

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.

Taylor Armstrong's Life Coach from The Real Housewives of Beverly Hills Offers Tips for Today's Relationship and Finding Mr. Right





By Ashley DelBello

“I teach women to be ladies and men to be gentlemen,” says model turned relationship coach, Melanie Mar who has worked with Hollywood’s most elite celebrities and couples to help them find love in their life and more importantly, within themselves.

Melanie Mar is the founder of Melanie Mar International and a partner of Patti Stanger’s Millionaire’s Club Matchmaking Agency. You may also recognize her from last night’s episode of *The Real Housewives of Beverly Hills*, where she is seen coaching Taylor Armstrong about her marriage to Russell Armstrong. We had the chance to catch up with Mar and get her advice for couples in a relationship, as well as for those who are navigating the single scene. She offered some amazing insight. Ladies take note.

One of the most common dating challenges for single women who live in big cities like LA or NY is that they find it too hard to meet a man. “Women have become much more independent and now they’re competing with men,” says Mar. “There’s a lot of masculinity out there these days and it takes so much courage for today’s man to approach today’s woman. He has no idea what reaction he’ll get,” she explains.

Mar continues by noting that anytime women are working, it means they're using their left brain, which is their logical and doing mode, it's the one that's needed to do a job successfully. The opposite lobe is where our emotions lie. Interestingly, the left brain is also the lobe that men use, hence where the competitiveness comes into play.

"There are four people in every relationship because we're all masculine and we're all feminine. You know when you're being one or the other. In fact, one of the things that I tell my women [clients] when they're struggling with this is when you've finished work, come home and take one hour and do something feminine. I don't care if it's taking a bath, walking the dog, or playing music. I don't care what it is, but get into that feminine side."

A Harvard study on why we marry found that approximately two-thirds of women marry for status and stability and the other 33 percent marry for sensual and sexual pleasure. However, the study found the exact opposite for men – where two-thirds of men marry for the sensual and sexual. When these men come home after work, they want to come home to a sensual home – meaning they don't want to work or compete once they've walked in the door.

"If you're a woman who wants a "real" man, turn it off when you get home," Mar advises. "It's so crucial to take that one hour – and you should tell your partner that you need to do this to become a better girlfriend, wife, or significant other. It's so important for women not to compete, control or conquer their men because you won't respect them and the men if they're real men, won't tolerate it. You'll be banging heads every time you open your mouth."

Mar's generously offered some tips for those looking to find that special someone:

– **Stop going out in groups:** It takes a lot of guts for a guy

to approach a woman, much less a group of women. Mar advises if you're specifically going out to meet a guy, then don't go out with more than one girlfriend. If a man does approach you, remember to be nice to him even if you're not interested (unless he is a drunk or a creep of course!), since he mustered up a lot of courage to come talk to you.

– **Make your body language very clear:** Look around. Find a guy you're interested in. Make eye contact, hold it and SMILE. Melanie calls that "dropping the hanky" and men need a hanky dropped! It's very difficult for men to understand what women are doing so Mar always says to "drop the hanky," hold the look, smile, and be open and inviting because he's taking cues from your body signals.

– **Do not sit there, huddled in a deep conversation with your girlfriends:** Enough said.

– **Do not go up to him:** Let him come to you. And if he still doesn't approach you, then you know that you did your part. He's either in a relationship, not interested or gay.

– **Keep the ball in his court:** If he gives you his business card, turn it over, write your number on the back, and hand it back to him.

– **Let him chase you:** "That's another mistake today's woman is making," says Mar. "Women are calling, texting, inviting – making it far too easy for men. He doesn't want it to be that easy. He might think he does, but he doesn't. He wants to work for it."

– **Flirt five times a day for five minutes:** Practice on guys that you're not interested in. Smile at a guy at Starbucks. Catch the eye of a guy in the grocery store. Wherever you go – practice. You may not be into them, but you're practicing flirting. Some of them will come up and want to talk to you, but that's more practice (just don't forget to be polite when exiting the conversation). Eventually, you'll see a guy who

you like and it won't be difficult because you've done it so many times.

– Ask yourself what type of guy you like and go where they would go: If you want a business guy who is worldly then go to an elegant hotel bar like the side bar at Beverly Wilshire. If you want a younger person who is more hip, then go to a trendy restaurant like Boa. If you want a church guy, then go to church. Make sure you've answered these questions before you step out the door.

Not wanting to leave anyone out, Mar's also offered advice for those who are already in a relationship:

– Get a verbal contract: "I'm not a moralist, but when you decide to sleep with a guy, it does make a difference." Mar says that having a verbal contract is important so that you both are clear about what you're doing. "I don't care what that contract is. I don't care if you have one that says this is a one night stand but you need one. "There's nothing worse than a woman having sex with a man and presuming that they're in a monogamous relationship. Just because a woman spends a month or two getting to know a guy doesn't mean he isn't dating other people. A verbal contract will let you know where you stand so that you're both clear on your expectations.

– Negotiate time, sex, money and space: Take "time" for example. You say it's important to have a certain amount of time to yourself – negotiate with your partner how much time that is. For each of these categories, you should also negotiate "I," "We," and "Us." The "I" is time by yourself, the "We" is what you guys do together, and the "Us" is what you're doing together with other people. "It's really important to negotiate these things in order to keep the lines of communication open. If you do this, then the arguments are less and the peaceful atmosphere is more." Melanie advises couples to negotiate often: every two months during the first

year, every three months during the second year and every six months after that.

– **It always comes back to communication:** “If you can’t communicate, you’re in trouble. If you can logically communicate with each other, then you’re already ahead of the game.”

– **Sex is important:** You need to negotiate what’s right for each of you and find that middle ground that you’re both happy with. “If it happens more than what you negotiated, and you both were in mutual agreement, then that’s great. If it’s less, then you need to work on it,” says Mar.

– **Reconnect with your feminine side:** Take a bubble bath, drink a glass of wine, do your nails – just do something feminine.

– **Communicate clearly and often:** “What I teach is so important because verbal communication only takes up 15 percent of our communication ... so you better make sure what comes out of your mouth makes sense.”

To learn more about Melanie Mar and where she’s taking her advice next, visit her Facebook page or 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](https://www.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.

‘Real Housewives of Beverly Hills’ Star Taylor Armstrong Plays Slipper Fairy





Love and caring is in the air this holiday season! Even reality TV stars like *Real Housewives of Beverly Hills*' Taylor Armstrong are taking part. Slipper Fairy Armstrong attended the 1736 Family Crisis Center's annual "Free Holiday Store" event in Torrance, CA, Tuesday (December 14th), and delivered 300 pairs of Dearfoams slippers for previously, severely abused mothers, and their children.

Kelsey Grammer's Ex, Camille Grammer, Is Not Ready to Date





Even though her ex-husband is ready to tie the knot again, Camille Grammer probably won't be getting married again anytime soon.

Grammer's *Real Housewives of Beverly Hills* co-star, Taylor Armstrong, says, "Right now, Camille just wants to spend time with her kids. Dating would take [Camille Grammer] away from them, and I don't think she's ready for that." According to [People](#), Camille Grammer's ex-husband, Kelsey Grammer, is already engaged to another woman.

How do you balance dating with motherhood?

Cupid's Advice:

Dating can be difficult enough even when you don't have the responsibility of children. But if you have kids and you're ready to start dating, it is possible to handle both:

1. Get the kids involved: Though you will want to have alone time with the person you're dating, having game night with the kids or going to an amusement park can be an excellent way to entertain the kids and get to know someone romantically. It also eases your children into the idea of their parent dating around.

2. Find a reliable babysitter: Having a babysitter that you

trust and that your children enjoy spending time with can make being a parent on the dating scene a lot easier.

3. Give yourself some alone time: It can be overwhelming to have to deal with the needs of children along with those of a potential new boyfriend or girlfriend. It's important to make time for yourself a priority.