

# Short Bio

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Want a fool-proof way to recover from a bad day?

Change into your jammies, curl up on your couch and watch the latest episode of a popular reality TV show.

Skeptical? Don't knock it till you try it!

Sure, there's good entertainment and there's bad entertainment, but at the end of the day, you're looking for a distraction—and pop culture gives you just that!

I should know! Having served as valedictorian in high school and college, coping with the circus of stress and deadlines, followed by a career as an NGO officer, I can safely say: entertainment is my antidote!

Now a part-time writer and college counselor, I keep my stress and worries at bay by staying up to date with the latest news on the crème de la crème of Tinseltown.

From tour dates and concert info, film reviews and red carpet fashion—I deliver it to your screens hot off the press, beating your celebrity-obsessed colleague to it!