

Celebrity News: Peter Kraus Speaks Out About Arie Luyendyk Jr. Becoming 'The Bachelor'



By

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The new [Bachelor](#) for season 22 has been decided. While many fans believed Peter Kraus was the front runner and clear choice, the [latest celebrity news](#) is not in his favor! Instead, Arie Luyendyk Jr. will be this season's star. Although ABC went in another direction, Kraus believes they "made the right choice," according to [E! Online](#). He is grateful for the opportunities [The Bachelorette](#) provided for

him and is ready to continue helping people in his home state of Wisconsin.

In this celebrity news, Peter Kraus says he supports ABC's decision, but does he really? What are some ways to deal with rejection?

Cupid's Advice:

Rejection can be hard to deal with, especially when you were sure of the outcome. So, when it rejection hits you out of nowhere, use these tools to to make it through:

1. Accept the outcome: Denying rejection will not make it go away. In fact, it will only delay your ability to move on and try again. So, after giving yourself some time to grieve, acknowledge the rejection and move forward.

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2. Don't give up: When you are faced with rejection, it is all too easy to throw in the towel forever. Don't! Rejection happens all too often in life and you have to learn to continue on afterwards. Try and see it as a minor set back and then continue to go after your goals.

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3. Don't take it personally: Rejection is never about you as a person. Whether you were denied a job, a date or an opportunity, the blame cannot be placed on yourself. The person in control was rejecting what didn't work for them or their situation. It does not mean that there is something

wrong with what you have, it was just the wrong fit.

How do you manage rejection? Let us know below!

Lauren Graham and Peter Krause: Friends First



Former *Gilmore Girl*, Lauren Graham, recently revealed that her low-profile relationship with *Parenthood* co-star Peter Krause started as a friendship. The two met 15 years ago when the actress first moved to Los Angeles. Instead of playing the “dating game” like most couples do when they’re first

attracted to each other, Graham and Krause got acquainted over board games. As the actress told [People](#), “I think we liked each other [but] he asked me over to his house to play a board game – and that’s exactly what we ended up doing. So I was like, ‘This guy doesn’t like me. Who actually *plays* a board game?’ ... The timing wasn’t right. I don’t think either of us was ready.”

Does starting out as friends make you a better couple?

Cupid’s Advice:

Your significant other is usually also your best friend. It’s very important for couples to not only to share a physical relationship, but also to be able to relate to one another on an intellectual level. The best relationships tend to have a healthy balance between both physical and emotional attraction.

1. The friend zone: Anyone who has seen the film *Just Friends* starring Ryan Reynolds knows just how frustrating it is when one party is interested in pursuing a relationship, while the other is content with the “status quo.” This proves that being good friends doesn’t necessarily mean that more than that is possible.

2. Getting to know each other: To have a serious relationship, you really have to get to know your partner. Hanging out as friends at first is a lot less pressure than going out on a date. People tend to open up more in a relaxed environment.

3. Staying friends after a breakup: Many find it hard to stay friends with their exes. However, if you were friends with them before a relationship bloomed, it could be easier to stay on good terms after a breakup.