

Celebrity Interview with Founders of 'Reality TV Awards': "We're Not Going to Hide Anything!"



By Jenna Bagcal

On any given day of the week, millions of people sit down on their couches with some good snacks, and tune into their favorite [reality TV](#) shows. But what many people might not know is the amount of hard work and dedication that goes into the production of each show. Whether it's *Keeping Up with the Kardashians*, *American Idol*, or *The Bachelor*, massive teams of people put in hundreds of man hours every week to make these shows possible – and the cast and crew of these shows will be honored at the 3rd annual *Reality TV Awards* on May 13. In this celebrity interview, the founders of these awards, Kristen Moss and Andrew Ward, discuss the production of the award

show, who we can expect to see, and the future of reality TV.

Reality TV Awards Founders Discuss Awards Show Process

As it approaches its third year, plans for The Reality TV Awards are bigger than ever. Moss and Ward, the founders and executive producers of these awards say that there is a lot to expect in terms of number of guests and a few other surprises.

“This year we’re going to have over 700 attendees.” Says Ward. “The first year we had about four or five hundred, so it’s grown a lot. We even have the cast of *Dance Moms* coming and the full cast of *Deadliest Catch*. It’s really exciting to see the variation of cast members that are coming to this because all of your favorite reality TV shows in one room is almost like a reality TV show in itself!”

Moss adds that in addition to reality television stars, a great number of networks and production companies will be in attendance that night. “Essentially how we start out is we call production companies and networks, and we have them submit their shows to the categories.” She says. “So as we’ve grown, we’ve seen the support of each of those production companies and networks, which is really important to us. We’re inviting all of them to come this year to show how it [the awards] benefits their shows, their company, the networks, and how their fans are really supportive of them.”

Related Link: [Will Chris Soules Be Tuning in to Watch His Celebrity Exes on ‘The Bachelorette’ Season 11?](#)

Another development in this year’s awards is the increase of fan involvement. This year marks the first time when fans can attend the award show as well as stream it live online. The venue for the show is the Avalon Hotel in Beverly Hills, which Ward says makes this possible. “The great thing about this

year is being in a bigger venue, so we added a fan section. We have a very limited amount of tickets on sale to the public, but this gives the public a chance to see what's actually inside the show, which has never been done before."

In addition, Ward says the live stream of the awards will not only give fans a chance to feel like they're guests, but also to get a backstage look of the event. "It's going to be the nitty gritty, we're not going to hide anything, and we know that people love to see everything there is to do backstage."

Related Link: [Reality TV Stars Kirk and Laura Knight Share Tragic News](#)

Moss and Ward are two people who know the world of reality television very well, especially how much work goes into the production of a TV show. Although audiences only get to view the final product, they reveal that there are hundreds of people working to make things run smoothly.

"I worked on *Master Chef* for a couple seasons," says Ward, "and a lot of people don't realize that you have 150 crew members working behind [the scenes.] There's actually so many people that it takes to film a given episode, which is why we do these awards. It's recognizing the talent on screen, but also the entire team of people that work behind them."

Moss says that for this reason, her favorite award show category is "Bad Ass Crew," which honors the behind-the-scenes crew of reality TV. "It really gives a nod to the production crew who has to endure the hours and temperatures of whatever world they're put into. A lot of time when people are watching these shows, they don't think about the guy who's capturing these moments. But there is somebody out there capturing the moments and putting their own life in danger, whether they get recognized or not."

Kristen Moss and Andrew Ward Discuss the Future of Reality TV in Celebrity Interview

After being in the reality television industry, Moss says that the new trend for future shows will be “risk” based shows, specifically in the realm of dating shows. She discusses that the show *Married at First Sight* falls into this category. “I think what it is with *Married at First Sight* is, it’s a wedding, but what’s going to be so shocking at this wedding is that these people are meeting for the first time.”

Ward adds that the show has a huge fan-base who are extremely active on social media. “There are a lot of fan groups for it, and we follow them. I saw a post today that people wanted to know how the couples from season 1 are doing because it’s such a faux pas concept, and that’s what reality TV really is. They want to see if something like that can actually work.”

Related Link: [‘American Idol’ Artist Quentin Alexander Says Communication Is Most Important in Relationships](#)

When asked about the future of reality show concepts, the pair said that creators will never run out of original ideas. “Any time I think they’re going to run out of ideas, somebody approaches us or with a new idea, even if it’s a game show, that I had no idea could be possible.” Says Ward.

Watch the Reality TV Awards live on realitytelevisionawards.com at 9PM EST/6PM PST on May 13.

Reality Star Kim Kardashian: How Does a Marriage Survive Infertility?



By Dr. Jane Greer

[Kim Kardashian](#) recently opened up about her fertility struggles, as she and [Kanye West](#) have been trying to have another baby for several months. Kim is even seeing fertility doctors to try to diagnose the issue. However, they've had no luck so far, despite trying "as many times a day" as they can to conceive.

Infertility or struggles to have a child can strongly affect a

relationship and love life like reality star Kim Kardashian's, sometimes even leading to divorce.

Rather than sex being simply about pleasure, it is now connected to the goal of getting pregnant. When that doesn't happen right away, couples find themselves feeling disappointed month after month. This can impact the desire to have sex with each other spontaneously, and as a result affect their intimacy.

It's interesting, because making the decision to have a baby feels like a solid taking control of your future, often without even thinking about how hard it might be or what obstacles could get in the way. You have made this life-changing choice, are ready to begin, and expect it to happen. But then, it doesn't happen right away. The first month comes and goes and you get your period, then the second month. As the time passes, uncertainty comes into play, leading to waves of anxiety that this thing you want so much isn't happening.

These feelings build sometimes without your even realizing, and before you know it six or more months have gone by and suddenly what at first felt like taking control of your future feels like anything but. On the contrary, you feel like it is completely out of your hands. That is one of the most distressing parts of living through infertility. You thought a few months ago that you were taking the reins, but really, you have completely handed them over. Now where all the hope and excitement once was is pressure and tension. How, then, can a couple live through this daunting experience without its taking a toll on their marriage?

The challenge is for couples to work together to strategize a plan for navigating their way through the steps, options, and choices that are available to help facilitate and achieve

pregnancy. And there are many: fertility drugs, diagnostic procedures, in vitro fertilization, or choosing an egg donor, to name a few. Try to decide as a couple what each of you are willing to do both emotionally and financially to achieve your goal. After that, arrive at a timeline to determine how long you are willing to spend on each phase before moving on to the next. These decisions will bring some sense of control to what otherwise feels like a floating in space experience. In addition, it will allow you to know that if one thing doesn't work, there are still other options to turn to.

The most challenging piece of all of this is to try not to let this consume who you are as a married couple. Do your best to go on with the other parts of your life and do the things you have always liked to do together. Despite the fact that sex now has a functional side to it that it didn't have before you were trying to have a baby, you want to find other ways to keep the fun and joy alive between you. Spend time with friends you both like, schedule a dinner out, enjoy a weekend away, or plan a lazy day just the two of you full of your favorite food and activities. Make time to build in the smaller pleasures so they can be the glue that keeps you together during your difficult journey.

The most important thing is to support each other and go through this as a team, which will keep you close and connected. That appears to be what Kim and Kanye are doing. Kim is still looking towards a second pregnancy, and hopefully she and Kanye will be able to welcome a new addition to their family soon enough.

Celebrity Interview: 'The Real' Co-Host Jeannie Mai Shares Recycling Tips and Beauty Advice



Interviewed by [Lori Bizzoco](#). Written by Meranda Yslas.

We all know that, when we take care of ourselves, it not only makes us look good, but it makes us feel good too. And if you're single and looking for that special someone, that positive attitude and glow will project in everything you do. In our [celebrity interview](#) with *The Real* co-host, fashion expert, and reality TV star Jeannie Mai, she explains the importance of taking care of our planet by recycling and shares her best beauty advice for summer date nights.

Reality TV Star Jeannie Mai Talks About the Importance of Recycling

Mai isn't just promoting recycling for the sake of it; she's married to hunter and conservationist Freddie Harteis, who stars in the reality TV show, *The Hollywood Hunter*. Giving back by recycling and helping to keep our land beautiful and healthy for generations to come is something that is very dear to the celebrity couple. This beauty guru says that, for many, recycling means just throwing their cans in a separate garbage bin, but there's actually so much more to it. She explains that recycling isn't only limited to the kitchen, saying, "Most people do know that you can recycle – that's fair bones. But other people don't realize you can recycle many things that happen to be in your bathroom. Today, most Americans have at least eight bottles of plastic in their bathroom." All that plastic could be used and recycled in many different ways, but unfortunately, it's ending up in the trash.

The reality TV star goes on to say, "I think that, once people are educated about it [recycling] and when they see the difference it makes, when they see what it does to relieve the amount of waste in the landfills, it will make people feel differently," she shares. Mai goes on to explain that "there are 29 million tons of plastic that end up in landfills every single year, just because we're not aware."

Related Link: [Celebrity Couples Saving the Earth](#)

Beauty Advice for Summer Date Nights

As host of the Style Network's *How Do I Look?* and digital correspondent for NBC's *Fashion Star*, Mai not only knows how beautiful it is to recycle, but she knows what women can do

to look their best when it comes to date night too. Here, she gives us her best three tips:

1. Take care of your skin: “When it comes to the way that you feel and the way that you look, your skin is everything,” she says. “It’s what your guy feels; it’s what he’s looking at; and it’s the way that your expression glows on top of the beautiful skin on your face.”

2. Consider the lighting: The daytime host warns, “God knows what kind of lighting you’re going to walk into in that coffee shop or restaurant or wherever you’re going to meet your guy! So I always focus on having a good highlighter. I love a good powder that’s a little pigmented, like either a gold or a tawny bronze, just to highlight the planes of your face so that your skin shines and has that luminescent glow.”

3. Create angel eyes: “Take a quarter-lash and just stick it on the very ends of your eye lashes so that your eyes project a beautiful, soft bedroom eye,” the beauty expert explains. “It’s super easy, and you don’t need much makeup at all to apply them.”

Exclusive Celebrity Interview: Behind-the-Scenes with *The Real*

When Mai isn’t out recycling or working on her fashion segments, she is one of the five hosts on the talk show *The Real*. “Every single day before the show, we pray that the women who are watching feel like we are their girlfriends,” she reveals in our celebrity interview. “It’s loud; it’s exciting; it’s energizing; and it’s funny.”

The other hosts are celebs Tamar Braxton, Tamera Mowry-Housley, Loni Love, and Adrienne Bailon. The *Fashion Star* correspondent shares, “I’m learning something new about the ladies everyday. These ladies are ladies I want to know and

learn more about. I want to become more like them in different ways. It's so cool to be a part of a group of women that are just awesome in every way."

Related Link: [Celebrity Pregnancy: Tamera Mowry-Housley Is Expecting Second Child](#)

It's not surprising, then, that Mai has created strong relationships with her fellow co-hosts. "I'm close to all of them for different reasons. If I want to talk about spirituality and motherhood or if I have questions, Tamar and Tamara are really helpful to me. Tamar also helps me to stand up for myself. Sometimes, I have problems voicing my opinion if I'm afraid it's going to hurt someone's feelings. She helps me with that – to be able to just be real and know that it comes from a good place," she candidly says. "Lonnie helps me laugh; she makes everything brighter every day. Adrienne is that girl who teaches me to have fun and party and have a good time because she does that all the time."

To get people more conscious and excited about recycling, Mai is promoting a giveaway hosted by Unilever. To enter the giveaway, contestants just have to take their picture and post it on Instagram or Twitter with the hashtags **#reimaginethat** and **#sweeps**. "All they have to do is take a picture of how they recycle," she says. "It can be in their bathroom – that's where I took mine that I put up on Instagram. It can be anywhere – by your recycling bins or by your plastic containers."

To keep up with Jeannie Mai, you can follow her on Twitter @JeannieMai. For more information regarding the giveaway, check out Unilever's website, <https://brightfuture.unilever.com/>.

Dating Advice: How To Get Noticed on Dating Sites



By Molly Jacob

We know that dating can be hard, tiring, and disappointing. That's why online dating sites can be a great solution to get you out of a relationships and love style rut. More and more people are finding these sites to be successful in helping them find happy, fulfilling relationships. In fact, a study found that one-third of U.S. marriages today started with online dating.

Whether you're on OkCupid, Match.com, eHarmony, or JDate, see what love advice Cupid has to get

you noticed on dating sites!

1. Make your profile photo stand out: The photo of you on your profile is the first thing that people see. While we'd like to believe that looks aren't everything with relationships and love, first impressions can be important. In your photo, you should look your best, have a genuine smile, and be alone in the photo (no pets or other people). While some may be tempted to Photoshop or otherwise alter their appearance, this can lead to an awkward first date if you look different than what your romantic interest expected you to look like!

Related Link: [Dating Advice: The Psychology of Online Dating](#)

2. Be specific in your wording: There are thousands of dating site profiles out there, and you want to be unique and eye-catching when someone takes the time to read your profile. When you answer questions or write your profile, don't use overdone words like "fun-loving" or "outgoing." Instead, give examples to demonstrate your best qualities. You're not just "fun-loving," you travel around your state to find and ride the tallest and scariest roller coasters. Dating advice: if you're specific about what you like to do, someone on the site has a better idea of the kind of date they should ask you out on.

3. Update your profile often: If someone were to come across your profile and saw outdated photos and information about yourself, they might assume that you're not active on the site and won't bother pursuing you. Consistently add the new books you've read, the movies you've seen, and the concerts you've been to. Sometimes it may seem difficult or useless to be constantly updating your profile if you are not finding a lot of success or getting asked out on dates, but our love advice is to never give up on finding love!

Related Link: [Online Dating: Are Pictures Worth 1000 Words?](#)

4. Proofread, proofread, proofread: Did you know that 43% of online daters think poor grammar is a major turn-off? Don't let something as silly as using the incorrect form of "your" hurt your chances of finding relationships and love! If you're not a grammar fiend, have a friend who is look over your profile for you and let you know if they see any mistakes.

5. Target your approach: So you've made your profile and you're ready to get active on your dating site. Someone's profile catches your eye, but before you message them, personalize how you approach them. Don't just say, "I liked your profile." Mention something specific, such as, "I also love Indian food and have been dying to try the new restaurant downtown!" Everyone wants to feel special and noticed, so make them feel that way. Our most important dating advice: put yourself out there! Even if you're used to other people making the first move, you never know what good could come out of one message.

Have you used online dating sites? What tips and tricks do you have? Share in the comments section below!

Famous Couples Share How They Celebrate Mother's Day





By [Courtney Omernick](#)

While so many [celebrity couples](#) will be celebrating Mother's Day this year, either for the first time or for the 8th time, Cupid got to take a look inside a few famous couples' Mother's Day festivities.

Here are some ways our favorite famous couples celebrate Mother's Day:

1. Jessica Alba and Cash Warren: Jessica, Cash, and their daughter, Haven, keep things casual on Mother's Day. This family loves going to brunch.

Related Link: [Get Details on Nikki Reed and Ian Somerhalder's Sunset Celebrity Wedding](#)

2. Camila Alves and Matthew McConaughey: Camila and her daughter, Vida McConaughey, leave Matthew at home. These girls spend Mother's Day in style by jewelry shopping in NYC.

Related Link: [Prince William and Kate Middleton Celebrate 4th Celebrity Wedding Anniversary While Awaiting Royal Baby](#)

3. Hilary Duff and Mike Comrie: Who knows what's in store for Hilary this Mother's Day, as she is newly single celebrity. But, typically, it's a warm Mother's Day for the celebrity mom. Hilary and her son, Luca, were spotted soaking up the sun's rays in Mexico last year.

4. Channing Tatum and Jenna Dewan-Tatum: Channing and his wife, Jenna, keep this special holiday a family affair. They spend their time with their daughter and Channing's mom.

5. Halle Berry and Olivier Martinez: This celebrity couple spends Mother's Day enjoying lunch with her children in sunny Los Angeles.

How do you and your mom spend Mother's Day?

Relationship Movie 'Playing It Cool' Features a Loveless Chris Evans





By [Courtney Omernick](#)

In the new relationship movie *Playing It Cool*, a screenwriter (Chris Evans) is having a hard time writing a romantic comedy because he doesn't believe in [relationships and love](#). One evening, at a charity banquet, he meets "her" (Michelle Monaghan), and the rest is history.

Check out Cupid's relationship movie review of *Playing it Cool*, which hits theaters May 8th!

Should you see it:

This relationship movie can definitely be categorized as a chick flick. If that's what you're looking to see, then look no further than *Playing It Cool*. This movie is also packed with amazing actors such as Chris Evans, Michelle Monaghan, and more!

Who to take:

This film would be great to see with your friends or significant other.

How can you bounce back after a breakup?

Cupid's Advice:

As explained in the movie, Chris Evans' character has a hard time with relationships and love because his mother abandoned him as a young boy. If you've ever gone through a break-up, it can feel just like abandonment. Sometimes, a breakup can leave you wanting nothing more than to wallow in your bed with a tub of ice cream. Don't worry! Cupid is here to give you advice for bouncing back:

1. Invest in yourself: Now that you will probably be spending more quality time alone, don't view it as being lonely. Take this opportunity to rekindle an old passion or see the world!

Related Link: [What NOT To Do: The 5 Most Devastating Celebrity Break-Ups and Why They Happened](#)

2. Seek support: If you're having a hard time going through life alone, reach out to friends and family. Nothing beats a good weekend with those who really "get" you.

Related Link: [5 Pieces of Love Advice From Celebrity Couples in Long-Term Relationships](#)

3. Give back: Just when you think your life is awful, there is someone out there going through a much harder time. It's important to focus on your growth as a person during this time period. One way you can do that is through volunteer work, mentoring, etc.

How have you bounced back after a break-up? Comment below!

'American Idol' Eliminated Finalist Rayvon Owen Says Love "Is the Most Universal Thing"



By Jenna Bagcal

Rayvon Owen has been referred to as “the comeback kid” during his time on *American Idol*. The Richmond, Virginia native was a finalist on the hit [reality TV](#) show and lived up to his moniker every week. Although he was consistently in the bottom two, he was saved by the fans and made it to the final four. He says that being able to redeem himself each week “brought out a fight in me that I didn’t know I had.” In this celebrity interview, Owen talks about his relationships with his mom and God and what he’s looking forward to in the near future.

***American Idol* Contestant Opens Up About His Relationship and Love**

Owen says that his favorite topic to sing about is love. “I think it’s the most universal thing and is a language that everyone can relate to and understand,” he explains. During his performance of “Want to Want Me” by Jason Derulo, the singer had someone in mind to make the delivery of the love song convincing: “It’s nothing serious right now. I’m not in a relationship or anything, but I was thinking about someone.”

Related Link: [‘American Idol’ Artist Quentin Alexander Says Communication is Most Important in Relationships](#)

However, Owen says that it is difficult to balance romantic relationships while pursuing a career in the music industry, but he’s open to finding someone special once things calm down. “Before the show, I was in a relationship, and it’s tough,” the singer reveals. “It’s hard for me to even take care of myself, let alone truly dedicate myself to someone else. But since I am a lover and am someone who connects with people, that’s something that’s on my radar.”

Although the performer predominantly sings about love, he says that his songwriting process stems from different experiences in his life. “Sometimes, it comes in a melody or a groove, and I just spring out random words and feelings. Sometimes, it’s a little more intimate and specific...like I had a sucky break-up, and there is one new emotion that I’m feeling, so how can I portray that in a song?” he says. “Other times, there are some songs that are just *there* after I’ve woken up. That’s happened a few times.”

Reality TV Star Discusses

His Relationship With His Mom and God

The *American Idol* contestant credits his great success to both his mother and God. "I've always wanted to make my mom proud and thank her for all her hard work and sacrifice that she's made for me," he shares. "Honestly, I would not be here if it wasn't for her pushing me and making sacrifices like sending me off on all those trips, rehearsals, and lessons. She sacrificed what she had and what she didn't have for me and my sister to give us an equal opportunity, even when we were in a situation where we wouldn't necessarily have that opportunity."

Related Link: ['American Idol' Eliminated Contestant Tyanna Jones Takes Us Through Her Emotional Journey](#)

Owen adds that God has had the most important role in his life and career. "I could have not done this without God. I pray every single day. I never prayed to win the competition; I just prayed that God's will be done and that His light will shine through me," he says. "I think that what He has in store for me is amazing, and I hope that I can inspire people as well."

In addition to having a thriving singing career, Owen hopes to get into acting in the near future. He says that his perfect project would be a movie or a show where he could incorporate singing and acting. "I would love to appear on *Empire* – I love that show! Or have a similar moment like Jennifer Hudson in *Dreamgirls*," he shares.

Keep up with Ryavon on Twitter @RayvonOwen. Watch American Idol on Fox at 8/7 every Wednesday!

Transgender Facial Surgeon Discusses Celebrity News Surrounding Bruce Jenner



By [Katie Gray](#)

Since [Bruce Jenner's](#) celebrity interview with Diane Sawyer aired on Friday, April 24, the world has been *Keeping Up with Bruce*.

Jenner's gender transition and bombshell interview has been making celebrity news since it aired. During his conversation he stated that he has been slowly transitioning since the early '80s but never felt completely comfortable to go through with it until now.

At 65-years-old the star of *Keeping Up with the Kardashians*

says he is now “relieved and happy about moving forward and going public about his transition.” Jenner also said that he is on a mission to help others in the transgender community who are facing discrimination. In our recent [celebrity interview](#) with Dr. Jeffrey Spiegel, a world renowned facial plastic surgeon specializing in facial feminization surgery, we were able to gather some great insight.

Transgender Facial Surgeon Comments on Bruce Jenner’s Celebrity News

Facial Feminization Surgery (FFS) is defined as a group of surgical procedures that alter the face to increase its femininity. In addition to FFS, Dr. Spiegel specializes in advanced facial aesthetics for both male and female patients. His patients come to him from around the world in order to complete the final, and most important step in the process. “A lot of people assume that the most important part would be the sexual reassignment surgery or the genital reassignment surgery,” explains Dr. Spiegel. “But a transgender woman knows she’s a woman. The problem is, that people she meets don’t see her that way. I help a person to present to the outside world exactly the way that they feel on the inside,” he says.

When talking about Jenner’s transgender decision the physician isn’t surprised. “Bruce Jenner’s story is very consistent with others, especially because transgender men and women know their identity at a very early age.” He adds, “While trying to come to grips with these feelings, often those who are transgender will try to pursue something that is extremely manly or extremely macho: becoming a police officer, a firefighter, joining the military.”

Related Link: [Kim Kardashian Reacts to Latest Celebrity News of Bruce Jenner’s Transition](#)

Transgender men and women often struggle during their lifetimes with how they really feel inside, which is why the age in which a person transitions tends to vary. This could explain why Bruce Jenner is coming forward now in his sixties and addressing this matter. Dr. Spiegel points out that Jenner grew up in an age without the Internet and that could be a good reason why he didn't decide to do anything until now. "As a young child feeling like a woman, there weren't many resources for him to figure out what was going on. Therefore, there was probably a lot of confusion when he was a child due to the fact that he felt like a woman on the inside while still retaining the outward appearance of a man."

Dr. Spiegel also advises that there are a few things that Jenner must consider before taking the next step in his journey. "Bruce needs to decide what choice he's going to make. He needs to decide how he wants to live. If he wants to live as Bruce Jenner, someone people see as a man, but one in which he *feels* like a woman, or if he wants to transition and live full time as a woman," explains Dr. Spiegel. If he wants to fully transition, there are a few surgeries that he would need to undergo over a period of time.

Celebrity Interview with Dr. Jeff Spiegel Reveals Family Expectations

Big life events such as the gender transition of a family member can also be difficult for loved ones to handle initially. Dr. Spiegel says, "In general there is a sense of disbelief followed by examination and they look for clues of the behavior of the person that may have manifested over the years." When it comes to the family, Spiegel says family members actually go through a mourning of their loved one. He explains, "If you have a brother who becomes a sister, you lose your brother; your brother goes away. [But] you gain a sister. It's the same person. It's a happier person in many

ways and eventually they become a better person because they become whole.”

Another topic that people are unsure about is the sexual preference of a transgender person. “A person’s sexual preferences and who they are sexually attracted to, doesn’t really seem to be predictable when a person transitions. As with any other woman, some transgender women are heterosexual, some are homosexual, some are bisexual,” says Dr. Spiegel. There is no real connection to predict which preference an individual may have. In Jenner’s case, he told Diane Sawyer in his interview that he is “asexual.”

Related Link: [Bruce Jenner’s Ex-Celebrity Wife Reacts to ABC Special](#)

In reference to his profession Dr. Spiegel says, “The most rewarding part of being a plastic surgeon is making people feel whole.” He enjoys helping people outwardly look the way that they feel on the inside. “They feel comfortable. It gives them self-esteem, it gives them pride, confidence and improves [their] health.”

In terms of what Bruce’s Jenner’s public announcement means for the future of the transgender community he believes that this will create a greater awareness of the transgender community and that people who face this same challenge will look to Jenner as a role model. “I think Bruce Jenner has a lot of responsibility to the transgender community now and in the future, particularly those who are undergoing a transition process.” He concludes, “They will watch how Bruce Jenner handles this and will potentially model their own behavior because of his actions.”

'American Idol' Eliminated Contestant Tyanna Jones Takes Us Through Her Emotional Journey



By [Rebecca White](#)

American Idol reality TV star Tyanna Jones has been pursuing music since she was five years old. Growing up in Jacksonville, Florida, the 16-year-old has had a rough upbringing and was even homeless at one point. Her *American Idol* journey was no less emotional. In our [celebrity interview](#), the eliminated contestant says that the show “at times can get really hard. My faith and my beliefs have helped me through a lot of that.”

Behind the Scenes of Tyanna Jones' *American Idol* Journey

Making it into the top five of the singing competition is no easy task and all of the contestants have had good weeks as well as bad weeks. Jones was no different. The Jacksonville native had her own rough patch during the middle of the show. The judges were constantly questioning her choices, even though she was a front runner and power house from the beginning of the competition. The performer says, "My rough patch was a result of all of my feelings at the time and the stress and frustration that comes with the show."

Related Link: ['American Idol' Eliminated Contestant Adanna Duru Says the Reality TV Show "Is Like Superstar College!"](#)

As an emotional artist, when Jones was eliminated she started to break down when the montage of her time on the show began to play. "I was watching how far I had come," the singer shares. "It really showed me how much I've grown." Even though she didn't make it into the top four, Jones still sang a send-off song, Beyoncé's "Who Run the World." The performer says that Beyoncé is one of her main influences. "I have wanted to do that song for so long," Jones shares. "I knew that I had to make sure it was one of my best performances because it was one of Beyoncé's songs."

Jones hopes to be a role model for her fans, just like Beyoncé and her other favorite artists have been to her. She hopes that "seeing someone their age get to do this and be here will inspire fans." She plans to use her position on the summer tour to make an impact in people's lives. "I know many of the people I look up to now were a part of this tour," Jones says. "Now, I'm going to be someone people look up to."

Related Link: ['American Idol' Artist Quentin Alexander Says Communication Is Most Important in Relationships](#)

After being eliminated, the singer feels like she has learned a lot from being in this competition. Big Machine Records founder Scott Borchetta has pushed her as an artist to find herself and truly understand what kind of music she wants to put out there. Similarly, the judges, Keith Urban, Jennifer Lopez, and Harry Connick Jr. told her to continue being herself and she'd be successful. As she moves forward with her musical career, Jones says, "I'm not the type of artist that puts myself in a box. Whatever I can sing or do to connect with the audience, I'll do it."

You can keep up with Tyanna Jones on Twitter @iamtyannajones and [www.facebook.com/IamTyannaJones!](http://www.facebook.com/IamTyannaJones)

Relationship Advice: 11 Steps to Finding a Husband Online





By Rajiv Satyal

I know how you can do it. Because that's how my fiancée got me.

1. Availability: A lot of us want the fairytale spotted-across-a-crowded-room-sweep-us-off-our-feet story (yes, men, too), but you've got real life to let it happen. A great piece of relationship advice is, don't leave the biggest decision of your life to chance. Get online and make it happen.

Related Link: [Dating Advice: The Psychology of Online Dating](#)

2. Context: I was on several online dating sites: Match, eHarmony, Coffee Meets Bagel, and OkCupid (where we met). I was also on Shaadi.com (the Indian JDate). Sure, every now and then, you find a white girl on there and wonder, "Is she lost?" But OkC has that cool factor. And that's where she was.

Related Link: [5 Pieces of Love Advice From Celebrity Couples in Long-Term Relationships](#)

3. Name: Her handle was "calvinnhobs," which was quirky and silly. Try to avoid too-common interests like FoodGirl and TraveLady. Everyone likes food and travel. Share something specific to you personally.

4. Visuals: Distant shots or only of your eyes don't tell me much. It's like a university guidebook. The pretty ones showed their campuses. The not-so-pretty ones had, like, a closeup shot of a brick. Don't be shy.

5. Growth: OK, I know this can sound condescending but... she had some grammatical errors in her profile. I'm a total grammar geek, so it told me I could bring something to the table. It's kind of like how women view a man who can't quite dress – she can't wait to take him shopping. If this seems too nitpicking, welcome to online dating.

6. Mother Figure: Couples will do lots of things together. But for couples who want them, the single biggest thing we'll do is raise kids. As such, I'm looking for a mother. I search for clues to determine whether you're a caretaker/caregiver. "I enjoy helping others through volunteering and teaching... I always enjoy a good night cooking a great meal... Things I could never do without: Family." Boom.

7. Specificity: She painted the picture of who she was. "I love all things science too, so if you can stand someone talking about the latest cholesterol guidelines, the latest pics from the Mars rover, and even the effects of global warming over coffee...you are very cool!"

8. Outreach: I was touched and flattered that she messaged me first, especially since she was in Texas and I was in California. I'd gotten to the point that I'd also increased my radius to the max: the options are something like 25 miles, 50 miles, 100 miles, desperate.

9. Humor: She was funny, using words like "snazzy" to describe my shoes, quotes from standup comedians, funny capitalizations. Little things, victimless humor. Expose your fun side, but save the really edgy comebacks for when we know each other. We're looking for life partners, not bowling buddies.

10. Patience: She messaged me on April 30. I didn't respond until May 14 as I was traveling. OK, so the first few days were my trying to play the game. But after that, I really did get busy. And what did she do? She waited. My love advice is, people who write you RIGHT BACK come off as needy. Almost everybody says, "I don't want any drama." I don't think that's true. No drama at all is boring. We all want a little – but just a little. And after she and I sent several messages back and forth, I asked her for her phone number, and we were offline.

11. Commitment: Within six months, we were engaged. I actually proposed to her when opening for Kevin Nealon. At that point, we figured it was probably time to disable our OkC profiles. I sent her one last note. And she replied – after a day.

Yesterday – 11:01am

Wow. So, I don't normally do this kind of thing. But you're really cute. I'd totally, like, marry you or something.

Today – 6:50am

You're kinda cute too, I'd think of marrying you only if Kevin Nealon is there. Love you fool!!!!

Rajiv Satyal is a standup comedian from Cincinnati, Ohio, whose witty, universal, and TV-clean act resonates around the world by covering everything from racial issues to soap bottles to his favorite topic – himself (and his relationships). This University of Cincinnati engineer and former P&G marketer has repeatedly opened for Dave Chappelle, Maz Jobrani, Tim Allen, Kevin Nealon, and Russell Peters. Rajiv has garnered 4 million+ YouTube views, performed on three continents, and been featured on NBC, NPR, Nickelodeon,

Fx, Netflix, Times Now, TV Asia, and Pandora, as well as in The Wall Street Journal, Advertising Age, The Huffington Post, India Abroad, The Cincinnati Enquirer, and the LA Times. You can find Rajiv regularly performing at the Laugh Factory and Improvs in Los Angeles, acting in commercials, doing improv, on TV, on XM and Sirius Satellite Radio, or admiring himself on his Funny Indian Fan Club on www.facebook.com/funnyindian.

What NOT To Do: The 5 Most Devastating Celebrity Break-Ups and Why They Happened



By [Katie Gray](#)

The entertainment industry showcases works of art as well as

celebrity couples that the public comes to admire just as much as the films and music they are making. Sometimes, heartache is inevitable, and therefore, devastating [celebrity break-ups](#) occur. The important thing is to cherish the good memories of past relationships and love, be positive and forgive, and learn from the experiences. Life is full of good and bad moments, and the lessons we learn along the way are what makes this journey truly beautiful.

Devastating Celebrity Break-Ups

1. Jennifer Aniston and Brad Pitt: This former Hollywood married couple divorced in 2005, and the world was devastated. To this day, people still talk about their split. Shortly after Brad Pitt and [Jennifer Aniston](#) separated, rumors were swirling about Angelina Jolie – whom he is now married to. According to the media, Aniston was more focused on her career during their marriage and Pitt was trying to focus on family. This celebrity divorce has taught us to cherish memories and realize that sometimes bad things happen so better things can fall together.

Related Link: [Brad Pitt and Jennifer Aniston Are Scheduled at the Same Film Festival](#)

2. Demi Moore and Ashton Kutcher: Age is just a number, yet people had so much to say about the age difference between former celebrity couple Demi Moore and Ashton Kutcher. They were 15 years apart in age, and we can learn from them. If you really love somebody, who cares how old you both are? They announced their split on November 17, 2011, and he filed for their celebrity divorce on December 21, 2012.

3. Katie Holmes and Tom Cruise: Katie Holmes and Tom Cruise pleased the world when they married and had an adorable daughter, Suri. Apparently, Cruise was shocked when his wife filed for divorce after five years. There has been

major speculation that the divorce had to do with the actor's Scientology religion. This union that came undone teaches us that you should make sure you are on the same page with your partner when it comes to religion prior to a marriage.

Related Link: [Katie Holmes Removes Her Wedding Ring](#)

4. Selena Gomez and Justin Bieber: These two singers and performers really know how to entertain a crowd. Their relationship and love life went through a period of being on and off very frequently. People love it when they are together and were very shaken up when it ended for real. This is just proof that, when we are young, we are still finding ourselves and figuring out what we want. It's okay if we change our minds! Sometimes, you need to spend time apart from someone to realize you really want to be with them.

5. Kristen Stewart and Robert Pattinson: The on- and off-screen lovers were a favorite in the eyes of the public. Their characters of Edward Cullen and Bella Swan on *Twilight* will forever remain happy in love, but in real life, people don't always work and have to go their separate ways. Pictures of Kristen Stewart kissing the director of a film she was making surfaced and definitely put a strain on her relationship with [Robert Pattinson](#).

What are some other devastating celebrity break-ups to add to the list? Share your thoughts below.

Brooke Burke-Charvet Talks

About Her Marriage in Celebrity Video Interview: “We Carve Out Time for Each Other”



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

Fans may recognize Brooke Burke-Charvet from her time on the reality TV show *Dancing with the Stars*, but she's come a long way since then. She is married to musician and actor David Charvet and spends much of her time with her family, promoting a healthy lifestyle. In our [celebrity video interview](#), Executive Editor Lori Bizzoco chats with the actress and model about her relationship and love life, motherhood, and her busy career, including her current partnership with Walgreens for Red Nose Day.

Related Link: [Brooke Burke-Charvet Shares Love Life Secrets](#)

Brooke Burke-Charvet Talks Red Nose Day in Celebrity Video Interview

Celebrated for over 25 years in the UK, Red Nose Day has been a day dedicated to raising money for underprivileged children and families. On Thursday, May 21, the event will take off for the first time in the United States and include a night full of comedy, music, and fundraising that will help 12 charity organizations lift children and young people out of poverty, both in the U.S. and throughout the world. Burke-Charvet decided to partner with Walgreens for this fundraiser because she likes that “it’s really about children and young families.” Just buying the red rubber nose for one dollar at Walgreens will have an impact: “That money is going to go and make a difference for a lot of different causes – the Boys and Girls club of America, United Way, Feeding America,” the actress says.

As the mother of four children herself, she understands that teaching her celebrity kids generosity and charity is an important lesson. The model reveals that leading by example is the best way to teach your children that hard lesson. “It’s really interesting for them to be able to see it and understand it,” she shares in our celebrity video interview. “You can teach them to be generous and to give.”

Of course, fans remember the health scare that Burke-Charvet faced after being diagnosed with thyroid cancer in 2012. Now, she says, “Everything’s good. My health is perfect.” Her experiences and health issues have helped her recognize that “there’s somebody else somewhere who’s struggling with similar issues.”

Related Link: [Brooke Burke-Charvet Finally Weds David Charvet](#)

Television Personality Talks About Her Relationship and Love Life

Although she's a busy celebrity mom, she makes sure to prioritize her relationship and love life. "We carve out time for each other, which is super important," she says of her marriage, "even if it's just having lunch while the kids are at school." When their schedules permit, the famous couple's favorite date night is eating at a local restaurant in Malibu. "We cook so much that sometimes it's nice to be served a meal!" she divulges.

You can keep up with Brooke Burke-Chavet on Twitter @brookeburke or her blog, www.modernmom.com/

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

Relationship Advice: How Do You Know When Prince Charming Is Actually Prince Alarming?





By Justin Lavelle, BeenVerified.com

When you hear someone say that they met their significant other online, you wouldn't think twice, as online dating is one of the leading ways singles meet potential suitors. Although it's commonplace to meet people online, there are always risks associated with dating people you don't know. You might end up connecting with someone who has a fake profile and is more interested in scamming you rather than determining if you're Mrs. Right. But how do you know if you're dealing with someone who has a fake profile? And what are the red flags you should look for? Fortunately, there's [relationship advice](#) to navigate the online dating scene and figure out if you're dealing with prince charming or prince alarming.

Relationship Advice: Tips to Help Protect Yourself When Dating Online

1. It's a big red flag if your online interest asks you for money, especially if it's early on and you've never met face-to-face. Scammers will often ask for money on behalf of a sick relative, a short term loan to pay rent, or travel money to visit you if he lives out of state.

Related Link: [Match.com Studies Singles in America](#)

2. Be careful if he avoids meeting you, especially if he says he will be out of the country. There's a reason that scammers don't want to meet face-to-face. If they're running a game, they will come up with all kinds of excuses to avoid meeting. Some may use work travel as an excuse, others may say they have shared custody of his kids and it's his weekend to keep them, or that an ill mother needs to be taken care of. Listen to this relationship advice: Pay close attention to what they're saying.

3. Dating experts say to meet relatively quickly in person and in a public place. It's advantageous to meet face-to-face to see if you have chemistry and if he is who he claims to be. It's far easier to walk away from a bad situation before you feel an attachment. Choose a place that has foot traffic in case you need to call out for assistance. Always tell a friend or family member where you'll be and what time you'll be there. It might be wise to have a bail out call come 30 minutes into your meeting, just in case you need an escape strategy.

Related Link: [Julie Spira Discusses 'The Perils of Cyber-Dating'](#)

4. Accept the fact everyone tells lies, even little white ones, so decide where you draw the line. Online daters want to put their best foot forward. Men may say they're a couple of inches taller than they are in reality, and women may not accurately describe their body type. Many online daters accept superficial lies as part of the deal. My dating advice is to decide what is acceptable for you.

5. To avoid identity theft scams, try Google's reverse image search. Take a few minutes to search the profile's pictures, and if the reverse search shows up across hundreds of pages, it's highly likely that the person is being deceitful and is

using someone else's images as his own.

Related Link: [Relationship Expert Reveals What to Do Before You Begin Online Dating](#)

6. When chatting online, make sure the flow of conversation makes sense to ascertain if you're talking to a live person or a robot profile. Mix up the conversation; see if the person continues to track with you. If they're unable to switch gears, it could be a robot responder giving predetermined responses.

7. Relationship experts say if his profile is comprised of only one photo and the text is basically empty, they could be a scammer. People who don't want to be held accountable to the content of their profile will simply leave it blank. If they're too lazy to take the time to self-disclose and post some self-descriptive text, then you should probably take a pass.

8. If his Facebook account has fewer than 100 friends, there's a reason to be suspicious, especially for younger users. Most people on Facebook have more than one hundred friends. There could be an explanation; he may be new to social media or a teacher that is trying to remain private. Delve deeper into his reasons. This doesn't necessarily apply to older users, as the average person over 55 is more likely to have smaller amounts of followers.

Related Link: [Online Dating Advice: When To Jump Back Online After A Breakup](#)

9. If people claim to be famous or know famous people, it could be to lure you in. Some women get star struck and might continue in conversation with someone they aren't interested in if there is hope of meeting someone rich and famous. Take their stories with a grain of salt; don't continue the dialogue if you're not truly interested.

10. Research as much as you can about the person before you meet face-to-face. Search their name on Google, search all social media profiles and ask friends if they know them. You might find out that the person has a criminal record or may be in a serious relationship and love already! Also, you can do a thorough background check on the person via BeenVerified.com, which consolidates information from public data sources to make it a one-stop shop for accessing personal information.

Justin Lavelle is the social media and blog content director for BeenVerified.com. BeenVerified is a leading source of online background checks and contact information. It helps people discover, understand and use public data in their everyday lives and can provide peace of mind by offering a fast, easy and affordable way to do background checks on potential dates. BeenVerified allows individuals to find more information about people, phone numbers, email addresses and property records.

Date Idea: Star Light, Star Bright





By [Rebecca White](#)

Whether you celebrate around a tree or a menorah, the holiday spirit is in full swing – and so is the stress that comes along with it. Your [relationship and love](#) life may feel strained from all of the pressure. If you're in need of a romantic evening with your partner, dive into the cultural craze and Hanukkah spirit with a personal take on "The Festival of Lights." This weekend date idea is the perfect opportunity to stargaze together and enjoy nature's own decorative lights.

Stargaze to Improve Your Relationship and Love

To get started with this date idea, you'll need to grab some winter wear and hot cocoa (don't forget the peppermint schnapps!) so you stay warm while you look at the stars. Next, you've got to find the best spot in your neighborhood. If you live in the city, don't worry! All those bright lights may make it difficult, but it's not impossible. The Amateur Astronomer's Association of New York leads stargazing ventures every week.

Related Link: [Top Ten Most Romantic Holiday Getaway Spots](#)

There's nothing more romantic than lying with your significant other under a big, fluffy, cashmere blanket while stargazing in the great outdoors. Let the holiday spirit bring your relationship and love to the next level. Think about it: The scenery is beautiful; there's no one else around; and you're lying next to each other in the darkness, looking up at the sky. Mix in cuddling under a blanket and sipping on a warm drink, and this might be your favorite date night yet!

Since it's best to start stargazing about an hour after sunset, you can have an early dinner and then head to your own festival of lights. For some added romance, bring along a picnic basket filled with some sweet treats. As the sun goes down, the stars will become more visible, and you'll want to have binoculars to get a closer look. You may want to invest in a constellation map so the two of you can tell the difference between Aquarius and Lyra. You could even make a game out of figuring out the different patterns.

Related Link: [5 Celebrity Couples Who Celebrate Hanukkah](#)

It's also important to remember what culture you're celebrating on this take of "The Festival of Lights." To learn more about Chanukah, check out websites and read a brief history. In the midst of enjoying the starry night together, take our love advice and exchange gifts under the open sky. Look out for shooting stars, and don't forget to make a wish for the holidays!

Have you stargazed together as a date? Share your stories below!

Weekend Date Idea: Give the Gift of Babysitting



By [Rebecca White](#)

Don't fret about what to get your friends this holiday season! This weekend, offer to babysit and give them a kid-free date night. Holiday seasons can be tough on families because there are so many preparations to be made. The gift of alone time is just what your friends need. Plus, you'll get to see what your partner will be like as a parent! This date idea is sure improve your [relationship and love](#) life as you play house for a few hours.

Give the Gift of Babysitting to Improve Your Relationship and Love

For this weekend date idea, call up one of your married

friends and tell them to take some time off and plan a night out with their spouse. Next, it's time for you to decide how to entertain their kids! Depending on the ages, you can play games, watch a movie, or plan a bigger activity like making crafts, writing a story, acting out a musical, or putting on a fashion show. For more ideas, check out PBSKids.org for advice and ideas on how to babysit for any age.

Related Link: [Matthew McConaughey & Camila Alves Enjoy Some Alone Time](#)

This date idea will give you some insight into what your significant other will be like as a mom or dad. Is he the disciplinarian? Is she nurturing and maternal? These are things you'll want to know to determine if you're truly a match made in heaven. Make sure you know who is in charge of enforcing punishments, who is in charge of making dinner, and who is in charge of cleaning up the house so your friends don't come home to a disaster. By delegating responsibilities, you'll find out if you make a good team and if you can handle the surprises that kids have in store for you.

Babysitting will also help you learn if your partner is even comfortable around kids. They should be able to channel their inner dork and play silly games, but that may be a challenge for them. Maybe they're easily grossed out or get frustrated at the smallest thing. If so, that may be a bad sign. After all, kids are messy and require a *lot* of patience. This gift to your friends is a gift to yourself too. Who knows what you'll discover about your sweetheart!

Related Link: [Single in Stilettos Show: What Makes a Man See You as Marriage Material](#)

If you're nervous about babysitting with your honey, then set aside some time to chat about it. This could even be another date night before your babysitting adventure! Communication is

key to succeeding as babysitters and parents (someday). After babysitting together, your relationship and love life will be thriving. Don't miss this opportunity to grow even closer together!

Have you babysat with your beau before? Share your stories below!

Dating Advice: Film a Documentary During Black Friday



By Emma L. Wells

Black Friday shopping isn't for everyone. However, while stores can be hectic and crazy, if you've got a lot of

holiday gifts to buy, it *is* nice to get it all done at once, especially while so many items are discounted. This year, brave the crowds with your beau! It may not be a romantic [date idea](#), but it can certainly be a fun one.

Have Fun While Being Productive on This Weekend Date Idea

It's important to stick together on this holiday weekend date idea. Combine your shoppings lists and hit the stores at midnight. Instead of just running errands, make this date idea more entertaining by bringing along a camera. You can shoot all the action around you as you go from store to store. Make sure you record the craziest things you see on your Black Friday adventure.

Related Link: [Date Idea: Take a Holiday from the Holidays](#)

Take turns manning the camera as you search for gifts for everyone on your list. Try to stay out of other people's way as you frame your shot – you don't want to bother the other shoppers! Maybe you'll even find some good deals on new camera equipment that you can use for your next documentary!

Later, you can edit the film as a team and show your friends this mini-documentary. Have a "premiere party" for your video after you open holiday presents; that way, your loved ones can see how much fun you had – and how much trouble you went through! – picking out their gifts. The morning and evening news almost always showcases footage from Black Friday too. Send your local station some of the most outrageous things you saw. You never know: Maybe you two lovebirds will wind up as local celebrities!

Related Link: [Date Idea: Escape Black Friday](#)

Discover a New Passion with This Dating Advice

This experience will make for a great story to tell in the future. Consider this dating advice and think of the date idea as an opportunity to record a special moment in your relationship and love. Perhaps you'll even discover a new mutual hobby! You budding filmmakers may want to enroll in a documentary making class after the holidays are over.

Cupid wants to know: Will you go Black Friday shopping with your honey this year?

Dating Advice: What Katie Holmes Can Teach Us About Post-Divorce Hooking Up





By [Christina Pesoli](#)

Rumored celebrity couple Katie Holmes and Jamie Foxx. Are they or aren't they hooking up? *US Weekly* says "yes," they're a new celebrity couple. Jamie Foxx says "no." And, because Katie Holmes is Katie Holmes, she won't even dignify the question with an answer. But regardless of how you feel about this rumor, the story makes obvious the following: hooking up is no longer exclusively for the twenty-something and under crowd. Post-divorce hooking up is now a thing.

But, how can you tell if post-divorce hooking up is right for you?

To maximize your chances of waking up in the morning with no regrets, consult the relationship advice flowchart before getting your groove on:

1. Are you actually divorced?

a. No? Do NOT hook up. Random hookups before your divorce is final are one of the top causes of completely avoidable divorce drama. Get your divorce done first; then, get your freak on.

b. Yes? Proceed to the next question.

Related: [5 Pieces of Love Advice From Celebrity Couples in Long-Term Relationships](#)

2. Are you wearing beer goggles?

a. Yes? Do NOT hook up. You want your decision to hook up to be made with complete clarity. And nothing clouds your judgment like beer goggles or worse yet, vodka vision.

b. No? Proceed to the next question.

Related: [Jennie Garth: Can You “Win” the Celebrity Exes Challenge?](#)

3. Are your kids with you?

a. Yes? Do NOT hook up. The last thing your kids need is to be traumatized by walking in on you doing the wild thing with some random guy.

b. No? Proceed to the next question.

4. Are you in a public place?

a. Yes? Do NOT hook up. Have a little consideration for those around you. Hooking up should only be done in private.

b. No? Proceed to the next question.

5. Is the guy you’re thinking about hooking up with young enough to be your kid?

a. Yes? Do NOT hook up. Look, I’m not trying to be all ageist, but you’re bordering on being really creepy.

b. No? Proceed to the next question.

6. Is hooking up with this guy something you hope to keep secret?

a. Yes? Do NOT hook up. Nothing ever stays a secret—especially not hooking up.

b. No? Proceed to the next question.

7. If/when word spreads about this hookup, are you likely to feel embarrassed or humiliated?

- a. Yes? Do NOT hook up. Word WILL spread. So, make sure you're cool with that.
- b. No? Proceed to the next question.

8. Is there a significant chance you will regret this?

- a. Yes? Do NOT hook up. And even if you think the idea is awesome when you're in the heat of the moment, think long and hard before hooking up with a coworker or neighbor. Having to repeatedly run into someone makes it hard to put the whole thing behind you if you do end up regretting it later.
- b. No? Go for it!

Christina Pesoli practices family law with Noelke Maples St. Leger Bryant, LLP, in Austin, Texas. She is the author of Break Free From the Divortex: Power Through Your Divorce and Launch Your New Life (Seal Press). She has written extensively on the topic of divorce, providing advice and support designed to help people avoid common mistakes that make divorce take longer and cost more. She also writes advice columns for CultureMap Austin and Divorce Magazine. You can find more of her articles on her website: christinapesoli.com.

'American Idol' Artist Quentin Alexander Says Communication Is Most Important in Relationships





By Jenna Bagcal

Conceptual, artistic, bold, and distinctive are all words that describe 21-year old Quentin Alexander. The New Orleans, Louisiana native was a contestant on season 14 of [American Idol](#) and made a name for himself during his time on the reality TV show. He blew audiences away with his performances each week, combining his emotion-filled vocals with stunning effects and clothing. The performer is self-assured in who he is, saying, “The type of artist I want to be is one that touches on all of the senses. A concert of mine would be something that would be just as appealing visually as it is musically.” In this celebrity interview, Alexander opens up about his experience on the show and his plans for the upcoming year.

***American Idol* Contestant Shares How New Orleans Shaped Him As An Artist**

New Orleans is known as a cultural and musical epicenter of America and is a place that Alexander is lucky enough to call home. He cites his hometown as a major contributor to his artistry and personality overall. “Growing up there really played the biggest part in the way that I present my art and

the way that I am,” he shares. “There are so many different musical and cultural influences, so many different ways of life all in one small bowl. It’s like a Gumbo pot, just a mixture of everything.” He adds that being from such a culturally-diverse city gives him a unique outlook and advantage in terms of his music and avant-garde fashion sense.

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

In terms of relationships and love, Alexander reveals that having a partner who isn’t in the music industry makes for the best support system. “It’s always great to have that teammate supporting you from the outside, someone who isn’t really in the same kind of boat that you’re in,” he divulges. He also believes that the most important factor in a successful partnership is communication. “For anything to work, the best thing to do is to communicate and let each other know what’s going on,” he says.

Reality TV Star Discusses His Experience on the Show

Although he was eliminated from the reality TV show, Alexander has taken away many valuable experiences and pieces of advice from his time on *American Idol*. The most valuable tip came from [Jennifer Lopez](#), who told him to “hold on to your art – it’s the one thing that makes you *you*.” He adds, “It’s the truth. The one thing that separates me from everyone else is my art, my personal feelings, and how I go about doing things.” The singer says that the superstar’s comment assured him of his role in the competition and validated that he was going in the right artistic direction when he was questioning his choices. “Should I compromise my performances just to fit in this mold?,” he asks. “She confirmed for me that I shouldn’t. Just be yourself, and everything will work out like it’s supposed to.”

Related Link: [‘American Idol’ Contestant Sarina-Joi Crowe on Being Eliminated: “It Motivates Me Even More”](#)

Now that his journey on *American Idol* is over, Alexander is excited to get home to New Orleans and attend the various festivals and events. “It’s the greatest time of year in New Orleans to have all the music come in and all the people coming in from different parts of the world,” he says.

In the future, aside from pursuing music, the performer plans on releasing some of his short films that include original music and fashion that he has designed. He also hopes to design an original clothing line within the next year. We can’t wait to see what he does next!

Catch up with Quentin on Twitter @QAlexanderXIV! American Idol is on FOX at 8/7c every Wednesday.

‘The Marriage Book’ Author Lisa Grunwald Discusses Relationships and Love: “We Are At Our Best When We’re Bringing Out the Best in Each Other”





By [Rebecca White](#)

In Lisa Grunwald and Stephen Adler's newest [book about love](#), titled *The Marriage Book*, the married couple explores the institution of marriage spanning centuries and cultures, sources and genres. Readers will discover expert love advice that can help them navigate their relationship and love life, especially in regards to getting married and starting a family. The compilation of illustrations, poems, songs, snippets of classic novels like *Pride and Prejudice* and *Gone with the Wind*, and even one liners from single celebrities or married celebrity couples will surprise readers and provide them with little nuggets of wisdom. In our exclusive author interview with Grunwald, we uncovered how relationships and love have changed over the centuries and how to use this evolution to benefit your own romance.

Lisa Grunwald Talks About Relationships and Love Through the Centuries

How have relationships changed over the centuries? How have they stayed the same?

It's so incredibly moving that circumstances change, but emotions don't. Love is love; sex is sex; anger is anger; and hope is hope. You'll find all of those things in marriages going back centuries. One of Stephen's all-time favorite entries is a eulogy written in 1 BC by a Roman husband with an unknown name, who was really wealthy for the time. What's surprising about it is that, when we thought marriage was about political arrangement or social arrangement, here was this man speaking in the most romantic way about this woman who had stood by him for 40 years. He was still clearly in love. That was amazing to us to find that kind of romance during a time when you would think things were a little more formal!

Related Link: [Tim Dowling's Experiences in 'How to Be a Husband' Provide Relationship Advice for All](#)

What was the most interesting thing you learned about your own marriage through your research?

Stephen and I met 28 years ago on a blind date, and we got engaged four months later. There was one moment when we asked each other, "What do you really want from life? What's your goal, leaving aside marriage and family? Is it money, power, privilege? What are you after?" We each told the other one, "That's our job. We're going to bring out the best in each other, even when the other one forgets what that is. We're going to keep the other person true to the original goal."

When we were doing the book, we had a lot of challenges, mostly because of my health. We found this marvelous quote from this man named Tim Newmann, who wrote a book in 1928 called *Modern Youth in Marriage*: "There are no full grown perfect beings. Sooner or later, the frailties are recognized. There is in most people a better self, which the fallible self hides. The greatest privilege of the married life is to be the one who assists the other more and more to do justice to that better possibility."

Doing this book reminded us that that's our job to each other. For us, it's always been that we're the keepers of each other's better self. There was a renewed commitment to doing it that way and being together. For us, the "us" is the way we approach marriage, and this book reminded us of that. We are at our best when we're bringing out the best in each other.

Relationship Author Shares Expert Love Advice

What tips do you have for longtime couples who are struggling to keep the spark alive?

Not to make light of sex – because sex is really important – but friendship, we think, is probably the most important. If you really like each other, *that's* going to get you through so many of the ups and downs of the rest of your life. You have all these distractions, and at the end of the day, you're not always going to be able to make love to one another, but you're always going to be able to talk to each other.

You also have to believe that it's going to last. There are so many moments in a marriage where you can walk away. If you really believe that you're going to be married for the rest of your life, I think it really helps.

Related Link: [Author Gina Vucci Defines Consciousness and What True Intimacy Is In 'The Relationship Handbook'](#)

What do you have to say to someone who is engaged and experiencing cold feet before their big day?

Try to imagine that it's ten years from now and that, inevitably, the spark from falling in love has altered to love. They're two different things. Can you imagine being without him or her? If you really can't imagine being without someone, that comes from a position of strength and excitement and enthusiasm. Of course, you're going to get cold feet. It's

scary! I can't imagine doing it without some sort of trepidation. You have to recognize that it's a leap of faith, no matter when it takes place. You can't ever be completely sure.

For me and Stephen, we cannot believe that we got married. We didn't have a clue what we would face or how we would grow and change. We didn't know what was going to be required of or granted to us. There's no way that we could have known what the future was going to hold. But we did believe in the marriage. "Failure is not an option" is not a bad thing to live by. Trust your gut, not your feet.

How can a couple know when they're ready to start a family?

It just became a biological necessity. It was particularly easy for us to know: I told Stephen that I didn't want to be a mother, and somehow, he nodded and said okay, even though he knew he wanted to have a family. Three years later, we're in Paris on a vacation, and I turn to him and say I really want to have a kid. I don't know the answer. Just the cliché that you'll know. When you do, it's a pretty strong drive, and you just kind of have to follow it.

And what is the best piece of love advice you've ever been given?

Do justice to that better self. Don't ever let your lover get bored. That message comes through in the book. Don't take each other for granted. Don't let boredom settle in. For love to grow, you have to keep remembering that that person was someone you once put on your absolute best suit for and someone you shaved your legs for. If you let it get to routine, it can slip into being something that's not really love or marriage but more like a working relationship. It's fun to make an effort because you're not going to get bored either!

You can purchase Lisa Grunwald and Stephen Adler's book The

Marriage Book *on Amazon now!*

Weekend Date Idea: Celebrate a Week of Thanks



By Emma L. Wells

Get into the Thanksgiving spirit early this year! On this [weekend date idea](#), come up with a list of all the things and, more importantly, the people you're thankful for in life. If you're in the early stages of your relationship and love, this conversation can be a great way to get to know each other better.

Give Thanks on This Weekend Date Idea

It's a wonderful Thanksgiving tradition to give thanks for everything in your life. Why not take it a step further this year and not just say thanks but show your appreciation too? After you and your beau have made your lists, start thinking of ways that you can give back to the people in your life.

Related Link: [Date Idea: Give Thanks for Your Health](#)

If you're feeling creative, you can make some fall-themed gift baskets. You can bake some lovely Thanksgiving treats or, if you're not that confident in the kitchen, buy some high quality ingredients and make a DIY basket. Many speciality cooking stores also sell pre-packaged cookie, pie, or cake mixes that you can include. Add some Thanksgiving decorations, like a few gourds or pumpkins from a farmers market, a serving tray, or utensils to help make their dinner extra special!

Put Some Love Into This Date Idea

Don't forget to personalize your baskets by including a handwritten and heartfelt note telling them what they mean to you. Your loved ones will be touched that you put so much thought and care into this gift! Pass out your baskets to your family and friends throughout the week leading up to Thanksgiving.

Related Link: [Date Idea: "Fall" in Love](#)

After this weekend date idea is over, consider this relationship advice and make an additional basket to give to your sweetheart! Instead of a Thanksgiving theme, make this basket more personal. Fill it with fun activities you two will enjoy doing together this winter, or find items that remind

you of great memories from your relationship and love so far.

How will you and your honey give thanks this year? Tell us below!

Jennie Garth: Can You “Win” the Celebrity Exes Challenge?



By [Dr. Jane Greer](#)

It's been less than two years since actors Jennie Garth and Peter Facinelli finalized their [celebrity divorce](#), but already both are engaged to new partners. After Peter announced his [celebrity engagement](#) on March 16, Jennie's engagement to her new boyfriend of only a few months was confirmed last week.

The question is: Is this a coincidence, or a “battle of the celebrity exes”?

Sometimes one person will try to “win” their breakup by not being the one left alone while their ex has found new love. Even though you may be relieved that your relationship and love has ended, seeing your ex get into a new relationship or get engaged to someone else can potentially drive you to get involved quickly with someone you might otherwise not be so interested in. Additionally, it can also trigger you to take the next step with your own new partner so you don't feel your ex is getting on with their life and you're the one being left behind.

The Many Facets of Divorce

There are many facets of divorce that people have to go through, and there is no question that one of the most difficult is dealing with your ex when they move on and become involved with someone else. Whether he or she is starting a new relationship or is making the ultimate commitment by getting engaged or married, it can reverberate through you and oftentimes makes you feel like you are experiencing an ending all over again. This can be true whether you are in a new relationship or not. Inevitably you feel a loss knowing someone has taken your place. Regardless of whether the relationship ended at your former partner's hand or your own, it is hard not to look back at what was good when you were together, and feel bad that it didn't work out. That can be the case even if you are in a new, healthy relationship.

How to Stop Looking Backward and Start Looking Forward

First, know that feeling envy, sadness, and regret is natural and understandable. The trick is learning how to deal with it

so those feelings don't consume you. The most important thing is to keep in mind that what you shared with your ex was once special and helped form you into the person you are today. You stayed together for as long as you could, while it worked for both of you, but it ended because it was no longer generating the happiness the two of you signed on for. If your ex is now happy and has moved on, that can be a signal for you to be doing the same thing by either looking for the relationship you always wanted but weren't able to have with your ex, or by shaping the new relationship you're in to make sure it is fulfilling and gratifying in a way your old one wasn't. Instead of living in the past, look to the future so you can stop feeling unhappy and empty about what you missed out on, and finally secure what you wanted all along. In other words, stay focused on yourself so you can build your own happily ever after.

As far as celebrity exes Peter and Jennie are concerned, at least they have each moved on with their new lives respectively and, in doing so, they appear to be in sync once again.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to [Dr. Greer](mailto:askdrjane@drjanegreer.com) at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy.

Relationship Movie 'The Age of Adaline' Features an Ageless Blake Lively



By [Courtney Omernick](#)

After staying 29-years-old for eight decades, Adaline Bowman (Blake Lively) has become a lone wolf, never allowing anyone to get close to her for fear that they will reveal her secret. But, after an encounter with Ellis Jones (Michiel Huisman), her passion for a relationship and love life reignites. However, a weekend with his parents threatens to reveal the secret she's been hiding for so long.

Should you see it:

This relationship movie is a bit of a chick flick with a twist. If that's what you're looking for, than look no further

than *The Age of Adaline*. This movie is also packed with amazing actors such as Blake Lively, Harrison Ford, Michiel Huisman, and more!

Who to take:

This film would be great to see with your friends or significant other.

How can you get over your partner's past?

Cupid's Advice:

When we begin to date someone new, we may have a lingering curiosity about his or her past; it's human nature! Everybody has to start somewhere. But, what if your partner's past wasn't as great as you expected it to be? What if he or she isn't interested in giving you details? Below is some dating advice and a few suggestions regarding how to get over their past.

1. Look at your own past: Take a good, hard look in the mirror and decide. Can you fairly judge this person? I'm sure there are a few items in your past that you're not proud of. Don't be so quick to point a finger or criticize.

Related Link: [Relationship Advice: 5 Small Things You Can Do To Increase Generosity In Your Relationship](#)

2. They weren't born yesterday: Especially if your partner has some crazy skeletons, when you learn about them, it can be a blow to the chest. You have to remember that their life didn't start the day they met you and vice versa.

Related Link: [Alternatives to Couples Therapy: Save Your Relationship and Love Life](#)

3. Accept them for who they are: This means that you accept them for both the good and the bad. If you find that you're having trouble shaking his or her past, try using acceptance

as the bond that holds your relationship together.

How have you moved beyond your partner's past? Comment below!

Celebrity Interview: At Home in Hollywood Founder Lisa Johnson Mandell Reveals Secrets of Kim Kardashian and Kanye West's Hollywood Home!



By Meranda Yslas

Without a doubt, celebs live extraordinary lifestyles. From the designer clothes they wear, the expensive cars they drive,

and the luxurious parties and dinners they attend, it's natural to want to take a peek into their world. Luckily, thanks to our [celebrity interview](#) with Lisa Johnson Mandell, we're able to get an inside look at the homes of some of the most famous celebs.

A Look Inside Celebs' Homes

The HGTV Los Angeles correspondent has toured the houses of many stars, including the home of Hollywood couple [Kim Kardashian](#) and [Kanye West](#). One of Mandell's favorite parts of their Hidden Hills house was the master bedroom. "The master suite is fabulous and enormous. It's like 3,000 square feet, which is bigger than most of our homes," she reveals. "It has a sitting room, a kitchenette, his-and-her bathrooms, his-and-her closets, and his-and-her dressing rooms." That's not the only impressive room in this 50 million dollar mansion: It also has a spa room, a gym, a courtyard with a fountain, and a backyard that can easily hold 500 people.

Related Link: [Famous Couple Kim Kardashian and Kanye West Show PDA After Brit Awards](#)

Without a doubt, their house is gorgeous, but this famous couple was also guilty of "the worst celebrity purchase" that the founder of At Home In Hollywood has ever seen. The two bought "an absolute rundown shack." She elaborates, "It was a ranch style home that had fallen into disrepair. Nobody lived there; weeds were growing inside of the house; and everything was dilapidated." Even with such an unflattering descriptions, the married celebrity couple paid three million dollars for it. The reason for this seemingly outrageous purchase was for security purposes. This "awful shack" overlooked their beautiful new home, so they bought it and "will probably just tear it down and keep the lot so that nobody can peer into their backyard," the real estate agent shares.

The decision to move into a home in Hidden Hills is not that shocking, especially for a Kardashian. According to Mandell, their new house is really close to momager Kris and sisters Kourtney and Kendall. Celebs tend to buy homes in exclusive neighborhoods like this one because “it’s a great community, especially for families. It’s super private.”

For the most part, stars usually hire professionals to help decorate and make interior design decisions. It makes a lot of sense, considering they are constantly traveling or working and don’t have a lot of down time. However, that’s not always the case. Mandell shares that there are some celebrities who “really have a flare for decoration.” Annie Potts from *Designing Women* is one of them. “She just put her house on the market a couple of months ago, and it is absolutely gorgeous,” she divulges.

Real Estate and Relationship Advice

Not only is Mandell an expert in all things related to celebrity real estate, she is also familiar in offering relationship advice. As the author of two relationship books *How to Snare a Millionaire* and its sequel *How to Snare a Millionaire Now*, she is able to combine both of her areas of expertise and share some great real estate tips for couples.

Related Link: [What You Need to Know Before You Move In Together](#)

For couples deciding to move in with each other, “it’s really a good idea to get a new space.” She further explains, “There are things that will remind your new partner of your ex, so I think it’s definitely best to start fresh if possible.” She jokingly adds, “If you can’t afford to move, at least get a new bed!”

When it comes to raising a family, there are a few things a couple should look for in a home. The relationship author

believes the school district should be the number one priority. Although she does admit that buying a house in a good school district is going to cost a little bit more, “it ends up being a good investment.” She explains, “If you’re paying to put kids in private school, tuition can be 30,000 dollars or more a year. It’s going to be pricey. The extra money you’re putting in your home, you’ll make up later in school costs.”

She also makes a note of caution regarding the stairs. “If there is a staircase in your home, you’ve got to make sure it can be carpeted if you’re going to have little ones,” she says.

Related Link: [‘Million Dollar Listing’ Star Josh Altman Says, “Relationships are Harder Than Owning a House”](#)

The journalist shares a few tips to offer anyone who is single and house hunting. Reminiscing about her own bachelorette pad, she suggests that it’d be “really great if your home can be within walking distance from nightlife, restaurants, coffee shops, and stores. If you could walk home at night without having to worry, that’s always good,” she says.

One thing that singles shouldn’t stress out about when looking for a new home is the size. Mandell explains that “square footage is less important than location.” If you do end up entering into a new relationship and love, living in a smaller house makes it more convenient for you. “The fewer possessions you have, the easier a move is and the freer and less encumbered you can be,” she shares.

You can keep up with Lisa on her website [At Home In Hollywood](#).

Relationship Author Carmen Harra Reveals 'The Truth About Karma in Relationships'



By Meranda Yslas

Licensed psychologist, relationship expert, and spiritual teacher Carmen Harra recently released a new love advice book that she co-wrote with her daughter, Alexandra Harra. *The Karma Queens' Guide to Relationships: The Truth About Karma in Relationships* explores how karma affects our everyday life. From romantic relationships to the parent-child relationship, the [relationship author](#) stresses the importance of having strong and clean karma.

Relationship Expert Explains The Importance of Karma

Your book focuses on how karma plays a role in relationships and love. Can you explain karma to our readers?

The concept of karma is considered to be the number one law of spirituality. As human beings, we are defined by our actions, our thoughts, and our intentions that translate into reality. We have individual karma, and we have family karma, meaning your intentions reflect in your family and in the people closest to you. I think karma is the foundation of the human bond, the foundation of human laws, the foundation of relationships.

Related Link: [Relationship Author Daisy Buchanan Shares Her Dating Advice for 'Meeting Your Match' Online](#)

How do you work on karma to make sure it's strong and healthy?

Karma is something you can reverse, something you can work on. Karma is something that requires work. The more you are aware and the sooner you work on it, the better. The more you clean the karmic blockages, the sooner you can move your life in the right direction. If you feel that you have a block somewhere, you have to go and revisit your karmic pattern and understand where that blockage is.

How does karma affect our relationships and love?

All of our romantic relationships are karmically affected. Let's say you're raised in a dysfunctional family. You will have a very hard time creating your own family because all of those imprints will be stored in the subconscious mind. If you don't work on that and you don't acknowledge what has happened in your youth, then you will have a harder time creating a good family and a good foundation of your love life.

When you think of the word “karma,” it is something that gets repeated. It’s like a memory that stays in your mind. Sometimes, it goes dormant, and all of a sudden it wake up, and it hits you. In psychology, it’s called dissociative amnesia. People tend to forget; people tend not to remember what has been done to them, but when you wake up that karmic pattern, you have an ability to erase it. So it’s good to revisit memories; it’s good to bring memories to the conscious level so that you can take them away and not let them hurt you anymore. If the mind has too much information and too many bad memories, it gets clogged. Every single relationship should be pure and should be unclouded of the negative karmic information.

Related Link: [Author Vicki Reece Offers Love Advice for Moms: “I’m All For Family Date Night”](#)

Relationship Advice For Getting Out of Toxic Relationships

One of sections *The Karma Queens’ Guide to Relationships* is about toxic relationships. How are you able to get out of a relationship that is more harmful than good?

You need to uncloud any information that has existed, and in order to do so, you need to revisit all of your issues and make sure things are as simple as possible. One of the key things for relationships to function well is simplicity. That’s why my new article is about ways to detoxify dysfunctional relationships – we live with them, and we’re not aware of how toxic they can be. A toxic relationship doesn’t allow you to trust people; a toxic relationship doesn’t allow you to function at the best level of yourself – it’s like your soul is broken in pieces. You have to work on yourself to empower yourself.

Sometimes, dysfunction can be an obsession and can create an

obsessive pattern. What you need to do is replace your obsessions. A lot of dysfunctional relationships are based on an obsession. How many people are obsessed with the people they can't be with? How you work with changing that obsession is the work of the mind. You need to reprogram, to rewire the brain. It's an entire technique of rewiring the brain by eliminating all those obsessive behavior problems.

You have to practice what is called self-care. It's the fact that people ignore themselves; that's why they become self-destructive. You attack yourself, and that has a lot to do with not being able to take care of yourself. There is something wrong with you, so the moment you practice that self-care, you have a chance of healing from something like that.

You have to work on it on a daily basis. The neurons in the brain need to be creating new patterns of thinking. People go to the gym. What about working on the neurons in the brain to create the new paths of thinking? Relationships that are dysfunctional damage your well-being. If you don't clean the toxicity and if you continue to live in the poor relationship, you will never be balanced enough or you will never be well enough at any level of your being, not even physically.

Is there anything else you would like to share with our readers?

They should be aware of the power of their own mind, the power of their own soul, the power of their own words, both written and spoken. If you start saying, "I'm not good; I'm not beautiful," then you're not empowering yourself. People should be aware that is part of the self-care and the self-empowerment. I feel like my book, personally, is kind of a manual. It gives you wisdom, and wisdom erases karma. I wrote all my wisdom throughout the years and then combined it with my daughter's perception of the younger generation. We asked, "How can we make this right? How can we start having those

wonderful relationships in which we celebrate the other people in your life? Is it possible?" Absolutely! With the right mindset, you finally can live in peace and joy and celebrate every aspect of your life. A book on relationships and love is about celebrating life!

You can purchase The Karma Queens' Guide to Relationships: The Truth About Karma in Relationships on Amazon.