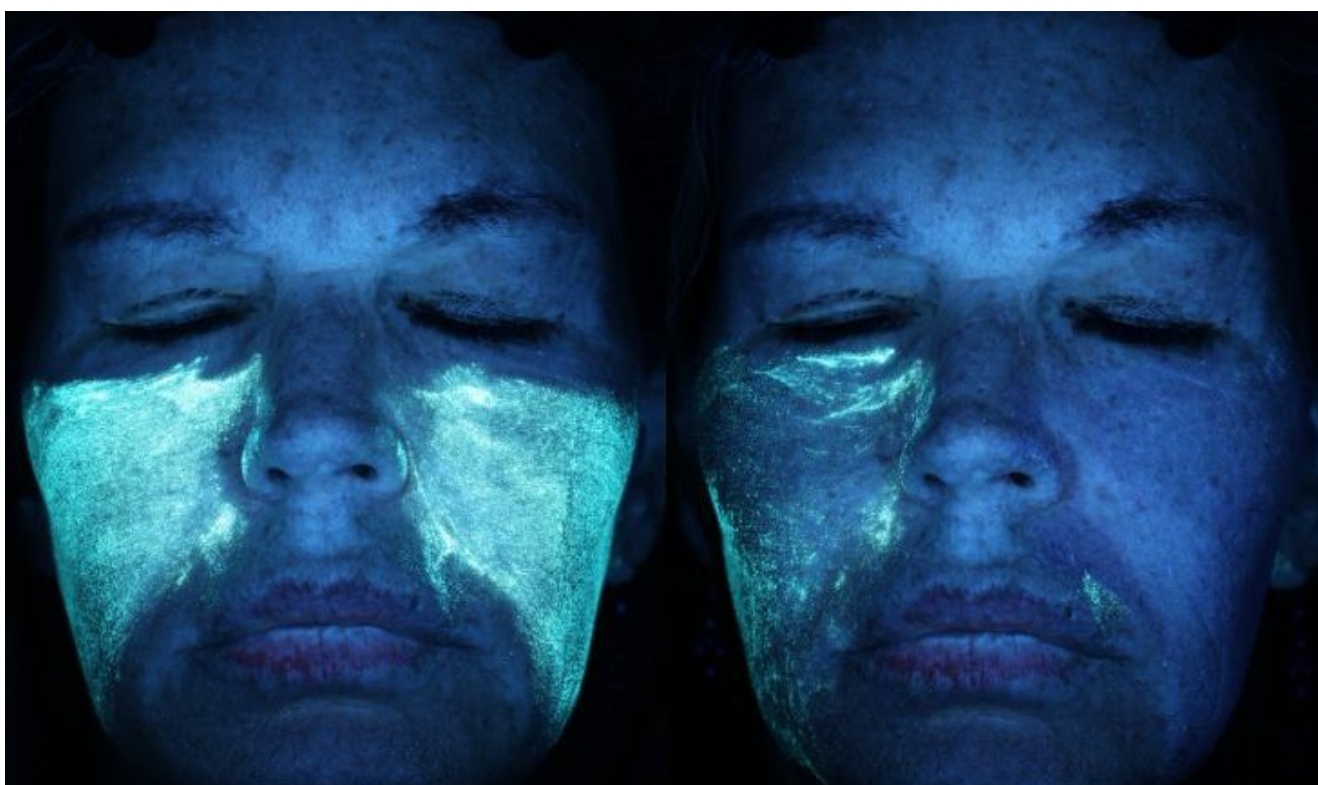


'Botched' Star Dr. Paul Nassif Launches New Anti-Aging Skincare Line



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

For those of us who are feeling aged, don't get enough sleep or are constantly stressed, a good skincare product always helps us look and feel better. But, with so many beauty products on the market, how can a girl even choose. That's why we were thrilled to find out that our trusted TV doc, plastic surgeon and former *Real Housewives of Beverly Hills* [reality TV](#) star, Dr. Paul Nassif launched a new anti-aging collection, [Bio-Clock Dermaceuticals](#) earlier this year. This skincare line is no joke. It fills your pores with love.

During an exclusive celebrity interview with CupidsPulse.com, the star of E!'s reality TV show *Botched* spoke about his new collection and shared details surrounding how his amazing beauty products will cleanse and hydrate your skin just in time for your next [date night](#). You can even check out the famous doctor's summer beauty tips and learn how these products can cleanse, exfoliate, hydrate, and protect your skin in our product review below.

Dr. Paul Nassif's Summer Beauty Tips

As a facial plastic surgeon, it comes as no surprise that Dr. Nassif looks at skin differently than a dermatologist would. Even when he's doing a facelift, the reality TV star says he can see the loss of elasticity, collagen, and hydration. That's why his goal was to have active ingredients in his new beauty products, such as ElastaDermC, a potent form of vitamin C, and retinol which will really make your skin glow. Dr. Nassif's skincare line features all of the essential ingredients for a proactive summer, such as the gentle cleanser, detox pads, hydro-screen hydrating serum, and night beauty serum. Like the doctor says, these products will "wipe away the signs of aging." The surgeon explains how to use these products effectively this summer with his beauty tips below.

Related Link: [Product Review: Express Your Love With a Chalk Me UP! T-Shirt](#)

1. Cleanse. This is especially important during the summer because of the hot and humid weather which leads to sweat that takes longer to evaporate off your skin. The *Pure Hydration Gentle Cleanser* is gentle enough to remove eye makeup but tough enough to remove pore-clogging debris. Don't let that humid weather ruin your skin's glow.

2. Exfoliate. Make sure you exfoliate at the right times. Not only will it help you maintain a fresh fake tan, but gentle facial exfoliation will help create a better canvas for makeup application allowing your skin to wear less on those warm, summer evenings. The *Detox Pads* in Dr. Nassif's new anti-aging skincare line are shown to remove 108% more makeup and dirt than soap and water because of ingredients like retinol, glycolic acid, and salicylic acid (see image above). You will love how amazing your skin feels after a 30-second detox session with this age defying product. Remember to exfoliate the morning after a swim in the pool or ocean, not prior.

Related Link: [Product Review: Find Out Why Celebrity Babies Love Lorena Canals Rugs](#)

3. Hydrate. Stay hydrated. You may have let up on this a little since winter left the premises, but don't give it up for good. A solid moisturizing routine can do many beneficial things for your complexion. Dry skin is unhappy, damage-prone skin, so apply a product to protect it from summertime drying agents like sunburns, salt, and chlorine. The new *Hydro-Screen Hydrating Serum* is a lightweight moisturizer that plumps as it hydrates. "Your skin drinks this product," the surgeon said in an exclusive celebrity interview with CupidsPulse.com. "This is one of the only products that hydrates your skin. Our goal is to increase hydration, luminosity, and help the appearance of discoloration."

4. Protect. Your skin is a barrier that protects you from environmental aggressors like pollution, bacteria, and moisture loss. Keeping your skin healthy helps that barrier continue to work properly. Protect your skin with products that contain antioxidants which will help repair damaged skin and prevent free radicals from doing undesirable work. The *Day Therapy Energizing Creme* and *Night Therapy Antioxidant Night Serum* will revitalize your skin, increase the effectiveness of your sunscreens, and boost your skin's defense against UV exposure. Dr. Nassif says these products work for your entire

face.

These beauty products are proven to reduce dry lines, wrinkles, age spots, sun spots, and discoloration. Many of Nassif's patients have noticed that their skin returned to its natural tone after using the product line. Don't believe us? The reality star and doctor uses his own products, and at 54 years old, he looks 10 years younger.

Whether you're getting ready for your next date night or just keeping up with the latest beauty tricks, Dr. Nassif's anti-aging beauty products have you covered. Be prepared to feel the difference of the active ingredients working to help you through the aging process.

To learn more about or purchase Dr. Nassif's beauty products, visit the [HSN site](#).

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 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 movie 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, Griffin’s 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](#).

'The Truth' Author Neil Strauss Gives Relationship Advice – Even When It's Uncomfortable





By [Rebecca White](#) and Myesha Cobb

It's no secret that relationships and love are hard to navigate sometimes. It's easy to become unsure of ourselves and not know how to deal with questions surrounding things like monogamy and faithfulness. Fortunately, author Neil Strauss tackles these tough topics in his new book [The Truth: An Uncomfortable Book About Relationships](#). He addresses issues that couples face on a daily basis and shares his own journey along the way. In our exclusive author interview, Strauss talks about the inspiration for his autobiography, the lesson he hopes his readers learn, and his three best pieces of expert [relationship advice](#).

Expert Relationship Advice from Author Neil Strauss

To start, we love the premise of *The Truth: An Uncomfortable Book About Relationships*. Why did you decide to write an autobiography?

I write my books because I want to use my personal experiences to solve a problem in my own life and to help others. So I wrote *The Truth* because I felt like I had a real issue with intimacy and connection. I found a solution for it, and I felt like what I discovered could make a difference for my readers.

Related Link: [Going from 'It's Complicated' to Monogamy: 5 Tips Every Woman Should Know](#)

After writing the book, what were your final conclusions? Is it natural to be faithful to one person for life?

The main conclusion is that a relationship and love has almost nothing to do with the other person. It really has to do with *you* and the way that you choose to relate to them. The first thing I found was that the healthiest thing to do for your relationship is to work on yourself.

As for whether or not it's natural to be faithful to one person for life, I think the answer to that question is different for everyone. First, get healthy. Then, do what feels right, whether that be monogamy or not. Do what you like. I think that the ideas in our culture about relationships are actually counterproductive.

Did you have any personal revelations while working on *The Truth*?

The biggest revelation I had was about my parents. By having a needy, smothering, and anxious parent of the same sex that I was attracted to, I began to recoil anytime I was with a partner who got needy. It set a template in my heart for being distant in a relationship.

What do you think will surprise your readers the most about your new book?

I think a lot of these experiences, in the world of open relationships and non-monogamy, were not what I expected them

to be or what other people would expect.

You previously said that you're not the "hero in this tale" and that you are the "villain." Why do you feel that way?

It's just true. The book begins with me cheating on my girlfriends! I tried to figure out how I could do that to someone I love. Throughout my story, I start to care about why would I cheat, why would I hurt them, why would I betray my own value system.

Related Link: [Find Out If Your Partner is Undateable with 'The Cheat Sheet'](#)

Relationships were a challenge for you, especially coming out of the "seduction community." Do you have any advice for our visitors who are also struggling to maintain a serious relationship?

My relationship advice is to stop trying to change the other person and really start looking at yourself and your patterns. Recognize that we're often attracted to people who possess the worst traits of our parents of the same sex. Then, we try to get them to change to heal our childhood wounds through a subconscious level. If we recognize that, then we can start to do something about it.

It's also important to understand the stages of a relationship. Usually, a relationship starts with projection, where you don't truly see who the other person is; you just see who you want them to be. The next stage is disillusionment, where you see who they really are and not your fantasy. That's why people break-up in that three to nine month window – because you're seeing who they really are. Then, there's a power struggle or conflict. If you get through that, there's a relationship. If you can recognize the baggage you both bring and unpack that baggage, you get to have a relationship that's ten times better than the fantasy.

Now, we'd like to ask some personal questions. You got married in 2013 – congratulations! What made you become a one-woman man?

It was really the work I did on myself. I recognized if I didn't change, every relationship I had would fall apart. I really worked hard with really, *really* deep therapy, not just talk therapy. I treated my childhood wounds like cancer, so I could have control over them. And Ingrid as well – she worked on her abandonment issues.

And how did you know that your wife was The One?

You never *really* know. Asking that question can be detrimental. To me, I just asked myself over and over again, "Am I really, really happy?" And the answer was always yes. She lights up my life.

You also welcomed your first child earlier this year. How has it been from transitioning from seduction community to husband to father? Did becoming a parent change your marriage?

That's just how life works. You're young and want to date a lot. Then, maybe you want to build something bigger and build a life with someone. Then, you think we're happy and maybe we should have a baby. So the transitioning is very natural. All the work we did on ourselves allows me and Ingrid to be the best, healthy, and nurturing parents we can be, so our child doesn't have the issues we had.

Becoming parents made our relationship better. Our relationship is still important; we still have that connection time. I was initially scared of marriage because of my parents, but sometimes, what you're scared of is what you should be doing.

Related Link: [Relationship Advice: 5 Questions To Ask Yourself Before Saying "I Do."](#)

Lastly, what's the best relationship advice you've ever received?

It's really different than what you might read about or what you're expecting, but I really wanted to share these with everyone. I have three pieces of love advice:

1. Unexpressed expectations are pre-meditated resentment. People build up resentment in their relationship by not communicating.
2. A relationship is not about finding the right person; it's about *becoming* the right person. Become that person yourself, and you're bound to attract someone at your level of emotional maturity.
3. Only when your love for someone exceeds your need for them can you have a shot at a genuine relationship with them. Sometimes, you need someone more than you love them, and that shouldn't be the case.

You can learn more by purchasing The Truth: An Uncomfortable Book About Relationships from [Amazon](#) and also visiting his website [NeilStrauss.com](#).

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.

Author Wendy Newman Shares the Relationship and Love Advice She Learned After 121(!) First Dates





Interview by [Rebecca White](#). Written by Myesha Cobb.

You feel discouraged and are tired of looking for Mr. Right. Still, you keep saying yes to guy after guy, hoping that he might be The One. You're not alone – we've been there too! But have you ever been on 121 first dates? Author and relationship expert Wendy Newman has, and she divulges the many lessons learned in her new book *121 First Dates: How to Succeed at Online Dating, Fall in Love, and Live Happily Ever After (Really!)*. Not only does she share years of research and intimate details about her many first dates, but she makes us laugh in the process. In our exclusive interview, the author talks about the inspiration for her tell-all, her best and worst first date, and her most valuable piece of [relationship advice](#).

Wendy Newman Opens Up About '121 First Dates'

To start, we love the premise of *121 First Dates*. What inspired you to write an autobiography/guidebook that focused specifically on first dates?

I never meant to go on 121 first dates, and I certainly never meant to write a book about it! It all started with first date 54. It was so horrendous and so miserable; it was so much worse than anything that I had ever read about in terms of a “bad” date that I had to write about it. At the time, my married girlfriends were complaining about how boring their lives were and how unromantic their husbands were. Since I didn’t have a blog, I actually started writing for them, just to keep them happy and to tell them that the grass isn’t always greener on the other side. So I wrote about that particular date, and it was a hit. I continued to write about my dates, just to share where they went wrong or where I went wrong, where it felt right or where we had a moment of victory and shared something really great.

Related Link: [Kristen McGuinness Talks About Going on 51 Dates in 50 Weeks](#)

What’s the best first date you’ve ever been on?

Well, I would have to say first date 101 is the best; he’s actually still a good friend of mine. I’ve had lots of great first dates. I’ve met a lot of amazing men who, while they weren’t *my man*, were great.

And the worst first date?

Like I said above, date number 54 was the worst date. See, I like older men, so I usually go for guys who are five to ten years older than me – that’s my preferred age range. According to his online dating profile, this guy was about 10 years older than me, but when I got there, he was more like 35 years older than me and had a cane. He was hobbling across the street, and he was wearing this kind of beige leisure jacket with wine stains and grease and a wide 70’s lapel.

I was so caught off guard, but I didn’t want to be rude. So we sat down, and he grabbed the menu and encouraged me to order some food. I only planned to have drinks, but at his

insistence, I ordered the house salad. He didn't talk very much, which usually only happens when a man doesn't like you; he makes you do all the entertaining and heavy lifting in the conversation. The thing was, he *did* like me, which made it even worse. I was ready for it to be over, and of course, he sticks me with the bill. I ordered a 6 dollar house salad and ended up paying the 35 dollar tab.

Then, as we were walking out, he asks, "Do you want to know what happened, why I'm using a cane?" Mistakenly, I said, "Sure." He replies, "I was in a motorcycle accident on Friday, and well, it pinched my groin area, and my Johnson has filled with blood, so it's erect. They want to do surgery, but it could do permanent damage and might mess with my erections, so we're just going to wait to see if it'll go down. I'm telling you all of this because I'm erect right now. It will be like I'm on Viagra, so you should come home with me."

That was first date 54. I've had way better, but I haven't had any worse.

Related Link: [Dating: First Impressions – Part I](#)

Author Shares Best Relationship Advice

Now, we'd love to ask you for some dating tips! What relationship advice do you have for women who want to give up on their search for love?

Don't wait until you're ready. You want to wait until the new year, until that work project is over, or until you're done with school. You want to wait until the timing is right, or even worse, until you lose the weight. Don't wait! If I would've waited until I lost the weight, I would still be single. You're never going to feel like you're ready for this new, fun adventure. Just go for it!

Along those lines, was there any tip that really helped you stick with it when you were feeling down about finding a relationship and love?

I had a dating buddy, which I highly recommend. I actually had three of them, two girls and one guy. They were all single, and they all wanted to be in a relationship – two important qualities in a dating buddy. A terrible dating buddy is someone who is married or attached because they don't remember what it was like to date and don't have enough sympathy. Another terrible dating buddy is someone who loves being single. Find someone who's in a similar place in their own life and then promise each other that you'll have each other's back, that you'll be there to listen to all the horrific details of every date, and that you'll be straight with each other.

What's the best love advice that you've ever received?

The best relationship advice that I've ever received is to relate to your partner like they mean well and like they care about you. In the three years that Dave and I have been together, we've always treated each other like no one's misbehaving, and by doing that, we've never been in trouble with each other.

Related Link: [Dating Experts Reveal How to Attract the Right Man](#)

Lastly, do you have anything else you'd like to share with our readers?

Well, I have a 20-city book tour happening. I'm really excited about that. I'm leaving for San Diego, and I'll be on the road until May. That's my life for the next six months!

You can learn more by purchasing 121 First Dates: How to Succeed at Online Dating, Fall in Love, and Live Happily Ever After (Really!) from [Amazon](#) and also visiting the

author's website, [Wendy Speaks](#).

Relationship Advice: Authors of 'Marriage Boot Camp' Reveal How To Build A Rock Solid Relationship and Love



By [Rebecca White](#)

Relationships and love are not easy to maintain, especially if you've been married for years. In the new self-help book by reality TV stars Jim and Elizabeth Carroll, the couple shares

their best [relationship advice](#) on defeating the top 10 marriage killers and building a rock solid relationship. Their book, *Marriage Boot Camp: Defeat the Top 10 Marriage Killers and Build a Rock Solid Relationship*, will help you reignite the flames in your love life. In this exclusive author interview, the duo talks about their love advice to save your marriage.

Relationship Authors Open Up On Best Relationship Advice For Married Couples

To start, we are so excited for the *Marriage Boot Camp* book to come out! How will the book be like your program and reality TV show? And how will it be different?

Jim: It's like the reality TV show in that it takes the reader through many of the exercises and the purposes behind them. People learn when they do things. This book makes the reader apply the tools. It's different in that this book is written so couples avoid conflict, while the TV show enhances the conflict because we have a controlled environment.

Elizabeth: The *Marriage Boot Camp* book takes the top 10 sources of conflict in marriage and gives you a step-by-step action plan for couples to work together. It starts with a case study of one of our couples who struggled with this particular topic. We then give you all of the background information and research needed on the topic so that you can be completely informed. Finally, we end each chapter with a do-it-yourself exercise that you can complete with or without your mate. The book is similar to the TV show in that the readers, like the celebrities, participate actively in the work. It is different from the TV show in that all of the behind-the-scenes teaching and applications are available to the reader.

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

Can you tell us about the top three marriage killers? What's your best tip for helping couples overcome them?

Jim and Elizabeth: Communication – Learn to “mirror.” This is an active listening technique that requires the listener to close his mouth and open his ears. You use the phrase, “What I heard you say is...” and you mirror back what the speaker just said. The hard part is that you have to put your own thoughts, opinions, and feelings on hold temporarily and be open minded to your mates point of view. **Sex** – Understand the very real differences between male and female sexuality. Have a very frank conversation with your mate about what you want from your sex life and what you're willing to do to make that happen. It's also important to discuss your earliest sexual experience and understand how this makes an imprint that affects you even today. **Money** – Know that money is often just the tip of the iceberg with the “real” issue lurking below. Spouses need to spend some time digging into their own psyche and understand their own financial personalities. Money can mean love, power, control, status, or freedom. Each of us leans more toward spending or saving. And you also have a unique family culture. Each of us needs to know what money means to us and then communicate this to our partners. Then get started on a budget!

During the writing process, did you have any profound moments or epiphanies about your own marriage?

Jim: We created a new drill, called “cycles,” that we used in our own marriage.

Elizabeth: Jim's and my marriage is the lab for many of our Marriage Boot Camp drills. In chapter 9: Wrestling With Past, both of us had many “ah ha” moments where we came to a deeper understanding of the impact the past has on our present. We

are currently working on a drill called “cycles” or “circular conflict” because we have seen a pattern when we get gridlocked and it took quite some time to untangle. We definitely want others to learn from our mistakes.

Related Link: [Find Your ‘Clutch’: Relationship Advice from Author Lisa Becker](#)

In your program, you have a lot of drills and exercises for the couples to do. Which one do you believe is the most beneficial and why?

Jim: The forgiveness drill is always the most powerful. It releases people to grow and move forward.

Elizabeth: Every exercise in our program is important but if you could only pick two areas to focus on we would suggest chapter 1 (Communication) and chapter 10 (Forgiveness). With good communication you can solve virtually any problem, but with poor communication it’s almost impossible to solve even the smallest. Chapter 1 covers a concept that we call the Marriage Boot Camp ABC’s and Jim and I use this almost every day. A is for Action, B is for Belief, what you believe about the action and C is for the Consequence of your beliefs. We often say, “I think we have different B’s” when we’re each reacting differently to a situation, which could potentially cause conflict. Chapter 10 covers the need to forgive. As hard as we try, none of us can avoid hurting the other when you live so closely together. The only solution is to make amends and forgive anytime we fall short, but this is much deeper than you would imagine.

To shift gears, I’d love to ask you for some relationship advice! What message do you have for readers who are struggling to keep the spark alive in their marriage?

Jim: My relationship advice is to go to a marriage retreat. It is so much better than sitting around getting counseling and then fighting after every appointment.

Elizabeth: Nothing kills the spark like a root of bitterness. In over 20 years of Marriage Boot Camp I have never seen a spouse who said they were no longer in love with their mate who didn't carry some deep, unresolved resentment. Once you dig that out, we take couples back to the moment when they fell in love and rekindle the flame that started their journey. It works every time. It is relatively easy for people to fall in love again, but it takes discipline to constantly scrub the little viruses out.

Related Link: [Author Jennifer Scott Shares Timeless Lessons of Poise and Dating Advice in New Madame Chic Book](#)

What are the top dating New Year's resolutions for 2016?

Jim: Everyone always says they're going to work on their relationships and love in the next year but...why waste time making resolutions just to fail again? Better to get off your butt and get online and do something for real.

Elizabeth: Instead of trying to find Mr./Ms. Right, *become* Mr./Ms. Right. Chapter 5: Personality Differences is a great place to start. Find out who you are first, then you'll know the type of mate that would be a good match for you. Get involved in community. Find people with like interests and values. Get involved with a volunteer organization. This is a great way to meet people and more importantly it will make you a more interesting person. Take online dating seriously. This is a great way to be exposed to a sizable number of people. Be open, be kind and wonderful things can happen! That's how Jim and I met!

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

Elizabeth: We have several more seasons of *Marriage Boot Camp* ready to be filmed and the concepts and casts are unbelievably exciting! The Marriage Boot Camp seminars continue for anyone who wants to have an exciting interactive experience of growth

and healing. Co-director Ilsa Norman and I are also blogging on celebrity relationships. Finally, Ilsa Norman recently launched the Marriage Boot Camp Retreat for couples who want to keep making memories and continue to grow, while bringing fresh life into their marriages.

Marriage Boot Camp: Defeat the Top 10 Marriage Killers and Build a Rock Solid Relationship *is available now on Amazon. For more from Jim and Elizabeth Carroll, visit the Marriage Boot Camp website, www.marriagebootcamp.com/ and read Elizabeth's blog at <http://www.mbcmotherdaughterduo.com/>.*

Arielle Ford Gives Relationship Advice in New Book 'Turn Your Mate Into Your Soulmate'





Interview by [Rebecca White](#). Written by [Emma Malefakis](#).

One thing that can be even harder than finding “The One,” is staying with them. In her new self-help relationship book, New York Times best selling author Arielle Ford shares 16 simple yet exciting steps to reignite the flames in your relationship and love. In her new book *Turn Your Mate Into Your Soulmate*, Ford says that you can reinvigorate your love life no matter how extinct you may think it is. In this exclusive author interview Ford opens up about her own marriage, talks about her favorite celebrity relationships, and gives her best date ideas and [relationship advice](#).

Arielle Ford Shares Best Relationship Advice and Dating Tips

How would you say you became a better partner in your own relationship?

The first thing I really had to do was learn how to communicate. I grew up in a home where everyone yelled at each

other, which I didn't realize is actually a really ineffective way to get your needs met. There was so much I didn't know. I thought love was just a feeling, but love is also a behavior, decision, choice, and commitment. There will be days you are with your beloved and you don't like them very much, but that doesn't mean you don't love them. When you're not feeling the love the assumption is that something is wrong, but the better assumption to make is that this is normal. There are studies that say every couple has a minimum of 9 irreconcilable differences. So you really need to learn how to communicate. You have to realize what the issues are and be vulnerable enough to share them with each other. What I hope this book does for people is get them to see that in order to have a really healthy, happy, long lasting relationship, you need more than just chemistry.

Why do you think people put so much pressure on themselves to find a soulmate? Do you think it's really *that* important?

I think we're designed as human beings to share our lives with another person and I think it's possible for everyone. If you have a desire for something, that in itself is proof that it's meant to be yours. The thing that gets in the way for most people is their beliefs. They believe there is only one soulmate for everyone, which isn't true. There are hundreds of potential soulmates for everyone, but you have to open yourself up, become vulnerable, and understand that it's a process. I talked to one woman who did online dating for 3 years and said she went on 79 first dates, until she had 'the one.' I asked her if it was all worth it and she said absolutely, she never thought she could be that happy. So many people give up when they just didn't get to the finish line yet. Maybe the timing wasn't right. Maybe the guy who is right for you is in the middle of a divorce, or a big move, or going through big business pressures – but he's out there, I know he's out there.

Related Link: [Most Popular Girl In New York City Shares Online](#)

[Dating And Relationship Advice in New Book](#)

Turn Your Mate Into Your Soulmate includes 16 fun ways to reignite the passionate spark. Do you have a favorite one?

Well when you're in love with somebody it can literally be measured by a CAT scan by which parts of your brain light up when asked about your partner. So the chemicals are always there whether or not you're feeling them. If you get to the point where you're not feeling them at all, one thing you can do is get your partner and mutually decide to do something together that you both perceive as life threatening, like skydiving, zip lining, or a scary roller coaster ride. Do something that is going to give both of you a big adrenaline rush, and that will instantly kick start your brain chemistry to make you feel more in love and more passionate again.

What are some good date ideas that can reignite the flames of a long-term relationship?

I would say anything that is new and different. I believe that you should have a regular standing date night that is non-negotiable. And I believe you should make dates for sex. Date night is about just the two of you getting out of the house, doing something new, and having the time to talk. Sex dates can be short. They don't have to be a big ordeal. I think you should have a sex date even if you don't necessarily want to, because it's kind of like riding a bike. You may not feel it or be in the mood to have sex, but one of you does, so for the health benefits for your partner show up anyway, and once you get into it, you'll end up enjoying it. The other thing I would say is approach your mate with curiosity. Don't assume you already know everything about them. Ask them things you haven't asked them in years.

What would be your best piece of relationship advice for someone struggling to find the perfect partner?

In quantum physics there's something called the unified field.

In the unified field, past, present, and future all exist at one time, and everybody and everything is already connected molecularly. There is nothing and no one to whom you're not connected. So you are already connected to your soulmate on the unseen level. You don't know their name, you don't know who they are, you don't know when you're going to meet them, but you can start the relationship right now today. That's what I did with Brian. Even though I didn't know him, I decided to start the relationship in my mind, talking to him everyday and sharing my life with him in my imagination. That's why I believe that when we met on the physical plane it was this instantaneous recognition. It's something I call love before first sight. So if you're living like it's not going to happen for you, it's not going to happen. But if you are willing to use your imagination and trust, know, and believe your soulmate is not only out there, but also looking for you too, you can pull them in much faster.

Related Link: [Relationship Author Dr. Tara Fields' Love Advice: "The Happiest Couples Don't Necessarily Have More Or Less Conflict"](#)

What is your best dating tip to help your readers establish healthy romantic relationships?

Practice kindness. Be as loving, generous, kind, and compassionate to your partner as you can possibly be. We are all doing the best we can. Kindness goes so much further. If you're angry and upset, it's impossible for your partner to be happy, especially if he is a masculine male. Happiness is an inside job. It's about personal responsibility. Your soulmate can add happiness to your life, but they can't make you happy. Only you can make you happy. To be a great partner you have to take care of yourself first.

Can you tell us which famous couple you think demonstrates a good example of a healthy partnership and why?

Michelle and Barack Obama definitely, politics aside. They have tremendous love for each other. All you have to do is look at pictures of them together, and it is evident that they love, respect and support each other. I think they are terrific role models. In the Hollywood scene, the celebrity couple I really admire is Tom Hanks and Rita Wilson. I think they are the real deal as well. Celebrities have a hard time because you can only have one rock star per couple, so with two big egos in the same relationship there is a give and take dynamic, and only one really gets nurtured.

Are there any upcoming projects that you'd like to share with our readers?

I'm starting my book tour in a couple of weeks so I'll be in New York at the Open Center January 12th doing a workshop. I've also got a ton of free bonuses for people who buy the book. There are also some videos on the MateToSoulMate.com from other experts on the topic, so check it out!

You can purchase [Turn Your Mate Into Your Soulmate](#) on Amazon. For more about author Arielle Ford, visit her website ArielleFord.com

Celebrity Interview: 'Flesh and Bone' star Karell

Williams Talks Relationship Advice Saying, “Be True, Be Real, Be Vulnerable”



Interview by [Rebecca White](#). Written by [Emma Malefakis](#).

If you're a fan of dancing and the arts, you may know the up and coming celebrity actor Karell Williams from the *Starz* mini-drama *Flesh and Bone*, which is a fictional series about dancers caught in the cut-throat world of professional ballet. From freelance performing, to teaching, and now acting, Williams is determined to do it all. *Flesh and Bone* premiered this November, and has already received a Golden Globe nomination. We recently chatted with the star in our exclusive [celebrity interview](#) about his experience transitioning to on-screen acting, and he also gave his best career and

relationship advice.

Celebrity Interview: Karell Williams Shares Career and Relationship Advice

Williams has always been passionate about dancing but has recently shifted to acting as well. As for how he ended up on the small screen, he explains “I wanted to challenge myself artistically in another way.” He moved back to New York where he was focused on becoming a triple threat: singer, dancer, and actor. Then he heard about the *Flesh and Bones* auditions. “It wasn’t until then that I realized this was really something I wanted to do,” the ambitious dancer shares.

Related Link: [Celebrity Interview: SYTYCD Winner Gaby Diaz Says “I’m All Dance Before Romance”](#)

Switching career paths can definitely be difficult. Williams advice for anyone wanting to branch into something new would be “you only live once, so push yourself through it.” He agrees that in this day and age, professionals need to be able to do everything, not just what their job description entails. “You need to explore all facets of your abilities,” he says. “Don’t be scared. Take the leap of faith and your work ethic will proceed you.” And yes, there may be challenges with the transition. “I don’t see them as difficulties, but more as experiences and challenges,” says Williams. “Performing on-stage and performing for the camera are different and each comes with its own challenges, but I like challenges.” While difficulties aren’t always something to shy away from, there’s no doubt there are certain fears and anxieties that come along with them.

However, Williams says there wasn’t much anxiety for him when signing on to this particular project. “Truth be told I didn’t

really know what I was getting into,” he says. It wasn’t until he started auditioning that he realized Moira Walley-Beckett was the writer of the series, the same writer and producer of the top rated hit show *Breaking Bad*. It wasn’t until the dance portion of his audition among some of the best dancers in New York City with cameras recording the whole thing that the aspiring actor realized what a big deal and opportunity he was immersing himself in.

Related Article: [‘Married to Medicine’ Reality TV star Jill Connors on Relationships and Love](#)

This opportunity worked out in the dancer’s favor, as he landed the role of Trey, a trendy, feisty, free spirit in the ballet world. “Trey and I are completely different,” he says. “He’s mean and bitchy, and I’m not really like that.” However, he will admit that him and Trey share the same trendy style. Trey certainly brings the drama in the show, so Williams gave us some dating advice on how to deal with drama in real life, specifically when it comes to relationships and love. He says he lives by the quote “society has become so fake the truth actually bothers people.” His best relationship advice is “to be appreciative and present in your relationship and never forget to communicate. Never mute who you are to make someone else comfortable. You have to be true, be real, be vulnerable, and be authentic.”

Related Article: [Alison Sweeney Talks Relationships and Love in Celebrity Interview](#)

When it comes to making time for your partner in order to put this relationship advice to the test, the busy actor says it’s as simple as prioritizing. “Yes I’m busy, but I’m not the busiest man in the world,” he says. “If Obama can tuck in his kids and give Michelle a kiss goodnight, then I have no excuse!” he added with a laugh. “You have to make sure you make time for what comes first, the people who mean the most to you, or your career.” In our celebrity interview, Williams

says he will be prioritizing his friends and family this holiday season. He admits he rarely cooks, so potlucks with a few of his best friends will be as good as it gets.

Karell Williams Talks Date Night

Holiday dinners aren't the only things he likes to keep simple. Williams also believes less is more when it comes to winter [date ideas](#). His dating advice is to "keep it simple, Netflix and chill baby! At the end of the day it's all about who you're with, not what you do." We can definitely agree that as long as you're with someone you love and care about, you're guaranteed a great time. As Williams liked to put it, "it's not about location, it's about company."

Don't have a Netflix subscription? No worries, you can *Starz* and chill for the *Flesh and Bone* season finale. "I'd say expect the unexpected," the show's star excitedly tells us. We can also expect a big dance number at the end of the episode! The finale airs on December 27th at 8 p.m. on *Starz*.

To keep up with Karell Williams, follow him on www.facebook.com/KarWill1?fref=ts.

Relationship Advice From 'The Best Party of Our Lives' Author Sarah Galvin: "Love is

the Same for Everybody”



Interview by [Rebecca White](#). Written by [Emma Malefakis](#).

Same-sex marriage was legalized in June, marking 2015 as a big year for the LGBT community. *The Three Einstein's* author and writer for *The Stranger* newspaper, Sarah Galvin, just finished her latest book *The Best Part of Our Lives: Stories of Gay Weddings and True Love to Inspire Us All* which was released on Dec. 15. The book is a collection of true stories about gay weddings and relationships and love, which demonstrates how LGBT couples have overcome cultural, societal, and personal obstacles. Each chapter follows a different couple's journey from engagements, to tying the knot, to honeymoons, and more. The book offers a different perspective of marriage, offering insight on different wedding traditions the gay community has made on their own, and reminds readers about the significance of such public celebrations of love. In our exclusive

interview with the author, Galvin doesn't only share her [relationship advice](#), but also talks about her experience of figuring out her own sexuality and gender identity.

Author Shares Relationship Advice and Experience with Love

What inspired you to write *The Best Party of Our Lives*, and what messages do you hope readers take from it?

I had been writing this wedding column for *The Stranger* newspaper and it gave me a different look at weddings that I've never had before. I really got inspired from that. I hope what really resonates with readers is the celebration of same-sex marriage becoming legal and what a huge moment that was in history. Also, it doesn't matter who you are, love is the same for everybody.

Related Link: [Lena Dunham Puts Off Celebrity Wedding in Support of Marriage Equality](#)

Which love story really stood out to you or was your favorite to explore and why?

There was a couple Jim and Sterling who had been together for 50 years before they got married. They were both middle school teachers and taught at the same school for about 20 years. They had a lot of crazy stories. At one point they decided to breed Arabian horses together, but nobody would buy them, so they just lived on a farm with horses and a bunch of chickens. In my eyes they have the ideal relationship. They have been through so much together. They had been together in the 60's, but during that time they had to hide so much. The story of their wedding, having all these people to come together to finally celebrate something they had to hide for so long, I just thought was very moving.

What was your biggest struggle in figuring out your own sexuality/gender identity/coming out?

I guess just the fact that I turned out to be very complicated. It wasn't just that I was gay, I'm also gender-queer as well. At first I was just like a lot of other kids and thought "oh I'm just gay." But then I found out my gender was much more complicated. Honestly being gay is one of the least interesting aspects of sexuality. It turns out to not be very vanilla, so that's a whole other thing to figure out.

What relationship advice would you give someone confused about his or her sexuality or gender?

Well everyone is, so try not to feel too stressed about it. Gender is not a binary. I think that's something that people really tend to get stressed out over because they realize they don't fit into one of those two categories and the truth is most people don't fit into them. Trying to figure out who you are is something that takes your whole life. As far as sexuality is concerned, I think that is cumulatively evolving for most people. I would say don't think you have to figure out everything at once. Just live your life and try to focus on what makes you comfortable and what makes you happy.

Related Link: [Matt Bomer Reveals He Married Partner Simon Halls 3 Years Ago](#)

Your unique style and confidence is your staple. How have you become so comfortable in your own skin and what advice would you give someone struggling with that?

I have my parents to thank for that to some degree. They have been very accepting and cultivated confidence in me. They're very non-judgmental people. You also need to have a certain degree of confidence to be a good artist. You have to have conviction to invest a certain amount of energy in what you're doing. Like stage presence for example, no one wants to see a performer stumbling around on stage afraid of who they are and

afraid of the audience. If you're performing and you screw up, just keep dancing. You look better failing spectacularly than making it obvious that you're afraid of what you're doing.

Being confident in yourself is an important part of any relationship. What else would you say is an important aspect in a romantic relationship?

Confidence helps for a variety of reasons, but I'd say the most important dating advice is that you make sure you treat yourself conditionally. You could pretty much tell by a person's behavior towards other people the way they treat themselves. My love advice is that you have to learn how to be a good partner to yourself before you could be one to other people.

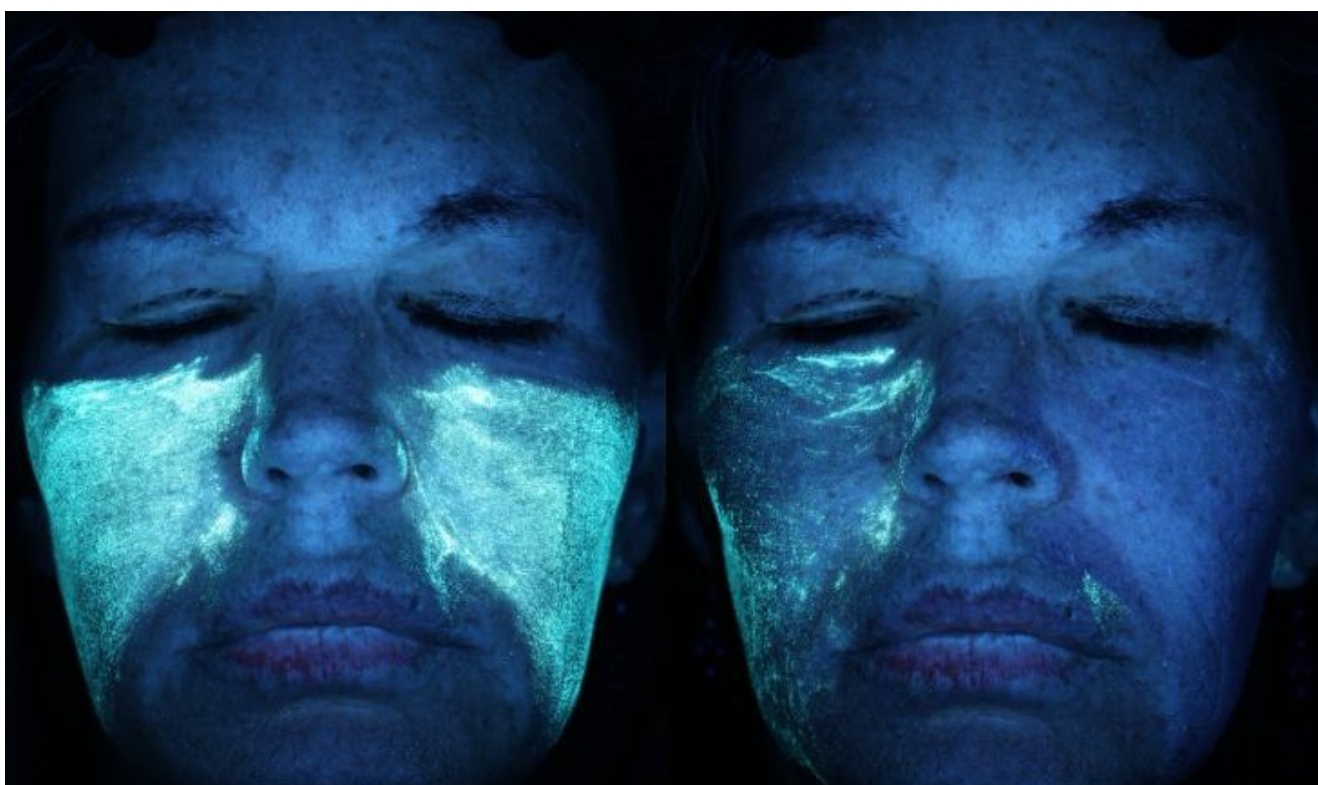
Do you have any upcoming projects that you'd like to share with our readers?

I am working on a new poetry book. I started writing it over the summer. It's going to be a mixture of different types of poems. That's one of the reasons I like poetry so much, when I sit down to start to write, I never know what I'm going to write about, it's a series of surprises.

You can learn more about purchasing Sarah Galvin's new book The Best Party Of Our Lives from Amazon. If you're looking for more on Sarah Galvin, check out her articles for The Stranger.

Wendy Williams Gives Gavin Rosedale A Piece of Her Mind

Surrounding New Celebrity Couple Gwen Stefani & Blake Shelton!



By [Rebecca White](#)

Today, the beautiful and fascinating Wendy Williams sent Executive Editor, [Lori Bizzoco](#) and the CupidsPulse.com team a SHOUT OUT and shared her opinion about Gavin Rossdale's trash talking behavior surrounding his soon-to-be ex-wife's new [celebrity relationship](#). "Well, you should have thought about that, Gavin," said the well-known media personality and daytime talk show host. Known for her catchphrase, *How you doin?* Wendy is speaking about Gavin's alleged affair with the couple's nanny and past affair with cross-dresser, Peter

Robinson. Wendy definitely supports [celebrity couple](#) Gwen Stefani and Blake Shelton, especially after the celebrity gossip surrounding Gavin's affairs. Watch a clip of the show above for Wendy's take on the hot topic and then share your opinion below!

Related Link: [Gwen Stefani and Gavin Rossdale Settle Celebrity Divorce and Will Share Custody](#)

Wendy Williams Talks About New Couple Gwen Stefani And Blake Shelton

Gwen Stefani and Gavin Rossdale have made celebrity news and headlines recently due to their heartbreaking split after 13 years of marriage. The couple's celebrity divorce filing wasn't completely shocking, but Gwen's quick rebound with co-star of *The Voice* Blake Shelton threw us for a loop. Gavin has reportedly been upset with Gwen's behavior saying that she's flaunting her new celebrity couple status.

Related Link: [Celebrity News: Are Gwen Stefani and Blake Shelton More Than Friends?](#)

In the end, Gavin's behavior seems a little childish. Wendy shares her relationship advice for the actor and musician, saying that he needs to stop trash talking his celebrity ex! The talk show host advises that he should take the high road, disengage from social media, and stop dating for awhile. Team Wendy and us at CupidsPulse.com are dying to know what you think. Please comment on this hot topic below!

How long do you think Gwen Stefani and Blake Shelton's relationship will last? Should Gavin and Miranda just move on? Let us know in the comments below!

Related Link: [Gwen Stefani and Gavin Rossdale Split After 13 Years of Celebrity Marriage](#)

You could also win BIG money just by watching “The Wendy Williams Show.”

Visit Wendy’s Facebook page to enter for your chance to win up to \$5,000 during “Wendy’s Windfall” giveaway! Each weekday starting until Wednesday, November 25, 2015, a lucky viewer will be called at random and asked to answer a question about a recent episode of the show.

NO PURCHASE NECESSARY. Ends 11/15/15. 50 US/DC, 18+ only. Subject to Official Rules available at facebook.com/wendyshow.

You can learn more about Wendy Williams by following her on Twitter @WendyWilliams or subscribing to her YouTube channel.

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

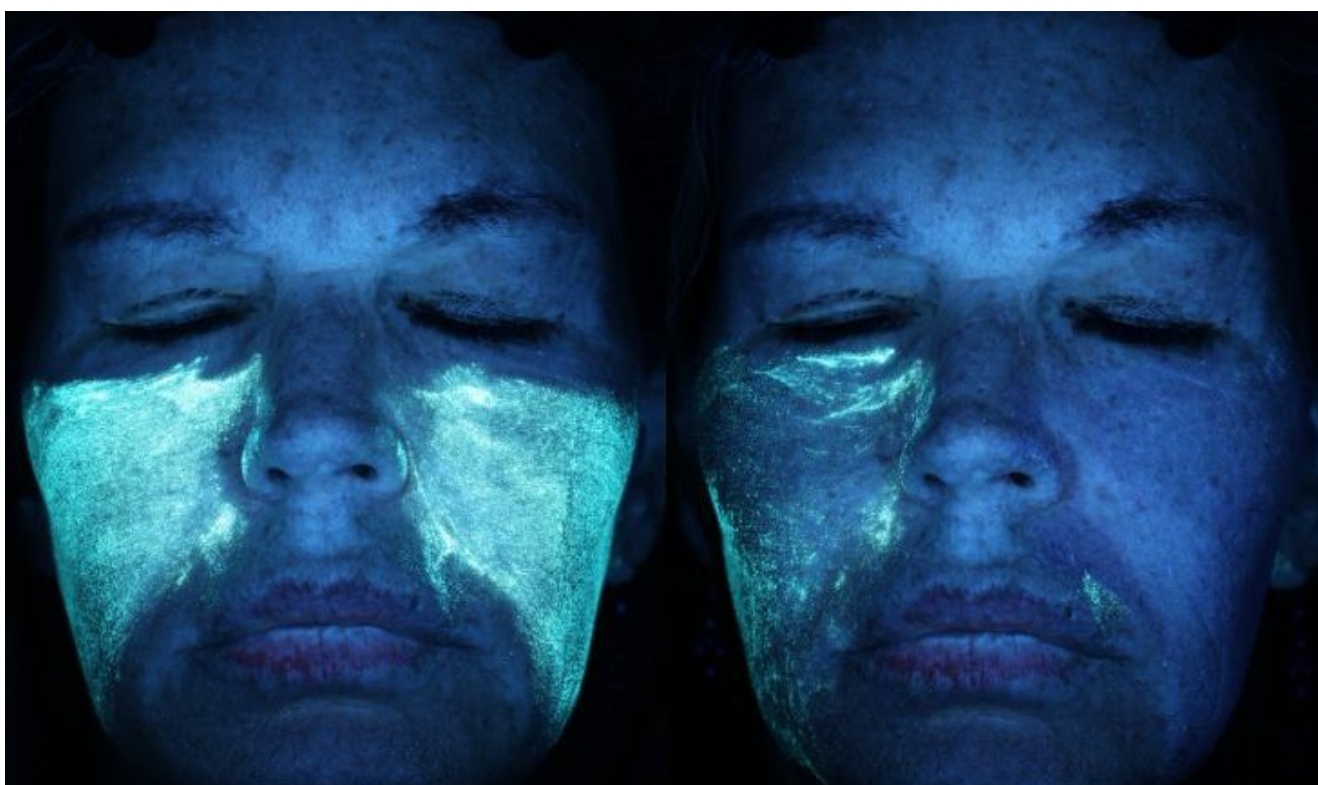
One of the projects keeping the celebrity mom busy is the upcoming Hallmark movie *Love on the Air*, which marks Sweeney's debut on the channel as both a star and executive producer. Her character Sonia seems to have it all. "She has a great radio show for female empowerment and a successful fiancé, 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 DLynn 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](#).

E.G. Daily Shares Post-Divorce Love Advice in Celebrity Interview: “Don’t Wait for Someone to Fill You Up”



Interview by [Rebecca White](#). Written by Mackenzie Scibetta.

E.G. Daily may have one of the most diverse careers in Hollywood. From starting out on the silver screen in *Pee Wee's Big Adventure* to playing the voice of Tommy Pickle's in *Rugrats*, she has truly done it all. Plus, she has a successful singing career. Most impressively though, she balances being a full-time single celebrity mom with her busy lifestyle.

You may recognize Daily from season 5 of *The Voice*, where she performed a memorable rendition of Faith Hill's "Breathe" and was chosen by Blake Shelton. She compared the unforgettable experience to a summer camp for people of all ages and said it was refreshing to just sit around and sing all day. Her best advice for upcoming contestants on season 9 of the reality TV show? "Savor every moment."

E.G. Daily Dishes on Her Celebrity Divorce and Family Life

"Love inspires everything I do," gushes the singer-songwriter, who writes many of her songs with a romantic theme in mind. She notes that "love is all day long," whether she's at the gym or walking down the street. This positive outlook on life undoubtedly helped her handle her [celebrity divorce](#) from Rick Salomon in 2000.

Related Link: [Pamela Anderson and Rick Salomon: Filed for Divorce Again](#)

For Daily, the best way to handle divorce is with dignity and no bad blood. "Just make sure not to be cruel because you'll want or even need to be friends with them at some point. Ultimately, it's happening *for* you, not to you," she explains in our celebrity interview. She is a woman who practices what she preaches, as her and Salomon still maintain a close relationship. As for raising their children as a single mother, she believes that you shouldn't make your ex out to be the bad guy. Her and Salomon "have nothing but love and respect for each other," which she hopes helps her children honor them.

Unfortunately, no divorce, no matter how compatible the bond, is going to be that easy. Daily says she struggled the most with what to do with old photographs and videos of their former life together. "I learned you keep them and just

remember the good times. He's my family, and you'll still have the relationship, but the form of it changes from family to friends forever," she candidly shares.

With such a hectic life, it's hard to imagine how Daily could have time to focus on her children and career...but she managed to succeed at both! "I don't know how I did it – it just all worked itself out," she says with a laugh. She always put her work around her children, who she refers to as her little diamonds. "They are the most important things to me. My life wouldn't be as awesome without them," she notes. She's even lucky enough to bring them to set sometimes: When she worked on *Rugrats* and voiced a toddler, her children were toddlers and often there with her.

Reality TV Contestant Shares Love Advice in Celebrity Interview

It's no surprise that Daily is a strong promoter of self-love and encourages everyone to find what you love in yourself before you start looking for a partner. "When you meet someone amazing, you should feel they deserve you. Don't wait for someone to fill you up," she suggests. Sharing a bit of love advice, she believes that doing all things out of self-care and self-love will naturally attract good partners. "People can feel when you love yourself or not. Be with someone who loves that you love yourself," she adds.

Related Link: [Dating Advice From Justin Kim of 'America's Next Top Model'](#)

As for jumping back into the dating game after a divorce, Daily suggests the same rule of self-love and confidence. "Make sure that you're feeling super good in your life. Feel full and whole and turned on so that you can bring someone in with that positive energy," she shares in our celebrity interview. She adds that you can't be bitter and expect to

find someone. Instead, be excited and ready to tackle a new relationship and love that will bring joy into your life.

You can keep up with and listen to E.G. Daily's music on her Twitter @realegdaily or www.facebook.com/eg.daily# as well as her website, <http://egdaily.com/>. For more love advice and great tunes, you can listen to her one-woman autobiographical musical "Listen Closely," available on Amazon.

Brady Toops Opens Up About Real Reasons for Celebrity Break-Up with 'The Bachelorette' Contender Britt Nilsson





By [Rebecca White](#)

Although Britt Nilsson and Brady Toops' relationship and love didn't work out, the duo seem to have the nicest things to say about each other. According to [UsMagazine.com](#), Toops opens up about the "real" reasons behind the [celebrity break-up](#) from *The Bachelorette* contender. The reality TV star took to Instagram and gave a few humorous explanations for the failed love: "1. We had no real celebrity couple mashup name...Britt(y), Brad(itt). See, there was almost no chance. This was probably the beginning of the end when we realized this. 2. Britt is afraid of heights and not only am I afraid of heights, but I'm actually afraid of her being afraid of heights. That obviously couldn't work." Don't expect any hate from these celebrity exes any time soon!

This *Bachelorette* did not find happiness in the end. What are

three ways to cope with a failed relationship and love?

Cupid's Advice:

While the reality TV couple doesn't seem too upset about their celebrity break-up, that isn't usually the case for the rest of us. Here's Cupid's advice for how to cope with a failed relationship:

1. Give yourself time: It's perfectly normal to mourn the end of your relationship, whether you were together for a few months or a few years. Allow yourself time to cry, reflect on the experience, and accept that it's really over.

Related Link: ['The Bachelorette' Kaitlyn Bristowe Opens Up About the 'Men Tell All' Episode](#)

2. Let your emotions loose: If you want to cry in bed all day, then you should. If you want to vent about your frustrations, then you should. But, remember to only do this as long as you need to, so you can get back up and moving.

Related Link: [Britney Spears' Celebrity Ex Charlie Ebersol Copes with Video on Instagram](#)

3. Remind yourself why it ended: Of course you're going to miss your ex, but make sure you remind yourself of all the reasons it didn't work out. Write this down in a list so you can look at it anytime you regret your decision or long to dial their number.

How do you cope with a failed relationship and love? Comment below!

Insider Says Miranda Lambert Is 'Heartbroken' and 'Devastated' Over Celebrity Divorce



By [Rebecca White](#)

Country music fans are heartbroken, because the genre's most beloved couple, Blake Shelton and Miranda Lambert, have officially announced their [celebrity divorce](#). According to [UsMagazine.com](#), the latest celebrity news and gossip surrounding the break-up is that the duo is heartbroken and

devastated that the relationship and love didn't work out. Sources revealed that the famous couple have had arguments over jealousy and when to start a family. Another challenge? The fact that the pair was rarely in the same state because of their busy schedules. Be prepared for a few tear-jerking songs from these two!

Celebrity divorce is not only personal, but it's also public. What are some ways to handle telling friends and family about your divorce?

Cupid's Advice:

With the announcement of yet another celebrity divorce, we know how hard it is to finally call it quits when the marriage just isn't working out. Once you finally make that choice, here's some love advice for how to handle telling your friends and family about your divorce:

1. Be gentle: Your family and friends will have many reactions to the announcement of your ending marriage, so be gentle with them, but get to the point. Explain the situation as tactfully as possible and don't expect any particular response, because there's no guarantee how people will react.

Related Link: [Famous Couple Blake Shelton and Miranda Lambert Are Divorcing After Four Years](#)

2. Be conscious of your family's history with your former flame: If your loved ones had a good friendship with your ex-spouse, they may be suffering the loss of the marriage as well. If they disliked your spouse, then they may react positively to the news.

Related Link: [What Now? Transitioning From Married to Single](#)

3. Tell them when you're ready: While you don't want to wait too long to share the news of your divorce, you have to be ready for the conversations and questions that will be asked. Take some time for yourself to mourn the loss of your marriage and prepare for the future.

How would you handle telling your friends and family about divorce? Comment below!

'Married to Medicine' Reality TV Star Jill Connors On Relationships And Love: "It's So Hard To Get That Passion Back"





By [Rebecca White](#)

If you're a fan of [reality TV](#), then you know drop dead gorgeous Jill Connors is the up-and-coming star of the third season of Bravo's *Married to Medicine*. The mother, attorney, and business woman has taken the Atlanta social scene by storm, becoming known for her buzzed about philanthropic soirees. The Southern belle gracefully balances motherhood while managing her husband's – Dr. John Connors – successful plastic surgery practice. We recently chatted with Connors about her celebrity love story and her best advice for keeping your relationship and love strong.

Reality TV Star Shares Her Celebrity Love Story

It was love at first sight for this famous couple. “I was a senior in college, and I had three boyfriends when I met John,” the star dishes in our exclusive celebrity interview. “We met on an airplane when I was going to visit one of my boyfriends in New York.” The funny thing is Connors couldn't

even tell her parents how she met her husband because they had no idea she was going to New York at that time! When she locked eyes with him, she just knew. “It was the weirdest spiritual thing,” she says. “About a month later, I remember saying to my best friend, ‘I’m not in love with him yet, but this is the man I’m going to marry.’”

Related Link: [‘Married at First Sight’ Couple Jamie Otis and Doug Hehner Share Love Advice: “A Strong Foundation is Key”](#)

Not only was their meeting serendipitous, but they weren’t even supposed to be on the same flight or next to each other, for that matter. John planned to be in Florida for a medical talk with his friend Jim, but his buddy couldn’t make the flight. Jill was booked on a later plane, but a passenger didn’t show up for the earlier flight, so she got Jim’s seat next to John. And the rest is history!

Now, after nearly 13 years together, the married famous couple has three sons, who are ages 7, 9, and 11. When it comes to teaching her kids about romance, Connors is very open. “It’s because my parents never talked with me because they were strict Catholic Italian,” she reveals. “I still haven’t had the sex talk with my mom, and I’ve already had it with my oldest son!”

The mother of three wants her kids to learn respect and the importance of working hard in a relationship. “The women’s job is a little harder, especially if she’s working,” Connors believes. “Realistically, she’s going to be the one working inside the home and the primary caretaker for the children.” When that’s the case, the reality TV star wants her boys to understand that they need to help their partners balance everything and be a team.

Jill Connors Talks Love Advice

This busy celebrity couple understands that balance is challenging to achieve in a marriage. Since Connors works with her husband, it's even more difficult. "Because we work together, we'd be at work and then come home and talk about work," she says. "It's so hard to get that passion back, especially if you're married for 13 years and have three kids!" But don't fret because there are things you can do to put the spice back in your relationship and love. Connors' love advice is to carve out alone time: "Sometimes, we have stay-cations, like an overnight trip to the St. Regis," she shares. "You feel like you're getting away, but you're not too far away!"

Connors also says that it's important to be comfortable with your significant other in order to avoid jealousy. "You need to know why you're jealous," she explains. "Is it because there's a reason to be jealous, like your partner cheating? Or is it because you aren't comfortable with yourself?" Once you figure out what the root of the problem is, then you can work on learning to trust the other person.

Related Link: [Exclusive Celebrity Interview: 'Player Gets Played' Stars Discuss Moving On After Infidelity](#)

Personally, Connors gets asked all the time if she's jealous because her husband is a breast plastic surgeon. "He's never made me feel like he's attracted to these other women, and he's so loving to me, so there's no reason to be jealous," she candidly says.

Although she's been married for over a decade, she has some relationship advice for new couples. "The beginning of dating is the best, most fun time ever," the celebrity mom shares. "If it's hard in the beginning, it's only going to get harder." If that's the case, she suggests that you move on. "You never know where that perfect person is. You could even

meet them on an airplane!" she says with a laugh.

You can keep up with Jill Connors on Twitter. Tune in for Married to Medicine on Bravo on Sundays at 9/8c!

Kourtney Kardashian's Family Thinks She Deserves 'Much Better' Than Celebrity Ex Scott Disick



By [Rebecca White](#)

Keeping up with the Kardashians has not been easy this week. With the latest celebrity news that [reality TV](#) stars Kourtney Kardashian and Scott Disick have split, fans and viewers alike are all disappointed that the Lord just can't seem to get it together, even for his three celebrity kids. According to [People.com](#), Kardashian's family thinks she deserves much better than her celebrity ex, especially after his celebrity infidelity. And we have to say, we agree!

We doubt these celebrity exes will be reconciling anytime soon. What are some things to consider before making up with your ex?

Cupid's Advice:

These celebrity exes may never get back together, but that doesn't mean that other couples shouldn't. Here's our love advice for some things to consider before making up with a previous flame:

1. Is the problem a chronic one?: When your relationship and love has ended, but you may want to rekindle the romance, make sure you recognize if the problem is chronic or not. Is what broke you up something that keeps happening? How many chances have you already given your ex?

Related Link: [Scott Disick Checked Into Rehab Before Kourtney Kardashian Celebrity Breakup News](#)

2. Can you truly forgive?: If you do decide to get back together, you cannot throw previous transgressions in your partner's face every time you want to win an argument. Make sure you've truly forgiven them for the past so you can move on.

Related Link: [Scott Disick Invites Fans to 'Come Party' in Vegas Post-Split from Celebrity Ex Kourtney Kardashian](#)

3. Be friends first: Try just being friends with your ex before you decide to start up anything else. This way, you'll be close enough to see if their behavior has changed, without the bonding of sex heightening your attachment and expectations.

What do you think someone should consider before making up with an ex? Comment below!

Jennie Garth Planned Rustic-Chic Celebrity Wedding Without Wedding Planner





By [Rebecca White](#)

Jennie Garth has made the latest celebrity news again, and this time it's for her celebrity wedding which we've all been celebrating this week. According to [UsMagazine.com](#), Garth planned the entire affair by herself. The *Beverly Hills, 90210* star, didn't even have an event organizer helping her! Her groom, David Abrams, also took elements of the [celebrity wedding](#) into his own hands as well. Apparently, Abrams said vows to all three of Garth's daughters before exchanging them with her. How cute is this Hollywood couple!

Celebrity weddings involve hands on work, but they aren't all planned by the celebs involved like this one! What are some benefits to saying "no" to a wedding planner?

Cupid's Advice:

Although planning a wedding can be hard on a relationship and love, both you and your fiancé should have an active role in organizing the event. See below for our love advice on the benefits to saying “no” to a wedding coordinator:

1. Everything is how you want it: The best part of arranging the ceremony and reception yourself is that you truly know this will be the happiest day of your life. Everything from the decorations, to the DJ, to the vows will have your own mark on them and be unique to your nuptials.

Related Link: [Jennie Garth Celebrates Celebrity Wedding to David Abrams](#)

2. You’ll grow closer to your fiancé: If you’re meant to be together, then planning a wedding should be a breeze. There shouldn’t be much arguing or disagreeing throughout the process. Make sure you watch *Bride Wars* and learn from the characters mistakes.

Related Link: [Jennie Garth and David Abrams Share PDA-Filled Golf Date Post-Celebrity Engagement](#)

3. DIY projects: Being able to make your own decorations will not only save you money, but also be a lot of fun! You can have DIY parties where you make the center pieces, the flowers, etc. If Jennie Garth can make the chandeliers for her special day, so can you!

What do you think are benefits to saying “no” to a wedding planner? Comment below!

Exclusive Celebrity Interview: Josh Kelly From Lifetime's 'UnREAL' Reveals the Truth About Reality TV



Interview by [Rebecca White](#). Written by Meranda Yslas.

Without a doubt, there's something fascinating about reality TV that makes us tune in and catch the latest episode each week. Lifetime's newest scripted series *UnREAL* exposes the manipulation that goes on behind-the-scenes to keep the drama alive on a popular dating show. In our [exclusive celebrity interview](#), actor Josh Kelly not only reveals the truth about reality TV but also opens up about relationships and love.

Exclusive Celebrity Interview with *UnREAL*'s Josh Kelly

Contestants on shows like *The Bachelor* or *The Bachelorette* sometime act in ways that make our jaws drop in disbelief. Although we say we would never do half the things we see on television, we shouldn't be so quick to judge: Kelly explains that people often undergo a psychological change when placed in front of a camera. "It was pretty fascinating because, before I auditioned for the show, I was taking a psychology class. I had become friends with a reality TV person, and she told me all these things, and I was flabbergasted," he says. "So I rewrote my thesis paper to show how reality TV shows would be illegal if they were done in psychological experiments. All you have to do is throw cameras at people, and they pretty much do anything. I was really happy when the show came around because it was exactly what I was talking about."

Although having cameras present makes people act a little differently, a big part of why reality TV shows are full of so much drama is the manipulation by the producers and directors. *UnREAL* showcases just how much deceit is put into making a show a hit. It may seem a bit overboard, but the 33-year-old actor insists that it's true. "*UnREAL* is exaggerated to tell the storyline with the characters, but as far as what goes on, from what I've heard, it's not exaggerated at all," the actor says. "If anything, it's almost held back and toned down."

Related Link: [Shiri Appleby Welcomes a Baby Girl](#)

Jeremy, Kelly's character, is the cameraman and a past lover of one of the producers, Rachel, played by Shiri Appleby. Although the two have a complicated past, fans can't help but hope they end up back together. "If you want to be with someone and it's not working out, then you have to ask yourself if you should be with them," he says. "I guess that's

the question for most exes. With Jeremy and Rachel, I don't know. I think they both want it to work out, but they've both done some bad stuff."

Without giving too much away, he does hint that more is going to happen between the exes. "It gets crazier and crazier," the *One Life to Live* star adds. "Jeremy and Rachel try to deal with their issues."

While Jeremy may be struggling with a lingering old relationship and love, Kelly knows how to deal with an ex. His relationship advice is to be honest with your former flame *and* with your new partner. "Don't try to hide anything, and don't try to keep either side a secret," he says.

He also shares a piece of love advice for current couples: "If you're really in love, try and love the person more than you think they love you. As long as they're doing that as well, then you guys are good."

Finding Love on Reality TV

Even though it's clear that what happens on reality TV isn't always authentic, that doesn't mean dating shows can't be successful. Still, regardless of cameras, "finding love is the hardest thing to do," Kelly believes. He also points out that shows like *Married at First Sight* have helped people find their soul mate. "Doug Hehner and Jamie Otis – they're still making it. They're one of the reality show couples that my girlfriend and I have become friends with, and they're very happy," he shares.

Related Link: [‘Married at First Sight’ Couple Jamie Otis and Doug Hehner Share Love Advice: “A Strong Foundation is Key”](#)

A big departure from his role on *UnREAL*, with parts in films like *Transformers: Revenge of the Fallen* and *Jarhead 2: Field of Fire*, Kelly is no stranger to being in war-style

movies. Ironically, he has a military background and admits that being a past soldier and then playing one on set can be a bit aggravating. "A lot of people have a preconceived notion of who soldiers are and why they act like they do," he says. "They think of them as mechanical and not human. On television, they're often supposed to be like robots."

"It can be very constricting if you're an actor and you're trying to play the character, and the writers and producers are like, 'Well, you know, soldiers don't really get nervous,'" he elaborates. "We do. I can promise you that." Although at times frustrating, "it's also really fun to get back in the uniform and play."

With that thought in mind, his latest project is a short film entitled *Prisoner of War*, which was directed by a friend and fellow Army Ranger, Matthew Sanders. "It's probably the most intense role I've ever played," the actor admits. The storyline involves soldier suicide and post-traumatic stress disorder, which he feels are "really important" topics.

Whether his character is a soldier in battlefield or a cameraman for a reality TV show, Kelly thanks his military background for influencing his acting. "It has helped me in many, many ways," he shares. "I learned a lot about hard work, and I'm really happy for it."

For more from Josh, follow him on Twitter @JustJokingJK and www.facebook.com/joshkellyofficial. Tune in for UnREAL on Lifetime on Mondays at 10/9c!

Exclusive Interview: 'Player Gets Played' Stars Discuss Moving On After Infidelity



By [Rebecca White](#)

Moving on is never an easy thing to do, but when the [relationship and love](#) ends due to infidelity, it's even harder. In a new Oxygen Media reality TV series titled *Player Gets Played*, each week, one woman with a lurking suspicion uncovers the heartbreaking reality that she is not the only love in her boyfriend's life. Once these ladies discover the truth, they join together to teach their "player" boyfriend a lesson. In our exclusive celebrity interview, four of the

stars of the show open up about being cheated on and building trust with a new partner.

Reality TV Stars Open Up About Dating After Infidelity in Exclusive Celebrity Interview

Brittany, Meghan, Nyira, and Jessica all have one thing in common: Their boyfriends cheated on them, and now, they have to open themselves up to love again. “After being cheated on, it took me awhile to finally move on and give someone a chance to even walk up and talk to me,” Brittany shares. “I am still not in the right ‘place’ to get back into a relationship.”

Related Link: [You’ve Cheated, So Now What?](#)

While Brittany wanted to take some time before entering a new relationship and love, Nyira was ready to jump right back in. “It took me about a month to move on,” she says. “I couldn’t allow myself to dwell in that hurt. I just prayed, forgave, and let it go.”

Once you move on, though, there’s still a long way to go. Meghan and Jessica both understand that trusting a new partner isn’t as easy as it used to be. “I’ve moved on, but I don’t let down my walls, and I’ve become more difficult to penetrate mentally, physically, and emotionally,” Jessica shares in our exclusive celebrity interview. “I find that, with a new partner, he has to love me more. I know how to love and be faithful in a relationship, so if he loves me more, then I feel like we’re equal. I don’t think he’ll cheat because he appreciates me more than just in a physical sense.”

Meghan also learned that she no longer trusts as easily. “I actually don’t let my walls down so quickly,” she explains. “I always trusted any guy, but now, I don’t trust someone until

it is earned.”

While trusting a new partner after infidelity isn't easy, it's important not to judge every relationship based on previous ones. “If I go into another relationship expecting to be cheated on, then it's going to happen!” Jessica says. “Our thoughts create action. The thing is, you can never tell. You just need to give every person their own blank piece of paper and let them have a fresh, untainted start.”

Related Link: [Can Cheaters Ever Change?](#)

Brittany also believes that you need a clean slate in order to build a new flame. “Once you start dating, you have to let your guard down a little, or you will never know if there is a connection between you and the other person,” she shares.

No matter what, you have to keep taking chances. When asked about their best love advice, these reality TV stars encourage you to be patient. “You can't go your entire life being scared to love,” Nyira says. “Yes, you may get hurt, but you will grow stronger from it. Then one day, that special man that you have been dreaming about will come and sweep you off your feet. Those walls will slowly come down until there is a heart full of love, ready to meet another. Once those two hearts meet, a beautiful love will blossom.”

For more information about Player Gets Played, check out their website, www.oxygen.com/player-gets-played! Be sure to watch the show on Oxygen on Wednesdays at 9:30/8:30c.

Leading Non-Verbal Expert Shares Online Dating Love Advice



Interview by [Jared Sais](#). Written by [Rebecca White](#).

Relationships and love are not always easy to find, and in this day and age, many people turn to online dating as they search for that special someone. This approach can be extremely effective, but it's important to keep a few things in mind in order to increase your chance of finding The One. In our celebrity interview, Dr. Paul Ekman, an expert in non-verbal communication, shares his best [love advice](#) to help you get through a first date with someone you met online.

Dr. Paul Ekman Shares Love Advice For Online Dating

Before you even go on a date, chat with your potential partners on Skype or FaceTime. That way, you'll be able to tell if they're authentic from the get-go. You can watch their facial expressions and hear their tone and pitch, gathering the non-verbal cues needed to get a better understanding of who they are. After all, you can't tell if they're lying via e-mail or text!

Related Link: [Love Advice: How To Tell If a Guy Likes You](#)

When it comes to your first date, Dr. Ekman's expert dating advice is simple: Be prepared to ask the right questions. He recommends that you find out the answers to these five questions below:

1. What do you like to do on vacation? If you can't travel together, you can't live together! Find out what your date likes to do for fun and see if you have any similar interests.

2. Why didn't your previous relationships and love work out? Really listen to how your date responds to this question and be on the lookout for any red flags. Of course, there are a few acceptable answers, like illness or death of a past lover and differing opinions about topics such as having kids or where to live.

3. Do you have a good relationship with the opposite sex parent? If the answer is no, they may look to you to fill that void. A bad relationship with any parent could cause issues in your love life, as they may have a skewed perspective of the family unit.

4. What is your online dating history? While this question isn't a necessity, it's helpful to know what sort of online

dating success your date has had thus far. How long have they been looking for love online? How many dates have they been on?

Related Link: [Dating Expert Gives Five Body Language Cues to Look For on a First Date](#)

5. What type of relationship do you want? Asking this question on a first date will let you know if you should continue this particular romance. If you have different answers, then it's time to move on!

Besides these verbal questions, don't forget to look for classic non-verbal cues while you're on the first date. Is your date leaning towards you? Are their eyes dilated? Are they making eye contact with you? These are all positive signs! Dr. Ekman even has a training tool called micro expressions, which can help you learn how to read people. Be sure to keep this love advice in mind the next time you go on a first date.

What questions would you ask on a first date? Let us know by commenting below!