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Review On Bravo's Work Out

By Edward Charkow

Work Out, a fitness-based docu-drama featuring trainer to the stars, Jackie Warner and the opening of her new workout facility, was Bravo's sleeper hit of the summer of 2006. Work Out gained viewers near the end of its short television run, drawing in an audience of close to one million for its finale. The finale was above and beyond the most viewed episode of the show, inspiring Bravo President, Laura Zalaznick, to consider another installation of the series.

Zalaznick states, "We are doing jumping jacks in the halls today at Bravo. With Work Out we've introduced a dynamic new personality, Jackie Warner, who has connected and inspired viewers with her passionate and focused approach to life."

Jackie Warner, owner of Sky Sport and Spa in Beverly Hills, California, is an out and proud lesbian who engaged viewers with an honest look at her professional and personal life. Much of the reality series focused on Jackie's love relationship with then girlfriend Mimi, a woman 10 years Warner's junior. Warner opened Sky Sport and Spa in 2004, coming to the attention of Bravo after a cameo appearance in Jonathan Antin's reality series Blow Out. The source of most of the show's success is the rollercoaster of a relationship between Warner and her younger girlfriend, both of whom battle for control of each other. As Sky Sport develops as a celebrity work out center, media and public attention grows tenfold for Jackie, who travels all over the country to train famous and wealthy clients. Mimi responds to the frequent trips with anger and jealousy; in fact, her jealous rages included throwing a drink at Warner in a bar, biting Warner's hand until she drew tears, and stomping on pictures of Sky Sport's female clientele. The finale brings the relationship problems to a new level, as Mimi is carried out of Warner's celebration by security. Warner was left with no choice but to accept that the relationship does not fit her professional lifestyle.

Work Out gave its viewers an unfettered glimpse into the 24/7 life of a professional woman who identifies as a lesbian. Another central issue during the series was the strife between Warner and her mother, a highly religious woman who shuns her daughter's personal life. All audiences, straight and gay, male and female, can relate to Warner's unbridled passion for success and her quest to live a well balance life of career, family and personal growth. Audiences hope to see Work Out return for another run on Bravo in 2007.

Review On Bravo's Work Out

Find more out about Bravo's Work Out and the entire reality t.v. world at

<http://www.reality-stars-network.com>

"Someone I Love Died By Suicide" –review

By Joan Bramsch

"Someone I Love Died By Suicide" –review by Joan Bramsch

Book Review: "Someone I Love Died By Suicide"
written by Doreen T. Cammarata, MS

"Someone I Love Died by Suicide: A story for child survivors and those who care for them".

This book is one of only a few books available today that is specifically designed to be read to children survivors.

Book Review By Joan Bramsch
My dear Doreen,

I've completed your book. Outstanding! You're fulfilling such a need among children who lose someone they love by suicide. You provide so much help for youngsters and teens. Actually, you have also helped me.

When I read your suggestion about making a memory box I knew exactly what I would do: I happen to collect handmade wooden boxes that once held stationery, candy, cigars, or was simply a treasure box. Now I am going to choose among my favorites and make one a Memory Box for my beloved Bill. I thank you for this healing suggestion.

Your book gives mourners permission to grieve. You help them to find their way through the difficult work of grieving, after loving deeply. And you are careful to point out that there is no "one right way." Bravo! But you do show the reader what s/he can expect, that it's okay to cry and feel sad, that it's okay to be angry and punch a pillow or throw stones where they won't do any harm.

Last, you help your reader to understand there is no time limit on grieving, but that it is also okay and, actually, wonder-filled to celebrate the memories about her/his loved one by being happy and having fun.

I am so glad you've written this important story. Surely, you are doing Angel Work! Thank you, in the name of children everywhere, who need your help.

Sincerely,

Joan Bramsch

JOAN BRAMSCH is a family person, educator, writer and E-publisher. Her articles appear internationally in print and online. Six of her best-selling adult novels – near one million copies – have worldwide distribution. Her Empowered Parenting Ezine serves 1000 parents around the globe.

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