

# ELLE.COM COACH OF THE MONTH: WHITNEY CUMMINGS

July's devilishly funny life coach is coming to ELLE.com with a brand of self-help not for the faint of heart

"I'm finally at a time where I don't sound like a punk giving advice," says Whitney Cummings, the model-turned-actress-turned-bona fide comedy magnate, who graduated magna cum laude with a degree in communication from Penn, to boot. "In your twenties, you make mistakes and it's like, 'That's what life's about.' And you're still making the same ones in your thirties and you're like, 'This isn't a choice anymore; this isn't cute.'"

Following a whirlwind rise from unknown to ubiquitous (after years of stand-up, two Cummings-created sitcoms—the now-defunct *Whitney* and CBS's ongoing *2 Broke Girls*—were picked up by broadcast networks in 2010), Cummings has spent the last six years focusing on making good choices. This year, with a hilarious and cerebral stand-up special, *I'm Your Girlfriend* (HBO), in her rearview; a just-wrapped HBO pilot adapted from Maureen Dowd's *Are Men Necessary?*; and a movie based on Louann Brizendine's *The Female Brain* that she's writing with fellow comedian and writer Neal Brennan (and directing and starring in), the 33-year-old has never been happier—or more ready to share her wisdom.

"When people tell me things I don't want to hear, that's usually when I grow," she says. "It's like going to the gym—if you're not feeling some burn, you're probably not making any progress." This month, in honor of our Women in Comedy Issue, Cummings is stepping in as ELLE's not-your-typical life coach: Tune in to ELLE.com, where she'll be serving up a weekly dose of tough love.—*Keziah Weir*



#### ON CRUSHES

"I used to think it was all about butterflies in your stomach. I run in the other direction if I feel that now, because butterflies is your amygdala saying 'Get the fuck out of here!' I don't love butterflies in my stomach. That's disgusting—it sounds like a Fear Factor episode."

#### ON GHOSTING

"Unless they've been abusive or crossed a boundary, to leave someone in the universe without an understanding of what happened is just straight-up rude. But I don't know, with Tinder and Bumble, I think half the people are in relationships that they don't know about. I have boyfriends that I don't know about."

#### HER MANTRA

"Class it up: I'm not saying wear skirts and don't have sex on the first date. Be a human being; have a modicum of empathy."

#### KICK THE STRESS

"I froze my eggs. I stopped trying to force everything in my life to happen the way I had scripted it in my head. I don't follow models [on Instagram] anymore! It's all dogs and travel destinations."

#### 20/20 VISION

Whitney's hindsight advice for Young Whitney.  
"1. Don't touch your eyebrows! Just no tweezers in the house from 2000 to 2013.  
2. An extra couple of pounds makes your face look better. Eat something.  
3. In a relationship, if you're chasing something, it doesn't belong to you."

#### ON WANDERING EYES

"There's a lot of stuff that just isn't a choice. Guys aren't choosing to check out the girl in front of you. It's annoying, but he's not falling in love with her. It's Pavlov; it's an involuntary tic. It must be horrible to not be able to go down the street without looking at butts."

## GET YOUR ACT TOGETHER

WELCOME TO THE CUMMINGS SCHOOL OF NO-BS HUMAN INTERACTION



### JULY 1 OFF THE CUFF

This week, look out for Cummings on ELLE Facebook Live to see what happens when she answers ELLE readers' no-holds-barred questions—and ask your own!

### JULY 11 JUST FRIENDS

Want to get out of an invitation? Cummings's first rule: "Anytime anything costs you money," she says, "you don't have to go." Get more excuses here.

### JULY 18 WORK/LIFE BALANCE

How to handle office competition (say, you and your work-wife are gunning for the same promotion) the Whitney way: with class.

### JULY 25 SAVE THE DATE

It's hard to play the game when the rules have been thrown out the window. Cummings walks you through the dating and hookup nitty-gritty.

From top: Scott McDermott; Tim Mosierfeld/Getty Images