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Ben Affleck has Dunkin' Donuts 'every day'

The 'Triple Frontier' star - who is often spotted carrying a cup of his favorite beverage from the popular US fast food chain - feels like a promoter for the brand as he goes there all the time in Los Angeles. He told Collider: "It's amazing! I have Dunkin Donuts everyday. "It's very weird. I have it every day and people are always like, 'Where is that? Is that near here?' So, I feel like I'm spreading the word." Meanwhile, Ben - who has children Violet, 13, Seraphina, 10, and Samuel, seven, with ex-wife Jennifer Garner - recently admitted alcoholism is a "part

of [his] life" so he is happy to talk about his addiction. The 46-year-old actor says it "doesn't really bother" him to speak about his struggles with alcohol and current sobriety and he feels proud that he has been to rehab and tackled his problem. He said: "It doesn't really bother me to talk about alcoholism and being an alcoholic. "It's part of my life, it's something that I deal with. "It doesn't have to subsume my whole identity and be everything but it is something that you have to work at. "I had a problem and I really want to address it and I take some pride in that. "It's about yourself, your life,

your family... we encounter these kinds of hurdles and we have to deal with them." And he praised his "wonderful" ex-wife Jennifer for being such a "great mom" and support to their three children. He said: "She's wonderful. When somebody's the mother of your kids, they're going to be the most important central person in your life and that's good. Dads are so important to kids, and it's our responsibility to be there for them — to be present, to be mindful, to be attentive, to be part of their lives, to be as in it as moms."

Nikki Bella feels like a 'free spirit' since moving to LA



The 35-year-old professional wrestler recently bought a house in Los Angeles, California, where she has been enjoying several dates with the likes of Artem Chigvinsev - whom she was paired with on 'Dancing with the Stars' in 2017 - and 'The Bachelorette' star Peter Kraus. And since the move, Nikki - who was formerly engaged to fellow wrestler John Cena before they broke things off just weeks prior to their planned wedding date - has said she has a "new level of excitement" to her life. Speaking in Sunday's season finale of 'Total Bellas', the reality star said: "I just feel like this free spirit. Truly like a butterfly out of her cage. I don't know, I have this new level of excitement. I'm ready to really explore new things and people and just really see what certain chemistries are all about." Meanwhile, in a promotional clip for the episode, Nikki had admitted that despite her efforts to move on from the split with John, she would be devastated to see the WWE star romancing someone else. She confessed to her twin sister Brie Bella: "No matter what, the next time I see him with someone it's going to kill me. I still have a long way to go, but honestly I'm ready for a new me." And the beauty also said she'd relearned the "highs and low of dating" following her new life as a single lady, especially dating in the public eye. She added: "I definitely learned the highs and lows of dating again, oh my goodness - and I did it in front of the world. And I stayed fearless no matter what. That word 'fearless', I keep close to my heart."

Kerry Katona has battled suicidal thoughts



The 38-year-old singer and media personality has said there's been times in her life where "ending it all" seemed like "the easier option", but insisted there's "always another way" to keep on living. Speaking in response to the tragic death of former 'Love Island' star Mike Thalassitis, who took his own life earlier this month, Kerry said: "There have been times in my life where ending it all seemed like the easier option, but there's always another way. It's so hard when young people who have just got into this industry can't handle social media and people's opinions." And Kerry - who has Molly, 17, and Lily-Sue, 16, with ex-husband Brian McFadden, Heidi, 12, and Maxwell, 10, with former spouse Mark Croft, and four-year-old Dylan-Jorge with estranged husband George Kay - says she's now learned how to "love" herself and "accept" her flaws, as she's now "proud" of the way she looks. She added: "You've got to learn to love yourself and accept your flaws. I'm covered in stretch marks, but that's my kid's signatures! I'm proud of them and I'd never change them." Despite her own mental health struggles when it comes to life in the spotlight, Kerry insists she'd "love" to have her own reality show with her children, as she wants to be the next Kris Jenner - who's known for being the matriarch and momager of the Kardashian Jenner family.

Jameela Jamil

claims she was once 'punched in the face'



The 33-year-old actress has taken to Twitter to recall a horrific encounter with a stranger, who viciously attacked her when she was 19-years-old after she snubbed his romantic interest, and after living through that experience she now always tells suitors she's not interested in that she has a boyfriend. She wrote: "I once said no thank you to man when I was 19 and didn't have an excuse ... and he punched me in the face. After that whether or not I have a boyfriend, I say I do. Being a woman is truly, constantly scary. It's like existing on thin ice. (sic)" 'The Good Place' star also recalled another guy who became aggressive when she refused to accept his phone number and made threats against her. She added: "Was out at the shops with my

friend. Man ogles me. Man then approaches me to give me his number. I explain I have a boyfriend but thank him for the offer. Man then threatens my career, saying I better remember that I rejected him. And then Shouts at me that I'm low class... (sic)" Jameela told her 735,000 followers that it is her belief that children need to be taught about how to deal with "rejection" so women aren't "dis-respected". She continued: "We need to teach children about rejection, so that we can change the way we see rejection as a society. We need to de-stigmatize it, so that it doesn't feel like the ground is swallowing you up when someone says no, however nicely. This would lessen their need to lash out."

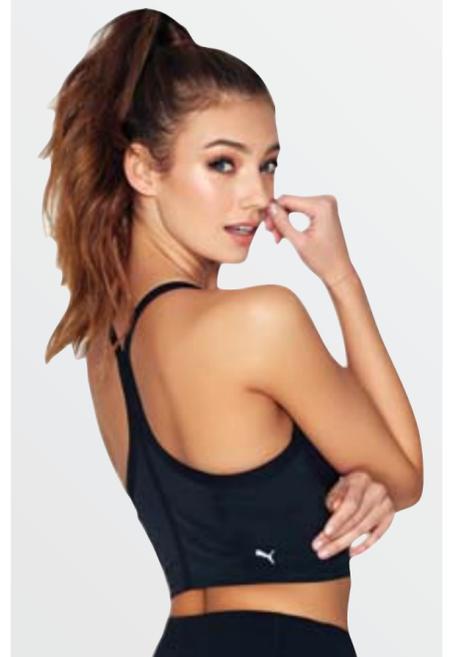
Lorena Rae says Victoria's Secret is an "empowering" brand

The 24-year-old German model - who made her prestigious Victoria's Secret Fashion Show debut last year - loves working with the lingerie giant because they represent a strong "woman". She admitted: "I've always seen VS as a very empowering brand for women, which was a reason I've always dreamed of being a part of it." Lorena also explained that although she loves her modeling career, it can be challenging being away from her family "all of the time". Speaking to Grazia Australia, she said: "The most challenging thing about modeling is definitely being away from your family all the time. Living out of a suitcase mostly makes you feel restless. But on the flip side, I love it. It helps me grow and appreciate the time I actually get to see my family and friends." The blonde beauty - who previously dated Leonardo DiCaprio - stays positive despite a lot of "negative comments" on social media by surrounding herself with friends and family who support her "mentally". She added: "Luckily, I haven't experienced too much attention just yet. Since I share quite a lot of my personal life on social media, there isn't a lot of room for rumors. "But I think it's important to have a lot of people behind you who support you mentally and help you to laugh about these kinds of things because these days it happens easily to each and every single one of us. We take negative comments to heart and we start to be too hard on ourselves."



Ed Sheeran was bullied 'every day' at school

The 28-year-old musician is now a chart-topping superstar, but he has revealed his "quirky" looks as a child made growing up difficult, as he was "instantly ripped into" by his classmates and "cried every day" throughout his school life. He said: "I hated primary school with a passion: I cried every day. I'm ginger so I was instantly ripped into from the day I started school - ginger, had a stutter, and wore huge glasses ...?just a bit odd." The 'Castle on the Hill' hitmaker - who is now married to Cherry Seaborn - beat the bullies by making music, and now doesn't mind the way he looks. He added: "But then as I got older I kind of loved it. I've always kind of looked a bit quirky. I never had much luck with girls and stuff like that, it was always I kind of looked a bit weird." On top of being bullied for his looks, Ed says he wasn't "cool" in school because he "couldn't play sport", and didn't realize his musical talent until he was older. Speaking in an interview with DJ Nihal and rapper Dave for anti-racism campaign group Love Music Hate Racism, he said: "I got to high school, started playing guitar and joined a band. Music is one of those things that can give you confidence. "You're suddenly like 'wow, I can actually do something well'. Before I picked up a guitar I did nothing. "I went to a primary school that was quite sporty and I couldn't play sport. That was how you were cool - if you were good at football you were cool and I wasn't good at football. "But then when I joined high school it was such a melting pot of all different things and I started playing the guitar and suddenly started fitting in." — Bangshowbiz



Rochelle Humes daughters are 'two opposite babies'

The 30-year-old singer and television presenter has daughters Alaia-Mae, five, and Valentina, two, with her husband Marvin Humes, and has said that whilst her eldest child is "so sociable", her youngest needed the help of their new puppy Ginger to bring out her "confident side". She said: "Alaia's very outgoing and so sociable. I've got two opposite babies. The puppy's brought a really confident side out in Valle, though, because she's normally so reserved." And the Saturday's singer wants her daughters to take after her own mother, who worked three jobs to provide for her children and taught her what it meant to be a "really strong woman". Speaking to OK! Magazine, she added: "I've grown up watching my mum raise us on her own, working three jobs, she's a really strong woman. She didn't know any different and those were the cards she had been dealt so she just got on with it. If you want

something, you work for it. That's what I want my kids to know and they definitely do." Meanwhile, Rochelle previously admitted she wants to have a third child and she thinks it would be great to have a son to complete her and Marvin's family. She said: "There was a time when I definitely thought I would only have two children, but now I don't know. I can't imagine not having a tiny baby again. I think I'm always really broody but you've got to stop somewhere. I actually thought I was having a boy when I had Valentina. But I really wanted Alaia to have a sister, so I thought: if we only had two I'd want another little girl. I'd be the type who'd end up with eight girls trying for a boy."