

Popstar Today!

Episode Descriptions

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Episode	Description
101 - Celebrity Parents	Top 3 Hollywood Moms (Kristen Bell, Emily Blunt, Jennifer Garner), It Person: Kristen Bell, Celebrity Kids Trying To Make It , Stay Healthy While Pregnant (with Maya Nassar Malouf), Top 3 Stars Who've Adopted Multiple Kids (Madonna, Angelina Jolie, Cruise & Kidman), Nicole Kidman, Unique Baby Names
102 - Models Turned Actors	Top 3 Models Who Also Act (Rosie Huntington-Whiteley, Suki Waterhouse, Cara Delevingne) Suki Waterhouse, The Model Diet, Not Your Ordinary Supermodels (Ashley Graham, Shaun Ross, Winnie Harlow), Fashion Top 5-What to wear when you're tall, Uma Thurman, Style Stories - Martin Spencer, Celebrity Of The Week - Naomi Campbell
103 - Celebrity Fashion & Style	Top 3 Best Met Gala Looks, Lady Gaga, Alice + Olivia SS Presentation (with quotes of Paris Hilton, Victoria Justice, Suki Waterhouse), Zendaya and her dresser Romeo Hunte, Celebs Who are Make Up Gurus, Lewis Hamilton explains the inspirations behind his fashion designs
104 - Stars In Shape	Stars Who Dropped a Lot of Weight (Melissa McCarthy, John Goodman, Jonah Hill), Body Positivity (Ashley Graham, Chrissy Metz, Bebe Rexha, Embrace Your Curves (Liza DeFazio), How to Get Beyonce's Body (Julia Elzomor), The Importance of a Personal Trainer (Alicia Vikander, Magnus Lygdback, Gunnar Peterson, Ramona Braganza), Celebs Gaining and Losing Weight (Matt Damon, Renee Zellweger, Chris Hemsworth, Charlie Hunnam, Michael Fassbender, Christian Bale)
105 - Celebrities Living Green	Actresses Who Look Gorgeous in Green (Bryce Dallas Howard, Olivia Munn, Lupita Nyong'o), Green (Sustainable) Fashion on the Red Carpet (Emma Watson, Livia Firth, Suzy Amis Cameron), Celebs Who Care About the Environment (Leonardo DiCaprio, Shailene Woodley, Benedict Cumberbatch, Rachel McAdams, Angelina Jolie), Emma Watson, How to Eat Vegan (Jeanne Salts), Famous Foodie: Gwyneth Paltrow, Celebrity Lifestyle Gurus (Blake Lively, Reese Witherspoon, Jessica Alba, Elizabeth Banks, Catherine Zeta-Jones)
106 - Stars Who Go Makeup Free	Actresses Who Love Going Make Up Free (Drew Barrymore, Salma Hayek,) Jennifer Lopez (Ojani Noa, Sean Combs, Ben Affleck, Marc Anthony, Casper Smart, Alex Rodriguez), How to Take Care of Your Skin (Kim Levine), Beauty & Lifestyle: No Makeup Makeup Look (Alexis Teeling), Manicurist Mar Y Sol, Kylie Jenner (Travis Scott, Jenner and Kardashian Family), The 5 Minute Make Up Look (Pep Gay, Denalyn Quinones, Connie Man, Michelle Webb, Ricardo Alarcon)
107 - Celebrity Bff's & Superhero Fitness	Celebrity BFFs (Rihanna & Cara Delevingne, Ansel Elgort & Timothee Chalamet, Sophie Turner & Maisie Williams), Personality is the new Beauty (Jeanne Salts, Lexi Boling, Binx Walton, Hanne Gaby Odiele, Ashley Graham), Celebrity BFF (Leo DiCaprio & Toby Maguire, George Clooney & Brad Pitt, Ryan Gosling & Emma Stone, Kendall Jenner & Gigi Hadid, Salma Hayek & Penelope Cruz), Actors Who've Played Batman (Michael Keaton, Will Arnett, Christian Bale), How to Get an Upper Body Like Joe Manganiello (Mohamed Elzomor), How to Begin a Superstar Career (Guillermo Del Toro, Laurence Fishburne, James Gray, Martin Scorsese), Timothee Chalamet
108 - Celebrity Families	Stylish Actors Who've Brought Their Kids on the Red Carpet (Jamie Foxx, Armie Hammer & Elizabeth Chambers, Kevin Hart), Lily-Rose Depp (Vanessa Paradis, Johnny Depp, Timothee Chalamet), Actresses with Famous Parents (Maya Hawke, Uma Thurman, Ethan Hawke, Meryl Streep, Grace Gummer, Mamie Gummer, Dakota Johnson, Don Johnson, Melanie Griffith), Westside Nannies (Katie Provinziano), Raising Children Like a Celebrity (Mark Wahlberg) , Celebrity Siblings (Rooney & Kate Mara, Elle & Dakota Fanning) Bella and Gigi Hadid (Yolanda Hadid), How to Train Like a Model (Mohamed Elzomor)
109 - Hollywood Animal Stars & Celebrity Pets	Celebs Obsessed with their Pets (Amanda Seyfried, Ariana Grande, Tom Hardy), More Animal Loving Celebs (Kevin Hart, Eva Longoria, Nina Dobrev, Harrison Ford), Animals in Movies (Benji, Pal), Dancing Dog Massage (Gene Rukavina), Famous Dog Stars (Ben Stiller, Crystal the Capuchin Monkey, Bradley Cooper, Ed Helms, Tim Burton, Keanu Reeves, Norbert the Dog), The David Sheldrick Wildlife Trust (Edwin Lusichi), Paris Hilton, Famous Pets of Pop Stars (Justin Bieber and puppy Oscar, Taylor Swift, Miley Cyrus, Kylie Jenner with Norman and Bambi Jenner, Victoria Beckham with Olive Beckham, Paris Hilton and chihuahuas, Tom Hardy, Katy Perry and Nugget)
110 - Wedding Extravaganza	Stars Who Got Married In Vegas, Jonas Brothers, Ultimate Celebrity Wedding, Big Bling, Priyanka Chopra, Bridal Gowns on the Red Carpet Monique Lhuillier, and the Place To Be: Las Vegas!
111 - Good, Bad and Ugly of Social Media	Best First Photos Posted By Celebs, Jennifer Aniston, First Insta Posts, Building Workout Like Khloe Kardashian, How To Become A Social Influencer, Celebs Who Hate Social Media, Biggest Online Feuds, Cardi B, SmartPhone Detox
112 - Actors Who Do Their Own Stunts	Jason Statham, What It Takes To Be A Stuntman, How To Get Fit Through Wrestling, Actresses Who Learned a Fantasy Language for a Role, Skills You Learn Through Acting, Zoe Saldana, How to Rest and Relax Like Celebrities
113 - Hollywood and Activism	Celebs Who've Gotten Arrested, Celebs Who Fight For Female Equality, Keira Knightley, #MeToo at the movies, Female Empowerment Movies, Margot Robbie, Top 5: Women Who Love Menswear Inspired Looks
114 - Celebrity Foodies	Stars Who've Written Cookbooks, Celebrity Recipe - Reese Witherspoon, Salma Hayek, Stars Who Own Restaurants, Top 5: 'Famous Foodies' Michelin Star top 5, Chef Jamie Oliver, Alexa Matthews (food blogger), Celebs who can't cook.

115 - Controversy & Representation in Movies	Movie Casting Controversies, Biggest Movie Controversies, Scarlett Johansson, classic, silent film The Birth of a Nation which glamorizes the Ku Klux Klan, Judas and the Black Messiah, Daniel Kaluuya, Top 3: Most Inclusive Movies.
116 - Stunting with the Stars	Actresses Who Kick Butt , Michelle Rodriguez , Stunting Stars , How do they flip cars in movies, Michael Bay , Top 3: Movies in which the most cars were destroyed, Shooting with injured actors .
117 - Singing with the Stars	Legendary singer John Legend, Go behind the scenes of one of Camila Cabello's music videos, Singers Who Started in Their High School Choir, Backstage: Carrie Underwood, Singing stars whose vocal skills will leave listeners asking for more!
118 - Hollywood's Next Generation	Stars Born Into Showbiz, Maya Hawke, The New Generation, Top 5: Mother Daughter Model Duos, Jaden Smith, Male Models With Famous Parents, Fashion Confessions of the Rising Stars.
119 - Superheroes	Actors Who've Played Multiple Superheroes, Ryan Reynolds, Superhero Workout Regime, Superhero Costumes Through the Years, Top 5: Ladies Sporting Superhero Capes On The Red Carpet, Actresses Who've Starred In Multiple Comic Book Flicks, Brie Larson, Actresses Who Know How To Kick Butt.
120 - More Celebrity Families	Most Stylish Celebrity Kids, Kristen Wiig, Adoption vs. Surrogate vs. IVF, Alessandra Ambrosio Back Into Shape After Pregnancy, Fighting With My Family, Celebs You Didn't Know Who Despise Their In-Laws, Karlie Kloss
121 - Hollywood on Location	Best First Photos Posted By Celebs, Jennifer Aniston, First Insta Posts, Building Workout Like Khloe Kardashian, How To Become A Social Influencer, Celebs Who Hate Social Media, Biggest Online Feuds, Cardi B, SmartPhone Detox
201 - So You Wanna Be Movie Star!	Tom Cruise on doing stunts, Jamie Oliver on celebrity nutrition, stars who hate social media, celebrity restaurants
202 - Celebrities and Kids	Kristen Wiig, Cardi B, Stylish Celebrity Kids, Daniel Kaluuya, Maya Hawke, and Mother Daughter Model Duos.
203 - Let's Get Rough!	Ryan Reynolds, Actresses Who Kick Butt , Michelle Rodriguez, Superhero Workout, playing multiple superheroes.
204 - Awesome Costumes and Props	John Legend, Camila Cabello, Singers' High School Choirs, Going solo, how you can dress like your favorite stars, famous props.
205 - Celebrity Charities	Most Charitable Celebs, Supermodels who Started their own Charities, Is Hollywood Going Green? Galapagos: Hope for the Future, Leonardo DiCaprio, David Sheldrick Wildlife Foundation
206 - Celebrity Legends	Age Defying Celebs, Fitness for senior celebrities, Keanu Reeves, Over 50 and Fabulous, The Age of Adaline
207 - Celebrity R&R	Stars with unusual Hobbies , Turks & Caicos, Tailor Made Pillow, Space Tourism, Things Celebs do to Stay grounded ,Bermuda
208 - Celebrity Super Spenders	Floyd Mayweather, Most Expensive Kebab in the World, David Hasselhoff in Art, Most Expensive Divorces, U-Boat Worx , Steven Tyler from Aerosmith
209 - Dads and Kids	Famous Dads Who Only Have Daughters, Ryan Reynolds, Celebrities who hide their baby daddies and mammas, Celebs Bringing Their Families to the Red Carpet, Parental Advice
210 - Nostalgia	Movie Memorabilia Auction, 90s Nostalgia, Steven Spielberg, Ready player One, Creature Design through the Years
211 - Award Shows	Biggest Oscar Winners of All Time, Meryl Streep, The Golden Globes, Golden Globes Gift Lounge, Most Expensive Oscar Dresses, Biggest Oscar Snubs
212 - Hollywood Dynasties	Most Powerful Hollywood Clans, Stars You Didn't Knew Were Born in Wealthy Families, Will Smith, Hillbilly Elegy
213 - Supermodels	Naomi Campbell, The Age of Digital Supermodels, Supermodel Foodies, Supermodels who started their own Charities, Coca Rocha
214 - It's All Technical	Groundbreaking Film Techniques, Lana del Rey, Fashion Designer Christophe Guillarme Talks Designing NFTs, CES Consumer Electronics Show, Charlie Puth, Missing Link
215 - Getting Red Carpet Ready	Celebs who Brought their mom on the Red Carpet, How to get Red Carpet Ready, Behind the Scenes of the Cannes Film Festival, Focus on Dressing for the Red Carpet, Actresses who Wore SKIMS Under their Red Carpet Gowns, Men who Love to Experiment on the Red Carpet
216 - Parties	Colin Cowie (Celebrity Party Planner), Office Christmas Party, Coachella, What to Wear to a Fancy Dinner Party, Vanity Fair party
217 - Film Festivals	The Importance of Film Festivals, Cannes Moments ,History of TIFF, Venice Film Festival opening Films, Tricia Tuttle (London Film Festival's Director) ,Red Sea Film Festival
218 - Celebrity Entrepreneurship	Celebrity Investors , Sean Combs, Richest Musicians, Hollywood – Where Does the Money Go? , Rihanna
219 - Start Your Hollywood Career	Auditioning with the Stars , Actors Who Never Went To Drama School, Jodie Comer, Tips for First Time Directors, Best Movies by First Time Directors
220 - Cooking with the Stars	Celeb Restaurant Hang Outs ,Gordon Ramsey Most Expensive Food, Local Food, Chrissy Teigen, Celebs who Love to Post on Instagram
221 - Holidays & Traveling	Instagram Hotspots Around The Globe, Place to Be: Emily In Paris Tour , Trivia: Girls Trip, Top 3: Movies with Terrible Shooting Locations, Special: Handbook for a time travel movie
222 - Pop Culture	Fandom and Toxicity, Top 3: Movies Changed due to Public Backlash, What Makes Comic Con So Awesome?, Trivia: Blair Witch, Special: Cosplay
301 - Female Filmmaking	Celebs Who Broke The Internet , Jenna Ortega, Top 3: Movies about social media, The Circle, Star Who Were Discovered Online
302 - Evolution of Horror	Horror: Love it or hate it! , Top 3: Horror Movies By Heartbeat , Midsommar (new type of horror), The Invisible Man (classic horror), Jamie Lee Curtis (original scream queen)
303 - Writer's Strike	Inside the Writer's Strike , Top 3: Movies written by actors , Mank, The Disaster Artist, Quentin Tarantino
304 - Reboots and Remakes	Eighties movies we want to see reboots of, Ghostbusters:Afterlife (reboot), It: Chapter Two (remake), Profile: James Gunn
305 - Hollywood Heirs	Lily-Rose Depp, Actresses with Famous Parents , Flag Day, The Three Sisters Stallone, Multi-talented siblings

306 - Art and Celebrity	Gallery Bell'Arte - Doret Huibers , Faberge Egg, Report: The Goldfinch, Artist Profile: Loes van Delft, Celebrity Art Lovers
307 - Celebrities & Social Media	Celebs Who Broke The Internet ,Profile: Jenna Ortega ,Top 3: Movies about social media, Trivia: The Circle, Special: Star Who Were Discovered Online
308 - Prison	Special: Celebs and the Arm of the Law, Top 3: Prison Movies, Special: Prison Movies , Movie Report: Get Hard , Profile: Danny Trejo and "hot" felon Jeremy Meeks.
309 - Hollywood Villains	The Evolution of Hollywood Villains, Coolest Female Villains, The Suicide Squad, Trivia: Ma, Stars Who've Both Played a Superhero and a Supervillain
310 - Video Games	Why are video game adaptations getting better? Top 3: Video game characters in movies Report: Super Mario Bros. Trivia: Warcraft Profile: Milla Jovovich
311 - Vampires	The popularity of vampires explained, Top 3: Vampire Movies, Report: Renfield, Profile: Nicolas Cage , Place To Be: Transylvania.
312 - Celebs and their Health	Celebs Who Nearly Died , Profile: Emilia Clarke, Last Christmas, Profile: Zayn Malik, Celebs Opening Up About Depression
313 - Break-ups and Make-ups	Very Public Breakups, Profile: Olivia Wilde, Report: How To Be Single, Getting Back Together With The Ex, Profile: Ben Affleck
314 - Dancing with the Stars	Celebs Who Swear By Dance Workouts To Stay Fit, Profile: Shakira, Report: I Wanna Dance With Somebody,Trivia: La La Land, Special: Musical Comeback
315 - The Biopic Hype	What Makes A Good Biopic?, Top 3: Biopics, Report: Elvis , Profile: Austin Butler, Stars That Got Way Too Deep Into Character
316 - Spinning Records	(Not So) Secret Celebrity DJs , Profile: Michelle Rodriguez, MDLBEAST, Jesse J , Why Britain has such a successful music industry.
317 - Evolution of Comedy	The evolution of comedy through the years, Top 3: Guilty Pleasure Comedies , Report: Barb and Star Go to Vista Del Mar Trivia: Daddy's Home, Profile: Jack Whitehall.
318 - Hollywood Going Green	Is Hollywood Going Green?, Top 3: Most Environmentalist Movies , Exclusive: Stella McCartney, Profile: Chris Martin, Charitable Stars
319 - Zombies	The popularity of zombies explained, Top 3: Zombie Movies, Zombieland: Double Tap, Trivia: Pride and Prejudice and Zombies, Profile: Pedro Pascal
320 - A Long Hollywood Career	How to have a long career in Hollywood, Top 3: Living Legends, Report: 80 For Brady, Trivia: Las Vegas, Profile: Arnold Schwarzenegger
401 - Multiverses	Feature: What's the deal with all the verses? , Top 3: Pre-MCU movies about verses, Report: Everything Everywhere All at Once , Space Jam: A New Legacy, Kevin Feige
402 - Music Movies	The boom in movies about musicians explained, Top 3: Movies About Musicians, Report: Back To Black , Trivia: All Eyez On Me , Profile: Dolly Parton
403 - Grief and Loss	Movies about grief and loss, Report: The King of Staten Island, Trivia: Pieces of a Woman, Profile: Jennifer Hudson
404 - Classic Hollywood	Hollywood Museum, Top 3: Movies about Hollywood, Report: Babylon, Trivia: Hitchcock, Profile: Clint Eastwood
405 - Sports	Why audiences have such a fascination for sports movies and series and how they have shaped our lives.
406 - Life Lessons in Movies	Movies that teach the best life lessons, Top 3: Most meaningful movies, Report: CODA, Trivia: Queen of Katwe, Profile: Lupita Nyong'o
407 - Surviving The Wild	Top 3: wilderness movies, Report: Society of the Snow, Trivia: Wild, Special: Celebs Who Grew Up With Horses
408 - Guilty	Top 3: Movies about guilt, Report: Dear Evan Hansen, Trivia: The Guilt Trip, Profile: Seth Rogen
409 - The Latin Influence	Special: Latina Action Stars, Top 3: Movies by Latin directors, Report: Blue Beetle, Trivia: In the Heights, Profile: Eiza González
410 - Female Hollywood Leaders	Special: Girl Bosses Rocking the Business World, Top 3: Musicians who became chefs, Report: Like a Boss, Trivia: The Boss, Profile: Jennifer Lopez
411 - The Victorian Era	Special: How filmmakers recreate the Victorian era on screen?, Top 3: Movies set in the Victorian era, Report: Victoria & Abdul, Trivia: Alice Through the Looking Glass, Profile: Judi Dench
412 - Dark Comedies	Special: Why dark comedy is funny, Top 3: Dark Comedies, Report: Game Night, Trivia: Seven Psychopaths, Profile: Colin Farrell
413 - Women in Film	Special: Women in Film: Hollywood's trailblazers, Top 3: Most Powerful Women in Hollywood, Report: Mulan, Trivia: Little, Profile: Greta Gerwig
414 - Feeling Groovy	Top 3: Celebs Rocking 1970s Inspired Looks On The Red Carpet, Report: Licorice Pizza, Trivia: The Holdovers, Profile: Jane Fonda
415 - British Comedy	The Genius of British comedies,Top 3: Typical British Comedies, Report: Wicked Little Letters, Trivia: Kingsman: The Golden Circle, Profile: Olivia Colman
416 - Culture Clash	Top 3: Movies about class differences, Report: The Hunt, Trivia: The Great Gatsby, Profile: Viola Davis
417 - Brands	Top 3: Movies About Brands, Report: Air, Trivia: House of Gucci, Profile: Lady Gaga
418 - Dogs	Top 3: Movies about dogs, Special: Pussy & Pooch, Report: Dog, Profile: Tom Hardy
419 - The Disney Effect	Special: Breaking Down Walt Disney Studios, Top 3: Disney Live Action Movies, Report: Pinocchio, Special: Gen Z Celebs Who Started Their Careers On Disney Channel, Profile: Ariana Greenblatt
420 - AI-Faking It for Real	Special: How AI is changing the filmmaking landscape, Top 3: Movies about AI, Report: The Creator, Trivia: Free Guy, Profile: John David Washington
501 - Rebels	The boldest, baddest, most unforgettable rebels ever to hit the silver screen, visit a world where defiance is fate and destiny meets fire in 'Dune: Part 2' and see how Timothée Chalamet turned smoldering stares and fearless roles into his signature style.

502 - From Music to Screen	Music icons who broke boundaries and turned their stage stardom into silver-screen gold, Friendship, magic, and finding your voice steal the show in 'Wicked' and we trace Ariana Grande's rise from vocal powerhouse to Hollywood headline act.
503 - Unusual Relationships	Movie moments where romance takes a turn down the road less travelled, love lands in the most awkward place possible in 'A Family Affair' and we'll rewind through Zac Efron's ever evolving career.
504 - Independent Cinema	Stories born outside the studio system, experience fearless journalism at its best in 'Civil War' and recognize Alicia Vikander's screen endeavors through the years.
505 - Post-Apocalyptic Movies	The darker side of cinematic survival where mayhem reigns, but the coolest characters rise, instinct, resilience, and motherhood collide in 'The End We Start From' and we give Halle Berry her flowers for the powerhouse roles that keep raising the bar.
506 - Hitmen	The big screen's most lethal antiheroes, catch the deadly game of wits in 'The Day of the Jackal' and highlight the different sides of Academy Award winner Eddie Redmayne.
507 - Monster Movies	Unleashing the beasts that have trampled, slithered, and screamed their way into cinematic history, silence isn't just golden, it's survival in 'A Quiet Place Part II' and we zoom in on the multitalented John Krasinski.
508 - To Be An Actor	Epic travel movies that bring the world right to your screen, an unexpected spark lights up in 'Lonely Planet' and she's got the voice, the talent, and the star power, it's all about Andra Day.
509 - CGI	Bold performers become beasts, legends, and everything in between thanks to technology, we mingle with evolved primates in 'Kingdom of the Planet of the Apes!' and we scan through the profile of a true CGI pioneer, Andy Serkis!
510 - Screenwriters	How pure imagination transforms into cinematic gold, brave a wild, unpredictable trek into the jungle in search of 'The Lost City' and we'll catch up with the dashing Henry Cavill.
511 - Elevated Horror	How horror messes with your mind just as much as it plays with what's lurking in the dark, step into the twisted, gorgeous, and unsettling world of 'Men' and sing the praises of British icon, Hugh Grant.
512 - The Hollywood Comeback	The art and drama of reclaiming the spotlight, the end of an era summons a special opportunity in 'The Last Showgirl' and we'll follow the cinematic journey of the golden girl of rom-coms Cameron Diaz.
513 - Origin Stories	An opening chapter can flip the entire script, unwrap the whimsical, wonderful and oh-so-delicious world of 'Wonka' and explore the screen endeavors of the fascinating Anya Taylor-Joy.
514 - Gothic Films	Examining the stylishly spooky world where every frame drips with mystery and drama, head back to the afterlife with 'Beetlejuice Beetlejuice' and meet the man who turned Gothic into Hollywood gold, Tim Burton
515 - Posthumanism	The ever-evolving tango between humans and Artificial Intelligence, a fountain-of-youth shot spirals into chaos in 'The Substance' and we showcase Ryan Gosling's irresistible acting chops
516 - 60's Nostalgia	The very best movie celebrating '60s music, check out the Bob Dylan biopic 'A Complete Unknown', and get to know actor Austin Butler, who played Elvis himself.
517 - Perfect Fright Night	Ranking the perfect fright night movies. Plus the meteoric rise of Sydney Sweeney.
518 - Franchises	A closer look at Marvel's 'Captain America: Brave New World', as well as the Bond-film 'No Time to Die'. Lastly, we'll put the spotlight on Zendaya's impressive career.
519 - Biopics	Ranking our favorite underdog biographical pictures, look at the series 'Becoming Karl Lagerfeld' and the movie 'Kidnapping Mr. Heineken'. Lastly, we'll shine a light on Tom Hanks' impressive career.
520 - Family Affair	Why so many families work in Hollywood, list frequent family collaborators, look at the movies 'Flag Day' and 'A Quiet Place', and get up close and personal with Denzel Washington.