

Taylor Armstrong Says She's 'So Not Ready' to Date Again



It's been eight months since the *Real Housewives* star Taylor Armstrong lost her husband Russell Armstrong to suicide, and she said she hasn't even considered dating. "I'm just so not ready. I still think about Russell every single day, and I still miss him terribly and I feel like I'm so far from ready," said Armstrong according to UsMagazine.com. "I don't know if you just wake up and you're ready, or how that works. But for me, for now, I really got some growing to do, I think, before I'll be even ready to be a good judge of what's good for me." As for now, the reality star is putting her focus on raising her daughter Kennedy and learning to be a single mom and an independent woman.

What are some ways to know it's time to enter the dating world after tragedy?

Cupid's Advice:

The loss of a loved one is not an easy battle of emotions to overcome, but someday you will be ready to date again. Cupid has some signs that might prove whether or not you're ready:

1. Grieve: It's important that you take time to grieve. We often try to put on a strong face for others, and pretend that we're ok when we're not, but it's ok to be sad, angry, hurt, or lonely. Once you go through the stages of grief you will be closer to accepting what the future has in store for you.

2. Time: Don't jump into a rebound relationship just because you're lonely, but don't wait forever to let someone else into your heart. Just because you move on with someone new doesn't mean you're forgetting the person that you lost.

3. Content: There will be a day when you've come to terms with your loss and you learn to be yourself without that person. However, don't waste time being alone when you can find someone else to share your life with and hopefully one day love someone else again.

What do you think are some signs that someone's ready to enter the dating world again? Share your comments below!

Russell Armstrong's Exes Accuse Taylor Armstrong of Being Heartless Post-Suicide



Taylor Armstrong, star of *The Real Housewives of Beverly Hills*, was recently widowed by the loss of her husband, Russell Armstrong, to suicide. After the fact, his ex-wife Barbara Fredrickson and his former fiancée Milette Fields say Taylor is being heartless and self-centered in the wake of his tragic death. Both women have children with Armstrong, and claim that Taylor was too busy to break the news to either of their families in person, who found out once the story hit the news. The reality star even failed to call Armstrong's mother to offer her sympathies. According to [RadarOnline](#), Barbara believes Taylor is hiding valuable belongings of Armstrong's on purpose, none of which she's offered as memoirs to his children, and is planning a tell-all about Armstrong's abuse.

How do you move on after you tragically lose your partner?

Cupid's Advice:

Dealing with a spouse's death is often one of life's challenges, but it can be especially difficult when their

death is sudden or tragic. Cupid has some tips to help you move on:

1. Grieve: You've just lost your best friend and companion, so don't feel guilty taking as much time as you need to cry it out. Go through their belongings and pack away old things yourself to help with the mourning process.

2. Keep busy: Maintain your regular schedule, and get out of the house often. Lean on your family and friends for support.

3. Let go: This person will forever be in your heart and a part of your life, but you need to accept that they're gone. They would want you to move on, and keep living your life.

How did you cope with the loss of a loved one? Share your comments below.

Real Housewife Taylor Armstrong Will Release Tell-All Book





Taylor Armstrong from Bravo's *The Real Housewives of Beverly Hills* will be releasing a tell-all memoir through the publisher Simon & Schuster entitled *Hiding From Reality: My Story of Love, Loss and Finding the Courage Within*. The book is scheduled to be released Feb. 7 and will outline her relationship with her ex husband Russell Armstrong, who tragically committed suicide in August. According to [The Hollywood Reporter](#), the couple had filed for divorce only a month before the suicide.

What do you do if your ex "tells all" after a split?

Cupid's Advice:

If an ex decides to tell all after a split, there's really not much you can do to prevent them from doing so. All you can do is stay strong and move on:

- 1. Allow only positive influences:** Surround yourself only with positive people and things. After all, it's your ex who is airing their dirty laundry and not you.
- 2. Don't answer questions:** If someone asks you about something they heard from your ex, simply tell them that it's none of their business.

3. Let time work in your favor: Time cures all wounds and rids all rumors. When you are in bad place in your life, time always works in your favor.

When a relationship is over, should you tell all or keep the details to yourself? Share your thoughts below.

Marriage Counseling Sessions with Taylor and Russell Armstrong Will Air on 'The Real Housewives of Beverly Hills'



Taylor and Russell

Armstrong's marriage counseling sessions, which were taped months before Russell's suicide, will air on *The Real Housewives of Beverly Hills*, [RadarOnline](#) reports. "Bravo has done major editing of the show, to be sensitive to the fact that Russell killed himself. However, the decision was made to air the footage of the therapy sessions," a Bravo insider says. "Viewers will see the two of them with their marriage counselor, Dr. Charles Sophy, as well as individual sessions with Taylor. Russell's one-on-one sessions will not air. Taylor is completely supportive of the decision, and thinks it will help battered women to make the decision to leave an abusive relationship, just like she did."

What are some ways to work on your marriage before calling it quits?

Cupid's Advice:

If you can't imagine life without your spouse, although your marriage is falling part, take the following steps before you give up:

- 1. Counseling:** Visit a marriage counselor, and talk out your problems with someone who won't take sides and can view the situation objectively.
- 2. Take a break:** Take a month to sort out your feelings and figure out what major issues need to be solved in your current relationship.
- 3. Discuss it:** Committing to open communication where anything in fair game is the best way to get every issue or problem you're having out in order to fully comprehend what you will have to tackle to re-build your relationship.

Share with our readers if you know other ways to work on a failing marriage.

RHOBH EXCLUSIVE: Taylor Armstrong's Life Coach, Melanie Mar Answers Our Questions



By Ashley DelBello

Last Monday night, the world was introduced to Melanie Mar on *The Real Housewives of Beverly Hills* (RHOBH). As we all saw, she was giving life coaching advice to Taylor Armstrong and helping her through her marriage woes to her now late husband, Russell. We published an interview with Melanie the day after the episode aired, where she offered advice for both couples looking to strengthen their relationship and singles searching for Mr. Right. This week, Melanie shares insight with us that

answers our burning questions about the Armstrong's, what it was like to work with Taylor, and what type of counsel she gave to her over the past six months.

We loved watching you on the show. Can you tell us a little about your history with the Armstrong's and how you came to be Taylor's life coach?

I've known the Armstrong's for about a year now. We met through mutual friends. Initially I was brought into the RHOBH to help resolve the marital problems of both Russell and Taylor. However prior to filming, Taylor privately disclosed personal details (since made public) within the marriage which made it unprofessional for me to counsel them as a couple on the show. It was my opinion and suggestion that I would be most beneficial as Taylor's life coach.

How long have you been a coach to Taylor?

Our first session began in March. I found her to be very forthcoming and open. This is an incredibly important characteristic as it enables me to assist the person with understanding what they want and don't want in their lives and relationships. Once I have established that, we can begin the process of putting in place the actions needed for change. Pain indicates change is needed or change is in progress.

What were you doing to help Taylor and her marriage? What were your sessions like?

As with all my clients, I begin with educating a different way to communicate within relationships. I teach the biological differences of men's and women's brains and why they think and feel things differently. Ultimately, if a relationship is beyond repair I then have to progress onto alternative options available for that individual or couple and help them to make the best rational, logical decision depending on their circumstances.

Related Link: [A Reminder About Relationship Mistakes to Avoid](#)

On the episode it appeared that you were trying to help Taylor with her marriage, not sway her to leave like the rest of the women were convincing her to do. Can you tell us more about that?

I work with what I have. If someone tells me they will do anything to make their marriage work, then I will do my utmost to give them all the tools, information and support necessary to make it possible. If someone tells me they want to leave their marriage, I will give them all the tools, information and support to make it possible. I cannot tell anyone what to do – they have to tell me what they want to do and my job then is to assist them in getting there.

According to reports, Taylor and Russell were also being counseled by psychiatrist Dr. Charles Sophy. Did you work with him?

I have not worked with Dr Charles Sophy. Unlike psychiatrists, I am not licensed to prescribe medication. What I teach is a form of cognitive behavior therapy. I am working with the left lobe of the brain responsible for making logical decisions. Most people regret something they have said or done when it has come from a state of being irrational, emotional or illogical. I help people deal with conflict in their life, whether it's with loved ones, friends, co-workers or family, in a rational way.

What counsel do you provide someone who is not only having relationship and communication problems, but domestic violence issues as well?

My advice to anyone suffering from domestic violence is to contact the experts who specialize in domestic abuse cases.

Related Link: [Hollywood Portrayals of Domestic Violence](#)

How is Taylor now? Are you still her life coach?

I have not seen Taylor since the funeral, but she knows I am here for her when she is ready to talk privately.

What are some reasons a person would hire a life coach?

Everybody needs to talk to someone during trials – it is unhealthy to suffer in silence. However, most people, particularly women, who share their intimate problems do so with several people. This causes more confusion because everyone is giving different and uneducated advice. I am unbiased and am certified in what I do. My coaching is based on scientific studies. I teach specific tools to enable my clients to take control of their life, to get what they want by knowing what they don't want.

If someone wanted to hire you to coach them in the same way you did Taylor, what would that look like? What's the process?

My first session with a client starts with me explaining my qualifications, who I am and what I do. I give a brief background into the brain and why men and women do, say and behave in certain ways. I ask what their particular problem is and then begin teaching the behavior modification techniques. In each session after that, we continue working together on their issues, implementing the tools and following up on their progress. I end every session with a "contract" for that individual or [couple](#), something that they are verbally agreeing to do or stick with.

What other services do you offer?

Other than coaching, I offer complete makeovers. As a former runway and photographic model, fashion and style are paramount to me. I am a big believer in the thought that when you look good, you feel good. I think first impressions do count and, whether you are on the market for a new relationship or a new job, making the best of yourself never is a bad thing. I

garner great joy from helping others transform themselves and seeing their confidence soar.

Visit Melanie's Mar's Facebook page or contact her at info@melaniemar.com if you're interested in learning more about she helps others in their lives and relationships. A complete overview of her services can be found at www.melaniemar.com.

Real Housewives Stars Taylor Armstrong and Husband File for Divorce



It may come as no surprise to *Real Housewives* fans that Taylor and Russell

Armstrong have called it quits. After all, the Armstrong couple likened their marriage to a business agreement. The two were going through “huge martial problems related to finances,” an inside source reported to UsMagazine.com in May. Although they have a five-year-old daughter named Kennedy, they decided that the best decision would be to split. On Friday, they filed for divorce.

What are ways to work on your marriage before calling it quits?

Cupid's Advice:

It seems like the Hollywood-inspired trend today is to file for divorce when things don't work out. The roles of husbands and wives in our society has changed over the centuries. Although most of us do make an effort to resolve marital turbulence, it can be tough. Cupid has some tips on how to work out your martial issues:

1. Communicate: Often times, communication is at the heart of relationship problems. The next time you and your spouse start arguing, try to verbalize your points effectively before things get heated. Always focus on the particular situation and, by all means, avoid using phrases like “you always do this.” Stay calm, and try to get to the heart of the issue that's troubling you.

2. Listen: We often complain that our partners don't really listen to us, but we could all probably make an effort to be better listeners. When your spouse is mad at you, don't get defensive or show contempt. Although this may sound silly, take turns rephrasing each other's points. This will ensure that you both understand where each other's anger is coming from and allow you to better work through your problems.

3. Consult a counselor: Seeking external help is always a wise step to take before calling it quits. It can be really hard to

work through your issues without the aid of a third party. A marital therapist can really help you gain awareness of your communicative difficulties as a couple and give you valuable advice on how to work through your marriage.

Got any tips on alternatives to marital counseling? Share your suggestions below.