Duty” it is. In our celebrity interview, Danielle reveals that marriage always comes first in her book. The married couple always tries to fit in a game of “Call of Duty” after a busy day working. Dinner dates, movies, hiking, traveling and spa days are activities the couple enjoys as well. But when stress relief is on the agenda, the couple dives down deep into the depths of the ocean with creatures that may frighten some. The couple that shark dives together stays together, right? Well, that may not be the only factor that contributes to a healthy relationship and love. Lagree says he and his wife communicate and help each other out a lot.

But for Danielle, the separation of home and work is key. “We both love the work we do,” Danielle says. “Working with your husband is quite different than the husband at home at night. When we get home we try not to talk about anything work related.” Lagree acknowledged that the beginning of relationships are especially difficult because all you want to do is spend time with your significant other. “Hopefully, your partner has the same goals and will want to spend their time the same way you do,” Lagree says.

Related Link: [Arielle Ford Gives Relationship Advice in New Book “Turn Your Mate Into Your Soulmate”](#)

Perhaps fitness can be an area of common interest! “I think that if both partners like to workout, it makes it a lot easier to stay fit and healthy,” Lagree says. “We have a lot of couples coming to the studio and workout together which I think is awesome.” In fact, Lagree has created fitness routines suited for both men and women with the interest of couples in mind. “Getting or staying fit and healthy can be enjoyed together and one does not have to choose between the two,” he added.

Related Link: [Relationship Advice: How Your Relationships And Love Affect Your New Year’s Resolutions](#)

The couple has a lot to look forward to in the year ahead including Lagree’s autobiography, a documentary, the new workout and the studio. Amidst all of the craziness Danielle says, “You always need to find time to spend with the one you love.” Diving with the sharks or staying dry for a nice walk along the sand, it may not matter so much what you do, but who you are doing it with.

You can keep up with Lagree Fitness by visiting their [website](#)!

Celebrity Interview: Hollywood Medium Tyler Henry Talks About His Near-Death Experience & Biggest Celebrity Crush!



By [Emma Malefakis](#)

Most young celebrities are known for their talents but none quite like Tyler Henry. He has a unique gift of his own: He connects to those who have departed. Known as one of

Hollywood's youngest psychics, he began working as a medium when he was just 16-years-old. He practiced his skill in a small town in California and has since worked with some of the biggest stars, including Snooki and Boy George. His everyday life was recently pitched for a reality TV show, and now *The Hollywood Medium with Tyler Henry* is airing Sunday nights at 10/9c on E!.

In our [exclusive celebrity interview](#), Henry opens up to us about his own near-death experience and shared his best relationship advice.

Celebrity Interview: Tyler Henry Talks About His Talent and New Reality TV Show

The reality TV star admits he owes much of his success to his supportive parents. "It took some time, but they now see the healing impact that the readings have in giving people insight, clarity, and closure," he says. "Now, it's just on a much larger scale." Of all the challenges he faces, the young medium says that crowds are the toughest part, but "the benefits of his gift outweigh any of the downsides."

It's understandable how such a talent can be overwhelming to others since they can't completely understand the ability of clairvoyance. "I get strong visual and mental imagery in my mind's eye when I concentrate on a person. This imagery, when pieced together and interpreted as a message, is then delivered to a person as means to provide some form of insight," he explains.

Related Link: [Celebrity Couple Predictions: Katie Holmes, Gigi Hadid, and Miranda Lambert](#)

Henry has read hundreds of celebrities. He says one of the

most shocking readings was with Tracey Gold. “Many revelations can come from readings, and many of them can be incredibly surprising. A murder victim that she was connected to came through and acknowledged the details of her passing,” he divulges.

Even with all his success, there are always doubters when it comes to the talents of mediums. “Thankfully, every celebrity who agreed to have their session filmed was open in some capacity, even the skeptics,” he shares. Henry says that he communicates what the client is meant to hear, not necessarily what they want to hear, and of course, that requires some tact.

Despite all of the celebrities he has had the opportunity to work with, if he had the chance to read anyone in the world, it would be the Dalai Lama. “To be able to connect to such an influential, and inspiring person would be an absolute honor,” he gushes.

Related Link: [Top 5 Celebrity Couple Predictions](#)

Young Psychic Shares Relationship Advice

In his personal life, the medium admits that his gift doesn't cause too many relationship problems. “I'm one of the few people who can probably tell whether or not there's going to be a second date before the first one,” he says with a laugh. When it comes to his celebrity crush, he admits, “Ezra Miller, hands down!”

The greatest piece of relationship advice he has to offer is for those with a significant other on the other side: “Honor their legacy by having new and exciting experiences and look for the signs they will give to show they are still with you,” he explains. “They also want you to be open to new

relationships and love.”

The heartache of losing a significant other is unimaginable, and the pain of losing a child is even harder for people to accept. Henry has these words for grieving parents: “Children are met by loved ones on the other side and are helped in their transition with ease,” he says. “Every child that I’ve ever brought through has acknowledged being at peace with God.”

What many people don’t know is that the celebrity clairvoyant had a near-death experience of his own. “In February 2014, I suffered brain swelling due to water on the brain caused by a brain cyst,” he reveals. He had emergency brain surgery and was in the intensive care unit for days. “It was life-changing for me – nothing quite grounds you like a near-death experience,” he shares in our celebrity interview. “It showed me what really matters and just how fragile life in this realm can be.”

Related Link: [How to Move On After Heartbreak](#)

As for what’s next for Henry, he plans to continue doing readings and even has a book in the works. He would love to travel and tour the world. “I have so many causes that I hope to be able to bring light to, particularly in grief awareness and support for parents who experience the loss of a child,” he says. “I am so thankful to be able to share my gift with the world and help aid in the grief process, one reading at a time.”

Tune in for The Hollywood Medium with Tyler Henry on E! on Sundays at 10/9c. You can keep up with Tyler on Twitter [@tyhenrymedium](#).

Celebrity Interview: 'Mob Wives' Reality TV Star Brittany Fogarty Discusses the Final Season and Reveals Her Favorite Date Night



Interview by [Lori Bizzoco](#). Written by [Rebecca White](#).

Being born into a family involved in criminal activity is nothing new for the cast of the reality TV show *Mob Wives*. However, the newest member Brittany Fogarty is only 25 years old and spent most of her childhood in Pennsylvania after her family was relocated when she just two years old. In our exclusive [celebrity interview](#), Fogarty gives us the latest

celebrity news about the upcoming drama on the final season of the VH1 hit and dishes about her relationship and love life.

Reality TV star Brittany Fogarty Talks About The Final Season and Dishes On Her Relationship and Love Life In This Celebrity Interview

Welcome to the show! How has it been being the newest member on *Mob Wives*?

It's definitely been a fun experience but also very dramatic.

Is there anything you want people to know about you before they see any of the show?

The show focuses in on a lot of the conflict and aggression. I think people should know that there is a lot more to most of us than just hostility and arguments.

Related Link: [Celebrity Interview: 'Mob Wives' Reality TV Star Renee Graziano Says She's "Dating and Enjoying Being Spoiled Like a Princess"](#)

Not only are you the newest member, but the youngest. Do you think this has changed the way the other ladies have treated you? For better or worse?

Absolutely. I think many of the women see my age as a threat and it's hard for them to accept the fact that someone so much younger like myself can stand my ground, form my own opinions and outwit them.

What was the hardest part about joining the show?

The hardest part for me was learning how to publicly open up about my family and personal life. I'm a pretty private person

so that was a big change for me.

We know you love Drita. What do you think about her calling Karen out publicly on social media recently?

From what I see from Drita, she never really does that kind of thing on social media. So in my opinion, Drita must have been fed up with all the constant rumors and verbal attacks on her family.

What made you so close to Drita?

I just genuinely liked her off the bat. I felt she was different from all of the other women on the show in that she is the most down to earth. She never had a superior, controlling, or judgmental attitude with me unlike many of the other women.

Related Link: [Celebrity News: 'Mob Wives' Star Big Ang Hosts Viewing Party](#)

Why did you decide to join the cast this season? Is there anything in particular that you hope to gain by doing the show?

I joined the cast because I saw it as an exciting opportunity and as a great platform. I also thought the show could use more people who don't idolize "the lifestyle."

Did becoming a part of the *Mob Wives* cast bring up emotions from your past?

Absolutely. Mostly emotions about my relationship with my father and what we've had to go through because of the life he chose.

Has your relationship and love life changed now that you are a reality TV star?

I'm a lot busier and I am focusing on myself and my career

right now.

What would be an ideal date night for any eligible bachelors that are reading this?

I love food and being outside, so a relaxing outdoor dinner with some good conversation is always a safe bet with me. And being by a beach is even better.

Related Link: ['Mob Wives' Star Renee Graziano on New Book, Possible Spin-Off Reality TV Show and Dating Italian Men!](#)

What can we expect from you once this season is over?

I love fashion, so of course I'm going to continue modeling but I will be working towards moving into the design world of fashion. I'm always working on growing my jewelry business but I would like to start expanding. Designing my own collections of clothing is definitely in my plans.

Be sure to watch Mob Wives on Wednesday's at 8 p.m. on VH1! Check out our celebrity interview with Mob Wives star Renee Graziano and stay tuned for our interview with Drita D'Avanzo coming soon.

Celebrity Interview: 'Mob Wives' Reality TV Star Renee Graziano Says She's "Dating and Enjoying Being Spoiled

Like a Princess”



Interview by [Lori Bizzoco](#). Written by Emily Hoff.

After five mob-tastic seasons, the VH1 reality TV show *Mob Wives* will be coming to an end. The series sixth and final season premiered last week on Wednesday, January 13th. In our exclusive [celebrity interview](#), we got the latest scoop on the drama from Renee Graziano, one of the original cast members. She reveals why she didn't want to film the show and opens up about her friendship with Natalie Guercio and her relationship and love life!

Reality TV Star Renee Graziano

Talks Final Season of *Mob Wives* in Celebrity Interview

We can't believe it's already the last season of the show! What do you hope to leave viewers with during the final season?

I would like to leave viewers with the knowledge that they can also work through adversity and overcome obstacles. Never give up.

What will you miss most about the show?

The paycheck!

We saw Natalie Guercio tweeted at you with her best wishes after you were reportedly hospitalized over the summer, despite altercations you two have had in the past. What is your relationship with Natalie now?

I acknowledged that she did that, but we're not friends and never will be. That ship has sailed.

Related Link: [Celebrity News: 'Mob Wives' Star Big Ang Hosts Viewing Party](#)

There was some speculations that you would be leaving the show due to health concerns. Were you really debating about filming this season?

I had let the bullshit get the best of me for a minute, which caused me to want to leave. However, I am back in the saddle and happily riding off into the sunset.

Is it true you stopped filming mid-show because of drama with Drita?

Absolutely not. I have nothing to do with the Drita drama for once.

What made you decide to stay on the show?

I started with my sister and will finish with my sister because that's what family does.

Related Link: ['Mob Wives' Star Renee Graziano on New Book, Possible Spin-Off Reality TV Show and Dating Italian Men!](#)

Can we be expecting to see you on the small screen again? Any spin-offs in the making?

You'll definitely be seeing me in a few other productions. So stay tuned – I'll be letting fans know shortly.

Is there currently someone special in your life? If so, can we expect to see them on the show?

I still haven't found Mr. Right. However, I am dating and enjoying being spoiled like a princess...but not a mob princess this time around!

What relationship advice would you give other single mothers on the dating scene?

Don't bring strangers around your kids until you're 100 percent sure it'll work.

Related Link: ['Mob Wives' Executive Producer Jenn Graziano Says, "I'm Not Anti-Marriage; I'm Anti-Ball and Chain!"](#)

What would be your perfect date night?

My perfect date night is ordering takeout and watching a great movie, all spooned up on the couch together.

Any spoilers you can leave us with for this upcoming season?

I don't give up secrets!

The last time we met, you had just launched your book *Playing with Fire*. How did the book do? Any plans to write another?

My book did well. I'm actually meeting with networks to turn it into a series...fingers crossed!

I loved my past celebrity interview with Jenn. How is she doing? She's such a superstar with all that she's done and created.

My sister is my inspiration. She's amazing and has several projects that'll make you wanna watch more TV, so look out for them! She makes me proud.

Be sure to watch Mob Wives on Wednesday's at 8 p.m. on VH1! Stay tuned for our upcoming interviews with Mob Wives stars Brittany Fogarty and Drita D'Avanzo!

Celebrity Interview: 'Flesh and Bone' star Karell Williams Talks Relationship Advice Saying, "Be True, Be Real, Be Vulnerable"





Interview by [Rebecca White](#). Written by [Emma Malefakis](#).

If you're a fan of dancing and the arts, you may know the up and coming celebrity actor Karell Williams from the *Starz* mini-drama *Flesh and Bone*, which is a fictional series about dancers caught in the cut-throat world of professional ballet. From freelance performing, to teaching, and now acting, Williams is determined to do it all. *Flesh and Bone* premiered this November, and has already received a Golden Globe nomination. We recently chatted with the star in our exclusive [celebrity interview](#) about his experience transitioning to on-screen acting, and he also gave his best career and relationship advice.

Celebrity Interview: Karell Williams Shares Career and Relationship Advice

Williams has always been passionate about dancing but has recently shifted to acting as well. As for how he ended up on

the small screen, he explains “I wanted to challenge myself artistically in another way.” He moved back to New York where he was focused on becoming a triple threat: singer, dancer, and actor. Then he heard about the *Flesh and Bones* auditions. “It wasn’t until then that I realized this was really something I wanted to do,” the ambitious dancer shares.

Related Link: [Celebrity Interview: SYTYCD Winner Gaby Diaz Says “I’m All Dance Before Romance”](#)

Switching career paths can definitely be difficult. Williams advice for anyone wanting to branch into something new would be “you only live once, so push yourself through it.” He agrees that in this day and age, professionals need to be able to do everything, not just what their job description entails. “You need to explore all facets of your abilities,” he says. “Don’t be scared. Take the leap of faith and your work ethic will proceed you.” And yes, there may be challenges with the transition. “I don’t see them as difficulties, but more as experiences and challenges,” says Williams. “Performing on-stage and performing for the camera are different and each comes with its own challenges, but I like challenges.” While difficulties aren’t always something to shy away from, there’s no doubt there are certain fears and anxieties that come along with them.

However, Williams says there wasn’t much anxiety for him when signing on to this particular project. “Truth be told I didn’t really know what I was getting into,” he says. It wasn’t until he started auditioning that he realized Moira Walley-Beckett was the writer of the series, the same writer and producer of the top rated hit show *Breaking Bad*. It wasn’t until the dance portion of his audition among some of the best dancers in New York City with cameras recording the whole thing that the aspiring actor realized what a big deal and opportunity he was immersing himself in.

Related Article: [‘Married to Medicine’ Reality TV star Jill](#)

[Connors on Relationships and Love](#)

This opportunity worked out in the dancer's favor, as he landed the role of Trey, a trendy, feisty, free spirit in the ballet world. "Trey and I are completely different," he says. "He's mean and bitchy, and I'm not really like that." However, he will admit that him and Trey share the same trendy style. Trey certainly brings the drama in the show, so Williams gave us some dating advice on how to deal with drama in real life, specifically when it comes to relationships and love. He says he lives by the quote "society has become so fake the truth actually bothers people." His best relationship advice is "to be appreciative and present in your relationship and never forget to communicate. Never mute who you are to make someone else comfortable. You have to be true, be real, be vulnerable, and be authentic."

Related Article: [Alison Sweeney Talks Relationships and Love in Celebrity Interview](#)

When it comes to making time for your partner in order to put this relationship advice to the test, the busy actor says it's as simple as prioritizing. "Yes I'm busy, but I'm not the busiest man in the world," he says. "If Obama can tuck in his kids and give Michelle a kiss goodnight, then I have no excuse!" he added with a laugh. "You have to make sure you make time for what comes first, the people who mean the most to you, or your career." In our celebrity interview, Williams says he will be prioritizing his friends and family this holiday season. He admits he rarely cooks, so potlucks with a few of his best friends will be as good as it gets.

Karell Williams Talks Date Night

Holiday dinners aren't the only things he likes to keep simple. Williams also believes less is more when it comes to winter [date ideas](#). His dating advice is to "keep it simple, Netflix and chill baby! At the end of the day it's all about

who you're with, not what you do." We can definitely agree that as long as you're with someone you love and care about, you're guaranteed a great time. As Williams liked to put it, "it's not about location, it's about company."

Don't have a Netflix subscription? No worries, you can *Starz* and chill for the *Flesh and Bone* season finale. "I'd say expect the unexpected," the show's star excitedly tells us. We can also expect a big dance number at the end of the episode! The finale airs on December 27th at 8 p.m. on *Starz*.

To keep up with Karell Williams, follow him on www.facebook.com/KarWill1?fref=ts.

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!

Celebrity Interview: SYTYCD Winner Gaby Diaz Says “I’m All Dance Before Romance”



Interview by [Lori Bizzoco](#). Written by Mackenzie Scibetta.

In a groundbreaking *So You Think You Can Dance* finale, the crowning champion of Season 12 was a tap dancer, the first one in the show's 10 year history! In addition to being a tapper, what makes winner, Gaby Diaz even more unique is that she is impressively only 19-years-old. The Cuban-born star received the ultimate package of \$250,000 and the opportunity to join her idol, Jennifer Lopez onstage at her Las Vegas residency.

This [celebrity news](#) only gets sweeter as Diaz is currently performing with the *SYTYCD* tour, which hits 70 cities and runs until January. We had the chance to chat with Diaz last week and in our exclusive [celebrity interview](#), she spoke about her hectic life, her single celebrity status and how she feels about being the first tap dancer in the show's history!

Gaby Diaz Shares Inside Look at SYTYCD in Our Celebrity Interview

You recently performed for all of your family and friends in your hometown of Miami. What was that like knowing you had your loved ones there?

It was crazy! The energy was incredible in Miami. I was in tears by the end of it because I didn't want it to be over. The hometown shows are incredibly special. I learned though that you have to pace yourself during the hometown shows because you want to impress your loved ones but I went too full out in the first half and realized I needed to calm down and not kill myself.

Related Link: [SYTYCD Finalist Megz Alfonso Inspires Other Dancers Saying, "Don't Be Afraid of Who You Are"](#)

What is it like being the first tap dancer to win this contest?

I am very proud to represent the show as the first tap winner. There have been a lot of incredible tap dancers before me who helped pave the way, so I'm just really happy I was able to put tap dancing on the forefront. It was definitely time for a tap winner! I hope this makes people respect tap more as a dance style too because it's really underrated. I want people to enjoy tap just as much as they enjoy the other more popular styles.

After you got rejected during the season 12 Dallas auditions, you flew to Detroit to try out again, where you obviously made the cut. What inspired you to give it another shot?

It's always been a dream of mine to be on the show and it's never seemed like a realistic possibility until 3 of my close friends made it onto the previous season. One of my best friends, Ricky Ubeda, actually ended up winning last season so that pushed me to think "if they can do it, why can't I?" It helped that I had them prepping me and giving me advice.

What advice did Ricky give you during your journey?

He told me to take the competition one week at a time and not to get ahead of myself. The people who get caught up worrying about getting eliminated or comparing themselves to other dancers just preoccupy their mind with negativity. You need to focus on rehearsing your dances and making sure every dance you perform is in your own style.

Related Link: [Celebrity Interview: Lifestyle Coach Laura Baron Talks Relationship Advice](#)

How do your Latin roots play into SYTYCD?

I'm trying to get everyone to be speaking fluent Spanish by the end of the tour. I brought people from the tour over to my home to have Cuban food and Yorelis picked up some homemade food in Florida. There's definitely a strong Latin influence on this tour.

Did you ever think or know that you were going to win?

Everyone hopes to win but you never know how people perceive you and the judges are very good at not showing favoritism. Any of the 4 finalists would've been very deserving of the title so I didn't want to worry myself with the result. I was proud of myself regardless because it was a big accomplishment just making it onto the show.

Given your demanding schedule, it must be hard to balance your career with your personal life. Since CupidsPulse.com is a relationship site, we have to ask: Do you have someone special in your life and how do you balance that?

No, I'm all dance before romance. I said before I auditioned that if I'm going to do the show I need to put my full focus and full energy dedicated to SYTYCD. I didn't want to have someone that I couldn't devote the right time and energy to. It's hard to explain what I'm going through on the show to someone who's not on it. I'm so young so I've got plenty of time for romance.

Keep up with Gaby on Twitter @itsgabydiaz, <https://www.instagram.com/itsgabydiaz/> and www.facebook.com/Dance12Gaby to find out the latest! Don't forget to check out SYTYCD tours as well!

Celebrity Interview: SYTYCD Finalist Megz Alfonso Inspires Other Dancers Saying, "Don't Be Afraid of Who You Are"





Interview by [Lori Bizzoco](#). Written by Mackenzie Scibetta.

Born and raised on Long Island by parents who were trained dancers, *So You Think You Can Dance* finalist Megan “Megz” Alfonso was bred for a life on stage. Known for her extravagant sneaker collection (378 and counting), Alfonso brought a unique edge to the hit reality TV show with her bold and upbeat hip-hop routines. In our celebrity interview, Alfonso told us about the determination it took to become a finalist, which started ten years ago when she auditioned for the first time and faced rejection. Determined to break [celebrity news](#) headlines with her SYTYCD performances, she remarkably auditioned for the show three more times before she was able to prove to the world that she had what it took to make it.

Cupid’s Pulse Executive Editor, Lori Bizzoco, had the privilege of getting to know Megz over the past two years while she was a dance instructor for her daughter at Oceanside Dance Center on Long Island. “Megz was an amazing mentor to my young daughter,” Bizzoco said. “You could see that she really liked working with kids, always giving them encouragement and

helping to build their confidence.”

The top 10 finalists are currently performing on tour and this month Alfonso will be making three of those tour stops in her native New York State with Huntington, Long Island being her hometown show Saturday, November 7th. The other two New York tour stops will include Brooklyn on November 10th and Buffalo on November 20th.

In our exclusive [celebrity interview](#), Alfonso gives us the inside scoop on the show, her expectations for her Long Island homecoming tour and her ultimate goals for the future.

Long Island Star Reveals Her Struggle To Make It To The SYTYCD Finals in Our Celebrity Interview

What’s the difference between the work you do on the tour and the work you did on the show?

The only difference was that there was so much more pressure to be on TV. I was being judged and didn’t want to let anyone down. On the tour, we can work on our routine and make it better and better each time.

Related Link: [Celebrity Interview: Lifestyle Coach Laura Baron Talks Relationship Advice](#)

Can you tell us about your journey through SYTYCD?

I was around 18 years old when I first auditioned and I was just going for the experience. Unfortunately, I didn’t make it through. The year after that, in season 2, I made it all the way to Vegas but didn’t make it any further. After that, I took a two year break to work on myself to keep training and practicing. On Season 5, I auditioned again to see how I improved but I got cut again. I decided I needed a longer

break to figure out who I was as a person and took time to tour with my company. When I auditioned for this season, they were more open to different looks and new styles so I think they saw something exciting in me, finally. I auditioned four times before I made it.

Did you feel like this was your year?

Yes, even before I auditioned I was saying to myself that I'll give it a shot and just see what happens. When I made it straight to Vegas I was so excited. I knew that I needed to push myself. This season, I never stopped training myself no matter what. I wanted to send a message to everyone that your dreams are always a possibility.

You're a dance teacher to many students. What is it about teaching dance and working with students that you enjoy most?

I love kids because they're just experiencing everything and are just trying to find who they are as a person. They're like sponges trying to take in everything and their smiles show it. When they start to realize they're drawn to something it's exciting to watch how hungry they are for it. I want to teach them how to find themselves as a person and to grow from their style, not just as dancers but as people.

Related Link: [Exclusive Celebrity Interview: Former 'Bachelor' Chris Soules Says His Dating Life is "Relatively Non-Existent"](#)

What does it mean to be a finalist on tour?

I'm just hoping for my two favorite goals to be accomplished: being a [Justin Timberlake](#) dancer and Janet Jackson dancer. I'm also excited to go on tour to explore new areas, especially Canada since I've never been there. I love learning about new cultures.

Do you have any tips for future contestants?

Don't be afraid of who you are and don't let anyone change who

you are. You want to show everyone the true love and worth of yourself.

We are a relationship site, so we need to ask: are you currently in a relationship with anyone? And how does that fall into the mix of your busy schedule?

Yes, I am currently in a relationship. I think as long as that person supports what you do and you support them, then you'll be okay. They need to know that you love doing what you do.

Keep up with Megz on Twitter @MegzAlfonso and www.instagram.com/megzalfonso/! You can catch one of the SYTYCD tours by checking out the tour dates [here](#)!

Celebrity Interview: Lifestyle Coach Laura Baron Talks Relationship Advice





By Mackenzie Scibetta

If you're looking for guidance or direction in your life then listening to the unapologetic and uncompromising lifestyle coach Laura Baron may be just what you need. With a background in television, Baron has appeared on countless reality TV shows such as *Bad Girls Club* and *You're Cut Off*, giving contestants a taste of her own philosophy regarding career tips, relationship advice and family affairs. Baron is returning to the small screen as a [relationship expert](#) on Oxygen's new show *Fix My Mom*, which premieres tonight at 9/8 c, where she will tackle the issue of complicated mother-daughter duos who need serious help mending their bond. In our exclusive celebrity interview, Laura Baron offers her professional take on reality TV, dating and divorce.

Timeless Relationship Advice from Reality TV Life Coach

In your experience, where have you found that women are most in need of a life coach? And, at what age do you feel this is

most common?

My private clients range from late twenties to late forties. They're usually at a transitional point whether it be in a relationship and love, a job, or getting back to who they really are. A woman reminding herself of her true value is often the underlying theme. But any age and any time is the right time, as long as she's ready to do the work!

Related Link: [Relationship Advice on Financial Infidelity](#)

One of the mother-daughter groups faces a problem because the mother is dating younger men. What advice do you have for mother's who are on the dating scene and don't want to upset their children?

This shouldn't be about upsetting the children, this should be about setting expectations that EVERY member of the family deserves happiness. I don't subscribe to the idea that mother's should put their lives on hold to satisfy their kids. It's strengthening for kids to see that mom is also a woman and there is life outside of the family. They will grow up with less guilt that their mom sacrificed everything and less obligation to be her sole support. In the process, moms can have open discourse to assure their kids understand she's not looking to replace them or their father, but merely looking to add more love and support into their lives.

When is it the right time for a parent to start dating again after a divorce or tough break-up? And, how do they ease back into it if they have been out of the dating game for a long time?

The time is right when that parent feels ready. It's not about the action of going out to date, it's about the communication at home to make sure the kids feel safe and loved. They can ease back in by starting to have more social times with their same sex friends. Establishing a social life outside of the home is often the first hurdle parents have to get over. Then,

get open and say hello.

We see it time and time again, women settle for second best and end up in unhealthy relationships. What is the one piece of advice you would give to someone to help them avoid or break this pattern?

To avoid getting in a toxic relationship, before you date others, date yourself. People who get into sub-standard relationships are looking to fill a need. Get honest with what you're working with, so you can both better take care of yourself and also look out for where you're letting someone in for the wrong reasons.

Related Link: [Exclusive Celebrity Interview: Former 'Bachelor' Chris Soules Says His Dating Life is "Relatively Non-Exsistent"](#)

What are three red flags (not obvious ones) that a woman can look for to know whether or not she is in a toxic relationship from the very beginning?

1. Pattern of control. Unhealthy partners want to control you and it usually starts small. You deserve authority over all decisions you make.
2. Rude behavior. How people treat others who cannot ultimately 'benefit them' (i.e. waitstaff) is who they ultimately are. Someone who is comfortable belittling or being rude to another human regardless of their perceived status is going to eventually treat you the same way.
3. Woman power. There are men who love women and men who do not. You can tell by how he talks about women, treats the women in his life, and ultimately how he treats you. Choose a man who loves women, that simple.

What is the best lesson viewers can take away from watching Fix My Mom?

Change is not limited to these women. Yes, they worked their tails off. Please allow that dedication to inspire you, that

ANY RELATIONSHIP CAN HEAL, as long as both people are committed. And as long as women support each other ANYTHING IS POSSIBLE!

If you want to read more about Laura Baron or receive more advice then check out her website, www.asklaurabaron.com/ or follow her on Twitter @asklaurabaron and www.facebook.com/asklaurabaron. Don't forget to tune into Fix My Mom tonight on Oxygen at 9/8 c.

Exclusive Celebrity Interview: Former 'Bachelor' Chris Soules Says His Dating Life is "Relatively Non- Exsistent"





Interview by [Lori Bizzoco](#). Written by Katelyn Di Salvo.

It sounds like [Chris Soules](#) found his true love...in farming! The star of [The Bachelor](#) season 19 truly stepped out of his comfort zone during his stint on reality TV, going from being a farm boy to a celebrity overnight. On the finale episode, he proposed to Whitney Bischoff, but just seven months later, the famous couple announced their celebrity break-up. Now, he seems to be finding solace in his farm.

Former *Bachelor* Talks Farm Life in Our Exclusive Celebrity Interview

In our [exclusive celebrity interview](#), Soules shares that, prior to his time on reality TV, he had never left Iowa for more than 10 days. Suddenly, he was gone for two months to film *The Bachelorette*, another two months for *The Bachelor*, and *another* two months for *Dancing with the Stars*. After his third stint on television, he took a step away from Hollywood – and he couldn't be happier. "It's been good

to get back home and do what I love,” he says. “Going on all these reality shows and being some what disconnected from the farm was pretty unusual for me.”

Related Link: [Former ‘Bachelor’ Chris Soules Spends Time with Family in Iowa Post Celebrity Break-Up](#)

The former *Bachelor* describes being a pig farmer as an “intense labor of love,” explaining how, as a farmer, you never truly have a day off because the animals and crops always need care. We only hope that he can give a lucky lady that level of devotion someday!

Recently, Soules was a judge on the National Pork Board, and he introduced us to the winner of this year’s First Annual America’s Pig Farmer of the Year Award, Keith Schoettmer. Schoettmer reveals his approach to farming, saying, “It starts with our responsibility of the farm, which we take very seriously. We properly care for these pigs everyday, and while we’re doing that, we’re not losing sight of the people we work with and the consumers.”

Reality TV Star Opens Up About His Relationships and Love Life

Soules has been on a roller coaster ride for the past year when it comes to his love life. The celeb went from trying to win the heart of [Andi Dorfman](#) on *The Bachelorette* to having his pick of 30 women on *The Bachelor* to being engaged to Bischoff...to being single again. With that said, relationships and love are the last thing on his mind right now. “My dating life is relatively non-existent... After dating 30 some-odd women and being engaged and going through that whole process, it’s been nice to just kind of get back to normal,” he explains. “Eventually, I’ll get back in the dating rink.” He adds that he and his [celebrity ex](#) still keep in touch and are “good friends.”

Related Link: [‘The Bachelor’ Winner Whitney Bischoff is Casually Dating After Celebrity Break-Up from Chris Soules](#)

In our exclusive celebrity interview, the reality TV star admits that his approach to dating hasn't really changed since being on *The Bachelor*. "There's not a lot of changes I'll probably make. It's still just about finding the right person, someone who appreciates the farming life and also the finer things in life," he shares. He believes that finding love this time around will be a little easier since he is "out there," confessing that there are a lot more women interested in dating him now.

Chris Soules Shares Dating Advice for Upcoming *Bachelor* Ben Higgins

Soules recently met the newest *Bachelor* Ben Higgins and says he's a great guy. He wishes him the best of luck on the reality TV show and adds, "He deserves it. He's a stand-up guy, and he's what the show is all about, I think. He's truly trying to find somebody, so hopefully, that happens for him."

Of course, the former *Bachelor* had some dating advice to share with Higgins: "The main advice that I gave him was to make sure you take each relationship that you have with those girls very seriously and make sure they feel as comfortable as possible... In order to have a real relationship develop, those girls need to feel like they're the only ones involved in the relationship."

Related Link: [Former ‘Bachelorette’ Trista Sutter Defends ‘Bachelor’ Franchise After Chris Soules, Whitney Bischoff Split](#)

Despite his return to farming, Soules hasn't completely said goodbye to reality TV just yet. You can catch him on the latest season of *Worst Cooks in America* on The Food

Network. He explains that, although he may be good with a grill, he's not so great in the kitchen!

Keep up with Chris on Twitter @SoulesChris and www.instagram.com/souleschris/!

Celebrity Mom Molly Sims Shares Secret To Losing Baby Weight In Celebrity Video Interview



Interview by [Lori Bizzoco](#). Written by Mackenzie Scibetta.

Keeping up with healthy trends is hard enough when you're single, but what about when you're busy balancing work and raising two kids? Model, actress, and [celebrity mom](#) Molly Sims shares that it's easy with simple scheduling and planning ahead. In our exclusive [celebrity video interview](#), Molly Sims opens up further about raising her family and how she keeps her life in harmony.

Molly Sims Shares How To Be Healthy as a Celebrity Mom

Raising a 3-year-old and 6-month old baby is time-consuming. Squeezing in exercise time can seem like an impossible task. Molly Sims' advice for staying fit is to schedule time for yourself, even if it's only five minutes. "Even if you have 20 minutes you can workout," she says. "Even if it's at your house, even if it's on your block." Sims also shares that you can fit in a workout if you cut time away from other chores, such as getting ready in the morning. "Know what you're going to wear for the week, it saves a lot of time and a lot of angst," she added. Getting ahead as much as you can is vital to managing a hectic work week. Also, make sure you carve time out for your significant other! Your relationship and love life is important, so work with your partner as a team in order to balance everything on your to-do list.

Related Link: [Celebrity Video Interview: Molly Sims Talks About Her "Rocking Red" Hair: "I Feel Really Good!"](#)

In terms of finding time to eat healthy, Sims suggests always having a pack of almonds or a banana on hand to avoid indulging in sugary snacks when you're on the go. It's easy to be tempted by the convenience of fast food when you're in a hurry, but having a healthy alternative with you will give you

no reason to cave.

Related Link: [Comedian Wayne Brady On His Modern Family and Celebrity Ex: “We Truly Love Each Other – Like Back to the Wall, Fight Anybody”](#)

Throughout the celebrity video interview, Sims shows a clear sense of self-worth and self-love, demonstrating how important it is to be confident with ourselves. “The best advice I can give woman is feeling good on the inside...it’s really about feeling good with yourself right now,” Sims says. Rather than over-stress yourself with losing weight, first you must set a goal to be happy on the inside. Stress doesn’t have any benefit to our life so you must focus on personal happiness, then move on to weight loss. Sims also shares her own weight loss struggle. After giving birth to her first child she had to lose 85 lbs! Sims proves that even celebrity moms deal with the same weight-loss issues as regular moms.

You can learn more about Molly Sims by following her on Twitter @MollyBSims or www.instagram.com/mollybsims/.

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

Alison Sweeney Talks Relationships And Love in Exclusive Celebrity

Interview: “Love Is a Two-Way Street, and Even Though It Can Be Messy, It’s Worth It!”



By [Rebecca White](#)

Alison Sweeney has done it all when it comes to the small screen, working as an actress, director, and even producer. From soap operas and TV movies to hosting a reality TV competition show, she gracefully balances motherhood while also managing her booming career. While her time on *The Biggest Loser* is now over, the celebrity mom is using her open schedule to pursue other passions. In our [exclusive celebrity interview](#), we chatted with Sweeney about her relationship and love life, her best love advice when it comes to balancing a family and career, and her upcoming Hallmark movie *Love on the*

Air.

Alison Sweeney Talks Relationships and Love

For Sweeney and husband David Sanov, balance is key. When you have two kids and are constantly working on new projects, it's important for each spouse to manage their time effectively. "Dave is my partner," the actress says. "We have been married for 15 years, and each day, we take time to ensure we are there for one another and our children."

She also notes the importance of taking time to relax as a couple. For her and her husband, that means "cooking dinner together and, after putting the kids to sleep, having a glass of wine or some popcorn while watching a movie or catching up on our favorite TV shows." Yes, that is easier said than done, but finding time to spend together is essential. "At the end of the day, your relationship and love is the anchor of your busy lifestyle, and if you make that a priority, you'll be able to tackle all else together," she shares. "We find ways to schedule meetings and playdates, so make the point to schedule quality time with your partner too."

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

Sweeney encourages her kids to take risks by setting a positive example. "I always push myself with new challenges, and producing, directing, and starring in different projects enables me to do just that," she reveals. She encourages busy moms to explore other passions as well. "Like Nike says, just do it! You don't want to always wonder what might have been," she says.

Of course, handling a full schedule can be hard. Her advice is to "focus on the moment and do your best." Try to manage your

time hourly rather than weekly, so it's not as daunting. "At the end of the week, take a moment to evaluate your accomplishments and what you hope to improve in the next week: focus at work, attention to kids, quality time with partner, time for yourself...it all matters," she shares.

New Hallmark Movie Teaches Love Advice

One of the projects keeping the celebrity mom busy is the upcoming Hallmark movie *Love on the Air*, which marks Sweeney's debut on the channel as both a star and executive producer. Her character Sonia seems to have it all. "She has a great radio show for female empowerment and a successful fiancé, but when she is forced to work with a rival DJ, she's pushed to look at her world and herself in a new way," the actress explains. "The lesson about love that Sonia learns is such a good one to share. Love is a two-way street, and even though it can be messy, it's worth it!"

Related Link: [Alison Sweeney Chats About Keeping Her Family Healthy with Frigidaire](#)

Sweeney recently realized how much she loves storytelling and making romantic comedies. Thanks to her new partnership with Hallmark, she can do both! As far as her future projects, Sweeney says to "follow me on social media to find out what's next and then let me know what you think!"

You can keep up with Alison Sweeney on Twitter @Ali_Sweeney. Tune in for Love on the Air on Hallmark on September 26th at 9/8c!

Celebrity Video Interview: Master Sommelier Talks Relationship and Love Advice



By [Rebecca White](#)

If you're keeping up with New York Fashion Week, then you know that the worlds of fashion and wine are colliding this year. Master Sommelier D Lynn Proctor shares his best relationship and [love advice](#) concerning all things wine in our celebrity video interview.

Related Link: [Brooke Burke-Charvet Talks About Her Marriage in Celebrity Video Interview: "We Carve Out Time for Each Other"](#)

DLynn Proctor Talks Love Advice In Celebrity Video Interview

Sometimes ordering wine at a restaurant can be stressful, especially on a first date or special occasion such as an anniversary or Valentine's Day. Proctor's love advice is to make sure you communicate with your sommelier. "Give your somm buzz words, like light or bold, medium wines, fruity, dry, sweet, etc.," he says. After that, your somm will easily be able to make a pairing sure to improve your date night.

But if you still need some dating advice concerning wine, then look out for these recommendations. For a first date, you can't go wrong with the Bin 28 Kalimna Shiraz, Proctor shares. "A lot of beginners can enjoy this and the price is affordable!" he says. But, maybe your relationship is more mature, and you're searching for an anniversary wine. In that case, go with the Penfolds Grange Shiraz that can be order at the finest establishments.

In regards to his own relationship and love life, Proctor jokes that being a sommelier has only improved his marriage. "The wine seller is always stocked and the wife is always happy. She drinks very well," he says with a laugh.

You can keep up with DLynn on Twitter @WineauxDLynnP and www.instagram.com/penfoldsdlynnp/.

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

E.G. Daily Shares Post-Divorce Love Advice in Celebrity Interview: “Don’t Wait for Someone to Fill You Up”



Interview by [Rebecca White](#). Written by Mackenzie Scibetta.

E.G. Daily may have one of the most diverse careers in Hollywood. From starting out on the silver screen in *Pee Wee's Big Adventure* to playing the voice of Tommy Pickle's in *Rugrats*, she has truly done it all. Plus, she has a successful singing career. Most impressively though, she balances being a full-time single celebrity mom with her busy lifestyle.

You may recognize Daily from season 5 of *The Voice*, where she performed a memorable rendition of Faith Hill's "Breathe" and was chosen by Blake Shelton. She compared the unforgettable experience to a summer camp for people of all ages and said it was refreshing to just sit around and sing all day. Her best advice for upcoming contestants on season 9 of the reality TV show? "Savor every moment."

E.G. Daily Dishes on Her Celebrity Divorce and Family Life

"Love inspires everything I do," gushes the singer-songwriter, who writes many of her songs with a romantic theme in mind. She notes that "love is all day long," whether she's at the gym or walking down the street. This positive outlook on life undoubtedly helped her handle her [celebrity divorce](#) from Rick Salomon in 2000.

Related Link: [Pamela Anderson and Rick Salomon: Filed for Divorce Again](#)

For Daily, the best way to handle divorce is with dignity and no bad blood. "Just make sure not to be cruel because you'll want or even need to be friends with them at some point. Ultimately, it's happening *for* you, not to you," she explains in our celebrity interview. She is a woman who practices what she preaches, as her and Salomon still maintain a close relationship. As for raising their children as a single mother, she believes that you shouldn't make your ex out to be the bad guy. Her and Salomon "have nothing but love and respect for each other," which she hopes helps her children honor them.

Unfortunately, no divorce, no matter how compatible the bond, is going to be that easy. Daily says she struggled the most with what to do with old photographs and videos of their former life together. "I learned you keep them and just

remember the good times. He's my family, and you'll still have the relationship, but the form of it changes from family to friends forever," she candidly shares.

With such a hectic life, it's hard to imagine how Daily could have time to focus on her children and career...but she managed to succeed at both! "I don't know how I did it – it just all worked itself out," she says with a laugh. She always put her work around her children, who she refers to as her little diamonds. "They are the most important things to me. My life wouldn't be as awesome without them," she notes. She's even lucky enough to bring them to set sometimes: When she worked on *Rugrats* and voiced a toddler, her children were toddlers and often there with her.

Reality TV Contestant Shares Love Advice in Celebrity Interview

It's no surprise that Daily is a strong promoter of self-love and encourages everyone to find what you love in yourself before you start looking for a partner. "When you meet someone amazing, you should feel they deserve you. Don't wait for someone to fill you up," she suggests. Sharing a bit of love advice, she believes that doing all things out of self-care and self-love will naturally attract good partners. "People can feel when you love yourself or not. Be with someone who loves that you love yourself," she adds.

Related Link: [Dating Advice From Justin Kim of 'America's Next Top Model'](#)

As for jumping back into the dating game after a divorce, Daily suggests the same rule of self-love and confidence. "Make sure that you're feeling super good in your life. Feel full and whole and turned on so that you can bring someone in with that positive energy," she shares in our celebrity interview. She adds that you can't be bitter and expect to

find someone. Instead, be excited and ready to tackle a new relationship and love that will bring joy into your life.

You can keep up with and listen to E.G. Daily's music on her Twitter @realegdaily or www.facebook.com/eg.daily# as well as her website, <http://egdaily.com/>. For more love advice and great tunes, you can listen to her one-woman autobiographical musical "Listen Closely," available on Amazon.

Comedian Wayne Brady On His Modern Family and Celebrity Ex: "We Truly Love Each Other – Like Back to the Wall, Fight Anybody"





Interview by [Lori Bizzoco](#). Written by Katelyn Di Salvo.

Actor, improv artist, and comedian Wayne Brady was in New York City this week to team up with Charmin to host the “Keep it Clean Comedy Show.” The event gave young comedians from schools all over the city a platform to deliver five minutes of their best, clean potty humor routines in front of a live audience. In our [exclusive celebrity interview](#) with the television host, he opens up about the show, his upcoming role as Lola in *Kinky Boots* on Broadway, and his modern family dynamic!

Wayne Brady Discusses Charmin’s “Keep it Clean Comedy Show”

Brady has a lot on his plate these days. He is best known for hosting *Let’s Make a Deal* on CBS as well as being on the very popular *Who’s Line Is It Anyway?* Additionally, the actor is developing an improv game show with Ryan Seacrest and a sitcom

with his producing partner – who also happens to be his celebrity ex – Mandie Taketa.

Even with his full schedule, the busy celeb still made time to give back and help out the future of comedy for Charmin's "Keep It Clean Comedy Show." Brady opened up the show with classic interactive improv and even brought his daughter Maile on stage for some father-daughter comedy. He says getting involved with the event was a "no-brainer" because he was excited about helping these young, aspiring comedians. Plus, Charmin offered to donate to his favorite charity, Ronald McDonald House Charities. He was so impressed with the young talent at the event that he thought he could cast a baby *Saturday Night Live*!

Related Link: [Former 'TLC' Member Rozanda 'Chilli' Thomas Denies Dating Wayne Brady](#)

Comedian Shares His Excitement for His Latest Gig on Broadway

NYC will be seeing a lot more of Brady come November. The actor will be the next star of *Kinky Boots*, playing the role of Lola. He's performed on Broadway before, acting as Billy Flynn in *Chicago*. However, the Emmy winner believes that being on Broadway will be different this time around because "Lola is an amazing role." It's no surprise that it'll take a lot of discipline to "sing those songs, wear those heels, walk that walk, and be the guy that helps to hold the entire show up." The celeb explains that his role as Billy Flynn was "cool and poppin'," a very different character to play. "For my money, this Lola is one of the best roles on Broadway," he shares.

Brady also clears up the belief that he *is* his work, saying, "It's a job. I think that there's this weird misconception that I believe most people carry around that, if you're a stand-up comedian or if you do improv, whatever you do on

stage is how you should be in life.” He explains that he isn’t a wind-up doll and is a different person in real life. “When I’m on stage, I let out all the stops – that’s why I started acting,” he reveals. “When I was a kid, you got to use your imagination and be whoever you wanted to be...and then come back to real life and just chill.”

The Dynamic of His Modern Celebrity Family

As fans know, Brady went through a [celebrity divorce](#) with Mandie Taketa in 2007. But unlike many celebrity exes, the two managed to stay close, parenting *and* working together. Last fall, he went through some tough times and battled depression, and the comedian credits his ex-wife for helping him get through it.

Brady confirms that his relationship with Taketa (who was sitting next to him with daughter Maile during our interview) works for a simple reason: “We love each other. We truly love each other – like back to the wall, fight anybody, like I can say something about her, but you can’t because I will fight you, and she will kill you for me,” he explains. “So we have love and friendship. Add to that that we are parents together and business partners in this beautiful venture of a child.” Given his experience, he doesn’t understand the people who can’t be friends, love each other, and happily co-exist because, at the end of the day, they are still a family.

The comedian shares that he’s happily single at the moment. “I tried dating in the past, and it’s not that I don’t want to or won’t, but now is not the time,” he says. “I’m enjoying my life. I’ve got my daughter; I get to hang out with my best friend; and I get to do amazing work. I’ll get around to it at some point.”

Related Link: [Holly Madison Says Her Past As Playboy Bunny is Like "The Elephant in the Room That Never Goes Away"](#)

The celebrity father didn't hesitate when asked to give his daughter [dating advice](#), quoting his daughter's mother and saying, "Don't give anybody your time that won't respect your boundaries and respect you as a person. You've got to be willing and ready to do what you have to do to back that up. I wouldn't want her to be with someone who doesn't pay attention to those things."

Catch Wayne Brady in Kinky Boots on Broadway this fall! You can follow the star on Twitter @waynebrady.