

# Celebrity News: 'RHOC' Alum Vicki Gunvalson Shoots Down Split Rumors



By Carly Silva

In the [latest celebrity news](#), Vicki Gunvalson addressed rumors alleging a split from fiancé Steve Lodge. Fans were circulating rumors of a break-up after noticing that the couple hadn't posted any photos together in a while. According to *UsMagazine.com*, the [reality TV star](#) denied all validity to the split rumors, stating that she and Lodge prefer to live a more private life. She also confirmed that the two are in fact still together and engaged.

# In celebrity news, it turns out Vicki and Steve are still very much together. What do you do if friends and family are against your relationship?

## Cupid's Advice:

Gaining support of your relationship from friends and family can be extremely important for a lot of couples. What do you do if your friends and family don't approve of your relationship? If your friends and family are against your relationship, Cupid has some advice for you:

**1. Figure out why:** If you're dealing with family or friends who aren't supportive of your relationship, first try to understand why. Chances are that your loved ones are trying to protect you, so try to understand their opinion. If they are unsupportive for valid reasons, like if your partner doesn't treat you properly, it may be understandable for them to not support the relationship. But, if they are unsupportive for reasons that you do not agree with, you may try to warm them up to your significant other.

**Related Link:** [Celebrity Break-Up: Christina Anstead Talks About Choosing Peace Over Drama After Split](#)

**2. Don't forget to talk about the good things:** One reason that friends and family can become unsupportive of a relationship is if they constantly hear negative things about them. If you vent or complain to your loved ones about fights or things your partner does, your friends and family be getting the impression that your relationship is overall more negative than positive. Don't forget to tell them about the positive sides of your relationship and the good things about your

partner, so that they realize the relationship still makes you happy.

**Related Link:** [Celebrity News: Kylie Jenner & Travis Scott Spark Romance Rumors After Steamy Shoot](#)

**3. Give it time:** If your family and friends are unsupportive of your relationship, don't panic. They may be weary and skeptical at first, especially if your relationship is new. Make sure you give them time to warm up. Try arranging gatherings so that your partner can spend quality time with your family and friends. This may help them to see the greatness in your partner that you see.

What are some other things you can do if your friends and family are against your relationship? Start a conversation in the comments down below!

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**Celebrity News: Joe Giudice Says He 'Can't Wait' to Celebrate Christmas with His Daughters in Italy**





By [Meghan Khameraj](#)

In [celebrity news](#), Joe Giudice revealed that his children will spend Christmas with him in Italy. The reality star has been living in Italy since he was released from prison after serving 41 months for mail, wire and bankruptcy fraud. His wife and *Real Housewives of New Jersey* star Teresa Giudice, who he has been in a [celebrity relationship](#) with for over 20 years, also served time in prison. Giudice was held by ICE after his release due to the fact that, even though he lived in the United States since he was a child, he never held citizenship. Giudice asked to be moved to Italy due to harsh conditions at the ICE facilities. The family seems to be excited about the holidays, but Teresa Giudice may not be able to join her family as she may have work obligations.

**In celebrity news, Joe Giudice is looking forward to the holidays**

# with his family. What are some ways to celebrate the holidays with family who are far away?

## Cupid's Advice:

Famous couple, Teresa and Joe Giudice, have been dealing with distance as a result of Joe's criminal history. Teresa admits that the holidays have been hard for her and her kids since he moved to Italy. Cupid has some advice to help you celebrate the holidays with family who are far away :

**1. Video chat:** FaceTime and Skype have made it easier than ever to connect with people who live down the block or across the globe. Take advantage of this by scheduling a call with your family members to catch up and celebrate the holidays!

**Related Link: Travel Tips:** [Celebrity News: Tristan Thompson 'Isn't Giving Up' On a Future with Khloe Kardashian](#)

**2. Exchange gifts:** Even if your family lives in a different country, you can still exchange gifts. You can organize a Secret Santa exchange for you and your family so you can avoid having to ship a gift for each of your family members. It is also a great way to show your family that you're thinking of them.

**Related Link:** [Celebrity News: Queen Elizabeth Is 'Disappointed' Prince Harry & Duchess Meghan Won't Be at Christmas Festivities](#)

**3. Visit:** Though it may be difficult, the best way to celebrate with your family is by being with them! Plan a trip for the holidays so you can spend quality time with your loved ones while also escaping the hassles of your everyday life.

**How do you celebrate the holidays away from your family? Let**

us know in the comments below!

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# Celebrity Couple News: Teresa Giudice Shares Worries about Husband Joe's Deportation



By Katie Sotack

In [celebrity news](#), Teresa Giudice of *Real Housewives* announced concern over her husband, Joe's, upcoming deportation. According to *UsMagazine.com* the [celebrity couple](#) is separated, but Giudice shares real worries about her husband's absence

from their daughters' lives. Giudice started a *Change.org* petition and wrote to the President in hopes of keeping Joe in the country.

## **In celebrity couple news, Teresa is worrying that her husband Joe will miss seeing their kids grow up. What are some ways to help a distant parent stay involved?**

### **Cupid's Advice:**

Even with tremendous amounts of distance, it's possible and important to remain active in your children's lives. Here are some parenting tips to stay present despite the distance:

**1. Facetime:** Keep the face to face interaction going by Facetimeing your kids. The video chatting will guarantee the spontaneity and lively conversation with your children.

**Related Link:** [Celebrity News: Tori Spelling Says It's 'Hard to be Monogamous' Years After Dean McDermott's Affair](#)

**2. Mail:** Snail mail is a fun way to stay in touch with your kids. Not only will it give you the time to think about what you'd like to say, but it will have the added benefit of exciting your kids each day the mail arrives.

**Related Link:** [Celebrity Interview: 'RHONJ' Star Teresa Giudice Opens Up About New Book, 'Standing Strong'](#)

**3. Regular scheduling:** No matter how you choose to stay in contact make sure you adhere to a regular schedule. Don't leave your kids wondering whether or not you'll call. To be present in their lives you've got to be regular.

What's your favorite method of contact when you're long distance? Share in the comments below!

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# Celebrity News: 'RHOC' Alum Alexis Bellino Takes Next Step with Boyfriend Andy Bohns



By Katie Sotack

In [celebrity news](#), *Real Housewives of Orange County* alum and



[celebrity parent](#) Alexis Bellino recently took the next step in her relationship with her boyfriend, Andy Bohns, and introduced him to her children. According to *UsMagazine.com*, the family merged together during a boat outing on Father's Day. Bohns has children of his own, making the decision to blend families extra challenging. Bohns' ex-wife recently pleaded through her crisis manager that the couple be extra considerate when posting on social media for all the children involved.

**In this celebrity news, Alexis met her boyfriend's kids. How do you know when it's time to introduce your partner to your child(ren)?**

**Cupid's Advice:**

Celebrity couple Alexis and Andy are blending families. With consistency and thought your kid(s) may grow to love your S.O. as much as you do. Here are some tips to finding the right time to introduce your partner to your child(ren):

**1. You see a future:** If you're picturing your future and it has to have this person in it, it's time to introduce the family. You can't very well go on living two separate lives and your kids are a nonnegotiable. In time in getting the two parts of your life to be one.

**Related Link:** [Celebrity Couple News: Katherine Schwarzenegger Calls New Husband Chris Pratt a 'Wonderful Husband' on Father's Day](#)

**2. You've primed your kids:** The little ones know you're going out with someone special every night and they're dying to be let in. You've spoken to them about your relationship and

supported the idea that their mom will always be their mom/their dad will always be their dad. If the trend continues it's time to introduce your partner to your family.

**Related Link:** [Parenting Advice: 7 Ways to Help Your Partner Cope with Postpartum](#)

**3. Enough time has past:** Even if the other two tips are right on the money, consider waiting six months to a year. Each individual you introduce as a part of your kids lives is going to make a huge impact. If you break up that'll be tough enough for you, let along the kids. Make sure this one is going to last.

When did you know it was time to introduce your child(ren) to your partner? Share in the comments below!

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## Celebrity Break-Ups: Fans Speculate That Porsha Williams & Dennis McKinley Called It Quits





By Amanda Sanders

In the latest [celebrity news](#), fans are speculating that [celebrity couple](#) reality star Porsha Williams has split from her fiancé Dennis McKinley. According to *UsMagazine.com*, during Memorial Day weekend, her followers noticed that she was no longer McKinley on Instagram. Williams' sister Lauren and her mother Diane are also no longer following McKinley on Instagram. As of Tuesday night, the Bravo star began to follow McKinley once more, but her family members still aren't.

**Fans have some opinions on what was behind this celebrity break-up. What are three good reasons to call off your relationship?**

**Cupid's Advice:**

Breaking up is a big deal and shouldn't be done lightly, but there are definitely some instances where it's warranted.

Cupid has some good reasons it's time to call it quits:

**1. They're too clingy:** At first, it's nice to be with someone who showers you with constant attention. But if they get angry or disappointed every time you go out with your friends or when you need a night to yourself then its time to take a step back and re-evaluate how healthy this relationship really is.

**Related Link:** [Expert Dating Advice: How To Handle Heartbreak](#)

**2. They don't make time for you:** Even Prince Charming might forget to respond to a text every so often or be forced to cancel plans when something important comes up. But if you're never able to pin down your guy to hang out, that doesn't give you much time to have an actual relationship. This kind of guy typically isn't looking for anything serious, and if you are, then it's time to move on.

**Related Link:** [Expert Dating Advice: How To Put Yourself Out There After A Breakup](#)

**3. You can't trust them:** No one likes a liar. If you have serious doubts about where they were when they said they were working late or worse, you catch them in a lie, it's time to dump them.

**What's another reason to call off a relationship? Share your thoughts below!**

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## **Celebrity Interview: 'RHONJ' Star Teresa Giudice Opens Up**

# About New Book, 'Standing Strong'



Interview by [Lori Bizzoco](#). Written by [Karley Kemble](#). In our exclusive [celebrity interview](#), [Teresa Giudice](#) candidly discusses her new book, her four daughters, and her controversial past. *Standing Strong* is all about finding strength during tough times – something that the *Real Housewives of New Jersey* star knows the importance of from firsthand experience. Ultimately, she hopes to use her celebrity status as a platform to help women struggling with financial infidelity. Her words of advice to the masses? “Stand strong – nothing bad lasts forever,” she shares. “Even though you feel like you’re going through a rough time, you’re gonna get through it.”

As for the future, expect to see more from this bestselling author. “The sky’s the limit, and I’m all about empowering women,” the [reality TV](#) star says in our celebrity interview. “So, you know, we’ll see what comes my way in the future.”

You can follow Teresa on Instagram at [@teresagiudice](#) and purchase her book on [Amazon](#).

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## **Celebrity Exes: Brandi Glanville Accuses LeAnn Rimes of Keeping Tabs on Her Relationship**





By [Marissa Donovan](#)

It's been years since the drama first started between [Brandi Glanville](#) and LeAnn Rimes. According to [EOnline.com](#), the tension between the two has gotten worse since the [Real Housewives of Beverly Hills](#) alum has made allegations about Rimes' behavior. Glanville believes that Rimes is trying to sabotage her current [celebrity relationship](#) with Donald Friese. She accused the country singer of stalking the couple on Snapchat. On June 9th, Glanville posted a screenshot on [Instagram](#) to support her claim. Eddie Cibrian showed a text message on [Twitter](#) trying to debunk claims. No comments have been made by Rimes.

**Though Eddie Cibrian is really Brandi Glanville's [celebrity ex](#), it's his new love LeAnn Rimes who can't get along with his ex. What**

# are some ways to keep your new and past partners from butting heads?

## **Cupid's Advice:**

It's hard to keep the peace when you have a bad history with someone's ex or current partner. Here are some tactics you can use for less drama:

**1. Have an understand and positive mindset:** Paranoia and jealousy often happen if a relationship didn't begin on good terms. Try understanding where the other person is coming from and set the tone. If the other person is making cruel remarks then try being the bigger person. If you are talking badly about the other person then stop and reflect on how this will only make things worse.

**Related Link:** [Brandi Glanville Says Drama Will End When LeAnn Rimes Has Her Own Kids](#)

**2. Try team bonding exercises:** You need to be trusting and civil if children are involved. Try finding team bonding workshops that will force you to work together instead of working against each other. You may not be best friends in the end, but at least you'll be on civil terms.

**Related Link:** [LeAnn Rimes and Eddie Cibrian Ready for Children](#)

**3. Spend time away from the ex or current partner:** Avoiding confrontation might be your best strategy. Spending time together might not work for your situation. Giving each other space will allow for clarity.

**Have you had problems with a ex or current partner? Share your advice on how to deal with the drama in the comments!**



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# Reality TV Star & Cookbook Author Kathy Wakile Hosts Book Signing at Cabo in Rockville Centre



By [Whitney Johnson](#)

On Thursday, March 23rd, *The Real Housewives of New Jersey* star Kathy Wakile will be doing an exclusive book signing of her best-selling dessert cookbook *Indulge: Delicious Little Desserts That Keep Life Real Sweet*. You can meet the [reality TV](#) star at Cabo – A Taste of Mexico in Rockville Centre, New

York, at 7 p.m. EST.

## Dessert Cookbook Signing with Reality TV Star Kathy Wakile

We had the pleasure of interviewing Wakile when her cookbook was first released, and she opened up about her favorite sweet treat for date night. She recommends baking her Chocolate Volcanoes. As she mentioned after our [celebrity interview](#), “It should be served hot – and it’ll make your man feel hot too!” It’s no surprise that it’s her husband Richard’s favorite dessert.

**Related Link:** [‘RHONJ’ Star Kathy Wakile Talks Desserts in Celebrity Video Interview: “Indulge. It’s Not Going to Kill You!”](#)

The reality TV star also opened up about the inspiration for the name of her cookbook. As fans may know, the title of her cookbook came from something she said on *RHONJ*: “We were talking about my desserts, and I mentioned how I see really, really skinny girls who deprive themselves of everything and who aren’t happy. So I said, “Honey, have a cupcake. Indulge. It’s not going to kill you!’” With that thought in mind, Wakile focused on mini desserts, so people can enjoy something sweet without feeling guilty afterwards. Happy baking!

*For more details about the book signing event, check out Cabo on [Facebook](#), Twitter [@caborvc](#), and Instagram [@caborvc](#).*

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# Bethenny Frankel Is 'Ecstatic' After Finalizing Celebrity Divorce



By Nicole Caico

It's finally over – the [celebrity divorce](#) of Bethenny Frankel and Jason Hoppy, that is. According to [UsMagazine.com](#), “Three years and six months after they first announced their split, Bethenny Frankel and Jason Hoppy have finalized their divorce.” Neither Frankel nor Hoppy commented, but legal representatives for the former [celebrity couple](#) vouched for their relief upon settling. Frankel is looking forward to selling her Tribeca apartment.

# This celebrity divorce has been 4 years coming. What are some ways to streamline your divorce proceedings?

## Cupid's Advice:

Making the decision to divorce from your partner is difficult enough, but when the divorce process drags on for years, that's about as bad as it gets. Making your divorce as swift a possible subsequently makes it as painless as possible. Cupid has some tips:

**1. Stay on top of it:** Know what papers you need to have, communicate with your legal team, and show up on all necessary dates. Staying organized and making it to all court dates will eliminate bumps in the road and setbacks.

**Related Link:** [Celebrity News: Lea Michele & Robert Buckley Split](#)

**2. Keep a level head:** Letting your anger take control of you and fighting for every last thing in your divorce will undoubtedly slow the process. Try to remain calm, cool, and collected. Know what you absolutely need to get out of the process, but also know what you are willing to compromise on.

**Related Link:** [Celebrity News: Calvin Harris Goes Off on Ex Taylor Swift on Twitter](#)

**3. Be patient:** When it comes down to it, you can be 100% on top of your stuff, have a great legal team, and still have a slow divorce. A lot depends on how the other party is handling things. If you're on speaking terms with your ex-to-be, try your hardest to see eye to eye. If not, just be patient during the process—there's only so much you can control.

How did you streamline your divorce proceedings? Comment below!

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# Celebrity News: Teresa Giudice Says She Will 'Miss the Passion' When Joe Goes to Prison



By [Brooke Crawford](#)

In latest [celebrity news](#), Real *Housewives of New Jersey* stars,

[celebrity couple](#) Teresa and Joe Giudice were sentenced to jail time for bankruptcy fraud and conspiracy. Teresa was recently released back in December after serving 11 months of a 15 month sentence. The *Real Housewives of New Jersey* reality star opened up about how difficult it will be to live life without her husband of 16 years. In a recent interview with [Entertainment Tonight](#), Teresa Giudice explained that she was going to “miss the passion” and being close with her husband the most.

**This celebrity news proves that this couple doesn't need any push in the right direction. What are some ways to put the passion back in your relationship?**

#### **Cupid's Advice:**

Sometimes the passion has a way of seeping out of your relationship and love life. Cupid has some ways to put it back:

**1. Write love letters:** Love letters can be an effective way to share some of the deepest feelings with your partner. It takes time and effort to pour your heart out on a page. A letter is a personal way to show that special person you care. Remind that special person why you fell in love with them. Share your favorite memories and why they mean so much. Sometimes a person needs to be reminded of all the reasons they are loved.

**Related Link:** [Joe and Teresa Giudice Celebrate 15th Wedding Anniversary Pre-Jail](#)

**2. Keep the thrills:** One of the most common mistakes couples make throughout their relationship is allowing themselves to

get into a routine rut. A relationship needs some excitement to keep the spark going. Finding activities that get your hearts racing can help to light that fire again. Plan a spur of the moment romantic getaway for two. Not only will this bring excitement, but it will also help to create the space for quality one on one time.

**Related Link:** [Relationship Advice: 8 Creative Ways That Older Couples Can Keep the Romance Alive](#)

**3. Challenge yourselves:** After a while, you have gotten to know your partner very well and feel as though there is nothing else to know. Trying something challenging can allow partners to incorporate each others skills and abilities to overcome a challenge together. The rush of completing the challenge will leave you feeling closer and more attracted to one another. Working as a team to overcome challenges helps build communication skills and opens you up to new sides of one another.

**What are some other ways to put the passion back in your relationship? Share your thoughts below.**

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**Reality TV Star Lea Black Says, "Once You Find the Right Person, You've Really Got to be Committed to Having**

# Equal Power”



By [Sarah Batcheller](#)

The ever-glamorous Lea Black has appeared on *The Real Housewives of Miami* since season 1. Her charm and sass – not to mention her whirlwind lifestyle among Florida’s elite – have drawn audiences in. With a steady celebrity marriage and beloved thirteen-year-old son, the reality TV star has also balanced a cherished domestic life with all the glitz. She hosts an annual charity gala to raise money for troubled teens and, in addition to her philanthropic efforts, is the president and CEO of The World of Lea Black, a multi-brand company that offers everything from jewelry and handbags to beauty products.

Now, in her upcoming novel *Red Carpets & White Lies*, Black has penned a fictional depiction of the scandalous, unpredictable



lives of Miami's top socialites. In this [exclusive celebrity interview](#), we had the chance to speak with the newly-minted author about her book, the *Housewives*, and her best love advice.

## Reality TV Star Discusses Her Glamour-Filled Upcoming Novel

The spunky Texas native believes that the city of Miami is one of the best in the world, so it's no surprise that she wanted to capture its essence in her novel. "Miami is a very complex city, and it's very international – there's a very diverse crowd," she explains. "So I think it is one of the most exciting cities in the world because it really is a gateway to Central and South America. It's so multi-cultural; you get everything from the really serious intellectuals to the people who came here wanting to live the American Dream to the riff-raff who come and go and sort of reinvent who they are."

**Related Link:** [Bethenny Frankel Calls Money 'the Root of All Evil' in Split with Celebrity Ex Jason Hoppy](#)

Of course, the best people to inspire the characters in Black's novel were none other than herself and her intriguing social circle. So we had to ask: Are her characters based off of real people? "They all are in a way," she confirms. "But they're compositions of people. I would take the personality traits of one person along with the character of another and kind of camouflage them."

Whether or not we'll see the *The Real Housewives of Miami* stars, whom readers may be able to identify in *Red Carpets & White Lies*, grace the small screen again is still up for debate. The reality TV star says, "Bravo continues to say they haven't made any decisions, and I think that's totally true. Our ratings were certainly close to some of the other

shows that were renewed, so they *could* justify bringing the show back.”

The network may be rethinking the cast too. “I think that some of the personalities on the show weren’t as well-received by the audience as they would’ve hoped...and that may include me!” she adds. Having formed friendships with other *Housewives*, including Lisa Vanderpump, whom she did business with in Los Angeles, and Kathy Wakile, it’s safe to conclude that Black won’t be falling off the radar anytime soon.

**Related Link:** [Top Ten Most Down-To-Earth Celebrity Wives](#)

Despite her busy career, her number one focus is always her family. Not only do the jewelry designer and her husband Roy love to have date nights when they travel, but they work to raise their son to be a respectable young man. “It’s funny; I’ve sent my son twice now to etiquette and charm school! As for my husband, he does good and bad, so I point it out to my son when he does something that’s not acceptable!” she reveals with a laugh. “I put a big effort into teaching my son manners. I think if you don’t have an ounce of manners, then later in life, people will view you differently.” As for their summer vacation plans, the family of three are planning to travel to Los Angeles, something they do each year.

## **Lea Black Shares Best Love Advice**

The reality TV star’s happy celebrity marriage can be attributed to her commitment to working at her relationship every day. She believes that communication is key. “You should communicate *before* things escalate, not after,” she insists. “And you need to be on the same page in life. If you focus on the ‘me’ instead of ‘we’, then that relationship is not going in the right direction.”

The beauty guru believes that, after you find the right person, you need balance. “Once you find the right person,

you've really got to be committed to having equal power, an equal balance," she asserts. "That's why I'm so against guys who make girls sign prenups – because it situates the guy to have more power through money. You have to go in expecting both people to have an equal say."

**Related Link:** [Celebrity Couple Gabrielle Union and Dwayne Wade Signed a Prenup](#)

Black also thinks that, if you're facing disapproval from your friends and family, you need to make a decision about who's worth keeping in your life. "You have to tell your friends to support you unconditionally. If not, you can be friends with them at a distance and be amicable, but they can't be in your daily life," she believes. "If they're judging your relationship, then it'll just cause problems. If they're going to be in your life, they need to be supportive. They don't get to criticize your spouse unless it's something very serious that requires an intervention."

*Keep up with Lea on Twitter [@leablackmiami](#) and [www.facebook.com/LeaBlackMiami](http://www.facebook.com/LeaBlackMiami). Don't forget to pick up a copy of Red Carpets & White Lies on May 5th!*

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**'RHONJ' Star Kathy Wakile Talks Desserts in Celebrity Video Interview: "Indulge. It's Not Going to Kill You!"**

# Cupid's Pulse

★ Celebrities. Love. Opinions. ★



Interview by [Lori Bizzoco](#). Video by [Damian Kolodiy](#).

Kathy Wakile first captured our hearts as a cast member of *Real Housewives of New Jersey (RHONJ)*, and now, she's enchanting our taste buds with her dessert line Dolci Della Dea and her cookbook *Indulge: Delicious Little Desserts That Keep Life Real Sweet*, which was released on September 2nd. Earlier this week, the reality TV star did a book signing at the Boulevard Books & Cafe in Brooklyn. In our celebrity video interview, we got the latest scoop on her decadent desserts, the upcoming season of *RHONJ*, and life at home with her family.



Lori Bizzoco with Kathy Wakile and her husband Richard.

## Reality TV Star Dishes on New Cookbook

As fans may know, the title of her cookbook came from something she said on *RHONJ*: “We were talking about my desserts, and I mentioned how I see really, really skinny girls who deprive themselves of everything and who aren’t happy. So I said, “Honey, have a cupcake. Indulge. It’s not going to kill you!” With that thought in mind, Wakile focused on mini desserts, so people can enjoy something sweet without feeling guilty afterwards. She adds, “We want them to look good and taste good, but we don’t have to have

such large portions.”

**Related Link:** [‘RHONJ’ Star Jacqueline Laurita: “I Try My Best to Get Along with Everyone”](#)

When it comes to impressing your partner, her best love advice is simple: She recommends baking her Chocolate Volcanoes. As she mentioned after our interview, “It should be served hot – and it’ll make your man feel hot too!” It’s no surprise that it’s her husband Richard’s favorite dessert. Another great date night dessert is the Almond Joyous Cheesecake Cuties (recipe below) – perfect for sharing with *your* cutie!



Almond Joyous  
Cheesecake Cuties.  
Photo: Andrei  
Jackamets

**Almond Joyous Cheesecake Cuties – makes 2 dozen**

### **CRUST**

2 large egg whites

$\frac{1}{4}$  cup granulated sugar

2 cups sweetened flaked coconut

### **TOPPING**

$\frac{1}{2}$  cup sour cream

3 tablespoons sugar

1 teaspoon almond extract

### **FILLING**

Two 8-ounce packages cream cheese, at room temperature

$\frac{1}{2}$  cup granulated sugar

3 large eggs

3 tablespoons sour cream

3 tablespoons heavy cream

1 teaspoon almond extract

2 teaspoons coconut extract

$\frac{1}{4}$  cup almonds, toasted and finely chopped

Ganache (page 181)

Sliced almonds, for garnish

### **EQUIPMENT**

Two 12-cavity mini cheesecake pans

Food processor

Electric mixer

Small pastry tamper, optional

2 large rimmed baking sheets

- Preheat the oven to 350°F with one rack positioned in the center of the oven and another rack positioned at the bottom of the oven. Fill a broiler pan or roasting pan with about 2 inches of water and set it on the bottom rack.
- To make the crust, combine the egg whites with the sugar in a medium bowl and use an electric mixer to beat to very stiff peaks. Use a rubber spatula to fold in the coconut until well combined.
- Scoop about 1 tablespoon of the mixture into each cavity in the mini cheesecake pan and use the back of the measuring spoon to firmly compress the mixture into an even layer about  $\frac{1}{4}$  inch thick.
- Set aside.
- To make the almond topping, in a small bowl stir together the sour cream, sugar, and almond extract. Set aside. To make the filling, in a separate bowl beat together the cream cheese and sugar with an electric mixer at medium speed until smooth and creamy. Beat in each egg separately and scrape down the bowl after each addition. Continue to mix at medium speed and add the sour cream, heavy cream, almond extract, and coconut extract.
- Set the cheesecake pans on rimmed baking sheets (this will make it easier to get them in and out of the oven). Press the crust down again to ensure that it is well packed.
- Transfer the filling to a large measuring cup with a spout and pour enough filling into each cavity of the pans to fill a bit more than three-quarters of the way up to the rim.
- Bake for 7 minutes at 350°F then lower the temperature to 250°F and bake 10 to 12 more minutes, or just until the surfaces of the cuties are set at the outer edges but still wobbly in the center. (Keep a close eye on them!)
- Take the pans out of the oven and divide the almond



topping among the cakes, spooning an even layer onto each and smoothing the tops with the back of the spoon. Top with the chopped almonds, then return the pans to the oven and bake for an additional 7 minutes. (They'll still look wet, but they will set as they cool.)

- Let the cakes cool in the pans for 3 to 5 minutes, then run the tip of a very sharp knife around the top edge of each cake (this will unstick any topping that has adhered to the side of the pan and help the cake come out of the pan easily and flawlessly once they are cool.) *Don't try to add the chocolate ganache or unmold the cakes while they are still warm!*
- Let the cuties cool in the pans all the way to room temperature, at least 30 minutes. Then chill in pans for 2 hours before unmolding and topping with ganache.
- Carefully unmold the cuties by pressing the little round disk underneath each cake upward to raise the cake so that its bottom is level with the pan rim, then slide a small spatula underneath the cake.
- To cover the cuties with ganache, arrange the unmolded cheesecakes on a wire rack that's sitting on a parchment-lined baking sheet. Use an offset spatula or butter knife to carefully apply a thin layer of ganache to the tops and sides of each cutie. Let dry, then go over the cheesecakes again to smooth out any spots you may have missed, working from the top first and then down around the sides (dipping the spatula or knife in hot water and wiping dry periodically will also help keep the ganache smooth).
- Garnish with sliced almonds and refrigerate 6 hours or overnight before serving. (You could chill the cuties overnight before adding ganache, then chill more briefly just to set the ganache. The cuties can be kept in the refrigerator for 3 days and are also freezable.)

**Ganache – makes about  $\frac{3}{4}$  cup**

8 ounces bittersweet or semisweet chocolate, chopped

$\frac{1}{4}$  cup heavy cream

2 tablespoons unsalted butter

- Combine the chocolate, cream, and butter in a small heatproof bowl. Set the bowl over a saucepan of barely simmering water. Cook, stirring occasionally, until the chocolate is melted and the mixture is very smooth.
- Let the ganache cool to room temperature before using.

*From Indulge by Kathy Wakile with Miriam Harris. Copyright 2014 by the authors and reprinted by permission of St. Martin's Griffin, an imprint of St. Martin's Press, LLC.*

## Celebrity Video Interview: Kathy Wakile Opens Up About Her Family

Although the mom of two focused on her cookbook over the past few months, she will be gracing the small screen towards the end of season six of *RHONJ*. “You’ll see what’s happening with my family and see how my children have grown. You’ll see what’s happening with our everyday lives,” she explains.



Kathy Wakile at her book signing at Boulevard Books & Cafe.

Speaking of her family, the reality TV star reveals that her daughter Victoria is doing well after battling her second benign brain tumor. "She's a strong, brave girl, and she's just more motivated than ever," she says with a smile. Of how she got through such a difficult time, she credits the power of prayer. "I don't feel like it was me doing everything. I feel like God was carrying me through."

**Related Link:** [RHONJ's Teresa Giudice Debunks Divorce Rumors](#)

Of course, the New Jersey native isn't done expanding her empire just yet. Next up is a cookbook of Mediterranean-based appetizers and small plates. As she explains, "I get a chance to show my love through my cooking!"

*Keep up with Kathy on Twitter @KathyWakile. You can purchase her cookbook Indulge: Delicious Little Desserts That Keep Life Real Sweet at your local bookstore or on Amazon.*

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**'RHOC' Reality TV Newbie Lizzie Rovsek on How the Show Helped Her Celebrity Marriage: "You've Got to Keep the Passion and the Fire**

# Alive”



By Brittany Stubbs

Our favorite Bravo ladies are back in the *Real Housewives of Orange County*. You may have thought you met all the bombshells this season, but joining the reality TV cast on tonight's episode is the much-anticipated wife, mother, and former pageant star Lizzie Rovsek. As any *Housewives* fan knows, with new women, we can expect new drama. And Rovsek makes it clear her debut will be no exception to the rule.

**Related Link:** [‘RH0A’ Star Phaedra Parks Talks New Book and Marriage: “Remember What Made You Fall in Love”](#)

# Celebrity Interview with *RHOOC* Reality TV Star

Not only does she fall down at her first filmed party, but she also has to defend herself from the very beginning. "Vicki and I definitely had a rocky start," the newly-minted reality TV star admits. "I didn't feel welcomed by her and felt like I was a burden because she doesn't like new people. I don't think she likes what I do for a living or even my name."

As the only veteran OC housewife still remaining from the first season, Vicki Gunvalson has had issues with newbies in the past. But between Rovsek and Shannon Beador, the other rookie housewife joining the cast this season, Rovsek definitely believes she was in the firing line the most. While she was judged and picked on from the very beginning, Beador seems to have had an easier welcoming from the legendary veteran. "It might be because Shannon and Vicki have a lot more in common than Vicki and I do. They're the same age, and they've been married for a long time."

Despite her roller coaster of drama with Gunvalson, she still manages to make friends this season. "I was warned a little bit and told to be careful of Tamra, but she was actually very nice when I met her," she candidly shares in our celebrity interview. "She's very fun, and we have that in common."

**Related Link:** [Relationship Taglines for the Ladies of 'The Real Housewives of New York'](#)

Besides Tamra Judge (formerly Tamra Barney), the mother of two also forms alliances with fellow brunette Heather Dubrow. "She is so classy, and I truly look up to her. Throughout the season, Heather is someone I find myself going to for advice, and she's been my friend basically through the whole thing."

With beauty queen and model on her resume, it's no surprise people have a lot of misconceptions when it comes to Rovsek's

looks, brains, and personality. “There was an article that I had a nose job, but I’ve never had plastic surgery on my face,” she explains. Valedictorian in high school and graduating college Cum Laude, the housewife assures us that she has much more to offer than just her looks. “I’m actually a big science geek,” she says with a laugh. “I’m definitely not just a bimbo or pretty face.”

Despite some false judgements, she faces a lot of the same challenges as other working mothers. Between taking care of two young boys and a husband who loves home cooked meals and running a swimwear company, she’s just trying to juggle it all. On top of that, she still wants more children. “We’re definitely talking about having another baby and thinking that will happen by the end of this year or beginning of next year,” the celebrity mom says, making it clear that viewers can expect to see some of these discussions on the show.

**Related Link:** [Gary and Cassie Chapman from ‘Nashville Wives’ Talk Marriage and Adoption](#)

## Lizzie Rovsek Talks About Her Celebrity Marriage

While the *Housewives* franchise has shown the destruction of several [celebrity marriages](#) in the past, especially in the OC, this pageant queen feels like doing the show with her husband Christian has actually brought them closer. “This experience has made us stronger and made us take a closer look at our relationship and love life. Marriage is hard work! You’ve got to keep the passion and the fire alive, and it’s not always easy. We’re working at it all the time.”

For other parents of young children struggling to fit in romance, Rovsek encourages setting aside time to be alone together. “Go on a trip, even if it’s just a two-day drive somewhere. You need to spend time alone – away from your kids,

away from your work – and really make time for each other.”

Besides strengthening her celebrity marriage and getting closer to her husband, she also hopes her appearance on the show will inspire viewers who look up to her. “I hope they get to see my loving nature, and I hope they learn that it’s okay to make mistakes. Sometimes, you learn the most valuable lessons by messing up,” she shares. “Life is a gift, and we’re all in this together.”

*To learn more about Rovsek and the Real Housewives of Orange County, tune into Bravo every Monday at 9/8c. You can keep up with Rovsek on Twitter @LizzieRovsek.*

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## **Our Relationship Taglines for the Ladies of ‘Real Housewives of New York’**





By Brittany Stubbs

Some of our favorite ladies are back in season 6 of Bravo's popular show *The Real Housewives of New York City*, which premieres tonight! Returning to the small screen are Aviva Drescher, Carole Radziwill, Ramona Singer, Sonja Morgan, and Heather Thomson, joined by the newest housewife Kristen Taekman, a model and businesswoman.

The series follows these six women as they manage their hectic social calendars, careers, children, and love lives in the Big Apple. Outside of relaxing in the Hamptons and surviving the occasional catfight, if there's one thing these women know, it's relationships. From married to widowed to divorced and dating with kids, CupidsPulse.com thought it'd be fun to explore their diverse relationships. While the ladies each have their own witty taglines that describe their personalities in the show's intro, we couldn't help but think they deserved ones for their love lives too. If these women had relationship taglines, here's what they'd be:



### **Aviva Drescher – You Can Find Love When You Least Expect It:**

The way that this housewife met The One goes to show that you never know where you're going to find your soulmate. The couple had a chance meeting at Bed Bath & Beyond. Drescher, a single mother at the time, and now-husband Reid, a Wall Street investment banker, began talking as their young children played together in the aisles.

It was only a matter of time after that shopping trip that the two got married and began growing their family together. While the blonde beauty has an impressive education, including a Bachelors of Arts from Vassar College, a Masters degree in French from New York University, and a JD from The Benjamin N. Cardozo School of Law, she devotes her time to her husband and taking care of their four children.

**Related Link:** [How to Date When You're a Single Parent](#)

### **Carole Radziwill – Love Stories Can Be Epic, No Matter Their Length:**

Before Radziwill took on the titles of best-selling author, award-winning journalist, and Princess, she was just a girl from Suffern, New York, pursuing her dreams of writing. Working with ABC News, she was assigned to all kinds of stories that kept her traveling and writing around the world. One day, she was sent to work on a story that Anthony Radziwill was producing. While Anthony was as passionate about news as Carole, there was something that made them different: He had a royal lineage going back four hundred years. Lucky for her, this real-life prince soon became her Prince Charming.

The couple fell in love quickly, passionate about their careers and each other. In 1994, the two were happily married, unaware they were living anything but a fairytale. Tragically, Anthony was diagnosed with cancer and passed away on August 10, 1999. Through her pain, the reality star began to write about the devastating battle of cancer and loss of her husband, eventually leading to her first book *What Remains: A*

*Memoir of Fate, Friendship, and Love*. The memoir spent over 20 weeks on *The New York Times* Bestseller List and was nominated for the “Books for a Better Life” award.

Radziwill split from her rocker boyfriend Russ Irwin who we met during Season 5, but she continues to date. We might even get a look at her latest love interest this season!

**Ramona Singer – Leaving is Sometimes Easier Said Than Done:** Singer, best known for her go-getter attitude and opinionated speech, is suffering from what is one of the most devastating issues in a relationship: infidelity. After being married to Mario for over two decades, she discovered that her husband was unfaithful. It was reported that he had been having an affair with a younger woman named Kasey Dexter for eight months. As if that’s not heartbreaking enough, the housewife had to witness the affair first-hand when she walked in on them in the Singer’s Hamptons home. The encounter led to Ramona calling 911 for a domestic dispute.

Although Singer has filed for divorce, it remains unclear if the couple will go through with it or not. Just weeks after separating, the couple was spotted on a date together at Bowlmor Lanes in New York City. Although the reality star has always preached the importance of being independent and able to provide for herself, completely moving on from a marriage of 25 years – despite her husband’s betrayal – might be tougher than she thinks.

**Related Link:** [Celebrity Couples That Are Better Off Single](#)

**Sonja Morgan – When It Comes to Love, Age Is Nothing But a Number:** Morgan has always been open about her love for men of all ages...and rarely are these men her own age. The housewife was married to John A. Morgan for ten years. Not only are many fans surprised to discover that he proposed after the first date but also that he was 33 years older than her.

The couple’s divorce was finalized in 2008, and since then,

Morgan hasn't given up on her search for true love. In the season 6 teaser, she says, "I'm going below 30 years old," in regards to some of the men she's been seeing. Fellow *RHONY* cast member Heather Thomson claims, "Sonja has as many men as she has interns...and some of them are the same age."

**Related Link:** [Dating with an Age Gap](#)

**Heather Thomson – You Can Be the Wife AND the Boss:** Thomson is married to Jonathen Schindler, and unlike many women, Thomson decided to keep her own name after she got married. While the happy couple have two children together, wife and mother are only part of this housewife's description: She's also the creator of "Yummie by Heather Thomson," the popular and innovative shapewear line. Plus, she's designed for and styled some of the biggest names in entertainment, including Jennifer Lopez, Beyoncé, Tina Knowles, and Sean "Diddy" Combs. She was the founding Design Director for his Sean John line and is credited as a major force behind multiple CFDA award nominations.

Although this season reveals that some women refer to Thomson's powerful presence as bossy, her husband shows that men do like women who take charge and are not intimidated by their success.

**Kristin Taekman – Relationships Are a Balancing Act:** Taekman is the newest member of the gang. She's been married to her husband Josh for a decade, and they have two beautiful children together. The couple met and fell in love in NYC, and Josh ended up proposing on Kristin's favorite holiday, Halloween, in Central Park. While she loves being a wife and mother, she's trying to balance her family life with her modeling career – a challenge that many married career women understand!

**Can you relate to any of these women's love lives? Share with us what your relationship tagline would be and why!**

To see more of these ladies and their relationships, tune into *The Real Housewives of New York* premiere tonight at 9/8c on Bravo!

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## ‘RHONJ’ Star Jacqueline Laurita: “I Try My Best to Get Along With Everyone”



By Kerri Sheehan

You may know the sassy and fiercely protective Jacqueline Laurita from Bravo's hit reality show *The Real Housewives of*

*New Jersey*, but that's not her only claim to fame.

Before we delve into this season's drama and last night's episode, let's focus on a few things you may *not* know about Laurita, starting with the fact that this 43-year-old mother of three has her own beauty website, [AltruisticBeauty.com](http://AltruisticBeauty.com), with publicist Suzanne Summers. The two began working on the site together after first developing a friendship. "I told her about my idea, and we decided to turn our love affair for beauty into a business. Since I am a licensed cosmetologist with years of experience and Suzanne is a beauty publicist, we make a great pair. We bring our years of knowledge to the site and also handpicked a team of other beauty and health professionals to blog with us."

Inspiration for Laurita's company came from her days as a cosmetologist. "I had this vision for a beauty website a long time ago. I've spent several years educating people about cosmetics, skincare and everything beauty. I have literally tried it all." *Real Housewives* viewers were an impetus as well. "Fans of my show would tweet me beauty questions constantly, so I created a platform to get all of their beauty questions answered. I get all sorts of questions from what plastic surgery procedures I recommend to how to make treatments from items in your refrigerator. I love sharing beauty secrets!" she exclaims.

**Related Link:** [RHONJ's Teresa Giudice Debunks Divorce Rumors](#)

Inner beauty is just as important as outer beauty, and one thing that shines most about Laurita is her dedication to raising awareness about autism. She has become a strong voice in the community since her youngest son, Nicholas, was diagnosed. On one episode, viewers saw Laurita encourage Nicholas to try out a hyperbaric oxygen chamber, which is thought to help children on the autism spectrum. Family is the most important thing to Laurita and she says that she stays on

the show (despite the drama) because it gives her a platform to bring attention to the cause.

If you tuned into the *The Real Housewives of New Jersey* last night, you know that things didn't go as planned during Laurita's reunion with Teresa. "I try my best to get along with everyone," she says. "I really don't need the extra aggravation of fighting over nonsense when I'm fighting for my child's recovery at home. I really don't like fighting." At the same time, this Jersey mom is not afraid to hold her own when challenged. "If a certain situation presents itself to me, I just roll with it by responding organically, and I always have hope for a resolution in the future. This season you may see more "mysteries from last season reveal themselves," she says.

**Related Link:** [10 New Celebrity Moms](#)

Despite the fighting and feuding, the beauty guru's relationship with her husband has remained as strong as ever. She says that their secret is acting as though they just met each other and adds, "We always make sure we schedule in regular date nights. We like to go out with other couples too. It's fun and entertaining." Their typical date night involves good food, good conversation and a glass of good wine.

*You can catch Jacqueline and the other Real Housewives of New Jersey every Sunday at 8/7c on Bravo. To keep up with Laurita, follow her on Twitter @JacLaurita or facebook.com/jacquelinelaurita. Head over to AltruisticBeauty.com for some beauty tips and tricks.*

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# RHONY: Sonja Attacks LuAnn's Beau



**Monday, August 6<sup>th</sup> @ 9/8c – The Real Housewives New York**

Over lunch, LuAnn confides in Sonja that she's trying to have a baby with Jacques. Sonja worries whether or not Jacques' intentions with LuAnn are pure, and drunkenly confronts him at the housewife holiday party. Her attack on Jacques seems to hit too close to home, leaving most of the housewives wondering if Sonja is really just taking her own issues out on him instead.

Watch: Sonja drunkenly lets loose on Jacques

Watch: LuAnn offends Carole with 'racist' slur

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# RHONY: Prosthetic Leg Shocks Ramona



**Monday, July 16th @ 9/8c – The Real Housewives of New York City**

It's down to the ladies' last days in London, and the built-up tension between Carole, LuAnn and Heather turns into an all-out "royal war." Back in NYC, Aviva's concerns with Sonja's lack of effort in her party planning continues to escalate,



and Ramona steps in to “check” on Sonja’s progress. (Ramona sticking her head in Sonja’s business is sure to end smoothly, right?!)

Watch: Ramona’s second child…?

Watch: Ramona discovers how Aviva goes shoe shopping (sans leg).

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## RHONY: London at Last!



**Monday, July 9th at 9/8c – The Real Housewives of New York City**

It's London at last for (most of) the housewives! Carole, Sonja and LuAnn live it up in the London penthouse that Heather arranged, but they show their "gratitude" by claiming that Heather's "lost it" at her Yummie Tummie business dinner. Back in the Big Apple, Ramona and Aviva go retail therapy crazy trying to convince themselves that they're having the better time.

Watch: London at last!

Watch: Heather's lost her mind.

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## **RHONY: 47-Year-Old LuAnn Tries for a Baby**





## **Monday, July 2nd @ 9/8c – The Real Housewives of New York City**

Aviva and Heather meet up to discuss the London trip, and Heather stands by her decision to leave Ramona behind. LuAnn heads to an acupuncturist to see if having another child is possible. Aviva hires Sonja to throw a fifth anniversary party for her and her husband, which leaves Sonja excited but concerned since she'll be in London (sans Ramona!) during most of the planning. Check out the highlights for this week's episode below!

Watch: Carole thinks she's found the perfect man.

Watch: Why does Sonja need three interns?

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# RHONY: Ramona versus Sonja



**Monday, June 25th @ 9/8c – The Real Housewives of New York City**

Despite not being invited to her London trip, Ramona decides to go to lunch with Heather to smooth things over. Although it seems Ramona's okay with the situation, she explodes at Sonja and calls her an airhead, causing a first-time rift in their friendship. Check out the highlights for this week's episode below!

Watch: Ramona calls Sonja an airhead.

Watch: Everyone's invited, except Ramona.

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# RHONY: The Real Housewives of New York City Flirt With Each Other's Husbands



**Monday, June 18th @ 9/8c – The Real Housewives of New York City**

Carole, a new housewife, openly comes on to Ramona's husband, saying that she only flirts with husbands when their wives are sitting with them. LuAnn and Ramona decide to make peace, but LuAnn suspects it won't last long. Heather also makes a point to invite only a few of the housewives to her next business

trip to London. Check out the highlights for this week's episode below!

Watch: LuAnn's daughter deems her past the point of having kids.

Watch: Everyone's f\*cked Harry.

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## **RHONY: Newcomers Shake Up The Real Housewives of New York Season Premiere**





**Monday, June 4th @ 9/8c- \*90- Minute Season Premiere\*- The Real Housewives New York**

In the 90 minute drama-filled season premiere, New York welcomes its 3 new housewives Heather Thomson, Carole Radziwill, and Aviva Drescher. Find out how they mesh with NYC veterans Ramona Singer, Countess LuAnn and Sonya (and how they mesh with each other)! Take a look at the sneak peek below:

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# RHOBH EXCLUSIVE: Taylor Armstrong's Life Coach, Melanie Mar Answers Our Questions



By Ashley DelBello

Last Monday night, the world was introduced to Melanie Mar on *The Real Housewives of Beverly Hills* (RHOBH). As we all saw, she was giving life coaching advice to Taylor Armstrong and helping her through her marriage woes to her now late husband, Russell. We published an interview with Melanie the day after the episode aired, where she offered advice for both couples looking to strengthen their relationship and singles searching for Mr. Right. This week, Melanie shares insight with us that



answers our burning questions about the Armstrong's, what it was like to work with Taylor, and what type of counsel she gave to her over the past six months.

**We loved watching you on the show. Can you tell us a little about your history with the Armstrong's and how you came to be Taylor's life coach?**

I've known the Armstrong's for about a year now. We met through mutual friends. Initially I was brought into the RHOBH to help resolve the marital problems of both Russell and Taylor. However prior to filming, Taylor privately disclosed personal details (since made public) within the marriage which made it unprofessional for me to counsel them as a couple on the show. It was my opinion and suggestion that I would be most beneficial as Taylor's life coach.

**How long have you been a coach to Taylor?**

Our first session began in March. I found her to be very forthcoming and open. This is an incredibly important characteristic as it enables me to assist the person with understanding what they want and don't want in their lives and relationships. Once I have established that, we can begin the process of putting in place the actions needed for change. Pain indicates change is needed or change is in progress.

**What were you doing to help Taylor and her marriage? What were your sessions like?**

As with all my clients, I begin with educating a different way to communicate within relationships. I teach the biological differences of men's and women's brains and why they think and feel things differently. Ultimately, if a relationship is beyond repair I then have to progress onto alternative options available for that individual or couple and help them to make the best rational, logical decision depending on their circumstances.

**Related Link:** [A Reminder About Relationship Mistakes to Avoid](#)

**On the episode it appeared that you were trying to help Taylor with her marriage, not sway her to leave like the rest of the women were convincing her to do. Can you tell us more about that?**

I work with what I have. If someone tells me they will do anything to make their marriage work, then I will do my utmost to give them all the tools, information and support necessary to make it possible. If someone tells me they want to leave their marriage, I will give them all the tools, information and support to make it possible. I cannot tell anyone what to do – they have to tell me what they want to do and my job then is to assist them in getting there.

**According to reports, Taylor and Russell were also being counseled by psychiatrist Dr. Charles Sophy. Did you work with him?**

I have not worked with Dr Charles Sophy. Unlike psychiatrists, I am not licensed to prescribe medication. What I teach is a form of cognitive behavior therapy. I am working with the left lobe of the brain responsible for making logical decisions. Most people regret something they have said or done when it has come from a state of being irrational, emotional or illogical. I help people deal with conflict in their life, whether it's with loved ones, friends, co-workers or family, in a rational way.

**What counsel do you provide someone who is not only having relationship and communication problems, but domestic violence issues as well?**

My advice to anyone suffering from domestic violence is to contact the experts who specialize in domestic abuse cases.

**Related Link:** [Hollywood Portrayals of Domestic Violence](#)

### **How is Taylor now? Are you still her life coach?**

I have not seen Taylor since the funeral, but she knows I am here for her when she is ready to talk privately.

### **What are some reasons a person would hire a life coach?**

Everybody needs to talk to someone during trials – it is unhealthy to suffer in silence. However, most people, particularly women, who share their intimate problems do so with several people. This causes more confusion because everyone is giving different and uneducated advice. I am unbiased and am certified in what I do. My coaching is based on scientific studies. I teach specific tools to enable my clients to take control of their life, to get what they want by knowing what they don't want.

### **If someone wanted to hire you to coach them in the same way you did Taylor, what would that look like? What's the process?**

My first session with a client starts with me explaining my qualifications, who I am and what I do. I give a brief background into the brain and why men and women do, say and behave in certain ways. I ask what their particular problem is and then begin teaching the behavior modification techniques. In each session after that, we continue working together on their issues, implementing the tools and following up on their progress. I end every session with a "contract" for that individual or [couple](#), something that they are verbally agreeing to do or stick with.

### **What other services do you offer?**

Other than coaching, I offer complete makeovers. As a former runway and photographic model, fashion and style are paramount to me. I am a big believer in the thought that when you look good, you feel good. I think first impressions do count and, whether you are on the market for a new relationship or a new job, making the best of yourself never is a bad thing. I

garner great joy from helping others transform themselves and seeing their confidence soar.

Visit Melanie's Mar's Facebook page or contact her at [info@melaniemar.com](mailto:info@melaniemar.com) if you're interested in learning more about she helps others in their lives and relationships. A complete overview of her services can be found at [www.melaniemar.com](http://www.melaniemar.com).

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## **Taylor Armstrong's Life Coach from The Real Housewives of Beverly Hills Offers Tips for Today's Relationship and Finding Mr. Right**





**By Ashley DelBello**

“I teach women to be ladies and men to be gentlemen,” says model turned relationship coach, Melanie Mar who has worked with Hollywood’s most elite celebrities and couples to help them find love in their life and more importantly, within themselves.

Melanie Mar is the founder of Melanie Mar International and a partner of Patti Stanger’s Millionaire’s Club Matchmaking Agency. You may also recognize her from last night’s episode of *The Real Housewives of Beverly Hills*, where she is seen coaching Taylor Armstrong about her marriage to Russell Armstrong. We had the chance to catch up with Mar and get her advice for couples in a relationship, as well as for those who are navigating the single scene. She offered some amazing insight. Ladies take note.

One of the most common dating challenges for single women who live in big cities like LA or NY is that they find it too hard to meet a man. “Women have become much more independent and now they’re competing with men,” says Mar. “There’s a lot of masculinity out there these days and it takes so much courage

for today's man to approach today's woman. He has no idea what reaction he'll get," she explains.

Mar continues by noting that anytime women are working, it means they're using their left brain, which is their logical and doing mode, it's the one that's needed to do a job successfully. The opposite lobe is where our emotions lie. Interestingly, the left brain is also the lobe that men use, hence where the competitiveness comes into play.

"There are four people in every relationship because we're all masculine and we're all feminine. You know when you're being one or the other. In fact, one of the things that I tell my women [clients] when they're struggling with this is when you've finished work, come home and take one hour and do something feminine. I don't care if it's taking a bath, walking the dog, or playing music. I don't care what it is, but get into that feminine side."

A Harvard study on why we marry found that approximately two-thirds of women marry for status and stability and the other 33 percent marry for sensual and sexual pleasure. However, the study found the exact opposite for men – where two-thirds of men marry for the sensual and sexual. When these men come home after work, they want to come home to a sensual home – meaning they don't want to work or compete once they've walked in the door.

"If you're a woman who wants a "real" man, turn it off when you get home," Mar advises. "It's so crucial to take that one hour – and you should tell your partner that you need to do this to become a better girlfriend, wife, or significant other. It's so important for women not to compete, control or conquer their men because you won't respect them and the men if they're real men, won't tolerate it. You'll be banging heads every time you open your mouth."

Mar's generously offered some tips for those looking to find

that special someone:

- **Stop going out in groups:** It takes a lot of guts for a guy to approach a woman, much less a group of women. Mar advises if you're specifically going out to meet a guy, then don't go out with more than one girlfriend. If a man does approach you, remember to be nice to him even if you're not interested (unless he is a drunk or a creep of course!), since he mustered up a lot of courage to come talk to you.
- **Make your body language very clear:** Look around. Find a guy you're interested in. Make eye contact, hold it and SMILE. Melanie calls that "dropping the hanky" and men need a hanky dropped! It's very difficult for men to understand what women are doing so Mar always says to "drop the hanky," hold the look, smile, and be open and inviting because he's taking cues from your body signals.
- **Do not sit there, huddled in a deep conversation with your girlfriends:** Enough said.
- **Do not go up to him:** Let him come to you. And if he still doesn't approach you, then you know that you did your part. He's either in a relationship, not interested or gay.
- **Keep the ball in his court:** If he gives you his business card, turn it over, write your number on the back, and hand it back to him.
- **Let him chase you:** "That's another mistake today's woman is making," says Mar. "Women are calling, texting, inviting – making it far too easy for men. He doesn't want it to be that easy. He might think he does, but he doesn't. He wants to work for it."
- **Flirt five times a day for five minutes:** Practice on guys that you're not interested in. Smile at a guy at Starbucks. Catch the eye of a guy in the grocery store. Wherever you go – practice. You may not be into them, but you're practicing

flirting. Some of them will come up and want to talk to you, but that's more practice (just don't forget to be polite when exiting the conversation). Eventually, you'll see a guy who you like and it won't be difficult because you've done it so many times.

– **Ask yourself what type of guy you like and go where they would go:** If you want a business guy who is worldly then go to an elegant hotel bar like the side bar at Beverly Wilshire. If you want a younger person who is more hip, then go to a trendy restaurant like Boa. If you want a church guy, then go to church. Make sure you've answered these questions before you step out the door.

Not wanting to leave anyone out, Mar's also offered advice for those who are already in a relationship:

– **Get a verbal contract:** "I'm not a moralist, but when you decide to sleep with a guy, it does make a difference." Mar says that having a verbal contract is important so that you both are clear about what you're doing. "I don't care what that contract is. I don't care if you have one that says this is a one night stand but you need one. "There's nothing worse than a woman having sex with a man and presuming that they're in a monogamous relationship. Just because a woman spends a month or two getting to know a guy doesn't mean he isn't dating other people. A verbal contract will let you know where you stand so that you're both clear on your expectations.

– **Negotiate time, sex, money and space:** Take "time" for example. You say it's important to have a certain amount of time to yourself – negotiate with your partner how much time that is. For each of these categories, you should also negotiate "I," "We," and "Us." The "I" is time by yourself, the "We" is what you guys do together, and the "Us" is what you're doing together with other people. "It's really important to negotiate these things in order to keep the lines



of communication open. If you do this, then the arguments are less and the peaceful atmosphere is more.” Melanie advises couples to negotiate often: every two months during the first year, every three months during the second year and every six months after that.

– **It always comes back to communication:** “If you can’t communicate, you’re in trouble. If you can logically communicate with each other, then you’re already ahead of the game.”

– **Sex is important:** You need to negotiate what’s right for each of you and find that middle ground that you’re both happy with. “If it happens more than what you negotiated, and you both were in mutual agreement, then that’s great. If it’s less, then you need to work on it,” says Mar.

– **Reconnect with your feminine side:** Take a bubble bath, drink a glass of wine, do your nails – just do something feminine.

– **Communicate clearly and often:** “What I teach is so important because verbal communication only takes up 15 percent of our communication ... so you better make sure what comes out of your mouth makes sense.”

To learn more about Melanie Mar and where she’s taking her advice next, visit her Facebook page or [www.melaniemar.com](http://www.melaniemar.com).