

# Celebrity Interview: 'RHOD' Star Cary Deuber Says Co-Star LeeAnne is "Loud and Obnoxious"



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

The trailer for *The Real Housewives of Dallas* is full of glitz and glam, lively nights out and of course episodes filled with drama. The big spenders and even bigger egos take on the Texas city with their scandals, parties, and unfiltered mouths. In our latest [celebrity interview](#) on CupidsPulse.com, we had the pleasure of chatting with cast member and reality TV star Cary Deuber, where we got the scoop on what to expect this season

from the Texas bombshells. Deuber, an East Coast native, also chatted about her marriage, motherhood and how she feels about her co-stars.

## Reality TV Star Cary Deuber Gives Us Relationship Advice In Celebrity Interview

New to the reality TV scene, Deuber is a certified registered nurse first assistant (CRNFA), but that's not her only job. She also has a daughter, two step-children, and three dogs, with her husband, successful plastic surgeon, Dr. Mark Deuber. The couple met while at work, where they had a strictly professional relationship but when they found themselves both single, they decided to give it a go. The yoga enthusiast and travel fanatic works side-by-side with her husband now.

**Related Link:** [Celebrity News: Teresa Giudice Says She Will 'Miss the Passion' When Joe Goes to Prison](#)

Most couples would have a difficult time maintaining a healthy relationship working with their spouse but Deuber says they are best friends. "We have a mutual respect for each other. At work he's my boss, at home I'm his," the star says. The dedicated mother feels that it is important for the audience to see that she has a career and a family. "I'm a working woman," she says. "I think it will be interesting for viewers to see that I'm a hardworking mother."

Deuber explains her decision for joining the cast by saying, "I try everything once in life, that's my motto." The Connecticut native does admit that whenever you put five women together there is bound to be craziness and plenty of "ups and downs." If the trailers are any indication, we will certainly see Deuber in the middle of her own drama with co-star, LeeAnne Locken. "She just thinks she owns the city. I just

find her loud and obnoxious,” she says calling her a “Dallas Socialite” in the trailer. “If I had to vote someone off the island, it’d probably be LeeAnne.”

Deuber considers Stephanie Hollman and Brandi Redmond her closest friends and acknowledges that she has no regrets about her time on the show. “I’m very excited with how all of this turned out,” she shares.

**Related Link:** [Celebrity Baby News: ‘Real Housewives’ Star Kandi Burruss Gets Real About Tackling a New Baby](#)

At the end of the day, it all comes back to Deuber’s family and husband which she puts first before anything else. “Making my husband a priority keeps our relationship as great as it is,” she says describing her favorite date night by far was the night they got engaged. “It was in Turks and Caicos and we were just laying by the pool and he proposed to me. It was amazing.”

The best piece of dating advice Deuber offers for a successful marriage is to make sure your spouse is your priority. “Make time for them, and make sure everyday you’re telling them you love them and how important they are in your life,” she adds. The philanthropist and animal lover stressed the importance of vocalizing appreciation and having open communication on a daily basis.

In our celebrity interview, Deuber hints that we will be seeing a lot of their relationship on the show this season. “I call him my backpack, and I take my backpack everywhere with me,” she laughs.

*The Real Housewives of Dallas* airs Mondays on Bravo at 10 p.m. EST.

You can keep up with Cary Deuber by following her on [Twitter](#) and [Instagram](#) @CaryDeuber.

---

# Author Interview: Linda & Charlie Bloom Talk Relationship Advice, Debunk Myths About Love



By [Michelle Foti](#)

Growing up, kids watch movies like *Cinderella*, *Snow White*, and *Sleeping Beauty*, which promote an ideal that “happily ever after” exists. In fact, many people get their beliefs about love from movies and pop culture. In their third self-help book, *Happily Ever After...and 39 Other Myths About Love:*

*Breaking Through to the Relationship of Your Dreams* authors Linda and Charlie Bloom prove that accepting common myths such as “couples with great relationships don’t fight” can prevent you from building the strong relationship you hope for. In our author interview, the married couple offers some [relationship advice](#) on how to get over those myths that may be causing you relationship problems. Prepare to have your belief system turned upside down, for the sake of a thriving relationship in your future.

## **Married Couple & Author Duo Offer Relationship Advice On Getting Over Myths About Love**

**To start, we know your first two published books were very successful! What are your hopes for your newest release *Happily Ever After*?**

**Linda:** We hope that we can get into the heads of many couples who are motivated to take a deep look at their belief systems. We want them to see whether the beliefs they are basing their relationships out of are really serving them or maybe inhibiting them in some way. We’re all about going for the gold. If we’re in a relationship, we might as well have the greatest relationship we can have. And we think really looking at some of the ideas we have and the myths that are popular in our culture is a direct avenue to having a finer, more fulfilling relationship.

**Was it something in your mutual experience as psychotherapists and counselors, your personal lives, or another inspiration that led you to choose the angle of relationship myths?**

**Charlie:** We’ve been doing the work for quite a while. It just seems in the last few years we’ve come upon a lot of people who are making decisions about their future in terms of

relationships and marriage that are based on assumptions that we have found aren't always necessarily true. It seems to be an increasingly large number of people who are buying into certain cultural assumptions and beliefs about relationships without really checking them out. We decided to collect what we came to believe are some of the more prevalent, popular beliefs and myths. Our hope is really that people will just begin to be a little bit more open to questioning the possibility that this isn't necessarily always true.

**What is the biggest relationship myth that people often believe? Why is it so often thought to be true?**

**Linda:** We call the book *Happily Ever After* because we all grow up with these fairy tales. The prince and princess stories, the Cinderella stories, where you finally find true love and walk off into the sunset together. It's such a romantic myth and it sets up people for so much disappointment. It's not realistic to think that you're going to be happy all the time. Even the happiest people get the blues. Even the happiest couples sometimes have an argument and every couple, if they're together long enough, is going to hit a rough patch. Maybe a big rough patch. This is the one we lead with because we want to introduce the reality right away. Especially to the young starry-eyed couples who expect to always be so starry-eyed. That fading effect is going to happen and you have to be more purposeful about keeping the relationship cleaned up. Our marriage advice is to have apologies and forgiveness ready if you have an argument. There is some work that needs to be done periodically for the relationship to be a great one.

**Related Link:** [Celebrity Wedding News: Hilary Swank Is Engaged to BF Ruben Torres](#)

**One myth that you disprove in your book is, "Love can heal all wounds." Why isn't this idea true? How can believing it hurt your relationship?**

**Linda:** Love is an extremely powerful force. It can take us quite a long way, but this is another one of those leaps that can set us up for an expectation that's going to be bashed because even if the person that we're with loves us a great deal, we may have experiences where we lose something and it's a deep, grievous loss. Losses can be very horribly painful and our partner can certainly be there for us. Certainly they can listen to us, they can let us cry on their shoulder, but we have to do some of the work by ourselves. Just because they love us doesn't mean that heals it. We have to be proactive about learning from those downfalls, about learning how to repair after there's been a nasty argument when we said things that we didn't really mean. So it takes some skill in addition to the love and it takes a lot of love to get people motivated to get their skill level up.

**What expectations, if any, should individuals enter a marriage with? What crosses the line as being too high of an expectation?**

**Charlie:** I don't think there's anything wrong with having expectations as long as you're willing to take a certain amount of responsibility for having them come about. So for instance, if you have the expectation that you're going to be taken care of by your partner in every way after you get married, I think you're probably going to be disappointed when that doesn't happen because one of the myths in the book is that my partner should be able to fulfill all of my needs. Some people do go into a committed partnership with that expectation and that is inevitably going to lead to disappointment because there is no one person, no matter how much they love you, who is capable of providing for all of your needs. So, expectations themselves are not the problem. What I would say can be a problem, and this is related to expectations, but is a little bit different, is entitlement. Entitlement means that I have a right to expect you to provide this for me. That's my inherent right. I can do that, I'm

entitled to it. That is something that is doomed to disappoint.

**Related Link:** [Dating Advice: 5 Tips For Bunny Hopping Yourself Into Romance](#)

**“Once a cheater, always a cheater.” How do you justify this idea as being a myth? If a partner cheats on their significant other, how is the relationship supposed to return to its former state? Is this even possible?**

**Linda:** We have met many people over the years who in their sub-consciousness, or their immaturity, or in their self-indulgence broke their fidelity vow and they cheated on their partner. They may have lied about it and covered it up, but eventually they did come clean. It’s always easier if they volunteer the information and confess rather than being sought out. But couples can learn from their downfall because this is one of the really painful things that some couples have to go through. It’s actually rather common, that at some point in the decades of the marriage that one or both of the people are going to stray and break their fidelity vow. It’s the belief that the damage could never be repaired that really finishes a relationship off. We want people to take a look at this and see if this belief is in them, whether there’s any openness to possibility. If you can avoid it, do that. But if it happens, at least be open to the possibility that a full recovery can take place and then some.

**Did your relationship inspire the inclusion of any particular myths in *Happily Ever After*? If so, what one?**

**Charlie:** There’s a lot of the myths in the book that I think one or both of us have bought into to some degree. It’s pretty hard to live in this culture and not absorb some of the beliefs that are prevalent, particularly when they are reinforced by a lot of other people. Some of them are used in popular culture, in movies, in songs.



**Linda:** I thought that telling the truth meant I wanted to have an honest relationship. I didn't want secrets and lies, so I was committed to an honest relationship. But the way I went about speaking some of my truths was not very skillful. I was run by the belief that I had to express my anger as if holding that anger in was going to explode like a pressure cooker. I was unkind, unpleasant, and rude. Sometimes I cursed and threatened and did things that caused harm to the relationship under the guise of 'I'm just being honest.' It took me a while to get past this belief because I didn't want to repress myself and be inauthentic. I realized this belief was making a mess of my life and damaging my relationship. People were afraid of me. But there is a way to be honest and it's not a lack of genuineness; you can be genuine, you can be authentic, you can be honest, and you don't have to cause harm with your truth telling.

**Now for some love advice! In your 44 years of marriage, what's the best piece of relationship advice you've received?**

**Charlie:** Three words: Hang in there. Because an awful lot of people, when the going gets rough they tend to bail out before they really give it their best shot. I'm not saying that every single relationship can or should work. There are some that are just plain mismatches and they're really not meant to be. If you're giving it your best shot, you do hang in there, things don't change, and it really starts to erode your well-being then it is time to take a step back and take a look at whether this really is something that you need to reconsider. But more often than not, people don't hang in there long enough to really turn things around. Sometimes they may quit just before the potential turning point comes up because sometimes we have to sink down. So what we often encourage people to do is to see if you can just hang in there a little longer to see if things can turn around. Hang in there. That's a piece of relationship advice that I think can serve a lot of people.

**Related Link:** [Relationship Advice: Author Dave Kerpen Talks 11 People Skills and Dating Tips](#)

**What would you consider the greatest adversity that couples experience today? How can they overcome it?**

**Charlie:** We live in a culture that doesn't really support relationships as much as they need support. There's a saying that it takes a village to raise a child. It also takes a village to raise a partnership. I think it's a great adversity to many of us that there isn't enough necessary support for people who are really trying to create a healthy, successful, fulfilling relationship. We seem to put more value on the material side of life and that is very unfortunate. When you don't have a fulfilling inner life and you don't have a fulfilling interpersonal life then you're going to be much more inclined to seek out material success and money and ego. We need to recognize and accept the natural human tendency to seek and need deep connection with other people and not get pulled into the cultural myth that material, financial success is going to lead to greater happiness.

*For more on Linda and Charlie Bloom visit [Bloomwork.com](#). Happily Ever After...And 39 Other Myths About Love: Breaking Through to the Relationship Of Your Dreams is now available on [Amazon](#).*

---

## **Author Dan Ribacoff Talks Relationship Advice & 'Pretty**

# Little Liars'



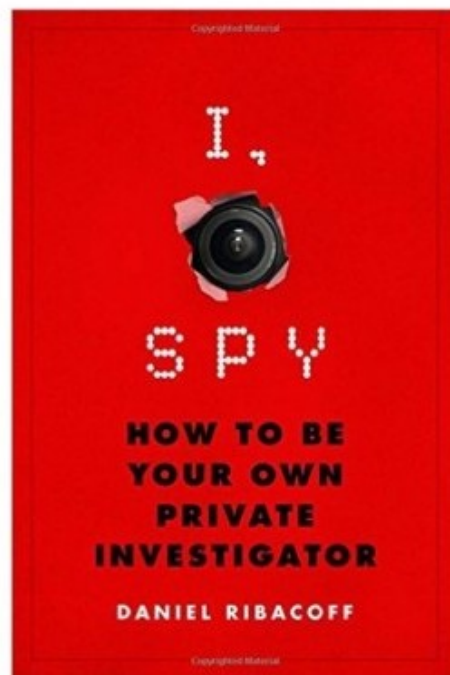
By [Michelle Foti](#)

When eyebrows are raised and suspicion arises, men and women stop what they're doing and transform into investigators. If her man did something wrong, you know she is going to find it; she's unstoppable, even relentless. Yet, should this be the way she pursues the truth? Is it healthy? We talked to polygraph expert and private investigator Dan Ribacoff in our exclusive author interview where he lays out some [relationship advice](#) on seeking the truth from his book *I, Spy: How to be Your Own Private Investigator*. Ribacoff also put the *Pretty Little Liars* to the test – the lie detector test, that is.

# Author Shares Relationship Advice For Seeking Truth In Your Relationships

To start, what was the inspiration for your book *I, Spy: How to be Your Own Private Investigator*? Why do you think knowing how to be your own “private I” is an important skill?

I wanted to help people who are concerned and looking for simplicity. I feel bad for charging people. They don't have money and I don't want to leave people out there. It's an important skill everyday, with everyone. In everyday life you have to think like a Private Investigator.



Let's get into some specifics. What's the first step someone should take if they suspect that their significant other is cheating?

The book gives people investigative skills to go through step by step:

1. Don't confront them. It will tick them off and make them think "they're on to me."
2. Look out for changes of habit such as dress, health, and intimacy.

These are signs to look for. You need probable cause and you can get that through surveillance.

**Of course, we have to ask: What are three easy ways to tell if your partner is lying?**

My dating tips include steps of detecting lies:

1. Repeating Deception. Guilty people have a hard time saying no. If they over explain that is a significant sign of deception.
2. Visual Cues. If someone crosses their arms that's a sign of defense, protecting themselves. Shifting in their seat, touching their nose: it is a physiological response that something doesn't seem right.
3. Grooming. If your partner comes onto you, acts a little bit seductive, uses physical attributes, if they're flirtatious, that means they want you to like them and go easier on them.

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

**After a surprising break-up, what is the best strategy for people to employ to get the closure they need?**

It depends on how the breakup occurs. If it doesn't make sense, people are curious and that's when they start an investigation. If the partners are willing to take a polygraph test for fidelity, that's the way to go. Some people become obsessed, they have to know. People can't move on.

**Shifting gears, you have a long resume of appearing on popular shows and working with celebrities, most recently the cast of *Pretty Little Liars*. What would you say has been your most exciting celebrity polygraph experience?**

*Pretty Little Liars* (as seen in the video above) and *Impractical Jokers*. We embarrassed Murr on stage at his old school.

**Related Link:** [Celebrity Wedding: 'Pretty Little Liars' Star Sasha Pieterse is Engaged](#)

**As a polygraph expert, what relationship situations are you most often called into?**

When there are relationship problems and situations of cheating and infidelity. It's emotional. I'd much rather do a criminal investigation. Relationship investigations get volatile. A woman had called me and said I had ruined her relationship, but it was the results. The brain cannot lie, the mouth does.

**What are these situations like? What are you thinking/feeling as relationships crumble before you?**

It's not a great feeling. I try to broker a deal and offer relationship advice. I try to chat with the wife, encourage a marriage counselor. It's better to be the referee than to see them fail the polygraph test. If they fail, they go to therapy and periodic testing for monitoring. With no one writing speeding tickets, everyone is going to speed.

**Related Link:** [13 Most Shocking Celebrity Couple Affairs](#)

**What would you say is the key to a happy, successful relationship?**

Be best friends. Be open. Be honest. It's a two way street. If you ignore the needs and the love of your partner, they'll find someone to fill that role. Take care of one another.

**Lastly, do you have any other upcoming projects or anything else you'd like to share with our readers?**

I recently signed a contract to host my own show in the United Kingdom in Great Britain about exes and current couples delving into their relationships. It will be on channel 4 in England. So far I've committed to 10 episodes. We begin filming in May and the show is to air in September.

I, Spy: How to be Your Own Private Investigator *is available now on [Amazon](#). To learn more about Dan Ribacoff, visit his [Twitter](#).*

---

## **Relationship Advice: Author Deborah K. Heisz Talks Choosing Joy In Life and Love**





By [Michelle Foti](#)

You can't see it, hear it, smell it, or touch it, but when you have it, you feel as if you are in its embrace. When you lose it, you want to fold up inside yourself and remain closed off everyone. Marked by smiles, laughter, or a loving look into your partner's eyes, happiness can be simply attained, but can also be effortlessly lost. Grasping for happiness once again can be arduous, even painful. Deborah K. Heisz's self-help book, [Live Happy: Ten Practices for Choosing Joy](#) and self-help magazine, *Live Happy* provide the path for choosing happiness in your life, illuminated by the stories of celebrities and ordinary people along the way. In our exclusive author interview, Heisz talks love advice, [relationship advice](#), and career advice. Take it from her and take it boldly as you act on your choice of joy in all entities of your life.

**Author      Opens      Up      On      Best**  
**Relationship      Advice      to      Find**



# Happiness

**To start, since our site focuses on dating and relationships, I'd love to ask you some questions on that topic. What relationship advice do you have for longtime couples who have relationship problems and are struggling to keep their marriage thriving?**

Positivity gets positivity. Be present with each other and put the device away. When you share time with one another, be engaged. Positive communication is everything; 80% of your communication should be positive. When the majority is negative, you drift away from one another. Pay each other compliments and be sure to say I love you every day.

**How can someone find joy after a tough breakup?**

There are great stories in the book about this. Building resilience, finding little things to be grateful for. Also, find something that engages you and devote time to yourself. That will remove you from the pain.

**Any tips for coming across as confident when you feel anything but after a breakup?**

When you feel good about yourself you are more attractive to other people. You want to build yourself up to be a whole person before a relationship. You can't be a half looking for your other half.

**Related Link:** [Celebrity News: Lea Michele Splits From Matthew Paetz After Two Years of Dating](#)

**What is the best piece of love advice you've ever been given?**

Passion comes and goes, friendship persists.

**Shifting gears, your book includes stories from many celebrities, including Jason Mraz, Alanis Morissette, and Niki**

**Taylor. Did you get to interview these celebrities, or did you gather research on them?**

All direct interviews. The editors went out and got the stories. The best experience was with Hota. She believes in living happily and projecting positivity through the world. Also, Alanis Morissette. She was all about mindfulness, meditation, and graciousness.

**Why did you pick these celebrities to cover in your book about happiness?**

The standard diva impression is true, but we make sure those aren't people we're working with. We want to work with celebrities who are real, who are interested in more than themselves, and people who want a more positive world.

**Related Link:** [Celebrity News: Rob Kardashian Deletes Instagram Photos & Blac Chyna Hints at Break-Up](#)

**We have to ask: Do you have any theories on why celebrity relationships so often fail?**

They are high powered relationships with two people in the spotlight, who are ambitious and competitive. They spend time apart and it's very hard to keep in contact for the relationship. They have commitments to long term projects. They get distracted by opportunity and have difficulty setting boundaries.

**Related Link:** [Celebrity Couple Gwen Stefani & Blake Shelton Expected to Release Duet Together](#)

**Lastly, do you have any other upcoming projects or anything else you'd like to share with our readers?**

Every March 1, it's international day of happiness. It's an online campaign at HappyActs.org, where we try to get people to perform happy acts throughout March. We want to make the world a better place. On March 20th, there will be 72 large

walls around the country that are meant to show that you can spread and choose happiness.

*For more from Live Happy Magazine and self-help author Deborah K. Heisz visit [livehappy.com](http://livehappy.com) and check out her Twitter at <https://twitter.com/dheisz>.*

---

# Dating Advice: Love the Way You Search For Love With Online Dating



By [Michelle Foti](#)

Imagine standing in a crowded bar with the music blasting, the lights down low, someone's drink spilled on you, and a bar fight breaking out five feet away. Definitely not the way to meet the man of your dreams, is it? Your quest to find your knight in shining armor is not looking too good, so why not just stay home curled up on the couch with your computer on your lap and search for a guy online?

If your fear of being catfished (remember [Manti Te'o?](#)) is stopping you, just wait until it's last call and the lights come on. Did he really have a biker ponytail and face tattoo the whole time? Online dating can save you so much time and money while you search around for someone you really like. In addition, you will be able to research potential matches, have time to plan your responses, and use actual science to help you find matches.

A great way to start online dating is by trying out a few sites and seeing which you like best. Luckily, reputable sites like these that also offer free trials can be easily found [at DatingAdvice.com](#). By signing up for these free trials, you can usually peruse others images, profile text, and sometimes even contact them. Either way, you will be able to choose a site that you are most comfortable with and that matches your dating goals.

## Dating Advice: 5 Advantages to Online Dating Over the Bar Scene

**1. Cool, confident, collected:** If your face turns red, you look down when you talk, or you get sweaty palms when you're nervous, it sounds like you may not make the best first impression on the guy at the end of the bar. One of the many perks of online dating is that it takes that pressure off. After you've messaged someone on a site, you can start texting and even talking on the phone. It's a process of communication and can take as long or as short as you both want before

meeting in person. When you're ready to talk to him, you can be cool, confident, and collected. You can even have stock conversation ready to go next to your long list of cute and witty comments. Moreover, you can even take your time to plan your wardrobe, whether you want to be sweet and sexy like [Jessica Alba](#) or New York City Chic like [Kelly Ripa](#).

**2. Take a second and think about it:** Think about whether or not you can see yourself with this person. Is this the man you imagine in first date selfies, engagement photos, and standing at the altar? Online dating allows you to take your time to decide on these important factors. There's no last call on a dating site.

**3. Check him out without him knowing:** If he catches you checking him out in person, he may take this as an invitation to approach you. But when you search for love online, you can decide first whether or not he's your type for reasons that stem beyond his perfect hair and rock-solid chest.

**4. Investigate thoroughly:** When you meet someone at a bar, you won't know until you get home (unless you take your smartphone to the bathroom), who that person really is that you are spending your time talking to. When you date online, you have more time to take his name and plug it into Instagram, Facebook, or even Google away. You can find out more than his relationship status including any criminal history, if he has a job, if he has kids: all things that are important to know!

**5. Matchmaking science, not vodka:** This time it's not your drunken best friend pushing you into the arms of disaster, but a matchmaker and science pushing you into the arms of love. It's not about who is checking you out, who bought you a drink, or who the last man standing in the bar is, it's about compatibility. There are even studies that show that online daters find someone within 6 months of going online, so any cost you do decide to spend is actually reasonable.

What benefits of online dating have you experienced? Share in the comments below!

---

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



By [Michelle Foti](#)

As seen on reality TV show *Newlyweds: The First Year*, newlyweds Tara and Rob Radcliffe have showed America that no

marriage is perfect and not every wedding can be either! Looking past the burlesque dance and into the hearts and home of the celebrity couple, their awe-worthy connection is illuminating. In our latest [celebrity interview](#), CupidsPulse had the pleasure of chatting with the reality TV stars about their love life, some of their celebrity relationship struggles, and they even gave us some marriage advice and strategies when things aren't always going well.

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

Tara and Rob have faced the camera and faced America, but at the end of the day it's about facing one another with the gaze of appreciation and of course, a love life that now mimics a public celebrity relationship. Sharing their first year as newlyweds with America has actually brought the famous couple closer! "We have this journey we're going through together," Tara says. "We can talk to one another about certain things with the show that we couldn't necessarily talk to another person about....It's nice to have someone to share it with that you're married to or you're close with."

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

"In this relationship with Tara, I find myself really gravitated towards her and just wanting to go spend time with her," the *Newlywed* star says. "For instance, today she's

cooking and rather than being upstairs in our gym area, I chose to do push-ups and sit-ups right off the kitchen so I can be talking to her while I'm working out."

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

**Related Link:** [Relationship Advice: Are You Ready For Storybook Love?](#)

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

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

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

The reality TV stars would advise other couples to use this dating tip to overcome hard times. "I feel like when we do



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

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

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

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

"The exit door is not one I want to go walking through quickly because I've walked out through the exit door before," Rob

says. "It makes me more committed than ever before, so I make sure that I appreciate the love that Tara and I have."

*You can keep up with Tara and Rob Radcliffe via Twitter at [@robradcliffe180](#) and [@tara\\_radcliffe](#) and on Newlyweds: The First Year on Bravo, Wednesday 10/9c.*

---

# Celebrity News: Khloe Kardashian Reviews 'The Rules' and Shares Her Own Dating Advice



---

Watch this video on [The Scene](#).

[By Michelle Foti](#)

In the latest [celebrity news](#), reality TV star Khloe Kardashian sat down with [Vanity Fair](#) to review *The Rules*, the book of iconic dating advice, which she gave to little sister Kendall Jenner. As Kardashian turned the last page on her report, a new list of dating and relationship advice emerged from the celebrity, which will allow you to rule the dating scene.

## Celebrity News: Khloe Kardashian Shares Rules From First Word to First Date

1. If you want to talk to someone talk to them as much as you want, but make sure your words have substance. Being the social butterfly that she is, the reality TV star rejects rules that you shouldn't talk to a guy first or ask him to dance. And not talking too much is a rule she does not follow! But rambling is a definite do not.

**Related Link:** [Celebrity Couple News: Rob Kardashian Resurfaces with Beard and Blac Chyna](#)

2. If you start with games, you're going to end with games. Kardashian debunks the classic debate of texting him first and if or how long you should wait to answer his texts. Playing games may not deliver you a 'happily ever after.'

**Related Link:** [New Celebrity Couple: Kendall Jenner & Harry Styles Reunite at Party](#)

3. The first date sets the tone for the relationship and love. For the celebrity ex of Lamar Odom, the first date is meant to

vibe with the energy that emanates when the two of you are together– “lips are movin’ movin,” not locking! But that doesn’t mean the relationship can’t develop quickly. “Normally the third date, I’m the type of girl to get engaged or something,” Kardashian says.

**Related Link:** [Celebrity Couple Kylie Jenner & Tyga Go on New Year’s Ski Trip](#)

Kardashian speaks out on relationships and love in this celebrity news. “Love is about wanting someone else’s happiness maybe almost more than you want your own because that person being happy then makes you happy,” she says.

**What dating tips have worked best for you? Share your comments below!**

---

## **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](#)!*