

Celebrity Interview: Hollywood's Most Sought-After Hair Colorist Michael Canale Talks Tips for At-Home Hair Care and His New Hair Line



By [Hope Ankney](#)

Michael Canale is an American hairstylist, colorist, and the creator of Canale Hair Care Products. Yet, he's mainly famous for being the most sought-after hair specialist in Hollywood.

Being a part of the entertainment industry for years, his hands have worked magic on the likes of Reese Witherspoon,

Jennifer Aniston, and Kate Hudson. In fact, Canané is responsible for “The Rachel” look on Aniston that dominated the widely successful, early 2000s sitcom *Friends*. But, he’s recently decided to branch out and start his own line of hair care products to further help others outside of his grasp. On top of that, he has spoken out about the importance of self-care and how to maintain your color during this time of quarantine.

In our exclusive celebrity interview, we chat Michael on his rise in the industry, advice over safe hair coloring tips, tricks to try at home, and his new hair line Canané.

How did all of this start for you? Was there a specific moment you remember that caused you to want to become a hair colorist?

I was a biology minor and have always been on the chemical side of the industry. Early in my career, the colorist where I worked did not show up to the salon. The makeup artist asked me if I wanted to learn how to color hair with him. So, he taught me how to identify the right color for each type of complexion. He also showed me 3 techniques that I have expanded over time, making my own numerous techniques while retaining those 3 main concepts.

You’ve worked with very well-known clientele over the years. Jennifer Aniston... Kate Hudson... Are there any stories you can tell us about your favorite experiences with some of them?

I am a colorist, and I work by myself. It was amazing to see

Jennifer blow-dry her own hair as well as any stylist! Heidi Klum was the only person that ever made me blush just by her looking at me. I am honored to work with a lot of my actresses, trusting me to color their hair during their pregnancies, like Kate Hudson!

You've been voted 14 years in a row by *Allure Magazine* as being the "best of the best" and even received praise from *Vogue*. You have such a prolific career. What advice do you have for young children or even young stylists who want to get into the field?

Learn from the best, work with the best, and never let them down. Make the master stylist proud. Remember to keep the health of the hair, use what the client naturally has to achieve – what they desire. Work with their natural base color and their hair consistency to enhance their overall look.

With the state of the world right now and everyone being at home due to quarantine, what are some at-home hair coloring tips for our audience?

Between seeing your colorist and seeing them again, do not do anything that will ruin your hair. While quarantined, you can use concealers like spray and powders that cover grey. This lasts until you wash it out. Another option is demi or semi-permanent. Demi will last up to 2 weeks while semi can last up to 6 weeks when using the right hair products. Both will keep your hair color intact while waiting to see your hairdresser again. If you choose to dye your hair, remember hairlines grab darker, so try to stay lighter around the hairline. You will have to purchase 2 different boxes of color. For example, if you are doing your base medium brown use light brown around your hairline. Also for brunettes, try a color bath with the remainder of the hair color! Use a base color, you can add water and shampoo to the remaining color in the bottle and lather it into the ends of the hair to refresh it for the last 5 minutes of the process.

From your perspective, what are the hair color trends at the moment?

Roots are in! Try to preserve or prolong your hair color. I recommend using a color and shine-boosting gloss. All of my New SIGNATURE GLOSSES, can really refresh and enhance color for both highlights and base colors. The SUNKISSED GOLD for warmer skin tones and COOL BLUE for cooler skin tones will brighten up your blonde while MIDNIGHT BLUE cools down any brassy tones on blondes or brunettes. They last up to 2 weeks, the results are amazing! I am currently providing samples to my clients in my Canalé At Home Personalized Color Kits. The glosses will be made available in June for the Summer and can currently be pre-ordered on my website www.colorbycanale.com.

Self-care in any way can be something that makes someone feel great about how they look or feel inside. How important do you feel it is to practice self-care on your hair while being isolated during this pandemic?

Take care of yourself and your hair! Get up in the morning, take a shower, wash, and style your hair. Use boar bristles, not metal for your brushes, and avoid hot tools. Add oils to your conditioner. My new REPAIRING Hair Oil restores natural luster, hydrates, and deeply conditions dry, damaged, and color-treated hair. Just add 3-5 drops of oil to a tablespoon of Canalé SOFTEN or SOFTEN PLUS Conditioner for a deep conditioning treatment. I am also providing these samples to my clients in my Canalé At Home Personalized Color Kits. They will be made available in June and can currently be pre-ordered on my website www.colorbycanale.com.



Michael Canale. Photo:
Courtesy Anderson Group
Public Relations

Can you tell us a little bit more about your product line, Canale?

People would come to me and ask, "How can I keep my hair looking fresh until I see you again?" So, I created a product line that is proven to maintain and restore the integrity of treated hair from the inside out and the outside in! Canale CLEANSE Shampoo for all types of hair is the mildest shampoo that fully cleans the hair without fading color. SOFTEN Conditioner for finer hair, rebuilds the hair shaft and brings back the luster of the hair. SOFTEN PLUS Conditioner, rebuilds the hair shaft plus adds moisture, perfect for thick, unmanageable hair. Canale hair products have two supplements, one topical and one ingestible. NOURISH topical vitamin foam is applied to the root of the hair and feeds the hair follicle with key nutrients. It is applied after Cleanse shampoo and expands the hair shaft adding volume. It is the most technologically advanced product in the line. The ingestible vitamin REPLENISH feeds the hair, skin, and nails all-natural, vegan, superfood, blue-green algae, and other key nutrients that help stimulate the hair with a patent on cellular absorption by Targeted Medical Pharma.

Healthy, shiny hair that is what everyone wants!

How did the idea come about to create the products for Canalé? Was there a specific amount of time you waited before pursuing it?

In the past, I represented brands like *Kerastase* and *Shu Uemura*. Although I loved these products, I still felt something was missing. I made it my personal goal to develop the most holistic healthy hair care system. I partnered with Dr. David Silver and worked together to scientifically formulate a product line focusing on getting and keeping hair healthy while maintaining and extending hair color, improving the fullness of hair, and bringing out the natural shine.

What do you think is the greatest opportunity you've had while having the platform you do as such a renowned hair colorist?

I truly enjoy making people happy. Creating the trend, while working to bring out my client's personal best. The right color is an accessory, use it to your advantage. People can always tell my work, enhancing a person's natural complexion and eye color, this trend never goes out of style. I have appreciated the opportunity to share my work over the years with multiple generations of the most powerful woman, true icons, and inspirations.

The hairstyles we have can be so empowering. The way one plays with theirs can be such a creative outlet. Why do you think that is?

Hair is personal. It is an expression and extension of ourselves and our personality. It is who we are and who we inspire to be. With the latest hair color trends, individuals are empowered and encouraged to take risks. Using temporary dye or hair makeup is so fun!

Voted "Best-of-the-Best" by Allure Magazine 14 years in a row and touted by Vogue as "not only really good, he's really

fast," Canalé personally travels between locations in Rancho Santa Fe, San Francisco, Dallas, New York, Washington DC and Beverly Hills, making sure that each of his clients gets the hands-on attention they need to look and feel their very best. With over 30 years' experience, Michael Canalé is a rare talent and truly among the best in the industry; his work has been published in Allure, Vogue, Vanity Fair, Women's Health, Elle, Marie Claire, Redbook, Glamour, and New Beauty, to name a few.

Celebrity Interview: 'Temptation Island' Host Mark Walberg Shares His Thoughts on Season 2 and Physical Infidelity vs. Emotional Connection





Interview by [Lori Bizocco](#). Written by [Hope Ankney](#).

Mark Walberg (not to be confused with film actor Mark Wahlberg) is an American actor, on-air television personality, and talk show host known primarily for *Antiques Roadshow*, *The Moment of Truth*, and both the original (Fox Network: 2001) and the modern reboot (USA Network: 2019), *Temptation Island*. Walberg's time on *Temptation Island* is split between acting as the host and being a relationship confidant who couples go to for guidance through all kinds of relationship struggles they experience on the show. In our exclusive [celebrity interview](#), Walberg offers our visitors his thoughts on the second season of the show, and some [dating advice](#) for any couple going through hardships.

In our celebrity interview with *Temptation Island*'s Mark Walberg, get season 2 sneak-peeks,

dating advice, and tips on emotional connections.

Temptation Island is a reality show that follows four couples who are struggling in their relationships and can't decide whether to call it quits or not. When they arrive on the island, they are separated and put onto different parts of a beautiful island for four weeks, where they are tempted by other relationship options. The show has seen booming success since the first season of its reboot aired at the beginning of 2019. With season two premiering just a few weeks ago, the drama-filled show has only turned up the heat with its steamy antics.

Related Link: [Celebrity Interview: 'Temptation Island' Host Mark Walberg Shares His Secret to a Happy Relationship](#)

A season that Walberg claims is “really on steroids” as far as content goes, he explains that what ends up happening with these couples isn't scripted. The producers aren't in charge of turning the heat up, despite the drama escalating quickly this season. According to Walberg, it all depends on the couple and their personal journey. For example, Ashley G. slept with someone in the first episode, and that's something that just didn't happen in the first season of the show.

Walberg likes the idea of producers not being in control, because it allows him to be more open and vulnerable with the couples. In the second episode, Walberg has a conversation with Rick about Ashley's infidelity, saying that he's sincerely hurting alongside Rick. He takes his role with the couples very seriously, admitting, “I want the best for them. I'm very well aware that it's probably not going to go the way that they hoped or thought they could control, but the bigger question, to me, is always about yourself. What brought you here? It's not about the other person.” He expands on this

statement, explaining how he handled his discussion with Ashley G., hinting that she has great remorse about hurting Rick in later episodes.

When asked if a couple can come back from something like what Rick and Ashley G. are going through, he provides some great advice about the differences in every couple and how they handle hardship. According to Walberg, every couple is unique and thinks differently about their relationship. If you're talking about two people who have built a foundation from an on-again off-again dynamic, it's obvious that the couple has been able to forgive one another and get back together after past conflict. Walberg is serious when he asks couples, "Do you think you can come back from this?" He says, "When you sit and break it down, there's a lot of grey area between the black and white. I know that people watching at home are like, 'If anybody did that then it's over,' but relationships with these people are years long and unique to them."

Watching season 2 of *Temptation Island*, we observe events like David's threesome, Ashley's infidelity, and then cases like Casey's where he claims that his relationship with Ashley H. is weak, stating, "I could break-up with her and be fine." Does that raise questions about what really hurts more, physical infidelity or emotional connection? Walberg seems to think that a lacking emotional connection is much scarier than a physical infidelity. Physical intimacy doesn't always cause a bond to form, and he agrees with viewers who believe that emotional connections are the ones that are lasting.



Mark L. Walberg. Photo Credit: Pr Photos/prphotos.com

Despite our curiosity, Walberg remains tight-lipped about who he thinks will survive as a couple and who he's rooting for, but he does touch on the growth he's seen from both Rick and Ashley H. He thinks that Rick's backstory of being a playboy is interesting when you see how he grows throughout the season. He even singles out Ashley H. and applauds her for her development from being extremely sensitive to radiating a sense of strength by the season's end.

In fact, Walberg explains that the island is a vehicle for couples to seek answers in different facets of their lives. "For some guys that require self-love, and sometimes [they] just do things I can't figure out. But, my hope is that everybody leaves the island feeling like the experience helped them grow in some way or another." If the couples are committed to going to the island, there is a sense of self-reflection that they have to go through and work on. It's a natural process that happens on its own for every couple.

With shows like *Temptation Island*, it can be an addicting experience for the audience. So, it isn't surprising that fans become attached to the show, because they see parts of themselves or their relationship in some of the couples on screen. People can relate to wondering whether or not they're settling in their relationship. It's easy to empathize with the struggles when it comes to finding your "person."

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Relationship struggles are a reality for all couples, and Walberg stresses the importance of communication to overcome those low points. Not all folks can hop a plane and become part of a reality show to fix their problems, he says, but, "If you can talk about it, you've got a shot. Talk it out, and if you need to find professional help to talk it out, that might be the best way."

And, speaking of communication, Walberg is still in touch with the entire cast from season 1 through Instagram! He says he's still friendly with all of them, pointing out, for instance, that Evan reached out to him personally when he and Morgan announced their engagement.

So, what can we expect from upcoming episodes? Walberg wasn't very forthcoming on this, but he told us to keep a watch on the dynamic between couples shifting from potential love interests to supportive friends, as well as seeing romantic connections grow. And, get ready for some entertainment! According to Walberg, the final bonfire is "pretty riveting."

Stay tuned! If Walberg's insight is anything to go on, *Temptation Island* is about to get insanely entertaining.

You can keep up with Mark L. Walberg by following him on [Twitter](#) and [Instagram](#). Make sure to check out "Temptation Island" Tuesdays at 10/9c on USA Network.

Celebrity Interview: Sophia Bush, The Activism Behind the Acting



By [Hope Ankney](#)

Sophia Bush is an American actress, director, and producer, but she's most well-known for starring as Brooke Davis in the hit CW drama series *One Tree Hill*.

Although she has been a part of the entertainment industry for years and has been featured in many TV series and films, she has an undying passion for activism. Working to use her

platform to raise awareness for certain causes, she has been part of many campaigns and groups like *F*ck Cancer*, *Run for the Gulf*, *Humans Rights*, and *Do Something*. Recently, she has been very vocal about women's rights and the feminist movement, joining organizations and using her credibility to make a stand against misogyny.

In our exclusive [celebrity interview](#), we chat with the inspiring actress about her newest project with *Always to #EndPeriodPoverty*, her efforts to support the *Times Up* movement, her newest film, *Hard Luck Love Song*, and what she loves about her podcast *Work in Progress*!

In our celebrity interview with Sophia Bush, she talks about making the leap from the big screen to the activist scene.

1. Can you tell us about your latest campaign with *Always*?

I'm so proud to be working with *Always* on this important mission to help #EndPeriodPoverty. Last year, we were able to donate 20 million period products in the U.S. This year we're donating millions of additional products via *Always'* longstanding partner, *Feeding America*, and local *Period Heroes* who are already working to #EndPeriodPoverty for school-aged students in their communities! We are asking everyone to join us. Talking about the issue in your circles and on your social channels – tagging @always_brand using #EndPeriodPoverty – will help raise awareness and inspire action! If you want to do, even more, you can purchase period protection products and support local *Period Heroes* in your community by donating them to your local school or shelter. Any donation could go a long way in making a difference for someone in need. Visit <https://always.com/en-us/about-us/end-period-poverty> to learn

more about how you can get involved.

2. What made you want to join the campaign?

I was honestly shocked and disheartened when going over the data that shows that nearly 1 in 5 girls in the U.S. have either missed school entirely or left school early because they lacked access to basic period products. Here in the Los Angeles area alone, 88,000 students have missed school because of period poverty. That's why I'm honored to team up with *Always* to help raise awareness of this issue and make a difference. We cannot begin to tackle an issue if no one knows about it, so breaking the taboo and having the conversation is an important first step!

3. Another campaign you have been a part of and helped found is the *Times' Up* movement. How has this movement affected your life? Your dating life?

Well, I find it sad that there's some sort of fear that women speaking up for themselves – and their friends and coworkers – would somehow shrink their dating options. Or, that it's part of the consideration in the conversation around equity and eradicating sexual harassment in the workplace. I want to be clear- pursuing someone romantically and harassing someone in the workplace do not, ever, overlap or intersect. Nor should they. My understanding of that reality hasn't made men run away from me. And if it did, trust me they wouldn't be the right men for me or for any of us. *Times' Up* has been a long time coming. As has the general conversation about treatment in the workplace. Women deserve to go to work and just do their jobs, the way men get to. The considerations and practices women have had to think about, just to avoid mistreatment while working, are an unfair amount of emotional labor, period. I'm glad we are in an era where we are talking about these things. I'll be even more glad when we see substantive, structural change taking place across industries. The conversation is certainly the first step, the awareness

aspect is integral, but we need to see action taken as well. In my own life, I feel much safer and freer to be creative on sets where respect for everyone present has been clearly expressed. Where performers and crew alike are assured that they are supported. It matters.

4. Time's Up was founded by a number of other talented women. What are some lessons/ advice you have learned from the women you have campaigned with?

There are strength and safety in numbers, that's for sure. Whether it's the famous faces who have been able to garner global attention for the cause, those who champion behind the scenes, brilliant legal minds running the defense arm of the organization, I am in awe of how a committed group of women who are relentless in their pursuit of justice can effect change.



Sophia Bush at Variety and Women in Film. Photo: PRPhotos.com

Related Link: [Celebrity Interview: Entrepreneur Lara Merriken Talks Building Her Brand & Healthy Eating](#)

5. Along with being an activist, you are an actress who has starred in many popular shows/films. How do you use your platform as an actress to advocate for issues in the world or issues you are advocating?

My platform is the blessing of my career. I get to use it as a great big highlighter, a megaphone if you will, to draw attention to causes that need support. While I don't expect everyone to feel the way I do, I couldn't imagine having the ability to talk to millions of people every day and *not* pay that forward for great causes! I also happen to be a giant research nerd, so it excites me to do deep-dives on important subjects, from politics to philanthropy, and be able to share findings with my audience at large. It's the perfect marriage of the personal and professional, for me.

My acting career is something I love very much. I'm grateful that my professional work is something I deeply enjoy. My activism, advocacy, political work, and volunteering are what truly fuel me as an individual, on a personal level. That's where I can truly serve. It has been a privilege to be able to use my platform and my social channels to share my dedication to causes that I'm passionate about. I'm grateful every day for the incredible community we've been able to build together, filled with people who continue to support these important causes along with me.

6. You have an upcoming film, *Hard Luck Love Song*. Is there anything you can tell us about it?

It's such a beautiful, tragic, messy love story. I was so struck by the cast of characters in this movie, each trying to do their best in their complicated circumstances. Working with Michael Dorman was a dream. He's a fantastic friend and collaborator!

7. Will you have any love interests in this movie?

Michael and I play used-to-be sweethearts who can't quite let

each other go. It's a relationship that once held a lot of love, but also a lot of pain, and over the course of the film, our characters will have to see if they can start over.

8. How do you prepare for a love interest in a new movie?

I don't prepare for the love interest part so much as I prepare my own character and her experiences that have led her to the place where the audience meets her, the first time she appears on the screen.

Related Link: [Exclusive Celebrity Interview: Celebrity Fashion Stylist Brad Goreski Shares Secrets for the Perfect Sunglasses](#)

9. Is there anything you are excited to work on next?

I've been loving working on my new podcast, *Work In Progress!* It's been so fulfilling and fun. I get to have these deep, funny, curious conversations with unbelievable people. The other day someone called it the "'Fleabag' of podcasts," and considering "Fleabag" is one of my favorite shows of all time, I just about fainted. That kind of raw honesty is exactly what I'm looking to cultivate, and I'm so thrilled that our listeners feel it. Plus, getting to interview everyone from Gloria Steinem to Whitney Cummings has been such a joy!

What can't Sophia Bush do? With her platform and determination to make a change, be on the lookout for this actress and her continued efforts through activism. Whether it's filming a movie, using her voice, or actively participating as a woman's activist, know that she'll be a force to be reckoned with for years to come. And, if you want to get involved with any of the campaigns that Bush is apart of, herself, reach out to the organizations featured and make your own difference!

Keep up with Sophia on Twitter [@SophiaBush](#) and [Instagram](#).

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

Celebrity Interview: 'Bachelor' Alum Ben Higgins to Host "The Wedding Party"



Interview by [Lori Bizzoco](#). Written by [Courtney Shapiro](#)

Most people know reality television star Ben Higgins from *The Bachelor*, but this busy entrepreneur has also opened up *Generous Coffee Co.*, which helps those in need, and *Ash-Kara*, a restaurant in Denver serving up Israeli and middle eastern cuisine. Next on the list, the self-confessed romantic is pairing up up with **DiningOut Events** to create a large, one

of a kind wedding event called, *The Wedding Party*. If you are newly engaged this could be for you. The Wedding Party is looking for a dozen couples to experience the unique opportunity to have a ceremony and reception with all the fun and none of the headache.

In our exclusive [celebrity interview](#), we chat with Higgins about the creation of the Wedding Party, his entrepreneurial endeavors as well as his current dating life and relationship advice.

Check out our celebrity interview with Ben Higgins to see what the reality star is up to today:

1. Hi Ben, you must be excited about your new endeavor with the Wedding Party. What inspired you to get involved and would you ever consider this type of wedding for yourself?

The Wedding Party is a first-of-its-kind mass wedding ceremony, reception, and festival all rolled into one. I am not aware of another wedding that has ever been quite like this. I am very excited! I've known the founders Jeff Suskin and Shalisa Pouw of DiningOut Events for some time – we are involved in a few projects together. They approached me over coffee with a wild idea and I was immediately hooked. I've always been a romantic at heart, so I didn't need much convincing.

I would consider this type of wedding for myself, but then again, I'm not the only one who would have a say in the matter!

2. If not, what would your dream wedding look like?

I love a big celebration! Whether it be a group wedding like

The Wedding Party or a more traditional setting, the celebration and energy of the attendees is what matters. My ideal wedding would be filled with lots of laughter, dancing, smiling, and enjoyment.

3. Can you tell us what your role will be at The Wedding Party and any specific things that you will be doing?

I'm hosting The Wedding Party. The real job is to make sure everyone is enjoying themselves and having a good time. It's going to be a special day for the couples and attendees, and I want to make sure we throw one hell of a celebration!

4. Who else will join you in this process of choosing the couples and what specific characteristics or traits will you be looking for during the selection process?

The couples are chosen by a group of people including myself and the team at DiningOut Events. We are looking for couples from all different backgrounds and love stories. We are looking to bring people up on stage who are all different, all diverse, and all excited about making the commitment! Couples can apply online at <https://www.theweddingparty.love/>.

5. Aside from the cost savings, can you give our visitors 2 to 3 additional reasons why they might want to consider sharing their special day with a bunch of other couples and their families?

The modern wedding experience is very expensive, with tired rituals and too much stress for everyone involved. The Wedding Party is a way for couples to share in the fun and excitement at a blown-out shindig with a couple thousand people there to support them!

6. Let's move on to you. Ben, we hear that you are dating again. We are so happy for you. What can you tell us about this new woman in your life? So many fans want to see you happy!

Jessica and I have been dating for a few months, and it has been great since the beginning. However, the relationship is new and we want to be wise about how much pressure we put on our relationship. Timing is important in any relationship and we both wanted to figure out if this was going to be something that we were going to try and make last before we publicized our relationship.

7. We know that communication is critical in a long distance relationship. Any advice to help our readers who are struggling with dating someone long distance?

Long distance relationships are much harder to maintain, but it can be done. Communication is key! Trust also plays a big role. Face-time is a huge asset to long distance relationships! The best thing about long distance is that you are forced to have intentional conversations and as a result dig into the lives of the person you are pursuing. I encourage anyone out there to write down some questions that you maybe wouldn't ask if you were in person and then ask those while you are on the phone so you can use that time to your benefit.

8. Ben, where do you want to live and start a family? Does Denver have your heart long-term or would you move for someone special?

Denver is an incredible city! I love Denver and do consider it home, but I am not necessarily stuck in Denver. I am open to the discussion but right now Denver is the number one place for me to call home (and ideally I would be in Denver a long time).

9. As the owner of two businesses, have you always been passionate about entrepreneurship? What was the inspiration behind Generous Coffee Company and Ash-Kara?

I've always been passionate about entrepreneurship, especially if there is a purpose behind the business. That's what inspired me about Generous Coffee. The profits are used to

fund sustainable, life-changing work around the world. As for Ash-Kara, it was more of me fulfilling my childhood dream! The idea that I can be a part of so many different things that may last beyond my time here on earth is exciting to me. I want to leave a legacy.

10. Is there anything else that you'd like to leave us with or anything else that you are working on that you'd like us to cover?

Currently, my life is fairly consumed in Generous International, Humanity and Hope International, Ash Kara, The "Almost Famous Podcast" with iHeart radio, and The Wedding Party. I do not know what is next, but right now these are the items in this world that bring passion, purpose, and excitement to my life!

Ben Higgins will be hosting *The Wedding Party* this upcoming September in Denver, CO. You can keep with Ben on [Instagram](#), [Twitter](#), as well as his [website](#).

Celebrity Interview: Entrepreneur and Football Wife Candice Romo





Interview by [Lori Bizzoco](#). Written by [Haley Lerner](#).

Candice Romo is an entrepreneur, a mother of three, and a football wife. She grew up in Dallas, Texas with her mother, father and actor brother Chace Crawford. Candice won the title of Miss Missouri USA in 2008 and made the Top 10 for Miss USA 2008. She attended the University of Missouri and graduated with a degree in journalism and a minor in business. During college, Candice worked as a sports anchor and spent her summers interning for the Dallas Cowboys, which is how she met her husband, quarterback Tony Romo. Tony proposed on her 24th birthday and the two were married in May 2011. Now, the couple has three young boys Hawkins, Rivers and Jones. In our exclusive [celebrity interview](#), we talk to Candice about her family life and she fills us in on what it's like to take a [celebrity vacation](#).

Celebrity interview with Candice

Romo

In April 2017, Tony retired from the NFL after 14 seasons with the Dallas Cowboys and now has a broadcasting career working for CBS Sports for the NFL telecasts. Since his retirement, Candice said that she gets to enjoy more time with her hubby at home. When asked how she balances everything, Candice says, "It takes a village," mentioning that her parents live close by and they are active with the Romo children. "Now that Tony is not playing football anymore, he's home a lot. He's been really helpful and I surround myself with other mom friends and we can all help each other out with carpooling and things," she adds.

Related Link: [Celebrity Interview: Fashion Designer & Beauty Guru Matt Sarafa](#)

Candice opens up that Tony no longer being in the NFL has made her life much less stressful. "Being in the NFL is kind of like being on a reality show every week. You're living and dying by these wins and losses, and then of course injuries come into play and you're stressed every game," Candice says. There was always the worry, Candice explains, that Tony would get hurt during a game and how that injury would affect his life at home. "When he was done playing [football]," Candice admits, "there was this underlying weight that I didn't even know was there that was totally lifted. Of course, we will miss being a part of the NFL family." Being a part of something larger is "so meaningful and special and we're always going to miss those times." However, the Romo couple seems to appreciate their new lifestyle. "Tony is an analyst and is enjoying his new job. I can watch football now like a fan and be entertained and not feel like the whole time I'm stressed out."

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When asked what her family's favorite way to vacation is, Candice says that she and Tony love traveling in large groups and bringing their extended family along. As expected, it's challenging to find somewhere for the whole family to enjoy. "We love being able to go to a place like Kalahari Resorts where it's kind of like a cruise ship on land. It's an all-in-one location and for me, that is huge because I'm already packing for five people and I just want to get there and be there and not have to leave." Candice adds that she loves that there are activities for all family members at the Kalahari Resorts. "The kids can do the waterslides while our grandparents do the lazy river and I can go to the spa while Tony goes to the gym. Then we all reconvene back for dinner. Everyone can go do their own thing and then we can all come back together."

You can keep up with Candice and her full life by following her on [Instagram](#) and [Twitter](#)!

Celebrity Interview: 'Love Blows' Creators SallyAnn Salsano & Patti Stanger Discuss Reality TV & Modern Dating



Interview by [Lori Bizzoco](#). Written by [Marissa Donovan](#).

Television producer [SallyAnn Salsano](#) and famous matchmaker Patti Stanger have teamed up to create a new [reality TV](#) show on WE tv called *Love Blows*, which follows the drama of a Chicago family's matchmaking business. In our exclusive [celebrity interview](#), Salsano and Stanger chat about their show, previous television projects, and today's dating world.

Read and listen to this celebrity interview from the masterminds behind the matchmaking reality TV show *Love Blows*!

<http://cupidspulse.com/wp-content/uploads/2017/08/Sally-Ann-Sa>

[lsano-and-Patti-Stanger-Interview-for-Love-Blows.mp3](#)

SallyAnn, we last spoke about *Martha and Snoop's Potluck Dinner*, so I have to start off with saying congratulations because that's a tremendous success and your first Emmy nomination! How does that make you feel?

Salsano: I'm super proud of that. They are such power houses, superstars, and household names worldwide. Working with them – there's almost nothing they won't do. They are super dedicated 24/7 and on set with you morning, noon, and night. And creatively, it's really fun. We really had a great time.

Related Link: ['Martha & Snoop's Potluck Dinner Party' Producer SallyAnn Salsano Talks About Her Hit Reality TV Shows & Possible 'Jersey Shore' Revival](#)

You've said that there are a lot of commonalties between them, even though people may view them as so different. Do you think that played a role in the show's success?

Salsano: There's all this hullabaloo now in our world about different people and people being against each other. If the country was more like this show, we'd be in a better place. If you like someone, nothing brings you together more than a good meal and good conversation. Just get together and have a good time! It doesn't matter where you're from, where you're raised, or what you're like. At the end of the day, we all like to eat, laugh, and have fun. That's basically what this show's about.

Absolutely – great point. Patti, last month, you were on *Hollywood Medium* with Tyler Henry, and you shared that your adoptive mother was really good at giving you advice. What was that experience like?

Stanger: It's not so much what he says and how he says it. It's more like, when you're in the room, there's a strong energy. You *feel* the presence of your loved one. He's a guy

that brings in the energy of your loved ones, and you feel loved. My mom died a really horrible death of lung cancer, and at the end, she was in a lot of pain. So knowing that she was okay was important to me. And then my biological mother showed up – that was all really nice. I never met her, but I felt a presence. You can't tell that though the television though.

Related Link: [Celebrity Interview: 'Hollywood Medium' Star Tyler Henry on His New Memoir & Career: "This is Fundamentally What I'm Meant To Do"](#)

Now, let's talk about *Love Blows*. This is just an amazing collaboration. Who came up with the idea?

Salsano: Patti!

Stanger: I came up with the idea. I wanted SallyAnn involved because she did *Jersey Shore*, and I envisioned this show to be in the same style. I just thought she was the perfect powerhouse to go into Chicago and turn it upside down. Chicago didn't have it's own reality TV show, which was really important.

These are people I work with – I'm like the head affiliate for matchmakers around the world. I'm the one generating leads, giving them advice, and training them. So Lisa used to fix me up – we were like sisters. One day, she told me the story about her husband who cheated on her with her best friend – and she stills works with both of them! Their kids are now training to take over the business. I was like, "Oh my god, this is a reality TV show."

I originally sold the show in a different format to Bravo, but when I left Bravo, I took it back. SallyAnn reformatted it and came up with a better concept than what I had. It was just going to be a pilot at first, but of course, given the powerhouse that she is, she made it go straight to series. We're super excited. It's going to connect to viewers like *The Real Housewives of Beverly Hills* and *Vanderpump Rules*. It's a

show you can keep watching for two hours straight.

So you knew Lisa before you started developing the show?

Stanger: She's someone I work with on a regular basis. All matchmakers work with me; we all work with each other. What's great about this show is that you're going to see this unveiling of the industry. You're going to see behind the scenes of matchmaking, which is a real business that you cannot major in at college. The only place you can get certification is through my old assistant who owns the Matchmakers Institute in New York. You train with matchmakers. You shadow them, like other matchmakers have shadowed me. It's cool because it's always handed down generation after generation – the way Lisa plans on handing it down to her daughter Annie.

A lot of crazy things happen in these episodes, a lot of cliff-hanger drama. And I'm appearing in a lot of episodes, which is fun.

SallyAnn, you've produced a lot of shows about love and relationships. What do you think makes this one different?

Salsano: It's actually real. There's something about a family dynamic that you can't change. If you combine the young and beautiful people on *Vanderpump Rules* with the drama of *Flipping Out* and the family dynamic of *Cake Boss*, then you get *Love Blows* – this show has it all. And it's all coming from a place of helping other people find love.

Mixing Patti's star power and expertise with their family dynamic is a recipe for success. Still, there's a lot of disastrous moments behind the scenes too. It's the stuff that reality shows are made of – and it's completely authentic.

Related Link: [Celebrity Video Interview: 'Millionaire Matchmaker' Star Patti Stanger on How a Relationship and Love](#)

Changed Her: "I'm Much More Relaxed"

Shifting gears, let's talk about digital matchmaking versus traditional matchmaking. Do you think singles are ready to get back to true matchmaking – where a matchmaker (instead of a website or app) sets them up on a date?

Stanger: Personal attention will never be defeated by an app. Ever! With a matchmaker, you have someone selecting potential partners for you and talking to you on a daily basis...versus an app that has no information! You don't even know how tall they are, how many kids they have, if they're divorced. That's why matchmaking is older than prostitution – it's as old as time.

Do you think the show could help bring back the matchmaking industry?

Stanger: I wanted to make it a major in college – where you could actually major in it and open your own business. The industry is really going to change in the next 10 years. We've already passed the two billion dollar mark – internationally, not just in the United States.

We've never been able to use FaceTime matchmaking because people want to hide their looks, their voices, their age, their height, and their weight. So that's the next frontier: Will you FaceTime with somebody? Will you show them who you are in broad daylight without makeup on and your hair up?

That's brilliant! Getting back to the show, Patti, we'd love to know a bit more about your role on-camera.

Stanger: You see a little bit of a softer side of me. I come in to help Annie, and I have to shut Lisa down because Lisa's more of a screamer than I am in this particular season. On top of it, I go on three dates.

I'm still going to lose my cool because I'm Patti, but I'm not

in charge, so it's a different side of me. It's hard because I'm used to calling the shots. I'm more like the therapist that comes in to fix the problems in the family.

Related Link: [Celebrity Interview: 'Ex Isle' Executive Producer SallyAnn Salsano Talks Reality TV](#)

I have a couple additional questions for you, SallyAnn. The last time we spoke, I asked you if there would be a reunion for the *Jersey Shore* cast...and then *Reunion Road Trip* happened!

Salsano: That had nothing to do with me. Oh my god, I would kill to do one – with the entire cast and have them talk about the past.

As you probably know, Ronnie Ortiz-Magro and Pauly D have both been on the show *Famously Single*. Have you watched it?

Salsano: Of course. I watch this show and everything those cast members do. We have a group text going, and we always support each other. They're like my children. They call me "Mom." It makes me feel 900 years old, but it is what it is! There's something different when you know somebody before anyone else did. I think you just kind of have a different bond with them and different insight into who they are.

Any final words about *Love Blows*?

Salsano: Just watch it!

Stanger: You need to watch it live. We have this expression on WE tv: "Live or Die." You're going to get tips about what to do if you want to open your own business, if you're dating someone and it's not working out, if you want to get back in the game after a divorce. People date on Saturdays or Sundays, so they need to tune in on Friday night! They need to have these tips in their arsenal. We can basically be your dating coaches.

Check out the buzz for yourself by watching the premiere of

Love Blows on WE tv TONIGHT at 10/9c!

Celebrity Interview: 'Famously Single' Dating Coach Dr. Darcy Sterling on Relationships, Communication & Her Own Marriage



Written By [Melissa Lee](#). Interview by [Lori Bizzoco](#).

Relationship expert and dating coach Dr. Darcy Sterling is no stranger to training individuals on their communication skills. As the mentor on E!'s *Famously Single* and the co-owner of a group practice, Dr. Darcy has spent the past 21 years counseling those on their relationship skills. *Famously Single* is only a sneak peek into the type of work Dr. Darcy does on a daily basis as a dating coach. As a clinical social worker, Dr. Darcy strives to help individuals open up and communicate in order to receive the most fulfilling romantic relationships possible. In our recent [celebrity interview](#), Dr. Darcy revealed some of the drama that went down on this season, key relationship issues, and how her show has helped her own marriage.

Dr. Darcy Spills Some Drama on Season 2 of *Famously Single* in Celebrity Interview

Since the show essentially revolves around relationships, it's not a surprise that several co-stars ended up dating both during and after filming. Former *Jersey Shore* star Ronnie Ortiz-Magro and *DASH Dolls* alum Malika Haqq did not shy away from sharing details on their relationship on social media, but broke up shortly after filming ended. "I think they needed to learn how to have a fight. They had different communication styles, they needed to learn how to resolve conflict, and they needed to learn how to communicate effectively," Dr. Darcy says. She even confessed that her and wife Stephanie Koncicki offered to coach them after the show had ended, but Ronnie wasn't interested.

Related Link: [Celebrity Interview: "The Cycle" Co-Host Aliya-Jasmine Sovani on Work, Life, Love and Balancing It All](#)

Bachelorette contestant Chad Johnson soon ended up revealing

his love with model Zoe Baron. When asked whether or not Dr. Darcy thinks Chad has learned much from the show, she informed us that the couple had very recently broken up! “They broke up two nights ago, so you tell me,” she says.

And when it comes down to Calum Best, who was also on the show last season, Dr. Darcy explained that it was much easier to get deep down and solve his relationship conflicts. “The amazing thing with Calum is that I got to go so much deeper with him because I already had a relationship established with him, so I didn’t have to earn trust or build a foundation of a relationship,” Dr. Darcy says. “I’m a little rough on Calum this season.”

The Advice Dr. Darcy Gives Is As Real As It Gets

As a licensed psychologist, Dr. Darcy also has her own group practice in addition to an advice column. At times, it can be up for debate whether or not the advice she gives is the same she’d give to her private clients – but she quickly shuts that down. “You have to start with the basic skills – communication skills, conflict skills, how to have a fight. Those are the biggest issues.”

She explains that regardless of whether she’s counseling in private or in the public eye on television, it is of great importance that individuals are working on their communication and conflict resolution. “We need them with all of our relationships. I need them with my friends, family, even my clients.”

Related Link: [Celebrity Break-Up: ‘Famously Single’ Stars Ronnie Magro & Malika Haqq Have Split](#)

Dr. Darcy further emphasized the fact that feelings get hurt in relationships, and it’s somehow inevitable. “We need to

know how to have a fight, and how to communicate when someone's hurt our feelings because in relationships, we hurt each other's feelings," she says. "Everyone does it."

***Famously Single* Improved Her Marriage**

Dr. Darcy married her partner, Stephanie, in 2009. She mentioned that Stephanie also does relationship counseling, but coaches couples together, whereas Dr. Darcy prefers one-on-one. "We teach relationship skills all the time. We're incredibly mindful of practicing what we preach, and it's really enhanced our relationship," Dr. Darcy disclosed.

The two even have an online course together called "Relationship Skills Bootcamp." The workshop is designed to teach participants to improve skills within their relationship, similarly to the way their face-to-face counseling is.

Related Link: [Celebrity Interview: Former 'Bachelorette' Ali Fedotowsky Shares Her Tips on Staying Fit as a New Mom](#)

It turns out that hosting *Famously Single* has actually been a huge positive influence on her marriage. "We're much better to each other, we're more careful, we're on our toes with each other," she says. "How many people say getting a television show actually enhanced the relationship?"

Tune into Famously Single on Sundays on E! to see what relationship advice Dr. Darcy is giving this week!

Celebrity Interview: 'Hollywood Medium' Star Tyler Henry on His New Memoir & Career: "This is Fundamentally What I'm Meant To Do"



Interview by Lori Bizzoco. Written by Kayla Garritano.
[Tyler Henry](#) is best known as the young, Macaulay Culkin look-alike who talks to spirits of deceased celebrity relatives on his hit reality show, *Hollywood Medium*. Now on a small break from filming during season two, the E! superstar has published

his first book, *Between Two Worlds: Lessons from the Other Side*.

Released just last week, Henry's memoir walks us through his journey and talks about the stars he has worked with and the spirits who have come through. "I'm only twenty, so I don't have the longest of memoirs," the California native says with a laugh. "But it does tell my story and answers a lot of those questions that I get on the street every single day." Lucky for us, the majority of the clients he reads are everyday people, not just the celebrities we see on his show.

Related Link: [Celebrity Interview: Hollywood Medium Tyler Henry Talks Upcoming Season, New Memoir & His Love Life](#)

Hollywood Medium Reality Star Releases New Memoir

In his exclusive [celebrity interview](#) with CupidsPulse.com, the newly-minted author explains how his book will help others understand what it's like to be a clairvoyant. "I think we all have an intuition, and the book covers that idea," he explains. "I always say, getting in touch with your intuition isn't really an additive process; it's a subtractive one. It's about trying to be present and be in the moment."

He adds, "I hope that everyone who reads the book is able to find a sense of relatability in that healing and finds a sense of healing through other people's stories."

While discussing his method for connecting with the other world, he mentions that *Between Two Worlds* can teach readers how to channel spirits themselves, "We all have this inner intuition and a capability to connect information and find a deeper sense of guidance in our own lives," Henry shares. Given that his waiting list for readings is 100,000 people deep, buying his book and learning to channel spirits on your

own may be a lot faster.

When asked if his mother came with him on his East Coast book tour, the reality star laughs while rolling his eyes and waving his hand. “No, I left her home,” he says. Anyone who has ever watched the show knows that Henry’s mother plays a very important role, driving her son from place to place for readings and often times getting starstruck when she hears which celebrity he just had the privilege of meeting.

An only child, Henry tells us after our celebrity interview that he has finally moved out of his parents’ home and bought a home of his own in Malibu. Then, he adds, “Now, my parents live with *me!*”

Related Link: [Celebrity Interview: Hollywood Medium Tyler Henry Talks About His Near-Death Experience & Biggest Celebrity Crush!](#)

Tyler Henry Talks About His Career as a Medium in Celebrity Interview

Henry has read everyone from Sarah Paulson (his first off-camera celebrity reading!) to Jaime Pressly and Boy George and is now known as a celebrity himself. In fact, having previously read the Kardashians, he was recently contacted by Kris Jenner to help the family identify the person responsible for Kim’s robbery during Paris Fashion Week. Sources have reported that he refused to help. However, Henry says that he *has* helped families connect with members who have gone missing. “I would like to do more of that,” he admits. “It’s something that is very sensitive, and I think that there’s a way to do it.”

The reality star never knows who he is reading until he shows up at their home, and even then, he sometimes doesn’t know who

they are or what they do – and he actually prefers it that way. “I don’t get starstruck. I don’t get distracted,” he shares. “Fundamentally, it just feels like two people connecting on a very deep soul-to-soul level.”

Even at such a young age, Henry knows that being a medium is his calling and is something he will do for the rest of his life. “This is fundamentally what I’m meant to do,” he passionately says.

For others still searching for their life path, he adds this piece of valuable advice: “If we can follow our calling in being compassionate, being caring, helping the world, and enjoying ourselves along the way, then anything is possible.”

If you want to inquire about a reading, you can visit Tyler’s [website](#). Catch the rest of season two of Hollywood Medium on E!, starting in January 2017. You can keep up with Tyler on Twitter and Instagram @tyhenrymedium and on [Facebook](#).

Celebrity Interview: ‘Famously Single’ Star Dr. Darcy Reveals Her Favorite Cast Members & Those Who Surprised Her Most



By [Rebecca White](#)

Over a year ago, Dr. Darcy Sterling received an email inviting her to audition for a new reality TV series, *Famously Single*, which focuses on helping eight single celebrities work through their relationship problems. Having made her television debut on E! in 2011, the network was familiar with her, so she flew out, auditioned, and the rest is history. Her experience as a licensed clinical social worker and relationship expert facilitates her work to help individuals and couples who want more out of life. She hosts workshops focused on psychology and runs a Q&A blog. In our exclusive [celebrity interview](#), Dr. Darcy dishes on the *Famously Single* cast members, from who was her favorite to who surprised her the most, and shares her best [relationship advice](#).

Dr. Darcy Dishes On *Famously Single* Cast In This Celebrity Interview

In the latest [celebrity news](#), before filming the show began, Dr. Darcy reveals that she was most concerned about working with *Jersey Shore* star Pauly D. “Based on what I knew of him, which was very little, he’s a big prankster always making wise cracks. I thought he was going to be the difficult, oppositional child in the classroom,” the social worker shares. “He actually turned out to be one of my favorites! Not that a mom really has favorites, but he was a delight to work with. He came in so earnest and really showed up with an openness to the process that made it so easy to work with him.” However, now that she’s finished filming the show, Dr. Darcy says that Somaya Reece surprised her the most. On the show, Reece shared her story of domestic abuse and became a poster child for resilience. “How she bounced back from that was mind-boggling,” Dr. Darcy says. “It speaks to human resilience and she is such an inspiration.”

Related Link: [Celebrity Interview: ‘RHOD’ Star Stephanie Hollman Says Her Life Is All About Her Family](#)

The main premise of the reality TV series is to teach relationship skills to celebrities who are infamous for being single. But since filming ended, the celebrities who have the best chance of finding love after this experience are those who were able to learn about themselves. “Those celebs that walked away learning about themselves, taking personal responsibility, recognizing that they’ve made mistakes in the past that having nothing to do with being famous are the ones who have the best chance at finding love,” the therapist says. While being famous supersedes relationship problems, notoriety doesn’t create problems that didn’t pre-exist. With Dr. Darcy leading the group therapy sessions, these celebs can’t use fame as the reason for their relationship issues. “The fact

that they're famous is not justification for why they're single," the psychologist shares. After discussing their issues and teaching them relationship skills, the celebrities have had a chance to practice these skills through interacting with each other and mock dates.

Related Link: [Celebrity Interview: 'RHOD' Star Cary Deuber Says Co-Star LeeAnne is "Loud and Obnoxious"](#)

The [celebrity couple](#) who made the biggest splash in the headlines was Brandi Glanville and Calum Best, who began dating on the show. Although their courtship has ended, Dr. Darcy says both celebrities have learned a lot about themselves from the experience. "Brandi is much more aware of certain things she's done and Calum has thrown himself into yoga, which is major progress for him," she adds. "The show wasn't meant to create long-term sustainable change, though. It was intended to provoke a level of awareness in everyone and ignite a desire in each individual to go on their own journey and do their own work." After working with the celebs, the therapist says that Glanville does tend to pick the wrong people for her, but that there is a reason she's attracted to certain types of people. "Brandi has done a lot of work on herself and her work's not done," she says. After all is said and done, Dr. Darcy said filming *Famously Single* was an amazing and challenging experience, saying, "I would love a second season."

Reality TV Therapist Shares Best Relationship Advice

From filming a hit reality TV show to managing time with her clients, Dr. Darcy has a busy schedule. However, she knows that her relationship needs to be her top priority. "You cannot give everything you have away at work," she says. "You have to come home with a little reserved. It's unacceptable to come home on empty." The reality TV therapist says that

relationships require work every single day and that it's a fallacy that relationships "shouldn't feel like work." If you're struggling to manage your relationship and busy lifestyle, think back to what created your relationship. Think back to the beginning when you courted, seduced, supported, encouraged, and admired your partner. After the honeymoon phase, relationships are about self-discipline. "You have to incorporate it into your everyday life," Dr. Darcy says. "This is the person you want to show up most for, not the least." In her own relationship with her wife Stephanie, it is all about self-care. The duo makes sure they are highly involved with hobbies, such as yoga, dance, meditation, and CrossFit. "Steph and I try to walk the walk," she shares. "There have been times when we haven't engaged in the level of self-care we need to and our clients reflect that. They don't absorb the information if we don't walk the walk."

Related Link: [Celebrity Interview: Reality TV Matchmaker Carmelia Ray Says, "Take Actions That Are Consistent With Your Commitments"](#)

The most important skill to maintaining a healthy relationship is communication. "You have to be willing to listen to your partner, even when you're tired and feel like they're picking on you," Dr. Darcy says. It is crucial that you actively listen, remain quiet, and control the impulse to be defensive. You have to mirror back and paraphrase what they said so they know you listened to them and you know you understood. Most of the time, your partner just wants to be heard. "If you can deliver that to your partner, you have a basis of a great relationship," she says. Once you learn the basic relationship skills, all of your relationships will improve because you will use these same skills with your family and friends. "I really hope people are motivated to learn about relationship skills because the quality of our lives is predicated on the quality of our relationships," Dr. Darcy reveals. "It's the most important thing in our lives and nobody teaches us." At

the end of the day, the best love advice from Dr. Darcy is the metaphor: "Use the good china every night." Relationships are about showing up for your partner the same way you would for a stranger or company that you're trying to impress. Make every day a date and bring romance into everything you do.

Famously Single *airs on Tuesday's at 10 p.m. on E!*

You can keep up with Dr. Darcy on her [website](#) or [Twitter](#).

Celebrity Interview: Reality TV Matchmaker Carmelia Ray Says, "Take Actions That Are Consistent With Your Commitments"





By [Rebecca White](#)

On May 3, a new Myx TV original dating series premiered that tested the old cliché that “mother knows best.” Carmelia Ray is the world-renowned professional matchmaker star in the new series, *Mom vs. Matchmaker*, which challenges a matchmaking titan with over 20 years of experience to find, train and prep a better suitor than determined moms who are inserting themselves into their single child’s love life. In our exclusive [celebrity interview](#), the relationship expert talks about the new reality TV show and gives her best love advice.

Carmelia Ray Talks New Reality TV Show, ‘Mom vs. Matchmaker’

With any reality TV show, the contestants’ future happiness is on the line in the hit new series. Emotions run high and audiences are able to get a behind the scenes look at the matchmaking process. As the matchmaker, Ray is most excited for viewers to see what it takes to find a match so they can appreciate the process of working with a matchmaker.

“Matchmaking is a real alternative and a great one at that,” the expert says. “Viewers will be surprised at the lengths that both mom and I go to, to find the perfect match.”

Related Link: [Celebrity Interview: ‘Full House’ Star Candace Cameron Bure Talks ‘Fuller House’ & Relationship Advice](#)

The matchmaking process isn’t just about finding someone who marks off checks on a list but is a creative training process. As the matchmaking titan says, “Nothing is predictable.” The show features many twists and turns, because even if a choice seems obvious and makes the most sense, people tend to go with their gut, even if goes beyond what they say they want. Overall, the show also displays that mothers don’t always know best. “I’m a mom and I’m willing to admit I don’t always know best,” Ray says with a laugh. “There’s no manual and there are a hundred different ways to deal with a situation, so even though moms have a strong sense of what an outcome should be, they don’t always know best.”

Matchmaker Gives Best Love Advice

With summer right around the corner and summer love on everyone’s mind, turning a summer fling into a full-fledged relationship can be tricky. Ray’s best dating tips for summer love are to avoid sleeping with someone on the first date and take your time. “There’s something to be said about saving yourself sexually,” she adds. Slowly reveal yourself, because the mystery is half the charm.

Related Link: [Celebrity Interview: ‘RHOD’ Star Stephanie Hollman Says Her Life Is All About Her Family](#)

Along with summer love, comes wedding season. If you’re single and navigating the upcoming wedding season, you don’t have to bring your summer fling as a date. “It’s always great to bring a date who has no expectations,” the reality TV star says. “Bring a wing woman or a wingman or the DD.” When you’re

single, going to a wedding doesn't have to have pressure or be awkward. You can bring someone who has your back and complements you so you can have a good time. But remember that the wedding day is also about your friend who is getting married. If you see that the bride is having cold feet, have them list everything that they love about their partner. "Ask them what they're really nervous about because a lot of times they are focusing on what can go wrong in the relationship," Ray says. To help your pal through this, have them remember why their partner is a good match and how their life is better with that person.

Related Link: [Celebrity Interview: Blake Cooper Griffin Gives Relationship Advice & Says, "Don't Be Reckless With Other People's Hearts"](#)

You may also have friends who are already married and have thriving careers and families. Managing a career and a family isn't always easy, but moms need to remember to have "me-time." In order to get their energy and mood up, moms have to make themselves a priority and let their family know what they need. Busy moms can also find support groups who have similar interests and will encourage you to get involved in the community. Whether you enroll in a group that does activities you like or a group of moms that support each other, look to other people to help you out. Focusing on your relationship is a great idea, as well. Making time for romance, your career, and your family is tough, but it's all about prioritization. "If you value your relationship, you'll make time," Ray says. "Everything else is just excuses." In our celebrity interview, the reality TV star shared that the best love advice she's ever received was to "Take actions that are consistent with your commitments." If you say you're committed to your relationship, then make sure you're calling your partner or texting them updates. If one thing is for sure: This matchmaker does not take excuses.

Mom vs. Matchmaker airs Tuesdays on Myx TV at 8 p.m. EST.

You can keep up with Carmelia Ray on [Twitter](#) and her [website](#).

Celebrity Interview: 'Full House' Star Candace Cameron Bure Talks 'Fuller House' & Relationship Advice



By [Rebecca White](#)

Her career has come full circle since the *Full House* star Candace Cameron Bure has reprised her role as DJ Tanner on the

Netflix original *Fuller House*. In our exclusive [celebrity interview](#), the actress talks about the show's revival, her relationship advice for moms with a busy schedule, and her partnership with Unilever to inspire people to change their recycling habits.

Candace Cameron Bure Opens Up About Career and Relationship Advice in Celebrity Interview

The excitement was palpable when fans first learned that *Fuller House* would be coming to Netflix earlier this year. The 13-episode series premiered in February and the cast will begin filming season two next week, Bure shared with us in our celebrity interview. But the fans weren't the only ones excited. The cast had been hoping and praying that the revival would develop as well. "It's been so wonderful," the celebrity mom shares. "We are so happy that all of the fans embraced it and enjoyed all the episodes in season one."

Related Link: [Celebrity Interview: 'DWTS' Contestant Candace Cameron Bure Says "Dance Parties" Have Always Been Her Favorite Family Activity!](#)

On top of the *Full House* revival, Bure is also a co-host on *The View*, acting in multiple productions, and is a busy wife and mother managing a career and her family life. "I work hard, I hustle, and I grind," she says. "At the end of the day, you can't forget what's most important and for me that's my family. For all the moms out there juggling both like I am, work hard but give yourself a break. Just remember that the ultimate legacy is the legacy you leave with your children, not on a resume."

Although the actress is working on both coasts right now, her celebrity relationship with husband Valeri Bure still comes

first. "When we're home and together, it's about the quality time," she shares. "It's just being present and enjoying one another's company." Bure also reveals that they don't have to do anything extravagant in order to keep the marriage going. "The marriage is all about the communication and the love," Bure says.

Related Link: [Celebrity Interview: 'Fuller House' Actress Lori Loughlin Talks About the Holidays & Her 'Tight Knit Family'](#)

With the summer coming up, the talk show host has recently partnered with Unilever in order to inspire people to make a change in their recycling habits. The star shares that only 14 percent of Americans recycle their bathroom bottles while 56 percent recycle their kitchen items. As a self-proclaimed beauty junkie, Bure wants to #ReimagineRecycling and bring awareness to bottle bias. "All our bathroom products should be recycled as well," she says. "This is such an easy thing to do and it makes a big change for our planet."

Keep up with Candace on Twitter [@candacecbure](#) and [Instagram](#).

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

Celebrity News: Iggy Azalea Talks Nick Young Scandal on 'Ellen,' Saying 'We're Good'





By [Brooke Crawford](#)

During a [celebrity interview](#) with Ellen DeGeneres, Iggy Azalea discussed not only her plastic surgery controversy, but also the recent cheating scandal drama surrounding fiancé, Nick Young. According to [UsMagazine.com](#), Azalea confirmed that her relationship is drama-free and the [celebrity couple](#) are still going strong. March was a chaotic month for the pair due to a teammate releasing a video featuring Young admitting to cheating on his fiancé. Despite all the negativity surrounding the incident, the Australian rapper composed herself well. But, for all we know, this [celebrity interview](#) could have been staged.

This celebrity news has us skeptical. What are some ways to deal with allegations that your partner has cheated?

Cupid's Advice:

When you are in love, to find out your partner is cheating can be a hard pill to swallow. Sometimes those accusations are false, but sorting that out is a tough task. If they are not cheating and you accuse them, it creates a new problem in the relationship. Cupid is here to give you a little [relationship advice](#) to deal with infidelity allegations:

1. Change in behavior: Although a change in the way your partner acts is not absolute evidence that your partner is cheating, it can alert you that there may be a reason to look further into things. People go to great lengths to hide their betrayal. Attempt to recall any unusual behavior that is suspicious or concerning. This could be cause to approach your partner about the possibility of cheating.

Related Link: [Dating Advice: 7 Signs of Cheating You need to Know](#)

2. Address the accusations: There is no need to sit and wonder whether or not your loved one is being unfaithful. If you feel there is a reason to bring up the question, then flat out ask your significant other about whether or not the rumors are true. The hope is that you can open up the conversation to discuss the situation at hand.

Related Link: [Dating Advice: 7 Warning Signs That You May Be Dating a Taken Man](#)

3. Seek help: Sometimes, in order to pinpoint a problem, it takes the help of a professional. Find a local marriage or relationship counselor and discuss the suspicions or allegations of infidelity. Even if your lover is not cheating, the doubt you have is also something of concern. Discussing the underlying issues and building trust as well as confidence in one another will help with future situations in the future.

Learning that your partner could be cheating is never an easy

experience. How did you know if the rumors were true or not? Share your experience below!

Celebrity Interview: 'American Idol' Contestant Sonika Vaid Channels Love For Family In Love Songs



By [Katie Gray](#)

We now have our final four of the 15th and final season of

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

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

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

With love ballads comes the topic of relationships, but instead of channeling a celebrity relationship or relationship problems of her own, the singer channels all her love for her family in her performances. She is really close to her family and it was hard being away from them for the show. "Being away from my family, I miss them a lot," she says. "So I channel my

love for my family and I put that through my songs. That energy goes into love ballads, all of the passion!" She chose to sing those type of songs because she connects with them. "Even if it's not true to me, there's just some songs where I relate to the melody or the chords, even," Vaid says. "It doesn't have to be the words necessarily."

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

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

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

During her time on the show, Vaid expressed that this opportunity allowed her to push herself and grow as a person. "*American Idol* really helps you to become a better version of yourself," she adds. "They make you feel like you can push yourself and it is okay. It was just a great experience overall, no regrets." Even though she made it far in the competition, Vaid says that she was always prepared to get cut. "I always try my hardest to put my effort into the songs that I get every week because there's always an opportunity of

‘oh, you’re getting saved’ or ‘oh, you’re not in the bottom’ so I prepare myself for everything,” she reveals in our celebrity interview. “I love making things my own, too. That’s always something that I do.”

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

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

You can keep up with Sonika Vaid by following her on Twitter [@sonikavaid](#)!

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



By [Rebecca White](#)

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

Blake Cooper Griffin Opens Up About New Movie

The modern day *Romeo and Juliet*, *Love Is All You Need* is a tale of star-crossed lovers, Ryan and Jude, who fall in love

in a world where being gay is the norm and being straight, like they are, is looked down upon. Although Griffin plays the antagonist and is not the most likable character, he says the script was innovative and featured a fascinating concept that he had never seen before. "When you take the universal story of falling in love, on top of the flipping of the worlds, and combine all of the talented people I worked with, it turns into a dynamite movie," he says.

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

Related Link: [Celebrity Interview: 'Newlyweds: The First Year' Stars Talk Love & Celebrity Relationship Struggles](#)

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

Although he plays the bad guy, Griffin says that he does share similarities with his character. "He's very passionate; he's a perfectionist; and he has a lot of energy," the star says. "Unfortunately, Bill is putting all of his energy behind something I wouldn't, but I connected with him on those levels, which is important." The actor says he never judges

where a character is coming from; instead, he focuses on finding the truth. The antagonist of a film is usually coming from a complex place because there is some conflict within that is leading them to take another route. "It is essential for the story that the character be played truthfully so people can learn from it," he says. "We have to ask ourselves why Bill Bradley is taking the action he's taking. He is told by some extreme forces in the world about intolerance and hate, and those forces exist in our world too."

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

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

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

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

and the world is diverse, so the stories we tell should be just as diverse,” he says.

Related Link: [Celebrity Couple News: Gwen Stefani Wears Sheer Dress with Blake Shelton at Oscars After-Party](#)

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

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

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

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

Related Link: [Celebrity Interview: 'Flesh and Bone' star Karell Williams Talks Relationship Advice Saying, "Be True, Be Real, Be Vulnerable"](#)

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

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

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

Celebrity Interview: 'Ex Isle' Executive Producer SallyAnn Salsano Talks Reality TV



By Katie Gray

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

Reality TV Producer Talks

Relationships and Love

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

Celebrity Interview: Executive Producer Talks Reality TV

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

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

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

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

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

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

Salsano’s famous show *Party Down South* is coming to an end soon. She explains, “If it were up to us I would have kept the party going forever. We are grateful to have had the opportunity to create this show and introduce the world to both casts.” She noted, “It was life changing for us all (but

the party will always be going on with this group)." Her exciting future projects include: another season of *Blue Collar Millionaires* that is coming up on CNBC, producing several *True Life* episodes on MTV and a new show on Lifetime called *The Mother/Daughter Experiment: Celebrity Edition* which will premiere March 10.

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

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





By Emily Hoff

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

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

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

Performing a live show is much different than filming your

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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





By [Michelle Foti](#)

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

Celebrity Trainer Talks About Celebrity Clients and Gives Relationship Advice

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

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

Celebrity Interview: Famous Couple Talks Relationships and Love

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

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

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

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

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

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

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

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

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

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



By [Emma Malefakis](#)

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

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

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

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

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

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

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

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

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

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

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

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

Young Psychic Shares Relationship Advice

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

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

relationships and love.”

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

What was the hardest part about joining the show?

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

so that was a big change for me.

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

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

What made you so close to Drita?

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

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

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

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

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

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

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

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

right now.

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

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

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

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

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

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

Celebrity Interview: SYTYCD Winner Gaby Diaz Says "I'm All Dance Before Romance"





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

In a groundbreaking *So You Think You Can Dance* finale, the crowning champion of Season 12 was a tap dancer, the first one in the show's 10 year history! In addition to being a tapper, what makes winner, Gaby Diaz even more unique is that she is impressively only 19-years-old. The Cuban-born star received the ultimate package of \$250,000 and the opportunity to join her idol, Jennifer Lopez onstage at her Las Vegas residency. This [celebrity news](#) only gets sweeter as Diaz is currently performing with the *SYTYCD* tour, which hits 70 cities and runs until January. We had the chance to chat with Diaz last week and in our exclusive [celebrity interview](#), she spoke about her hectic life, her single celebrity status and how she feels about being the first tap dancer in the show's history!

Gaby Diaz Shares Inside Look at SYTYCD in Our Celebrity Interview

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

your loved ones there?

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

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

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

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

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

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

What advice did Ricky give you during your journey?

He told me to take the competition one week at a time and not

to get ahead of myself. The people who get caught up worrying about getting eliminated or comparing themselves to other dancers just preoccupy their mind with negativity. You need to focus on rehearsing your dances and making sure every dance you perform is in your own style.

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

How do your Latin roots play into SYTYCD?

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

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

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

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

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

Keep up with Gaby on Twitter @itsgabydiaz, <https://www.instagram.com/itsgabydiaz/> and www.facebook.com/Dancel2Gaby to find out the latest! Don't forget to check out SYTYCD tours as well!

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



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

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

Molly Sims Shares How To Be Healthy as a Celebrity Mom

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

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

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

no reason to cave.

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

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

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

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

Alison Sweeney Talks Relationships And Love in Exclusive Celebrity

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



By [Rebecca White](#)

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

Air.

Alison Sweeney Talks Relationships and Love

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

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

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

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

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

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

New Hallmark Movie Teaches Love Advice

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

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

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

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

Celebrity Video Interview: Master Sommelier Talks Relationship and Love Advice



By [Rebecca White](#)

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

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

DLYnn Proctor Talks Love Advice In Celebrity Video Interview

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

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

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

You can keep up with DLYnn on Twitter @WineauxDLYnnP and www.instagram.com/penfoldsdlynnp/.

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

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



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

Actor, improv artist, and comedian Wayne Brady was in New York City this week to team up with Charmin to host the “Keep it Clean Comedy Show.” The event gave young comedians from schools all over the city a platform to deliver five minutes of their best, clean potty humor routines in front of a live

audience. In our [exclusive celebrity interview](#) with the television host, he opens up about the show, his upcoming role as Lola in *Kinky Boots* on Broadway, and his modern family dynamic!

Wayne Brady Discusses Charmin's "Keep it Clean Comedy Show"

Brady has a lot on his plate these days. He is best known for hosting *Let's Make a Deal* on CBS as well as being on the very popular *Who's Line Is It Anyway?* Additionally, the actor is developing an improv game show with Ryan Seacrest and a sitcom with his producing partner – who also happens to be his celebrity ex – Mandie Taketa.

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

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

Comedian Shares His Excitement for His Latest Gig on Broadway

NYC will be seeing a lot more of Brady come November. The

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

Brady also clears up the belief that he *is* his work, saying, "It's a job. I think that there's this weird misconception that I believe most people carry around that, if you're a stand-up comedian or if you do improv, whatever you do on stage is how you should be in life." He explains that he isn't a wind-up doll and is a different person in real life. "When I'm on stage, I let out all the stops – that's why I started acting," he reveals. "When I was a kid, you got to use your imagination and be whoever you wanted to be...and then come back to real life and just chill."

The Dynamic of His Modern Celebrity Family

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

Brady confirms that his relationship with Taketa (who was sitting next to him with daughter Maile during our interview) works for a simple reason: "We love each other. We truly love each other – like back to the wall, fight anybody, like I can say something about her, but you can't because I

will fight you, and she will kill you for me,” he explains. “So we have love and friendship. Add to that that we are parents together and business partners in this beautiful venture of a child.” Given his experience, he doesn’t understand the people who can’t be friends, love each other, and happily co-exist because, at the end of the day, they are still a family.

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

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

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

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