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## **LANEASE ADAMS**



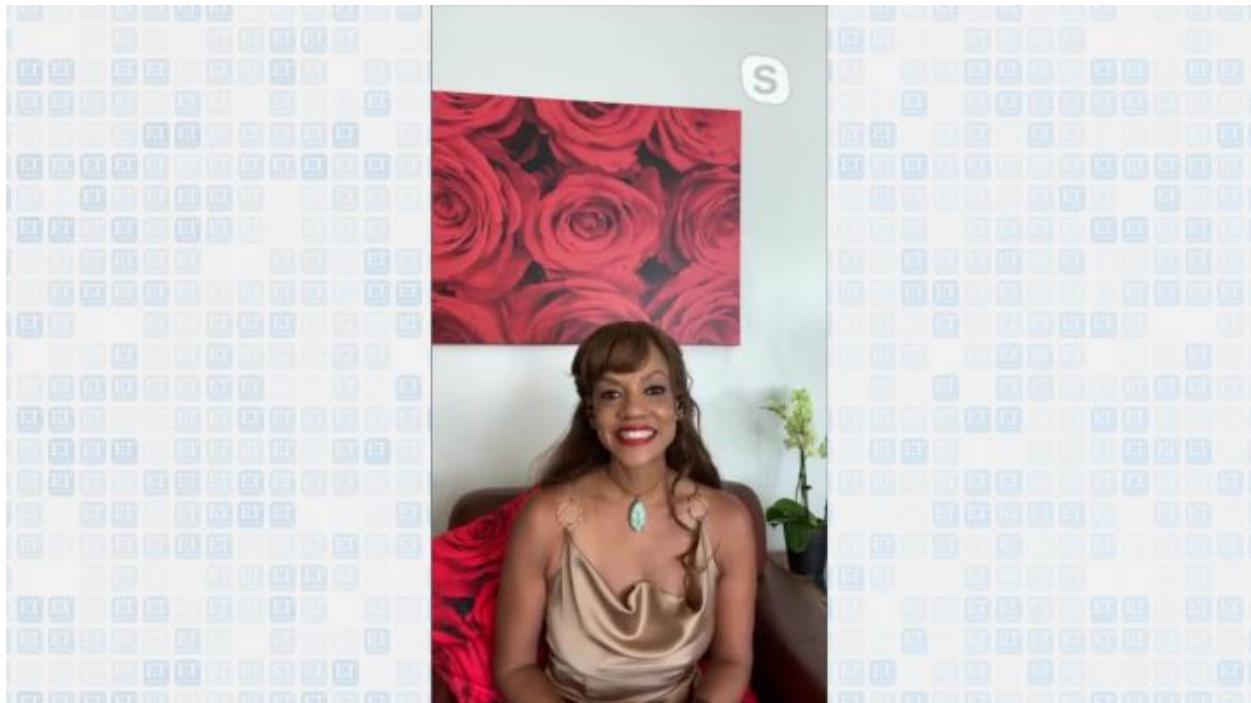
## **Biography**

Known for being the “first kiss” in the very first season of ABC’s dating TV series, “**The Bachelor**” **LaNease Adams** is now, not only working as an actress but she’s also an entrepreneur and filmmaker. She founded a soap line - [Fountain of Youth](#) and recently released a short film [Heaven’s Revenge](#) and a web series “[The Mid-Adventures of Katherine](#).”

Born and raised in Los Angeles, CA, LaNease attended a private Catholic school for the majority of her life. She later went on the graduate from Sonoma State University, majoring in Computer Science and minoring in Theater. It was her love for acting which led her to pursue a career in the industry. She trained with acting coaches such as Aaron Speiser (Coach to Will Smith, Jennifer Lopez & Mandy Moore) and Ivana Chubbuck (Halle Berry, Charlize Theron & Brad Pitt). In the late 90s she started off by appearing on dating shows such as “Change of Heart” and “The 5<sup>th</sup> Wheel.” Having a vivacious personality, LaNease would continuously make a lasting impression on casting directors, which led her to get a call about being a contestant on the very first season of what would become a TV phenomenon - ABC’s “The Bachelor” with Alex Michel. She made TV history scoring the first kiss on “The Bachelor” and went on to be 1 of 8 contestants but got sent home before “hometown dates.”

After a few years and bumps along the road, she’s now focusing on her businesses, love for film and continuous journey of health and wellness. She’s focused on fitness and can be spotted either outdoors hiking at Runyon Canyon or at Equinox gym on the treadmill or by the weights. She also helps support organizations such as PETA and the ASPCA, out of her love for animals.

###



## LaNease Adams Talks 'Bachelor' Backlash, Matt James & More

LaNease Adams, who made history on "The Bachelor" as the show's very first kiss, joins ET Canada digital reporter Morgan Hoffman to discuss the racist backlash she faced after appearing on the reality TV series, the recent casting of the franchise's first Black bachelor Matt James, and more.

<https://etcanada.com/video/6a1640ec-cc4e-11ea-88e2-0242ac110002/lanese-adams-talks-bachelor-backlash-matt-james-more/>

###



## Former 'Bachelor' Contestant Reveals Backlash From Show's First Interracial Kiss

LaNease Adams, a former contestant on "The Bachelor," shares the criticism and backlash she received after sharing the first interracial kiss on the show.

<https://www.lx.com/community/former-bachelor-contestant-reveals-backlash-from-shows-first-interracial-kiss/16236/>

###



## **First Ever Black 'Bachelor' Contestant, LaNease Adams, Suffered Depression After Receiving Racist Backlash For Appearance On Show**

The first season of the show aired in 2002. Almost 20 years later, her story is different.

When LaNease Adams signed up for the very first season of ABC's *The Bachelor*, the bright-eyed budding actress had no idea that one kiss would change the course of her life's path and ultimately lead her on a journey to self-discovery.

Recently detailing her battle with depression and substance abuse in an open letter to Women's Health Magazine, LaNease recalled the racist backlash she experienced after appearing on the dating reality show, which aired in 2002.

Most notably in the post, LaNease recounted the traumatizing moment when she found a highly-publicized photo of her kissing then-bachelor Alex Michel on a white supremacist website, along with disparaging comments about interracial romance.

To make matters worse, the California-born beauty also received criticism from the Black community about dating a white guy.

Eager to learn more about the former Bachelor star—including her thoughts on interracial dating in today's climate, her secrets to successfully bouncing back from what she considered "major anxiety," and how she overcame feelings of "rejection" after Alex chose someone else—we chatted with LaNease exclusively via phone.



"When I first signed up to do the show, I did not think that I would fall for this guy. I was kinda just doing it for the experience, but I had an open mind," LaNease shared with BET Digital. After getting to know the eligible bachelor and landing the first kiss on the show, things changed. "Once we kissed I started to have feelings for him that I didn't really expect I would. I was surprised."

Making TV history by scoring the first kiss on "The Bachelor," which is now in its 24th season, LaNease had no idea the level of the notoriety and online bullying she would receive for simply expressing affection with the man she was dating. That experience would lead to some serious life lessons.

"I was 23 and I always put my self-value in the hands of other people. I always looked for approval. I always put other people before myself, but once I went through the depression, due to the backlash that I got from some people in society, I learned that what's important is that you feel good about yourself and you don't put other people's feelings ahead of your own," she shared. "You have to take care of yourself first. That is what I think is the biggest lesson."

Despite the backlash, she has no regrets.

"I do not regret [the kiss]. It is unfortunate that after the kiss, I found my photo on white supremacist websites and I had to deal with a lot of stress after that, but that is actually not my problem. It is the issue of the people who are doing that," she expressed.

Thankfully today, more people are open to the idea of interracial couples on national TV. "I think that TV is a great way for people to sort of learn about interracial dating. I think we all have more in common than we are different," she shared. "Hopefully people are ready to see that because it's a part of life. Not everybody necessarily just wants to date someone that looks like them. Some people want to date outside of their race and no one should be angry about it."

When we asked if she believes the show caused her mental stress, she quickly responded, "Oh, absolutely. Before I did the show, I was acting. I had a lot kinda going on in my life, but once I did that show and it started to air, all of a sudden I had a lot more issues that I just never expected."

**BET**★

STYLE

After battling depression and substance abuse, LaNease began her journey of self-discovery and ultimately learned that her childhood may have played a major role in internalizing the negative words spewed by others.

"I started to do self-reflection," she revealed. "I realized my father died when I was just one and I had a really tough upbringing. I just didn't really love myself, so I had to figure that all out. [...] I needed to have some coping mechanisms for stress, so I started to read a lot of books. I had a therapist and I just did the work."

With so many people flocking to reality TV to gain fame, we had to know from the Bachelor Alum, whether or not she believes someone can truly find love on a dating show. "Yeah, I do think someone can find love on a dating show," LaNease responded without hesitation. "I did like Alex Michel and I did think that there was a connection. Unfortunately, he had a stronger connection with someone else."

For those suffering from depression and looking for self-care advice, LeNease offers these gems to get you started on your journey of self-discovery: go for walks in nature, read books, and start journaling.

"I found it really helpful to do some journaling," she shared. "Just start writing out your feelings. Write out: what's hurting you, where you see yourself, where you want to go, and how you might want to get there. When I look back I have journals from way back then where I just started making to-do lists and writing out what I wanted to do. I look back and all those things have been done. So I feel like writing out your thoughts is super important."

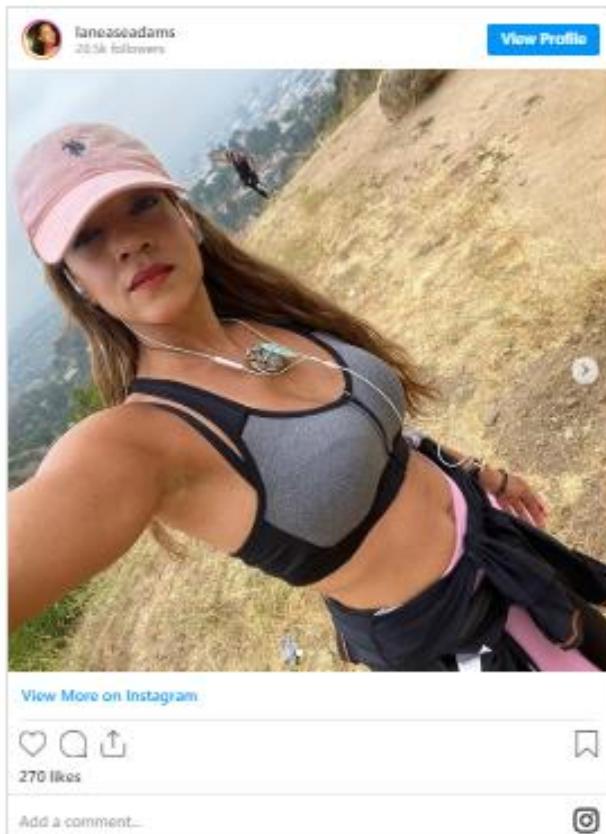
Amongst her other self-care suggestions include treating yourself to a morning ritual that includes aromatherapy and essential oils, which inspired her soap line, Fountain of Youth.

"My soap line is all-organic and has aromatherapy. Aromatherapy is very helpful for the mind," she shared about her soap collection that features essential oils like Lavender and Lemongrass to promote calmness. "I think a lot of people in the world are suffering from anxiety because we have so much going on. For me it was important to create something you can start your day with that helps to make your day a little better. I think that essential oils and aromatherapy and having minerals in your shower is a wonderful way to approach the day."





Avoiding the show for ten years, LaNease says she can now watch it and enjoy it like others. Not only has she returned to acting, but also made her debut as a filmmaker with the release of her short film, Heaven's Revenge.



"I am super happy that that is part of the past," she said. "Now I feel like it's a blessing to be able to share with people who may also be going through this."

<https://www.bet.com/style/living/2020/08/10/lanease-adams-the-bachelor-alum-exclusive.html>

###



## Double the Wo Mack DaddyWWDouble the Wo Mack Daddy

It's time to relive all the drama from Brad Womack's season! Ashley hangs out with some of the unforgettable ladies from Brad's cast. Michelle Money spills the tea on locking Brad in a room! Plus, an update on her daughter. We have an honest discussion with Ashley Spivey about inclusion in the franchise and how the show has evolved. And First KISS Ever, LaNease Adams talks to us about the impact of being a Black cast member early in the franchise.

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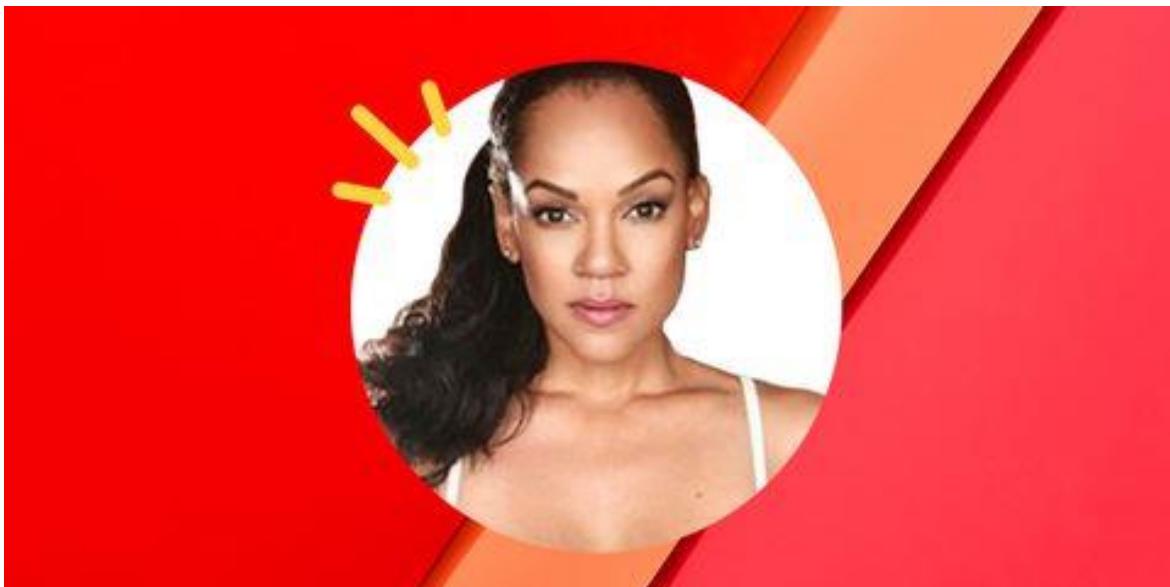
<https://www.iheart.com/podcast/139-the-ben-and-ashley-28165481/episode/double-the-wo-mack-daddy-68746509/>

###

# Women's Health

## 'The Bachelor's' LaNease Adams: 'I Was Depressed After Racist Backlash From Alex Michel's Season'

"Once the show happened, I no longer understood anything."



Growing up in Los Angeles as a Black woman, I had never knowingly experienced any racism because my community was such a melting pot.

When I was 23 years old, a friend of mine who was in casting called me about this new show called The Bachelor. As a young actress, I'd already appeared on other dating shows, like Change of Heart, to earn money in between acting gigs. Plus, I had already dated outside of my race a lot, so I didn't have any reservations about dating a white guy. No one really seemed to think there was anything wrong with that here in Los Angeles, so I didn't expect any backlash for dating someone white on a reality TV show.

Soon enough, they cast me on Alex Michel's season of The Bachelor, and I ended up being one of the final eight women.

At 23, I kind of thought I understood life. But once the show happened, I no longer understood anything. I didn't understand myself. I couldn't trust people—and, as someone who always looked outside for validation, that realization hit me hard.

# Women's Health

As soon as The Bachelor started to air, I got hit with a big dose of reality.

I was the first woman who kissed Alex on the second episode, and photos of our kiss were highly publicized. Soon enough, I found a picture of us kissing on a white supremacist website with terrible comments written about how disgusting it was to have people of two different races kissing on the show.



I will never forget the feeling of finding my photograph on that website. It was shocking to know that white supremacists even knew who I was—that was really scary. I felt helpless, and I didn't know what I could do to get that photograph removed from that website.

There were also blogs saying stuff like, "Who does this Black girl think she is dating The Bachelor?" I was shocked by all the racist backlash online. Looking back, I guess it's because I was naïve. Being from California, and particularly from Los Angeles, I didn't know that across the country there was still so much racism.

It also changes you as a person when you realize that there are some people that really hate you—and not for anything that you've said or done. They hate you just because of the race you were born with. I didn't feel anger; I felt sadness.

At the same time, some people in the Black community were unhappy with me dating a white guy on TV, or in general.

All of a sudden, I started getting recognized in public.

# Women's Health

Most of my interactions with the public were great. People told me they thought I was beautiful, smart, cool—even though it was a different story online. But still, it can give you a little bit of anxiety, especially if you're not prepared for it, which I wasn't. At the time, *The Bachelor* was the first show of its kind; I had no idea the impact it would have. I felt like everyone was talking about me. I began to have major anxiety, as well as panic attacks.

I was also still dealing with the hurt and rejection that came from feeling more for Alex than he felt for me. I was dealing with so much pain all at once—and so fast. It felt like whiplash. I had fallen for Alex on the show and thought our connection was strong.

This content is imported from Instagram. You may be able to find the same content in another format, or you may be able to find more information, at their web site.

I think that's one of the things that people often overlook since it is a TV show: the heartbreak. After the show premiered, one of *The Bachelor* producers, Lisa Levenson, told me there was a therapist I could talk to, but I just never took her up on that offer.

The train had basically already left the station at that point—I was just lost. I ended up going through a depression, and I stepped away from everything. I started to self-medicate by drinking and taking pills, and I wasn't eating.

Looking back, I think the racist backlash I experienced was also compounded by the fact that my dad died when I was just 1. I guess I was already sort of a wounded soul in a sense. I always looked outward for acceptance. I didn't really have self-confidence.

I didn't have a lot of the coping skills to help navigate through the pain and the heartbreak. For a while, my mom blamed herself for my lack of confidence, but she couldn't teach me what she didn't know. Between slavery, Jim Crow laws, and everything else that came from that, my ancestors were just trying to survive. When that's your primary goal, it's very difficult to think about your mental health, too.

Eventually, I ended up in the hospital. That was my lowest point.

I was hospitalized because I had been self-medicating with pills and wasn't eating at all. The pills made me forget about my pain and sadness... but that was only a temporary fix.



# Women's Health

Laying in the hospital, I thought, "You put your trust and your faith into everyone else. And now, look, you're here by yourself—about to die, basically."

My hospital stay lasted about a week—long enough to break me of my cycle of self-medicating. After I was released, I started to see a therapist on a weekly basis. I did this for a few years, eventually moving to monthly sessions, and I slowly started to get my life back under control.

To begin to heal, I also read a ton of books, and two changed my life: The Four Agreements and The Art of Worldly Wisdom. Those books really helped me learn about life and how to cope.



I also did a lot of journaling because I had to build myself up. I had to put my feet on solid ground because if you're on solid ground, you can't be swayed so easily. It took some time, but I found my self-love; I found my self-confidence.

That's a part of life The Bachelor taught me: You can't live your life expecting everyone is going to like you.

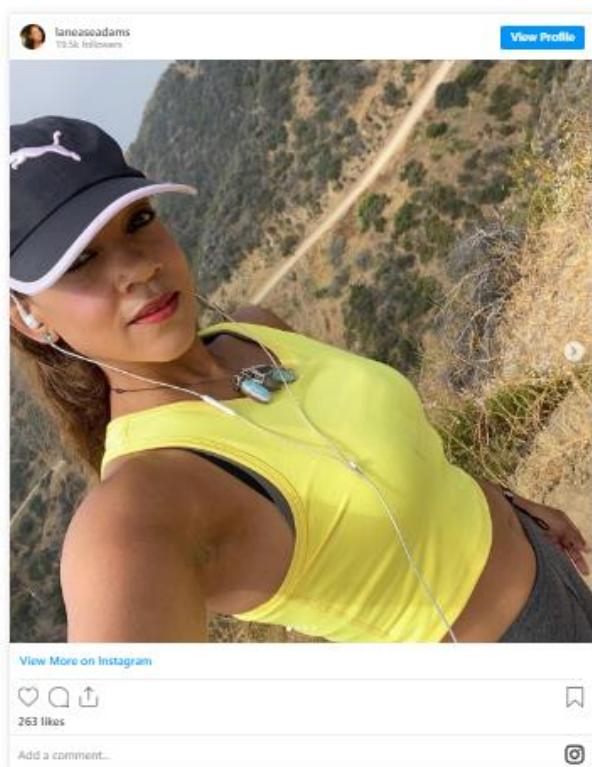
I realized that if some people don't like me because I'm Black—or even if someone doesn't like that I wore glitter eyeshadow (which, yes, really happened)—that's not my problem.

You can't try to make everyone happy. Some people won't like you; some people will, but ultimately, you've got to like yourself.

# Women's Health

After my season, I could not watch The Bachelor for a good 10 years because the wound left by so many painful memories was still there.

It helps that, now—after surviving that dark period—I do have coping mechanisms. I journal religiously. If something's bothering me, I listen to it, I feel my feelings, and I write them down. Once I figure out what's bothering me, I try to work through that.



I love running, walking, hiking, and jump roping. I work out for about an hour, five or six days a week, because when I exercise it's my time to reflect. I put my headphones in, listen to my music, and just move my body. Plus, you get those endorphins. I always feel better after exercising.

Hopefully, it's a lot easier for Black women and men to appear on The Bachelor or The Bachelorette now, even if they do experience some racial backlash.

I hope it's not as tough on them as it was on me.

The main difference between who I am now and who I was before I went through the depression is that I'm able to recognize and validate my feelings. After years spent not wanting to step on anybody's toes, I no longer put other people before myself. Now, I speak up if I don't like what someone's saying or how they treat me.

I'm thankful that our generation of Black people are doing more than surviving. We want to thrive,

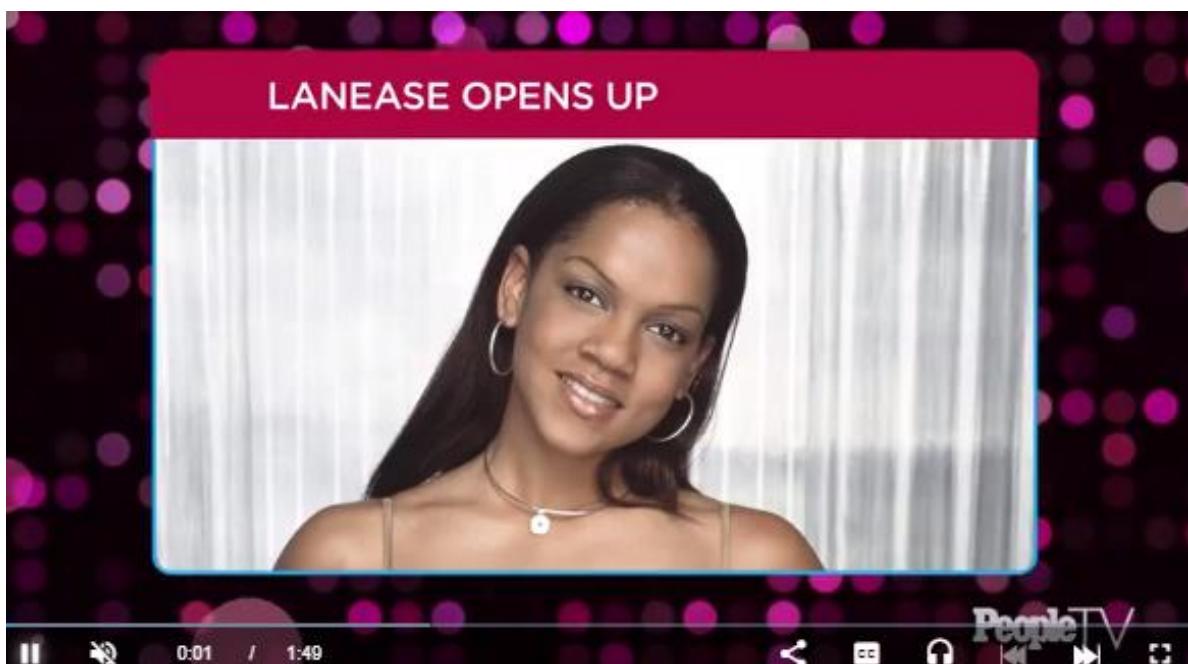
we want to have a full quality of life, and in order to do that, we have to have certain coping mechanisms and certain wisdoms to guide us through the difficult times. My hope is that, by sharing my experience, it can be that piece of wisdom for someone else.

<https://www.womenshealthmag.com/life/a33075184/bachelor-alex-michel-lanease-adams-depression/>

###

# People

Bachelor Season 1 Star LaNease Adams vied for the heart of Alex Michel in 2002



It has been nearly two decades since [LaNease Adams](#) appeared on the very first season of *The Bachelor*, vying for the heart of Alex Michel in 2002.

However, what was supposed to be an exciting new experience became a painful one, as Adams says she faced an onslaught of racism once the show aired.

"Growing up in Los Angeles as a Black woman, I had never knowingly experienced any racism because my community was such a melting pot," Adams writes in a new essay for [Women's Health](#). "I had already dated outside of my race a lot, so I didn't have any reservations about dating a white guy. No one really seemed to think there was anything wrong with that here in Los Angeles, so I didn't expect any backlash for dating someone white on a reality TV show."

Adams, who was 23 years old at the time, ended up being one of the final eight women.

# People

"At 23, I kind of thought I understood life. But once the show happened, I no longer understood anything. I didn't understand myself. I couldn't trust people—and, as someone who always looked outside for validation, that realization hit me hard," she wrote. "As soon as *The Bachelor* started to air, I got hit with a big dose of reality."

Adams was the first woman who kissed Michel on the show, with their sweet moment airing during the second episode. Afterward, she found a photo of their kiss on a white supremacist website "with terrible comments written about how disgusting it was to have people of two different races kissing on the show."



"I will never forget the feeling of finding my photograph on that website. It was shocking to know that white supremacists even knew who I was—that was *really* scary," Adams said. "I felt helpless, and I didn't know what I could do to get that photograph removed from that website. There were also blogs saying stuff like, 'Who does this Black girl think she is dating *The Bachelor*?'"

The reality star said she was "shocked," explaining that she didn't know that there was still so much racism harbored across the country.

"It also changes you as a person when you realize that there are some people that really hate you—and not for anything that you've said or done. They hate you just because of the race you were born with," Adams said. "I didn't feel anger; I felt sadness."

She also faced criticism from some people in the Black community who were unhappy with her dating a white man.

Adams noted that all of this negative attention coincided with the heartbreak she felt over her breakup with Michel, adding that she began to experience "major anxiety" and "panic attacks." "I think that's one of the things that people often overlook since it is a TV show: the heartbreak," Adams said, adding that one of *The Bachelor* producers, Lisa Levenson, tried recommending a therapist "but I just never took her up on that offer. The train had basically already left the station at that point—I was just lost."

"I started to self-medicate by drinking and taking pills, and I wasn't eating," she continued. "Looking back, I think the racist backlash I experienced was also compounded by the fact that my dad died when I was just 1. I guess I was already sort of a wounded soul in a sense. I always looked outward for acceptance. I didn't really have self-confidence."

"The pills made me forget about my pain and sadness... but that was only a temporary fix," Adams wrote.

Adams ended up having to be hospitalized, which she calls her "lowest point."

# People

"Laying in the hospital, I thought, 'You put your trust and your faith into everyone else. And now, look, you're here by yourself—about to die, basically,'" she recalled.



After spending a week at the hospital she was able to break out of her "cycle of self-medication" and started to see a therapist on a weekly basis.

"I slowly started to get my life back under control," Adams said. "It took some time, but I found my self-love; I found my self-confidence."

The actress, who also developed her own line of organic soaps, Fountain of Youth Bath, said she hopes Black contestants today have a much better experience than she did.

"Hopefully, it's a lot easier for Black women and men to appear on *The Bachelor* or *The Bachelorette* now, even if they do experience some racial backlash," she wrote. "I hope it's not as tough on them as it was on me."

Earlier this year, the ABC franchise announced its first-ever Black male lead, Matt James. Rachel Lindsay made history as the first Black female lead for season 13 of *The Bachelorette* in 2017.

<https://people.com/tv/bachelor-season-1-contestant-laneise-adams-opens-up-about-facing-racist-backlash-after-the-show/>

###



## LaNease Adams Details 'Racist Backlash' After 'The Bachelor' Season 1



Sharing her story. Although LaNease Adams had a great time during season 1 of The Bachelor, vying for the heart of Alex Michel, when she came home and started reading the hateful comments, everything changed.

"At 23, I kind of thought I understood life. But once the show happened, I no longer understood anything. I didn't understand myself. I couldn't trust people—and, as someone who always looked



outside for validation, that realization hit me hard," she wrote in a blog for [Women's Health](#) on Monday, July 6. "As soon as The Bachelor started to air, I got hit with a big dose of reality." The former reality star was the first [woman to kiss Michel](#) on the show, and after the episode aired, she came across the photo of them kissing on a white supremacist website. Underneath it was "terrible comments written about how disgusting it was to have people of two different races kissing on the show."

She recalls seeing the photos and comments as "really scary" and noted she felt "helpless" in the moment.



"There were also blogs saying stuff like, 'Who does this Black girl think she is dating The Bachelor?' I was shocked by all the racist backlash online. Looking back, I guess it's because I was naïve," the Fountain of Youth Bath owner revealed. "Being from California, and particularly from Los Angeles, I didn't know that across the country there was still so much racism. It also changes you as a person when you realize that there are some people that really hate you—and not for anything that you've said or done. They hate you just because of the race you were born with. I didn't feel anger; I felt sadness. At the same time, some people in the Black community were unhappy with me dating a white guy on TV, or in general."



After people began recognizing her from the show, she began having anxiety and panic attacks. Plus, she was still feeling the “hurt and rejection” for being turned down by Michel.

“I think that’s one of the things that people often overlook since it is a TV show: the heartbreak. After the show premiered, one of The Bachelor producers, Lisa Levenson, told me there was a therapist I could talk to, but I just never took her up on that offer,” Adams continued. “The train had basically already left the station at that point — I was just lost. I ended up going through a depression, and I stepped away from everything. I started to self-medicate by drinking and taking pills, and I wasn’t eating.”

Eventually, her actions led her to the hospital, which Adams calls her “lowest point.”

“The pills made me forget about my pain and sadness... but that was only a temporary fix. Laying in the hospital, I thought, ‘You put your trust and your faith into everyone else. And now, look, you’re here by yourself—about to die, basically.’” she wrote. “My hospital stay lasted about a week — long enough to break me of my cycle of self-medicating. After I was released, I started to see a therapist on a weekly basis. I did this for a few years, eventually moving to monthly sessions, and I slowly started to get my life back under control.”

The actress added: “To begin to heal, I also read a ton of books, and two changed my life: The Four Agreements and The Art of Worldly Wisdom. Those books really helped me learn about life and how to cope. I also did a lot of journaling because I had to build myself up.”

<https://www.usmagazine.com/entertainment/news/bachelors-lanease-adams-faced-depression-after-racist-backlash/>

###



## The Bachelor's LaNease Adams shares her experience on the show



After appearing on *The Bachelor* nearly 20 years ago, former contestant LaNease Adams is opening up about her experience on the show.

At 23, Adams appeared on the first season of the popular show where she ended up being one of the final eight women vying for the heart of Alex Michel. She said that she later found a photo of their kiss on a white supremacist website with what she called “terrible comments about how disgusting it was to have people of two different races kissing.”

In the essay, she said finding that photo made her feel scared and helpless. Adams said that her experience on the show led her to self-medicate by drinking and taking pills. She explained that she didn’t have the “coping skills to help navigate through the pain and heartbreak.”

The actress said that she was eventually hospitalized, something which she calls her “lowest point.”



She was the first woman who kissed Michel, and she recently recounted in a new essay for Women's Health, the backlash she received.

"Laying in the hospital, I thought, 'You put your trust and your faith into everyone else. And now, look, you're here by yourself—about to die, basically.'

She said that following her one week stay in the hospital that she was able to break her self-medication cycle and began therapy. She then slowly started getting her life back under control. In the essay, Adams said she was deeply affected by the negative aspects and racism on the show because she had never experienced it growing up in a "melting pot" community in Los Angeles. The moving essay comes as The Bachelor recently announced its first-ever Black male lead, Matt James.

Adams developed her own line of organic soaps called Fountain of Youth Bath. She said that she hopes Black contestants on the reality dating show have a better experience.

"Hopefully, it's a lot easier for Black women and men to appear on The Bachelor or The Bachelorette now, even if they do experience some racial backlash," she wrote. "I hope it's not as tough on them as it was on me."

<https://thegrio.com/2020/07/09/the-bachelors-lanease-adams-pills/>

###



## LaNease Adams Looks Back On Having the First-Ever Bachelor Kiss



Nearly two decades after the premiere of *The Bachelor*, ABC recently debuted a retrospective of the show's most dramatic moments, from emotional meltdowns to iconic villains to franchise firsts. LaNease Adams, who participated in the series' opening season, shared the first-ever kiss in *Bachelor* history with Alex Michel; now that the memorable moment has been reaired on *The Greatest Seasons - Ever*, the former contestant is ready to reflect on her past experience. Adams—an actress who has appeared on *Good Morning America*, *Access Hollywood*, *Entertainment Tonight*, *The Howard Stern Show* and more—has moved on after her breakup with Michel, and she has had several relationships since. Below, she looks back to share untold stories from her early days on the show.



Why did you submit to be on the first season of The Bachelor? How did you hear about the franchise?

I actually didn't submit to be on The Bachelor! At the time, a friend of mine who was in casting gave me a call and told me that there was a show that he thought that I'd be great for. I had been on a couple of other dating shows, and he thought they might like me for this one. I went on the audition, and the rest was history.

Did you ever expect the series to become as popular as it did?

I would have never, in my wildest dreams, thought that the show would be the phenomenon that it has been. One of my reasons for wanting to participate was that I heard it was an ABC project, so I thought it would be well-done. It surpassed my ideas of what I was in for. The Bachelor made all the other dating shows look like child's play. The mansions, the limos, the private jets...and that was Season 1. Now, there's international travel and so much more.



What was your first impression of Alex?

I didn't expect to like him. I'm pretty picky when it comes to who I'm attracted to, and that's not on purpose. It's just who I am. I like smart, funny, kind men, and those are hard to find! I saw those qualities in Alex, and I was feeling him. That's what made our kiss so nice.

What's one thing people may not know about being on the show?

People may not realize that oftentimes, great friendships are formed inside the Bachelor house that last a lifetime. I met one of my very best friends when we did The Bachelor. Eighteen years later, we're still close. I'm actually close with a lot of the girls. You form a bond that no one else can really understand.

How does it feel to have had the first-ever Bachelor kiss? What was that moment like?

To be honest, I think it's kinda cool. I know The Bachelor is a show that people love to hate, but all of us in Season 1 were authentic and there for the right reason—to possibly find love. To be the first kiss on a franchise that has been a huge part of our generation is a fun fact that I'll always hold near and dear. That moment was pretty nice. I didn't think that Alex would go for a kiss. I mean, there I was on a gondola with him in Vegas. It felt pretty magical at the time for 23-year-old me. Plus, he was a really good kisser.



Do you have any regrets from your time on the show?

Participation in The Bachelor was not all roses and champagne. There were some wonderful people that were so kind after the show, and there were cool opportunities. But unfortunately, there were some not-so-kind people as well, people who said some terrible things both online and in person. That was hard to handle. I actually ended up going through depression afterward.



Have you been watching Bachelor seasons since? How has the series changed, in your opinion? I couldn't watch it for a good 10 years. There were just too many emotions for me. Now, I enjoy watching it. I'm jealous that these days, they get so many more extravagant dates, but good for them. Hating is not cute. I'm happy that the show has been so successful.

Did you find romance post-Bachelor?

I've had some wonderful relationships. I've experienced deep love that I cherish. I'm not married, but I do hope that that'll be a part of my next journey in love.

What advice do you have for future contestants?

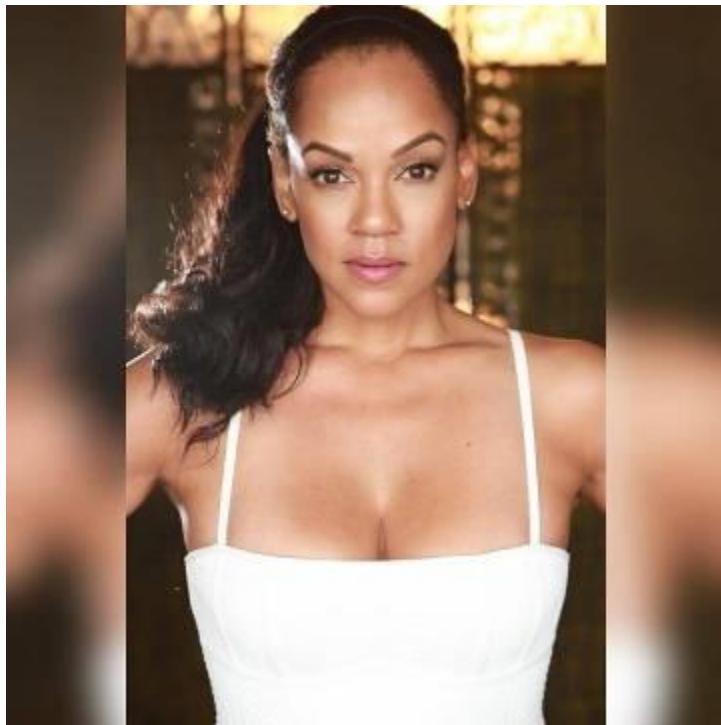
Have fun! Remember that life is short. Guard your heart, and remember that this too shall pass.

<https://www.carrieschronicles.com/blog/lanese-adams-first-ever-bachelor-kiss>

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## **Lanease Adams heats up the screen in her short film, Heaven's Revenge**



Just as the summer is heating up, actress Lanease Adams delivers her steamy romantic drama she wrote and directed entitled Heaven's Revenge. Adams plays a sexy and sophisticated dream girl named Heaven. This fun loving character is in the middle of enjoying her life, love and happiness. The plot thickens when, while jogging, Heaven meets an attractive and hunky black man named Jackson (played by Marcus Nel-Jamal Hamm) who asks her out on a date. After hesitation, Heaven agrees and the wheels are set in motion and this love story takes off. What we witness over the next few minutes is a romantic journey beautifully captured with scenes of wine and dine, paint and sip, movie nights, dirty dancing, and a shower scene of love making that steams up the screen.



Well into their relationship, life for Heaven and Jackson takes a sudden left turn. Heaven faces a deep inner battle as she begins to cope with a new reality she faced with. Heaven's anxiety triggers a life or death moment with her on the trigger.



Adams gives a great performance portraying a wide rage of emotions from happy, sad, exited, depressed and a will to have the last word. Marcus Nel-Jamal Hamm gives a solid performance portraying the perfect guy until we see his character's imperfections. The story's theme ask the question, is it all fair in love and war?

Adams does a fine job in her directorial debut. Utilizing beautiful landscapes from the city of angels, the look of Heaven's Revenge is as beautiful as its performers. She enlisted the services of Oscar awarding winning composer, Paul Stewart (Hustle & Flow; Insecure; Poetic Justice), to score the music. The film also stars Jeni Jones as Sarah, Mabelle Ortiz as Reign and Sarah Carr as Corinne. You can watch the short film at the link below.

<https://danadamsnetwork.com/heavensrevengefeature/>

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