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## Pop Quiz: Maria Menounos



Entertainment reporter **Maria Menounos** will be hitting the small screen again this fall as the co-host of *Take with Maria Lopez* and she'll also be a part of Dr. Drew's new talk show, *LifeChangers*. The author of the NY Times bestseller *The EveryDay's Guide To Life* is constantly on the go, but we had a chance to catch-up with Maria last weekend at the Kyoto Grand Hotel in Los Angeles where she was working on the *Mary Kay Inspiring Stories* film project. It was the day after Maria attended Kim Kardashian's big wedding, but she wasn't taking out any details -- instead, we chatted about juggling her busy career, her multi-hue products and her involvement with the documentary project highlighting domestic violence victims.

**Lella Corvino:** As a busy woman with a hectic career, how do you juggle it all -- your work, your career, friends and more? What's your secret to finding the right balance?

**Maria Menounos:** My secret is all in my book, *The EveryDay's Guide to Life* which I carefully map out for you on how I organize my life so that I can do it all and do it all without going crazy. Now, are there moments when I get a little overwhelmed? Yes, and in those moments I have systems that I talk about in the book. I think the key is to do things that you love and then for the most part it doesn't get overwhelming and it isn't as hard to juggle because it's things you want to squeeze into your life.

But, I keep telling, I have a blackberry with lists that I create to make sure I don't forget anything. I am very organized. I have a very organized foundation so my home, my office, my car everything is neat and has its place so that I don't feel like I have other things weighing me down and burdening me. And I think those are the most important parts and I think that's something that people generally don't pay attention to and they think it's organized chaos like I used to. But once you get everything organized you can see you really can juggle a lot more and you can do the things you've always dreamed of doing it just takes a little time and investment. I tell people in the book that the key to happiness is organization and so if you are organized you'll be happy because you'll be able to tackle everything that you want to tackle in life and juggle all the things you want to juggle.

### Q: What do you do to keep your stress level manageable?

**MM:** Whenever I get really stressed I'll sit down and make a chart, and do everything that has to get done right now, and everything that can wait, and that generally will help put things in perspective for me. So, it's not focus on the things that absolutely have to get done and the other stuff is just not as important, and the rest will come up. And so I just kind of put it to the side and when I can get to it I'll get to it, and I have to prioritize in that moment. I think the things that are kind of stress builders for me are my dogs, I love taking them for walks and I love going to the movies. That generally will kind of de-stress me, some yoga, or stretching I will do, because I don't do all of those crazy poses, but a little bit of "yoga stretching" always helps as well.

### Q: What gadget can't you live without?

**MM:** I can't live without my blackberry, my phone or my iPad. That's three, I know you asked for one, but I can't live without any of them!

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### Q: Name one of your favorite beauty product must-haves?

**MM:** The one beauty regimen I can't live without is water and washing my face every day at night no matter how tired I am, no matter what time it is. I make sure I always wash my face and I always drink a lot of water. That's helped me a lot with my skin because I definitely had skin problems at one point and those two things have really made a big difference.

### Q: For *The Mary Kay Inspiring Stories*, you're working with women who are being documentaries about their stories with domestic violence. How has the experience been for you? Challenging? Emotional?



**MM:** I think as a filmmaker it was inspiring to work with the "Give Dreams" crew because they were really passionate about bringing these people's stories and for me that was inspiring. It was inspiring to see the interviews they did with these survivors of domestic violence and what they got out of them as an interviewee. To me, that was the first thing that I wanted to hear about was -- how open were they? And how did that process go? And so it's been a great day, it's been inspiring, it's been a learning experience and a lot of fun.

America can show, vote and show their support for the three documentaries throughout the month of October, which is also National Domestic Violence Awareness Month at [MaryKayInspiringStories.com](http://MaryKayInspiringStories.com). The women behind the film that captures the most views from America will have a \$20,000 grant awarded in their name to a shelter providing women with support and resources."

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