

'L.A. Hair' Reality Star Anthony Pazos Says He'd Ask Khloe Kardashian for Love Advice



By Jessica Nappi

If you haven't heard of celebrity hairstylist Anthony Pazos yet, you'll certainly be familiar with some of his clients. From reality queen Khloé Kardashian to 'Twilight's' Ashley Greene, Pazos is in the fast lane with his star-studded clientele. He's even become a star himself, taking center stage in the reality television show 'L.A. Hair' on WE tv. As fortunate as he's been in his career, it looks like he's even luckier when it comes to love.

Pazos is in a six-year "committed and monogamous" relationship with his partner whom he "loves to death." Like Pazos, his

partner is not shy in front of the camera. Unlike Pazos, whose radiant personality can be seen on reality TV, his partner is an actor who wishes to remain anonymous. But Pazos assured us that we've "probably seen him in some stuff."

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Even with his hectic schedule, he says that he always makes time for his one and only. "We both have goals, so we understand that during the day, even if we don't see each other, we still love each other," he shares. "Then at night, it's our chance to reconvene and connect."

Pazos' relationship wisdom comes both from his own experiences and the abundance of clients who spill their hearts out to him. His best advice? "Write down what you need in a man, get out there and date. See if all those requirements are being fulfilled by that guy – but just know that nobody's perfect."

If Pazos wanted love advice from any of his clients, he said he'd choose Khloé Kardashian. "I've seen Khloé and Lamar [Odom's] relationship first hand, and they are very much in love," he says with confidence.

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Speaking of reality TV, Pazos defends his show, saying, "People think that the show is not real, and I want to make it clear that the show is very real. Everything you're seeing is really happening – it's not scripted." That means that even Pazos insulting Omarosa, the infamous 'Apprentice' star, is true: he really did say that she had "camel breath" after she offended him.

Giving us the behind-the-scene dirt on this showdown, Pazos reveals that Omarosa's people ended up tweeting him. "They wrote, 'We don't want you tweeting Omarosa anymore saying that she has camel breath.'" Pazos stood his ground and did not

apologize.

Whether he's planning a date night with his partner or getting into egotistical fights on 'L.A. Hair,' Pazos believes that "love makes the world go round." Given his fast-tracked career and big personality, we are sure that his time in the spotlight is only beginning.

Of course, staying true to his background as a hairstylist, he leaves us with this date night advice, "Never be afraid to pop in some hair extensions!"

Catch Anthony Pazos every Thursday on 'L.A. Hair' at 9/8c on WE tv. You can also check out his Facebook fan page or follow him on Twitter.

Celebrity Stylist June Ambrose Tells Us How Women Can "Find Their Fabulous"





By Daniela Agurcia

Celebrity stylist June Ambrose has worked with A-listers including Alicia Keys and her husband Swizz Beatz, Jay-Z and Sean Combs, and now, she's sharing her fashion tips with CupidsPulse.com. "Fashion is your voice, your expression. It's how one exudes confidence from the inside out," she explains. Watch our video interview with Ambrose to learn more about her personal style advice, her go-to date night outfit and her role as a Caress Fabulista.

For more videos from CupidsPulse.com, check out our YouTube channel.

Judge Lynn Toler of 'Divorce Court' Says Katie Holmes and

Tom Cruise Had “Too Much to Lose By Dragging Out Their Divorce”



By [Whitney Baker](#)

Earlier this week, Katie Holmes and Tom Cruise signed their divorce settlement, reaching an agreement faster than most Hollywood couples. While details of the arrangement remain private, sources say that Suri, the couple's six-year-old daughter, will live in New York with her mother, while her father will have generous visitation rights.

In order to better understand the ins-and-outs of this process, we spoke with Judge Lynn Toler, who hosts 'Divorce Court,' the longest-running court show on television. Since 2006, Judge Toler has brought both tenacity and compassion to the courtroom, focusing on the relationship at hand and dispensing helpful advice to real litigants.

The media has paid much attention to the role of Scientology in Holmes's decision to divorce Cruise. And for good reason, according to Judge Toler. While it's not something that she sees frequently in her courtroom, she understands why it's very intense when it does happen. "Religion doesn't often have a role in divorce cases, but when it does, it is very difficult to deal with because people's beliefs aren't something you can really compromise on."

Another point of interest in this divorce case is Holmes's request for full-custody of Suri. Judge Toler, though, isn't surprised by her bold approach. "She knew what she wanted, and she moved quickly and decisively. I think that she asked for what she wanted because of the concerns that she had for her daughter."

She adds, "After all, isn't that a mother's job?"

Related: [Find Out How Katie Holmes Felt in Her Marriage to Tom Cruise](#)

In a joint statement, Holmes and Cruise said that they are doing whatever they can to keep Suri's best interests in mind. By agreeing to the terms of their divorce in such a rapid manner, Judge Toler believes that they already did a tremendous thing for their daughter. "Sometimes, the best thing you can do for your children is to *not* get everything you want. Tom gave up legal custody but settled for generous visitation rights."

While it may seem like Cruise should fight for more time with his daughter, Judge Toler supports the resolution to their custody battle. "You have to ask yourself if dividing their time between you and your ex is the best thing for you or the best thing for your kids," she explains. "Children need a stable environment, some place they can call home where the rules are always the same."

Perhaps the most surprising part of this celebrity divorce is

the swiftness of their settlement. “I believe that both of them had too much to lose by dragging it out,” Judge Toler explains. “I also believe that the church of Scientology didn’t want to get involved with it, which certainly would’ve happened. Tom didn’t want to expose himself or his church to that kind of scrutiny.”

Related: [‘Miss Advised’ Star Amy Laurent Says, “I’ve Always Seen Katie Holmes With Somebody Who Is More Mellow and Chill”](#)

Next up for Holmes and Cruise: They will present their settlement to the courts and wait for it to be approved before they’ll be granted a divorce decree. Judge Toler doesn’t foresee any future issues though, explaining that “the courts love when couples settle as quickly and amicably as these two. They really like the parties to come to a resolution on their own.”

As for any advice for the pair as their divorce continues to play out, Judge Toler says she has none. “I think they’re doing it right! They didn’t let their emotions get ahead of what they needed to do. I say continue on and good luck.”

Visit DivorceCourt.com for local listings of ‘Divorce Court,’ which is currently airing its thirteenth season in syndication nationwide. Keep your eyes open for Judge Toler’s new book, ‘Making Marriage Work: New Rules for an Old Institution,’ set to be released later this summer.

‘Remodeled’s’ Paul Fisher

Wants a Woman Who is Beautiful Inside and Out



By Nisha Ramirez

Paul Fisher is surrounded by beautiful women everyday – he is a modeling agent, after all. The passionate, no-nonsense agent, who has represented fashion icons like Naomi Campbell and Kimora Lee-Simmons, made it big in the 90's and is now the star of television reality series *Remodeled* on the CW Network. But, *Remodeled* isn't just another show about models; it actually provides Fisher with a platform to change the face of the modeling industry and what society deems beautiful.

From doing drugs to getting dumped, Fisher opens up to us about his career, love life and his fight to redefine beauty. He admits to being “girl crazy” and spiraling out of control as he climbed to the top. “When I decided to get back into the modeling industry again, I had to beg for forgiveness because I was an animal for 20 years. I did drugs; I slept with the

girls; I was just an animal," he explains. "But I did find my faith about five years ago. I walked into The Kabbalah Centre, and it literally changed my life."

Related Link: [Five Hollywood Relationships That Spiraled Out of Control](#)

Fisher decided to rejoin the modeling world and transform the industry into a safe place for young models. In doing so, he created The Network, a company that helps to create models who are also role models instead of models who are defined by their looks and beauty. It's quite the undertaking. Right now, his firm is comprised of 12,000 models represented by small agencies around the world.

Comfortable with his role behind-the-scenes, Fisher first declined to star in *Remodeled*. He says, "My partners came to me, but I'm a private man. I didn't want to be out there in the public eye; that's just not who I am. Then they came back to me and said, 'Paul, this show could really expedite our mission.'"

What is the mission? To contact the fashion magazines and designers and ask them to rethink their definition of beauty. "I want to go to war with any designer that has a thin, 16-year-old girl walk down the runway, who inadvertently encourages young girls around the world to put their finger down their mouth because they think they have to weigh 116 pounds," he says. "The average woman is 5'4 and 143 pounds. That is beautiful. That is sexy!"

Expanding on this idea, Fisher believes that the fashion industry has created a false picture of what a woman should look like. Through The Network and his work on *Remodeled*, he inspires his female and male models to be confident and healthy in an industry that scrutinizes their every feature. The powerhouse agent knows that self-esteem issues caused by magazines and designers extends to real women everywhere.

Related Link: [4 Things Men Worry About](#)

“This isn’t a business to me. It’s a movement, and you’re a part of my movement. I’m really working, with every fiber of my being, to change the industry,” he reveals. “And I am going to sit at a Calvin Klein fashion show a year or two from now, and we’re not going to see skinny kids walking down the runway.”

Since Fisher is representing models in an industry that he calls “destructive,” he tells his clients that beauty is only skin deep. “You are going to find a man or woman out there who is going to think that you are perfect and that you shouldn’t change one little thing about yourself. Your physical reality is irrelevant anyways.”

Despite his work in an industry that focuses on appearance above all else, Fisher believes that looks aren’t everything. “I’ve dated the most beautiful women in the world, and I’ve lived with the most beautiful woman in the world,” he says. “Yes, physical attraction is important, but much more important is being on the same path spiritually, wanting the same things as far as giving back to the world and truly trying to make a difference.”

Fisher is looking for a woman in his personal life who is beautiful inside *and* out. “About two years ago, right before I was supposed to get married, I got dumped by my beautiful fiancée, and I have not been with anyone since then.”

Related Link: [Rachel A. Sussman Helps Us Recover After a Breakup in ‘The Breakup Bible’](#)

Going into more detail, he adds, “I am very passionate about my family, my faith and The Network because I really believe that we’re trying to do something special. I hope that soon, I become passionate about finding my soul mate because I certainly would love to have children and be a role model for a couple of kids.”

With a mission to reinvent the fashion industry like he reinvented his life, Fisher is excited for the new season of *Remodeled*. As he explains, “We’re creating some stars, and it’s pretty damn exciting. I give these models some pretty damn tough love, and I think people are going to really enjoy it.”

If you want to be a part of Paul Fisher’s fashion movement and learn more about The Network, check out his www.TheNetwork.com. Remodeled returns to the CW network on Monday, July 9th at 9/8c – be sure to tune in!

‘Miss Advised’ Star Amy Laurent Says, “I’ve Always Seen Katie Holmes With Somebody Who Is More Mellow and Chill”





By [Whitney Baker](#)

As a relationship expert and executive matchmaker for the past seven years, Amy Laurent has plenty of advice when it comes to navigating the dating world. And, now she's putting it out there publicly starring on Bravo's new reality series 'Miss Advised,' a show that features three single relationship experts as they attempt to follow their own dating advice in the search for love.

Given Laurent's background, we thought she'd be the perfect source to comment on the most talked about divorce of the week (and most likely the year), the infamous TomKat split. By now, we've all read the tabloids or heard the news that Tom's obsession with Scientology was a huge factor in their divorce (source), but how important is religion to a marriage?

"For some people, religion is an absolute deal-breaker, and you have to respect that when choosing a potential partner," Laurent explains. "I think it's a waste of time to try to put two people together with different religious opinions."

Related: [Katie Holmes Files for Divorce from Tom Cruise](#)

Although Laurent advises against coupling up if you have religious differences, many people do marry outside of their

religion and go on to have happy and healthy relationships.

However, most of them aren't A-list celebrities who live a very public life while one of them is strong-arming the other about the beliefs of the secretive practice of Scientology. In this case, Cruise's religious beliefs and intention to have Suri attend a Scientology "boot camp," according to *The Sun*, may have been more important than the views of his catholic-raised wife, Katie.

"I encourage my clients to be very open and to not have a laundry list," Laurent says. "Ultimately, if you're going to find the right match and not waste your own time or the other person's time, you have to be very honest about what's important to you."

With Katie now on the singles market, everyone is left guessing who she'll date next. It's definitely too early to tell, but Laurent says that she's always seen Katie with someone who is "more mellow and chill."

"I see her being with someone who has more of a laid back approach to their relationship because I feel like that will really let Katie shine." As for Tom, "Definitely a Scientologist," Laurent says with a laugh. "She needs to be very type-A and a perfectionist – someone with the same level of intensity as he has."

Related: [Heidi Klum and Seal: Marriages Don't End Overnight](#)

Of course, neither Holmes nor Cruise should dive back into the dating world any time soon. For the time being, their primary focus should be on their six-year-old daughter, Suri. "Anyone going through a divorce with children needs to be very sensitive to figuring out how this new dynamic is going to work. No matter what happened, Katie and Tom still have to be a team for Suri's sake," Laurent explains.

When she's not setting up her clients or analyzing other people's relationships, Laurent has her own love life to sort

out. As viewers will see on this season of 'Miss Advised,' she gives romance a shot for the first time in a long time. "I end up having a few great dates where I can finally relax and enjoy it without being totally type-A and trying to control everything. Maybe I should date Tom!," she chuckles.

"Obviously, there are things that I still struggle with throughout the show," Laurent adds. "But I will say that there is someone who I see a few times who is a really amazing guy. I'm kind of excited for my dating future – maybe there is hope for me." As fun as it may look, Laurent notes that this show provides a great opportunity for viewers to learn from her mistakes and improve their own love lives.

Related: [5 Ways Playing Hard to Get Can Damage Your Love Life](#)

Laurent is releasing her first book next month, '8 Weeks to Everlasting: A Step-By-Step Guide to Getting (and Keeping!) the Guy You Want.' "It's very easy for me to coach my clients and give them the rules that work. But it's very hard for me to follow my own guidance, and that's where I got the inspiration to write this handbook," she explains. "It's a girl's dating bible that really breaks down, step-by-step, the first eight weeks after meeting someone new."

She adds, "I started writing this book in the middle of shooting 'Miss Advised' because I recognized that no matter who you are – whether you're a matchmaker, a teacher, whoever – everybody needs a support system. It's been helpful for me – I realized that my rules really work!"

Check out Laurent via her Web site, AmyLaurent.com Twitter or Facebook, and be sure to watch 'Miss Advised' on Mondays at 10/9c on Bravo. Also, keep your eyes open for her new book '8 Weeks to Everlasting: A Step-By-Step Guide to Getting (and Keeping!) the Guy You Want.'

EXCLUSIVE: The 'Hollywood Ex' of Will Smith, Sheree Fletcher, Says, "I Never Should've Filed For Divorce"

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By Bernadette

McCadden

In the first season of 'Hollywood Exes,' which premiered on VH1 on Wednesday, June 27, viewers will see the real life of Mrs. Sheree Fletcher – not to be mistaken for that of ex-Mrs. Will Smith. In the season premiere, Fletcher goes to dinner with the other cast members, where she meets Andrea Kelly, the recent divorcee of R&B artist, R. Kelly. Kelly desperately seeks advice from the other women about how to get

through the hurt of a break-up, and Fletcher encourages her to focus on her kids – something that she did in the wake of her own divorce.

Smith and Fletcher, who divorced in 1995, had one son together, Willard Christopher Smith III, better known as Trey, who is now 19 years old. Looking back on it, Fletcher realizes she had been naïve about marriage, forgetting that it takes hard work to keep a relationship strong. “I went into that marriage with false expectations of what marriage should be. I thought I would be happy every day; I didn’t know there would be up’s and down’s,” she shares. “Based on my situation with Will, I never should’ve filed for divorce. It wasn’t that bad, it wasn’t that serious.”

The divorce took a toll on Fletcher, who now understands that no matter what, after a divorce, you have to give yourself time to mourn. You can’t just ignore the heartache and rush into another relationship. She says, “I went to a therapist; I cried, I cussed and I screamed. It was a safe place. She made me think, and she made me do the hard work necessary to overcome the pain.”

Related: [Rachel A. Sussman Helps Us Recover After a Break Up in ‘The Break Up Bible’](#)

For Trey’s sake, Fletcher and Smith have remained friends. In fact, the two families have even spent Christmas together, just so Trey wouldn’t feel bad about choosing one parent over the other. So how does Fletcher’s current husband Terrell feel about this arrangement?

“Terrell absolutely loves Will and Jada, and we all get along well. It wouldn’t have worked otherwise. I needed someone who would be on the same page as us and put my child first,” Fletcher explains. “I felt so guilty after the divorce, like I did my child a disservice. I needed to forgive myself and then become a good co-parent with Will to ensure that Trey remained

the priority. Terrell completely understood.”

The two have been happily married now for over a decade. Fletcher’s husband is a pastor at Hope International Church in San Diego, California, where she also works. As seen on ‘Hollywood Exes,’ the couple only get to see each other a few days a week because her primary residence is in Los Angeles, not San Diego. “Because we’re in different cities, it can be easy to get caught up in your day, so we always make the effort to stay connected,” she says.

Related: [Making the Most of Your Long Distance Relationship](#)

So when they are together, what is their favorite thing to do on a date? Go to the movies!

“We’re simple people,” Fletcher says. “There’s this movie theatre called iPic in Pasadena, California. We drive thirty miles just to go there because they have these big plushy seats, and you push a button to order food! They’ll bring you lamb chops and filet mignon sliders – it’s very gourmet!”

You can catch Fletcher on ‘Hollywood Exes,’ which airs on Wednesdays at 9/8 CT on VH1.

EXCLUSIVE: Bachelor Contestants Ann and Jesse Csincsak Defend Their Family By Appearing on Discovery

Channel's 'American Guns'



By [Whitney Baker](#)

According to recent polls, twenty-three percent of females now own a gun – up from thirteen percent in 2005. However, plenty of women are still fearful of this powerful weapon. Ann Csincsak, 'The Bachelor' Season 13 contestant and wife of 'The Bachelorette' season 4 winner Jesse Csincsak, knows this feeling all too well.

"I grew up in a 'no gun home,'" Ann says. "We strongly believed in the right to own firearms but never did so ourselves. Until my late twenties, I had never even touched a gun."

This all changed when the couple faced a string of robberies in their neighborhood. Ann and Jesse agreed that with a sixteen-month-old son at home, it was time to decide how they would best defend their family but the happy couple disagreed

about keeping a gun in their home. That was until they met up with Rich Wyatt, owner of Gunsmoke and star of the Discovery Channel series 'American Guns,' who lives near the Csincsak's in Wheat Ridge, Colorado. Ann and Jesse opted to take Wyatt's three-day self-defense course, which was filmed for the reality show.

Related: ['American Guns' Meets 'The Bachelor'](#)

As viewers will see on this week's episode, Ann was hesitant about buying a pair of handguns when they arrived at Wyatt's store. But, her hesitancy soon turned to confidence when she ended up with the fastest draw time in the class. Not only that, but despite her fear of guns, Ann even beat out Jesse in a shooting competition.

"Because of this experience, I now understand the importance of being able to protect yourself," Ann says. "Women are more vulnerable to attacks, so you have to be prepared to take care of yourself and your [children](#), no matter what the cost."

Related: [Bachelorette Episode 6: The Dos and Dont's of Trusting Your Gut](#)

Knowing how to handle a gun with confidence is a valuable skill to have, especially for single women who may live alone or be looking for love in today's digital dating world. Of course, facing your fear is only the first step. To combat any uncertainty, Ann strongly recommends taking a gun education class.

"Carrying a gun or even just owning one will always make me a little uncomfortable, but the benefit of having one far outweighs the fear," she says.

Watch 'American Guns' this Wednesday at 10 PM/9 PM CT on the Discovery Channel to see what happens when Ann and Jesse meet Rich and his family at Gunsmoke.

EXCLUSIVE: 'Teen Mom' Farrah Abraham Says "I Want a Man Who is the Guy Version of Me"



By Sarah Ribeiro

In the final season of 'Teen Mom,' which premiered on Tuesday, June 12, we are going to see Farrah Abraham as more than just a teen mom. In the premiere, she makes the decision to move from Iowa to Florida with her daughter Sophia, now three-years-old, to study culinary management and begin her life as an adult.

After reaching fame on the hit MTV series '16 and Pregnant,' she showcased her struggles as a single mother in 'Teen Mom.' Furthering her success, she recently announced her partnership

with LA modeling agency Models International as well as the release of her first book, 'My Teenage Dream Ended,' which is due later this summer.

However, she says she won't let her fame get in the way of her relationship with her daughter. "Nothing hinders me from being a great mother," she says. "I will always use my accomplishments to help others and to find more worthwhile projects for myself."

Related: ['Teen Mom' Star Farrah Abraham Thinks About Giving Up Modeling for Daughter](#)

The "Momtrepreneur," as she calls herself, has reached many achievements outside of her life as a reality television star. She has created her own brand of Italian Hot Pepper Sauce, appropriately named 'Mom & Me.' Her motivation, she says, always comes from within: "If you have drive to make a comfortable life for yourself and your family, make no excuses and take action."

In light of her success, Abraham is focusing on her goals rather than romance. In a touching scene in the 'Teen Mom' premiere, she visits the grave of Derek Underwood, Sophia's father, on what would be his twenty-first birthday. Holding back tears, she recalls her time with Derek and wishes he were there to help her raise Sophia. Despite this lament, she is happy on her own.

Abraham doesn't want to force herself into finding love and tries to think it through before she says yes to a date. She explains, "Now, I only go on dates if I really like someone, rather than going on dates just because."

Of course, she has certain criteria that she looks for in a man. It's important for her to find someone who works well with her hectic life as an entrepreneur and a single mother. "If a guy cannot fit in my life naturally, then I don't know how he can ever really be a part of it," she says.

Even so, she emphasizes that her success won't get in the way of dating. "I want someone who is basically the guy version of me," she reveals. "He needs to work hard and have a good sense of humor. It's important that he is intelligent, friendly and family-oriented too."

Related: [Five Top Tips On How To Find "The One"](#)

Dating as a single mother is challenging but Abraham says that honesty makes it easier. "I've learned from other dates that it's best to say you have a child up front, she says. "Guys look at me differently when they think I'm single and twenty-one."

For single parents looking to date, her advice is "Stay true to who you are!" And for those people dating a single parent, she begs that they "be understanding of the time the parent needs to spend with their child."

Although she knows what she wants when it comes to finding the right man, she reveals that we won't see much of her dating on this season of 'Teen Mom.' Instead, she deals with living on her own, raising Sophia, being a student and finding success through her ventures in modeling and writing.

Given her time in the spotlight, Abraham feels like a role model for other single mothers. She encourages them to stay strong and motivated and to find their own happiness. She explains, "Look at me and other single moms who you respect. Try to be a hard-working, Momtrepreneur like them!"

While she's ready for whatever comes next, Abraham is thankful for the hardships she faced during previous seasons of 'Teen Mom' and believes that they've helped her make it this far. "It has inspired me and shown me that no obstacle is too great, that nothing can get in the way of making my wishes and goals come true," she shares. "Everything is at your fingertips – you just have to put your best effort forward to make it happen."

You can catch Abraham on season four of 'Teen Mom,' which airs on Tuesdays at 10/9CT on MTV. You can also follow her on [Twitter](#) or [Facebook](#). To pre-order her book 'My Teenage Dream Ended,' click [here](#).

EXCLUSIVE: 'Bachelor Pad 2' Winner and Newlywed Holly Durst Tells Us About Her "Perfect" Wedding and Honeymoon



By Whitney Baker

Fans know Holly Durst as the bubbly winner of 'Bachelor Pad 2,' but now, she's content just being a newlywed. Durst and Blake Julian, who met while competing on the reality show, tied the knot in South Carolina on June 2, 2012. The big day was perfect and more than she ever imagined. "I'm so happy! I love married life. It's just the best," she gushes.

Durst says her best piece of advice for brides-to-be is to hire a wedding planner. She adds, "I planned my whole wedding on Pinterest. I wanted to make sure that I remembered all of the little things."

For Durst, it was those small details that made the day so special. Even her wedding dress had a personal touch. She always thought she'd wear a Cinderella gown, but she tried "so many of them on and always felt overwhelmed." Her final pick, however, was the perfect fit. "It elongated my already long body. I made it my own by removing the rhinestones and adding a sash."

Related: [Exclusive: Bachelor Pad 2 Winner Holly Durst Plans Honeymoon in St. Lucia with Fiancé Blake Julian](#)

Surprisingly, Durst's favorite moment of her wedding happened *before* the ceremony. "Blake and I both were in the same room, but we couldn't see each other – there was a wall in between us. We got to reach around and pray together right before the wedding," she reveals.

Even though Durst was the star of the show, she wanted to make sure that her guests felt loved too – especially the single ladies. She added a personal touch to the bouquet toss, making the lucky girl who caught it feel even luckier. "I wrote a little note and stuck it in the flowers," she shares. "I told her to be patient, and when she finds love, it's going to be perfect. I hope that, someday, she experiences the same love that I have with Blake."

As for their honeymoon in St. Lucia, Durst says, "It was so

good! I didn't want to come back."

The couple took a very practical approach to planning their trip. First, they wanted to stay in the same time zone. She tells us, "We thought about Fiji or Bora Bora, but we would've wasted so much time traveling. The Caribbean was a perfect choice."

Plus, Durst let Julian make most of the decisions. "He actually did all of the searching, and I just okayed things," she says. "I planned a wedding, so I let him plan the honeymoon!"

During their time in St. Lucia, the couple enjoyed the amenities at an all-inclusive resort. They signed up for "everything" – pool and beach volleyball, paddleboard racing, ping-pong. They even rallied the other honeymooners into playing too. Durst explains, "One day, we left the resort and did an excursion around the island. We came back, and everyone was like, 'No one did anything today because you guys weren't around!' We were the ones grabbing other people to join."

Now that they've returned from paradise, it's back to reality. As they settle into life as man and wife, they are keeping busy. According to an interview with Wetpaint, Durst, who has no desire to film her love life for reality television anymore, revealed that she would love to be a judge on 'Bachelor Pad 3.' However, when we asked her about any upcoming plans to do so, she simply replied, "No." Perhaps she changed her mind when ABC announced that ex-fiancé Michael Stagliano would be one of the cast members.

As for tuning in to watch the show? Durst hesitantly replied, "We'll see. I have so much to do!"

You can keep up with Durst on Twitter and her personal website, HollyDurst.com. Be sure to check out her new children's book ['Chocolate Socks'](#) as well. Congratulations to the happy couple!

Cupid wants to know: Will you be watching 'Bachelor Pad 3' this summer?

EXCLUSIVE: Happily Single 'That's My Boy' Actress Abigail Klein Says Love "Will Happen When It's Supposed to Happen"



By Jessica Smith

You may have already caught glimpses of Abigail Klein cheering for the Dallas Cowboys or appearing on the CW Network's *90210*.

Now, you'll be getting another peek of her in a role that she hopes will launch her acting career. The rising star, who's been compared to model Brooklyn Decker, still pinches herself when she thinks about playing a bridesmaid in the upcoming Happy Madison film, *That's My Boy*.

As a young actress, she says that she is flattered to be working alongside A-list celebrities, including Adam Sandler, Andy Sandberg, Leighton Meester and James Caan.

"It was insane," Klein says. "Everyone was so brilliantly funny and wonderful. That was the most pleasing thing, I think, because everyone was so welcoming."

Klein describes being on set as the "best of both worlds," especially considering she spent a month in Cape Cod. "It was really cool to work with these amazing actors and then watch them in their everyday lives too." Klein explains how Adam Sandler had his children on set and how amazing it was to see him go from actor to dad. "Although I play one of the bridesmaids who is there to have fun and take part in the wedding festivities, I also got to observe how all these amazing actors interact both personally and professionally."

Related: [What Role Does Ambition Play in a Relationship?](#)

Her best piece of advice, however, came from costar Meagan Fay. "I remember chatting about how to take on the industry with the right mindset. We talked about people in the industry and how having good qualities for yourself, in your everyday life, translates into your work.

Positive things come from being positive," Klein recalls. "At the end of the day, it's a career, and you have to love it. Meagan had a lot of good advice."

Although her acting career seems to be taking off, her love life remains at a standstill – something that she doesn't really mind. Despite rumors that she's dating legendary

quarterback Troy Aikman, she claims that she's "as single as they come." Instead, she's focusing on becoming a better actress and going with the flow.

"I've always thought of romance as something that will come along when it's the right time, so for now, I'm focused on myself and what I'm doing with my life. Everyone says it happens when you're not looking, but I'm at the point where I'm almost hoping it *doesn't* happen," she adds. "I want to focus on my career, and I want to focus on me. I want to experience things by myself."

She also wants to encourage her peers to think about themselves and their own happiness before they start worrying about partnering with another person. "When you do meet that person, you get to share your life and come together and be proud of the experiences that you've had as individuals. Then, you make new experiences with that person," advises Klein. "I think it will happen when it's supposed to happen. I think it should be easy and just feel right."

Don't let her fool you, though. If she landed a role with action star Chris Hemsworth, she might change her mind. "[He's] a big reason why I liked *The Avengers*," she says with a laugh.

Related: [Which Avenger Would Be the Best Date?](#)

If Klein had her choice, she would love to make an action film, but for now, the starlet is keeping an open mind. "I'm just excited to take things day by day and see what else is out there," she reveals.

*Don't miss Abigail Klein in *That's My Boy*, which hits theaters on June 15! You can also follow her on Twitter @abigailklein.*

U.S. Women's Soccer Star Hope Solo Chats About Her Training and Love Life



By [Whitney Baker](#)

Despite her hectic schedule as she prepares for the 2012 Summer Olympic games, Hope Solo, goalkeeper for the United State's Women's National Soccer team, strives to live a balanced life – both on the field and off the field. When she's not training, she loves being social and enjoying life. As for romance? She is looking for a confident and honest partner, someone who wants the best in everything that they do.

Solo's also partnering with Unilever to promote their Simple Skincare line. As someone with sensitive skin, she understands the importance of a skincare line that she can trust as she travels from city to city.

For a chance to win a trip to Los Angeles and meet Solo, visit the Escape with Hope Facebook page!

For more videos from CupidsPulse.com, check out our YouTube channel.

Celebrity Trainer Gunnar Peterson Discusses Relationships, Health and his 8-Week Gunnar Challenge





By Nisha Ramirez

Celebrity trainer Gunnar Peterson, is all about keeping celebrities in top shape for when they're on and off camera. For those who are looking to get in shape celebrity-style, Peterson is debuting a new diet and fitness program called The Gunnar Challenge. The trainer guru says that his 8-week challenge is great for couples and a must for anyone looking to boost their confidence. He doesn't advocate for training couples together, but he did make the point that couples should have mutual fitness goals. By accepting The Gunnar Challenge for yourself first, you can make a dedication to yourself that will yield positive results. The interactive online challenge starts May 21st and Gunnar wants you to accept the challenge for yourself and your love life. Beach season is only a few weeks away, so why not get started?

To find out more about Gunnar Peterson and how you can get involved with The Gunnar Challenge, www.gunnarchallenge.com.

For more videos from CupidsPulse.com, check out our YouTube channel.

Exclusive Interview: Sweet Home Alabama Star Paige Duke Says It's True Love with Jeremiah Korfe



By Daniela

Agurcia

We all fell in love with Paige Duke, the small town girl from South Carolina on season three of CMT's reality dating show, *Sweet Home Alabama*. We interviewed the down-to-earth sweetheart, learning about her experience as the bachelorette and how listening to her heart led her to choose her true love, Jeremiah Korfe.

It seems as if the decision was an easy one for Duke; she connected instantly with the country boy. It was love at first sight: Korfe was physically her type, and they clicked from the start. In fact, on the first day of meeting the guys, she wrote a letter to her mom and said, "And then there's Jeremiah. He's the only one I can't stop thinking about, and it scares me." Fortunately, the feelings were mutual. Korfe even snuck love letters into Duke's boots, telling her how much he admired her.

Related: [Cupid Exclusive: Former Bachelorette Winner Jesse Csincsak Gives His Take on the Season Finale](#)

Even though a lot of fans rooted for Duke and Bubba Thompson to end up together, nothing could keep fate from taking its course. Duke shares, "Bubba is an amazing, awesome guy, but I never felt the spark or chemistry with him. Yes, I want him to be in my life forever, but you can't make your heart feel something it doesn't feel."

Duke and Korfe received a lot of criticism once the show ended, but they learned to deal with it. "When one of us would get upset, the other one would get us both back in the right mindset," she explains.

Thanks to the editing of *Sweet Home Alabama*, the show may have given viewers a different impression of what Korfe was truly like. Even though fans mostly saw his bad boy image, he actually has a sweet side. Duke claims, "People didn't see anything about the letters. They didn't see how he would look at me or how long he would hug me."

When asked what he thought about how he was portrayed on the show, Korfe refuted his image by telling us, "I'm more of the work hard, play hard kind-of guy, and even if I do have a bad boy side, the show made me look more like a whiner, lonesome guy than a bad boy."

What seems to have saved Duke and Korfe's relationship is that

they stayed true to their hearts. Duke, a true believer in finding the perfect one, gives us her insight on following your heart, saying, “Gosh, if you don’t follow your heart, you will always live with regret. So what if things don’t turn out like you thought? You still never regret something that once made you smile.”

Related: [Reality Stars Who Found Real Love](#)

As for the most important thing to focus on when starting a new relationship, Duke shares, “Honestly, once the must-haves on your list are checked off – things like the same morals and values – and you’re able to create a solid foundation for your relationship, I’d say that the butterflies and feelings that come from a new relationship are most important. That’s especially hard to find as you get older.”

“After I was hurt a few times, I never thought I’d feel so excited or get butterflies over a guy. I became sort of jaded and closed off. I didn’t want anyone to ever have the power to hurt me,” Duke adds. “I had been waiting a long time to feel what I felt with Jeremiah.”

The sweet, southern belle and country boy were a perfect match from the start, and since the end of the show, their relationship has only become stronger. Duke and Korfe are a great example of pushing everything else aside and following your heart, having overcome much criticism to ultimately find true love. As long as the feelings are real, maybe finding love on a reality show is possible after all.

Duke made it clear that she truly believes there’s someone out there for everyone, sharing these inspiring words: “I don’t think people should settle just for the sake of not being alone. It’s cliché, but don’t find the one you can live with; find the one you can’t live *without*.”

'General Hospital' Star Jen Lilley Says "Confidence is So Sexy"



By [Whitney Baker](#)

Fans of ABC's *General Hospital* recognize Jen Lilley as the most recent actress to step into the very fashionable shoes of the sassy, Maxie Jones. In addition to her role in the world of daytime soap operas, Lilley also appears on MTV's hidden camera romance show *Disaster Date* and plays a supporting role in the Academy Award-winning film *The Artist*. Her diverse acting resume, coupled with her family history (her parents are both marriage counselors), makes her a valuable source of advice for all questions related to relationships.

Lilley's time on *General Hospital* has already taught her a lot about the choices we need to make for love. As viewers of the show know, Maxie is currently involved with both Dr. Matt Hunter and Damian "Spinelli" Spinelli. "Maxie really wants her relationship with Matt to work because of the status it gives her versus the love and security it gives her," Lilley explains.

Despite the complications of Maxie's love triangle, there's a clear frontrunner in Lilley's eyes. "Ultimately, I really want Maxie to be with Spinelli," she reveals. "He's head over heels in love with her. He's very selfless and relentless in his love for her."

Unfortunately, Maxie could make a very common mistake by overlooking the good guy. "I think it's a subconscious thing that girls do because we feel like we don't deserve love."

Lilley went on to draw her characters experience to a real life example, explaining, "Maybe that's part of what's going on with Maxie. She thinks she doesn't deserve something so good with Spinelli."

Related Link: [What Attracts Us to Bad Boys?](#)

Thankfully, Lilley's love life is much less dramatic than that of her character on *General Hospital*. She's been in an "awesome relationship" for eight years and is very much in love. She cites balance as one of the most essential parts of a healthy relationship and uses her own romance as an example.

"My boyfriend is an introvert, and I'm an extrovert. But it works for us," she says. "I have these really lofty dreams, and I want to do a million things at once, but he kind of brings me back down to reality."

Related Link: [Five Reasons Why Opposites Attract](#)

As Lilley discovered from her time on *Disaster Date*, there are a few key things that a couple should agree on, such as

religion, finances and children. “Children are one of the *big* things that you don’t talk about on a first date – and I would always bring it up on *Disaster Date*,” she says with a laugh. “But it is important to know. If one of you wants kids and the other one doesn’t, your relationship is probably going to end. Hopefully, you won’t have that disagreement after you’re married.”

Of course, Lilley grew up with parents who were marriage counselors, so many of this was ingrained in her since childhood. From the time she was young, her parents made sure she, along with her three siblings, knew how to talk about whatever was going on in her life. “Even though I wasn’t in a relationship, they taught me how to discuss things rather than fight through them,” she explains. “In a lot of ways, they really helped me understand conflict resolution.”

Related Link: [How to Master Being in a Relationship](#)

They also ensured that their daughter developed a strong sense of self-value – an indispensable quality for a girl as she’s growing up. My parents always said, “You have worth. You don’t need a boyfriend. They also taught me how to have confidence in who I am and not crush on boys so hard.”

Lilley reveals that this guided her decision making later in life, “I think every person, before they get in a relationship, should know their self-worth. Know that you’re worth having someone love you.”

Perhaps most importantly, Lilley’s parents provided her with a wonderful illustration of a strong marriage. “My parents have been married for thirty years, and while no marriage is perfect, I really respect their relationship. They never fought in front of us, which was really nice. It was always very admirable that they talked through things,” she says.

Based on the example that they set, she developed a distinctive opinion about relationships. “I really, truly

believe that, in any relationship, the guy has to be a little more in love with the girl than the girl is with the guy," she begins. "I'm not saying that I don't 100 percent love my boyfriend – I do. But at the same time, for a marriage to last, the boy has to be a little bit more infatuated with the girl."

Referencing her parent's marriage, she adds, "My mom would do *anything* for my dad. They love each other so much. But my dad is still so completely charmed by her. It's very endearing."

Taking a cue from her parents' line of work, Lilley dispenses a bit of her own advice to our readers. She believes that guys are most attracted to confident women. "I just think confidence is so sexy – not self-centered confidence like Maxie but just confidence in who you are," she says.

Another suggestion for single women? Play hard to get. "My mom would always tell me, 'Jen, men are hunters by nature, and they don't like an easy target.' I hated it, but it's so true!" Lilley says. "I don't mean that you should be rude or be a bitch but just don't be so available. In the beginning, leave some room, leave something to be desired."

Keep your eyes open for Jen on General Hospital as she plays Maxie Jones and tries to decide between the hunky doctor and dorky Spinelli. For more information about what's next for Jen, follow her on Twitter or Facebook.

Paula Patton Says "Passion"

is Key to a Successful Relationship



By Steven Zangrillo

If you didn't have the opportunity to catch Paula Patton sizzle in Mission: Impossible 3, don't fret. Just ask her about her marriage with singer/songwriter Robin Thicke, and you'll see Paula light up the room with her million dollar smile. "Passion," she gushes, is the key to a lasting and happy relationship. She further took the time to discuss her marriage's bumpy ride from a high school romance to a stable and successful marriage. Compromise was another major component, coupled with simply "liking each other."

The rest of us men will just have to remain flush with envy. Good job, Mr. Thicke.

For more videos from CupidsPulse.com, check out our YouTube

channel.

Exclusive Interview: ‘Million Dollar Listing’s’ Josh Altman Says, “Relationships are Harder Than Owning a House”



By [Whitney Baker](#)

Thanks to Bravo’s reality television hit *Million Dollar Listing*, viewers have gotten an inside peek at the high-end real estate business. And thanks to the aggressive tactics of real estate agent Josh Altman – also known as “The Shark” – fans of the show know what it takes to make it in such a

cutthroat industry. What they may not realize are the lessons in love that Altman learns from selling houses to bachelors, single women, new couples and divorcees alike. Luckily, in an exclusive interview with CupidsPulse.com, he shared some tricks of *both* trades: real estate and romance.

Altman, who works with the Beverly Hills firm Hilton & Hyland, has certainly found success in the Los Angeles real estate market. He recently sold a condominium on Ocean Drive for \$10.5 million, making it the highest sale in Santa Monica history.

“Everybody wants to know, ‘What the hell do you get in a \$10.5 million condo in LA?’ It’s one thing in New York – everything is like \$10 million bucks,” he says with a laugh. “But in LA, you get 8,000 square feet of 360-degree views. Plus, you get an 8,000 square foot rooftop deck. It’s absolutely incredible.”

He continues, “On one side, you have the entire coast, and then you turn around, and you have Hollywood Hills. It was the most spectacular condo I’ve ever seen.”

Related Link: [Three Tips for Moving in Together](#)

Of course, most people cannot afford such an expensive home. Even so, regardless of the price tag, everyone approaches house hunting from a different perspective, with single people and couples perhaps having the most distinctive viewpoints.

“It’s two totally different ballgames,” says Altman. “Most bachelors love to have a nice, plush movie theater. They want the cool, outdoor pool and entertaining area too.”

Couples, on the other hand, have a much more standard focus. “For couples, it’s always about the kitchen and the bathrooms. Always,” Altman explains. “They want to make sure there is a fence outside and not too many stairs inside, so it’s safer if they decide to have kids.”

Related Link: [Monica Pederson from HGTV Shares Advice for a Great Date Night at Home](#)

He adds, "It's a lot of fun seeing both sides of it."

Unfortunately, couples can sometimes struggle to compromise when it comes to buying a new home. Just like all aspects of dating and maintaining a relationship, both parties must learn to give and take a bit. "You've got to find a happy medium," Altman recommends. "But if there's too much argument and they end up buying a house, there's a good chance that I'll get two more sales out of it when they divorce!"

Taking his advice a step further, he shares, "I believe that a couple should sit down and each person should come up with a list of the top five to ten things that they want in a house. Then, they can put their lists together and kind of meet halfway. As long as both sides get two to four things that they want, they can both be happy."

It may sound straightforward, but in truth, even deciding how big of a house to buy – for either a bachelor or a couple – can be a daunting task. For a single woman, it's often tempting to plan for the future and buy a home suitable for a family.

However, Altman cautions against this plan. "Sure, she may be a wealthy girl who can afford a big house that would be great for the future, but it can be intimidating for the guy," he says. "He's going over to his girlfriend's big, beautiful house, and then he's going home to his not-so-big-and-beautiful house."

And the same challenge holds true for couples. "If you get too small of a house, you may be on top of each other. Everybody needs their space, so that can be a disaster," Altman explains. "But at the same time, if you have too big of a house, it's a different type of disaster and can lead to financial troubles or difficulty with upkeep."

For couples just moving in together, Altman believes it is best to test the waters first and move into one of their current homes. If you take things slow, there's less chance that you'll end up with a broken heart. "It's easy to buy or sell a house and not so easy to fall in love," he says.

Related Link: [Tiffany Current Tells Us 'How to Move in with Your Boyfriend \(and Not Break Up with Him\)](#)

Some couples, though, are trying to escape from romantic ghosts, so moving into a new house is the best option. "I run into a lot of my clients who are either remarried or still living in a house from a previous relationship, and they want to sell. They want to start from scratch – you know, the new boyfriend doesn't want to be in the same house as the old guy," Altman says.

"It makes sense: they want a fresh start. They want to move on from the memories, and that's the best way to do it," he adds.

As much as Altman's learned about real estate from his clients, he's also picked up a few house-buying tips from his own experiences. When asked about buying his first house, he says one word comes to mind: scary. "I bought my first house in 2002, and it seemed like a huge amount of money, especially when you're borrowing from a bank," he shares. "The whole process is overwhelming, which is why it's so important to have the right realtor who can walk you through everything."

Since then, Altman has bought a new house every year or so. He explains, "I don't like to stay in the same place very long because I get bored. Most of the time, I'll fix something up and then sell it."

He also knows firsthand the importance of buying a house of the right size. A couple of years ago, he owned a house that was about 6,000 square feet. He says, "It ended up taking up all of my time. It was just too much."

Keeping in mind both his business and personal experiences, Altman boils down his opinion to one simple statement: "Relationships are a lot harder than owning a house!"

You can read more about Altman's real estate success on his Web site or follow him on Twitter. On Wednesday, June 6 at 9 p.m./8 p.m. CT, Altman will reunite with costars Josh Flagg and Madison Hildebrand for the premiere of season five of Million Dollar Listing Los Angeles on Bravo!

Exclusive Interview: Pick-Up Artist Mehow Shares His Secrets



By Samantha Mucha

As women, we read countless articles, stories, opinions and anything else we can get our hands on to help us understand what guys want. Now, there is no need to worry anymore, ladies: Mehow has your answers.

Who is Mehow?

Mehow is one of the most well-known Pick-Up Artists (PUA) in the world of seduction. Back in 2006, he started his own Website called Mehow Inc. where he used his experience and his expert advice to help men meet women and develop happy and successful relationships.

Related: [Creating a Better Relationship](#)

When asked about the top three qualities men look for in women, Mehow replied, "First of all it's hotness, but that's just the truth, right? That's the number one thing for men."

However, woman who may not be the best looking still have a great shot at getting the guy they want. "Fun and personality are a big factor," Mehow reveals, but really, "It depends on the guy. A normal dude will look at her stuff, level of fun and see if she's being logical. She has a better shot, if she has her life together."

Be fun, cool, compelling and confident. According to this PUA, that's what it takes to make yourself more attractive to men.

Related: [Why Amazing Confident Women Remain Single](#)

So how does Mehow know so much about women? He has been working as a PUA for about seven years and has talked to thousands of girls. He has compiled tons of research and sometimes uses hidden cameras to look at women's reactions to his methodology. He uses specific methods and ways of communication to make women feel comfortable, but also allow the guy to communicate well. Taking his work a step further,

he even believes that with the right amount of funding, he could scientifically prove some of his theories.

Believe it or not, “women are primarily attracted to men’s personalities, and men are primarily attracted to women’s looks,” says Mehow.

If that’s true, then what can women do to help guys – and themselves – out?

“Gives guys a chance,” he urges, sharing his number one piece of advice for women. “Guys often ask themselves the question, ‘Is she cool with who I am?’ A guy’s biggest fear is how to approach a woman.”

Related: [5 Ways Nice Guys Finish First](#)

Women also need to remember that there is no perfect guy; they all make mistakes. If your new man messes up once or twice in the beginning of your relationship, forgive him, accept his screw up and move past it.

Mehow also describes “super hot girl A.D.D.” He says that this refers to the “perfect 10” girl who has no problem getting what she wants but cannot focus on anything serious for more than a minute due to the fact that she was handed everything just from being good-looking. “Perfect 10’s screw it up. How a woman appears to the world around her changes her social behavior.” His advice to these women is to slow down and take a risk with someone. Attractive women should find one guy who they like and stay with him.

The moral of the story is to give guys a better shot. No matter what the situation may be, guys are deserving of a second or maybe even third chance to impress a woman and show off their knight-in-shining-armor side.

No matter who you’re dating – even if it’s Mehow himself or someone who he’s trained very well – you have to be able to

let go of small errors and see the bigger picture. “Guys can’t be players forever,” Mehow says.

You can catch Mehow using his system to “pair up perfect couples” on his new reality television show coming out this fall.

That’s all Mehow was able to tell us without sharing too many secrets, but we know enough to know that he is the master of getting inside the heads of both men and women.

You can check out YouTube in the meantime to see how his methodology works.

Nick Cannon Helps To Launch Badoo Project in New York, Discusses Marriage With Mariah Carey





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Interview by Steven Zangrillo. Video by Richard Zangrillo. If you've grown bored of going through the motions with Facebook and Twitter, you'll be relieved to know that there is new social media busting at the virtual seam.

Badoo, an international stalwart in the Social Media community, recently made it's virtual footprint in the chic streets of SoHo, New York. The Badoo Project, hosted by Nick Cannon, was a 3 day photo shoot centralized around the idea of putting your best foot forward when choosing your profile pictures. The Badoo Project brought together four top celebrity photographers – Dan Martenson, Brooke Nipar, Danielle Levitt, and Kenneth Cappello – to capture 1000 portraits of New Yorkers. We caught up with Nick Cannon and the rest of the Badoo team, who took us through the whole Badoo experience.

Interested in meeting new people? Maybe it's time you give Badoo a try.

Learn more about Badoo at Badoo.com.

For more videos from CupidsPulse.com, check out our YouTube

channel.

Exclusive Interview: Mrs. United States Talks to Us About Life as a Married Beauty Queen



By Ryan Boyle

For a lot of men and women, the idea of balancing a lifestyle dedicated to both work and love can be downright stressful. Mrs. United States winner, Shannon Ford, filled us in on living the life of a beauty queen as well as a newlywed and how she makes time to enjoy both. Ford, a veteran of beauty

pageants since she was 18 years old, is no doubt a busy woman.

“I’m traveling a lot,” she said, “from Daytona to Texas to St. Petersburg. It’s fun, but it can be tiring as well.”

It’s easy to see how all of this travel can put a strain on even the healthiest of relationships; not for this couple, however. Ford says of her husband, police officer and amateur Jet Ski racer Ray Quintana, “He’s very understanding. There are things of his that I can’t attend because of my schedule, and there are things of mine that he can’t attend because of his schedule, but we’re both trusting and understanding with each other.”

Related: [Newlywed 911: Protecting Young Marriages](#)

Talk about finding Mr. Right. Ford and her husband met while attending college in Florida and dated on and off for 15 years before finally deciding to tie the knot. As many couples decide to rush into marriage, the decision to wait before making their vows was a blessing. “I really had no idea who I was or what I wanted to do with my life,” she went on to say.

A major role in any partnership is making time to be with one another. After all, in a marriage, there needs to be a level of common ground that exists between husband and wife. “We’re both very independent,” Ford told us, “but when we go out together, it’s because we want to and not because we’re afraid of being alone.”

Related: [Five Things Men Look For in a Wife](#)

When Mr. and Mrs. United States do find the time, it’s not spent in as traditional of a sense as you may think. “We run a lot of 5K’s” she told us. “We don’t go out to dinner too often. I’m not very comfortable with going out to dinner, but running is a passion of our’s, so we do that together.”

It’s not the camera flashes of the paparazzi that have the

beauty queen feeling uncomfortable. “I have Celiac disease,” she informed us. Celiac stems from the inability to process foods containing gluten, so it’s no wonder that going out to eat proves to be difficult for Ford. In fact, she has taken a proactive stance on her condition and has begun a crusade to spread knowledge on the symptoms of Celiac and ways to raise awareness to those who could be suffering.

For more information, visit Shannon Ford’s website. You can also visit ‘1 in 133’ to learn more about the fight against Celiac disease.

Exclusive Interview: Khloe and Lamar’s Malika Haqq Opens Up About Relationships, Love and Acting Aspirations





By Daniela

Agurcia and [Lori Bizzoco](#)

Thanks to the ever-present cameras of *Keeping Up with the Kardashians* and *Khloé & Lamar*, we have all gotten to know and love Malika Haqq, Khloé Kardashian Odom's BFF and former assistant. On the second season of *Khloé and Lamar*, currently airing on E!, we see her deal with the ups-and-downs of being a single woman and navigating the dating world. In an exclusive interview with CupidsPulse.com, the positive-spirited Malika opens up about her past relationships and what she learned from them as well as her acting aspirations.

As many fans know, Khloé and Malika have been friends since they were teenagers and the two have remained tight despite the Kardashian clan's rising fame.

"We refer to one another as sisters from two different misses and misters." Malika jokes. "I get very emotional about a lot of things Khloe has gone through in the spotlight and I can go to her and discuss it. And if she has things she wants to discuss, she knows that she can come to me too."

Related: [How to Communicate to Get What You Need](#)

When asked about Khloe and Lamar's relationship, the one

reason Malika says it works so well is because they talk. “I know that it sounds generic but so many people have issues in their relationship and they don’t communicate about it. The thing about Khloe and Lamar is that they are honest and can turn to one another in just about every circumstance.”

Khloe and Lamar’s relationship isn’t the only one fans got to witness this season. There was also a flirtatious display of on-camera chemistry between Malika and Khloé’s younger brother, Rob Kardashian, although the two never became an “official” couple.

“Being friends as long as we are and growing up near each other, sometimes you tend to look at people a little bit different than how you once used to but ultimately our relationship never became of a serious nature because what was important to Robert and I was that we would always be friends and that we would always have a relationship,” Malika said. “It was a moment in time and it hasn’t changed our love for one another at all, in fact Robert is in a relationship now and he’s very happy and I am happy for him.”

When asked what lessons she could impart to other women who may be in a similar situation with a guy she said, “If you teeter on the line of not being in a committed relationship, then anything can happen. [Not making a full commitment] also might be a sign that some things just shouldn’t happen.”

Related Link: [How Decoding Your Love Map Can Heal a Broken Heart](#)

Malika gave us a glimpse of another relationship on this season’s *Khloé & Lamar* as we watched her fall head-over-heels for Arizona Cardinals defensive back, Adrian Wilson. Once the couple got serious, she even moved to Arizona to be with him. “Most of our relationship was quite good,” she shares.



Unfortunately, Wilson was in the midst of a divorce – one that began *before* Malika developed a relationship with him – and eventually, the pressure became too much to bear. “It kind of broke us up,” says Malika.

Malika walked away from the relationship with another lesson learned. She explains, “Sometimes it’s just best to not put yourself in the middle of something [like Wilson’s divorce]. Go out with someone who is completely free and clear, and then make the decision to date them or not.”

Even though she has no regrets about her faulty relationship with Wilson, Malika has no plans to get involved with another recently separated or divorced man. “I won’t be running down that dark street again,” she clarifies.

Thinking back on her relationship history, Malika shares one more love lesson with us. She cautions, “We can’t ignore our [romance] [rules](#) because of [what our heart wants]” – a mistake that many girls find themselves making.

Related Link: [5 Ways to Stop Sabotaging Your Relationships](#)

Setting her love life aside, Malika shifts gears and talks about her recent focus: auditioning and producing projects for herself. Starring in the films *Sky High* and *ATL*, she also played the lead role in Omarion’s music video for “Speedin’,” posting a TwitPic with Omarion onset. She assures us that we’ll be seeing more of her soon!

Sharing her positive outlook, Malika says that she always tries to go with the flow and live life with an open mind.

“I’m just open to new experiences and doing things I haven’t done.”

Even though Malika is working on her own projects, you can still catch up with her and her love life on *Khloé & Lamar*, airing on Sundays at 10|9c on E!. You can also follow her on Twitter and Facebook.

Video Exclusive: ‘DWTS’ Contestant Sherri Shepherd Chats About the Three Men in Her Life





By [Whitney Baker](#)

The key to a good life is a happy life – and no one knows better than TV personality Sherri Shepherd. In addition to her co-host gig on *The View* and her work with the recently-launched Clorox Toilet Lounge, she has not one but *three* men in her life: her six-year-old son Jeffrey, her husband Lamar Sally and her *Dancing With The Stars* partner Val Chmerkovskiy. Stepping out of her comfort zone and onto the dance floor, Shepherd is sure to keep us laughing as we root for her week after week.

For more videos from CupidsPulse.com, check out our YouTube channel.

Exclusive: Bachelor Pad 2

Winner Holly Durst Plans Honeymoon in St. Lucia with Fiancé Blake Julian



By [Lori Bizzoco](#)

This summer, former *Bachelor Pad* reality stars Holly Durst and Blake Julian will have an intimate wedding in South Carolina and set off to the beautiful Caribbean island of St. Lucia for a romantic, one-week honeymoon.

“Blake is everything I’ve been looking for,” Holly gushed. “I liked him from the moment that I met him and I couldn’t deny that. We have the best chemistry together.”

Related: [Bachelor Pad 2 Recap: Blake Julian Gives Holly Durst a Rose](#)

As many fans know, Holly and Blake’s path to wedded bliss was

all but easy for fans who watched it unfold on national television. Holly and her ex-fiance, Season 5 *Bachelorette* contestant, Michael Stagliano both appeared on the spinoff series, *Bachelor Pad 2* last summer. Although the two weren't together romantically, they partnered as a team, and split the grand prize of \$250,000 dollars. But, for Holly money wasn't all that she won. It was on that show that she met her future husband, Greenville, South Carolina Dentist, Blake Julian.

When asked if she watches the current episode of *The Bachelor*, Holly says she "keeps up" with her reality TV Alma Mater, but says that Blake likes it more than she does. "He likes Ben a lot, they were buddies on their season together."

Related: ['The Bachelor' Winner Courtney Robertson Tells All In New Book About Love: "I Really Didn't Hold Back!"](#)

Ben and most of their fellow contestants from *Bachelor Pad 2* will be invited to their June 2 wedding in South Carolina.

"Invitations are almost ready to go out," she laughs. "We had a little envelope emergency and the stamps wouldn't stick on the finish of the envelopes so we spread them all over the apartment to get the stamps to stick and dry." Holly says that's the only snafu they've faced, everything else has been easy sailing.

The wedding will take place June 2nd (one day before Blake's 29th birthday) and they are estimating about 150 guests to attend the southern affair that will be decorated in a neutral tone of white. "I wanted a color that wouldn't date the photos. But, there will be a hint of pink throughout, because I love pink so much." Holly chose Alfred Angelo for her dress and pink for her six bridesmaids, all of whom are close friends and family.

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I am the opposite of Bridezilla, she said. "I'm just going to show up the day of the wedding and say alright that's good,

thanks.”

In addition to planning the wedding, this month Holly is launching her first children’s book. “I have been writing for about six years and I have several children’s books and a novel in the works.” Holly says that she always wanted to write a book that inspired kids that they could be and do anything that they wanted to in life. “I wanted to encourage other kids growing up not to be afraid of anything and to follow their dreams.” The result of this passion is “Chocolate Socks,” a book about taking what you [love](#) and doing whatever you want with it. Holly has always had a love for children, and even went to school to be a teacher before deciding that writing children’s books was her calling.

When asked about having kids of her own, she said we aren’t planning for it but if it happens it happens. “Blake wants two kids, and I want two or three, preferably twins!” Dating Michael who was a twin wasn’t what convinced her, she has eight sets of twins in her own family lineage.

Holly certainly keeps herself busy, dental assistant, children’s author and soon-to-be wife. But, regardless of her hectic life, she is still booming with happiness about finally becoming Blake’s wife.

The wedding festivities are set to begin this month with Blake’s ski-themed bachelor party taking place this month in Colorado and Holly’s bachelorette party in LA in May.

Visit [Amazon](#) to get your own copy of Holly Durst’s new inspiring children’s book, *Chocolate Socks*.

Video Exclusive: Food Network's Anne Burrell Gives Valentine's Day Cooking Tips



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Food Network star Anne Burrell knows a thing or two about spurring the fires of romance over the flame of a hot stove.

Cooking has always been revered as a mutual romantic touchstone, and no day is better to exploit this fact than on Valentine's Day. Be it chocolates or spaghetti with a nice bolognese sauce, treating your partner's palette with care can lead to delicious consequences. Anne dishes on how to cook for your partner this Valentine's Day, using the kitchen as an aphrodisiac atmosphere where love can only grow.

For more videos from CupidsPulse.com, check out our YouTube channel.

Exclusive Interview: Celebrity Attorney Ann- Margaret Carrozza Discusses the Pitfalls of Prenuptial Agreements



By Steven

Zangrillo

With the national divorce rate spiking like a batch of Twisted Tea, it's no wonder that we've seen a renewed interest in pre-nuptial agreements. More than ever, these agreements have become an integral part of the arrangements a couple will make before tying the knot. Between high profile splits like the

Kardashian catastrophe to the everyday scenarios of your neighbors down the block, the specter of divorce knows no singular demographic. As your relationship nears towards the ever-ominous edge that teeters between “dating” and “marriage,” you’ll probably be in need of a little perspective.

“Everyone should consider pre-nuptial agreements, especially high net worth individuals,” says New York City based Celebrity Attorney Ann-Margaret Carrozza. “Sometimes they can lose about half of their net worth unless they are properly protected,” Carrozza adds.

Related: [How To Get Back Into The Dating Scene After Divorce](#)

It’s not hard to imagine how difficult these negotiations can become. After all, marriage can be a huge financial risk. In Carrozza’s experience, she says that the party with fewer assets seem to be a little more contentious. “They are big proponents of adding benchmarks to the agreements. That is, these people will make sure they are given a percentage based on the years they dedicate to the marriage,” she says. In essence, they’re arranging prorated marriage agreements. If you put in five years, you get a cut.

Related: [‘Divorce Court’ Judge, Lynn Toler Talks Divorce and Hollywood Couples](#)

As far as mediating this process with perspective in mind, Carrozza says “It goes beyond being a lawyer; I try to expand the discussion. In fact, I tell many of these couples that this will be the least romantic thing they will ever do!”

In truth, prenuptial agreements sound about as comfortable as dental work and with a recent rash of hotly covered high-profile divorces in Hollywood, it appears attitudes towards commitment are shifting. Seal and Heidi Klum, Kim Kardashian and Kris Humphries, Ashton Kutcher and Demi Moore, Katy Perry

and Russell Brand, and Jennifer Lopez' heavily documented split from Marc Anthony are all situations that beg a bevy of questions. Is Hollywood getting it wrong? Are we?

Carrozza thinks that it's a little bit of both. She believes that, at the very least, pre-nuptial agreements are indicative of how we approach the institution of marriage. Divorces are going to happen, the best we can do is prepare properly.

"I think that not only with celebrity, but any divorce proceeding, each party wants to protect themselves," she concludes.

That may be all it really is but it's alarming how we've gone from protecting one another to protecting our assets.