

Celebrity Marriage: 'The Bachelor' Star Catherine Giudici Reflects on 4-Year Marriage to Sean Lowe

By [Carly Horowitz](#)

[The Bachelor](#) stars Catherine Giudici and [Sean Lowe](#) celebrate the four year anniversary of their [celebrity marriage](#) today! Giudici shares some secrets to [EOnline.com](#) about maintaining a great marriage over time: "I think I have learned better patience when it comes to our marriage and that rage is kind of a waste of time. I've been slower to anger when I remember how much Sean loves me and better at explaining how I feel. At least I hope!" Giudici goes on to exclaim that Lowe is the "best thing that has happened" to her. Best of luck in the future for this celebrity couple!

This *Bachelor* celebrity marriage is still going strong! What are some ways to continuously work on your marriage?

Cupid's Advice:

Marriage is a lifelong commitment that takes effort. It is a beautiful thing to be able to go through life with your best friend by your side. You want to ensure that your partner still feels the love that you have in your heart for them as you continue in your marriage. Cupid has some ideas on how to

continuously work on your marriage:

1. Give complements to your partner and to yourself: Take time to give honest complements to your partner when you feel as they deserve the recognition. Don't be shy to tell your partner that you really did appreciate the simple action that they did of pulling out your chair for you at the dinner table and let them know how much you admire their kind soul. In addition, don't forget to complement yourself on how caring you are in your relationship! It may sound silly but look in the mirror and complement yourself on the efforts you have made in your marriage.

Related Link: [Celebrity News: How Jessica Biel & Justin Timberlake Keep Their Marriage Strong](#)

2. Take time to look into each other's eyes: Umm... what? Yes- licensed marriage and family therapy experts have proven that looking into your partners eyes strengthens emotional intimacy that may be lost otherwise. Take time to remind yourself of the overwhelming love that you have to give to your partner.


Related Link: [Marriage Advice: How to Keep the Spark Alive After Having Kids](#)

3. Keep the curiosity: Treat your partner as if you have just met- don't hesitate to ask questions about their day, or about their past, or just about them in general. There is always more exciting things to learn about your soulmate- it's not like the journey just stops when you get married, it is really just the beginning.

How do you continuously work on your marriage? Comment below!

A 'Bachelor' Baby! Sean Lowe Gushes About Catherine Giudici's Celebrity Pregnancy



 By Kyanah Murphy

Love is in the air! After all, cuddles are huge this time of year. The latest in [celebrity news](#) is that [celebrity couple](#) Sean Lowe and Catherine Giudici are expecting their first [celebrity baby](#)! [UsMagazine.com](#) shares that Lowe tweeted the news on December 8th, sharing the joy of their celebrity pregnancy.

We've been waiting for this celebrity pregnancy announcement! What are some unique ways to share your baby news with your loved ones?

Cupid's Advice:

Twitter and Instagram are common ways that celebrity pregnancies are announced, which is very convenient. If you are looking to spice up your social media announcement, Cupid is here with three tips on helping you create a unique pregnancy announcement:

1. Be silly about it: A great way to announce a pregnancy is in a silly way. If you already have two kids, for example, one boy and one girl, you can have them hold scoreboards with a third one saying "tie breaker" and the expected date. Be

creative!

Related Link: [New Celebrity Baby: Kim Kardashian and Kanye West Welcome a Son](#)

2. Do something cute: You can also take a cute approach to announcing your pregnancy. If you have a dog (or two), for example, you can share your announcement with your dogs saying “baby guard dogs” with the position starting on the due date.

Related Link: [Celebrity Baby News: Josh Hartnett & GF Tamsin Egerton Welcome First Child](#)

3. Be dramatic: You can try to do something dramatic to announce the pregnancy as well. Maybe have your friends and family solve a riddle or put together a scavenger hunt. Whatever you choose, have fun with it.

How did you announce your pregnancy? Comment below.

Celebrity Couple Sean Lowe and Catherine Giudici Join Cast of ‘Marriage Boot Camp: Reality Stars’



 By Katie Gray

In the latest [celebrity news](#), [celebrity couple](#) Sean Lowe and Catherine Giudici have joined the latest cast of *Marriage Boot Camp*. The pair is taking the step to make things better in

their relationship! According to People.com, they do not always agree on everything and this is evident in the exclusive sneak peek of the series. Fans of *The Bachelor* fell in love with Sean and Catherine, and now they will get to see them work through their issues to make things better for themselves!

This celebrity couple has their share of problems. What are some things to try if you find yourself fighting with your partner a lot?

Cupid's Advice:

Every relationship has its problems, and nobody is perfect. There's a fine line between having normal fights and disagreements, and arguing all the time. If you are fighting with your partner more than not, that is a big problem. You should be enjoying your time with them for the majority of the time. Cupid has some [relationship advice](#):

1. Talk it out: Whenever you are having a disagreement or an argument with your partner, make sure you talk it out. Never go to bed angry, because you don't want anger and resentment to build up. It's best to resolve the issue early on. The fight is likely due to miscommunication, so talk it out with your spouse or partner!

Related Link: [Are Former Celebrity Couple Kourtney Kardashian & Scott Disick Back Together?](#)

2. Space: Everybody needs their own space sometimes. When you are having frequent fights with your partner, it's likely that you just need a little space. This doesn't necessarily mean space for long periods of times; just take a moment to relax and collect your thoughts. We all get stressed, overtired and

burnt out from our busy lives. Take a second to catch your breath, and let the fight blow over. Reconnect once you have started to feel better!

Related Link: [Celebrity News: Will Smith Says Cheating Ex-GF Inspired Him To Become Famous](#)

3. Write this down: If you would rather not go to couples' therapy, why not take matters into your own hands? Jot down in a notebook the feelings that you have for your spouse as well as all of the things you love about them. Once things are spelled out – you will remember why you fell in love with them in the first place. Share your thoughts with each other afterward to rekindle the feelings.

What are some things you have tried when you were fighting with your partner a lot? Share your stories below.

Famous Couple Sean Lowe and Catherine Giudici Speak Out Against the New 'Bachelorette' Twist



 By Meranda Yslas

The latest celebrity news is that two women, Katilyn Bristowe and Britt Nilsson, will be on the upcoming season of *The Bachelorette*. This announcement has left a lot of people puzzled and some even angry. According to [UsMagazine.com, famous couple](#) Sean Lowe and Catherine Giudici,

who met on season 17 of *The Bachelor*, are not happy about this change. Lowe wrote on his personal blog that this decision is “downright degrading for the women” because it “transfers the power back to the men on the show specifically designed for the women.” He feels that the contestants on *The Bachelorette* shouldn't be given the authority to choose which woman will stay and which will go.

Sean Lowe is against shifting the power back to the men on *The Bachelorette*. What are some ways that couples can have equal say in their relationship?

Cupid's Advice:

An important part of any relationship and love is maintaining a balance of power between the couple. One person cannot be over controlling so that their partner resents them and one person cannot be too submissive where they get walked on. Cupid offers some relationship advice on how to find a middle ground:

1. Sharing the bills : Without a doubt, the idea of gender roles are constantly being challenged in our modern generation. No longer is it a 'wife duty' to clean the house, while the husband is the bread giver. Having one partner in charge of the bills will definitely cause some imbalance of power in the relationship. Splitting the bills in half will make sure one person doesn't feel too dependent on the other.

Related Link: ['The Bachelor' Stars Catherine and Sean Lowe on Celebrity Baby Plans: 'Not Anytime Soon'](#)

2. Create an open environment: Sometimes an unequal say in a

relationship stems from one person in the couple being too scared or nervous to speak their mind about something. Instead, he/she will keep their mouth close while their mate continues doing something they don't like. Make sure the relationship fosters an open and honest environment so that both people are free to speak their mind.

Related Link: [‘The Bachelor’ Sean Lowe Writes: ‘My Wife Is Hot and I’m in Love’](#)

3. Make decisions together: Making important decisions in a relationship should be the job of both partners, not just one. When deciding on something, like what school to send your kids or what car to buy, make sure this task isn't in one person's hands, but is considered by both people in the relationship.

How do you maintain a balance in your relationship? Share below.

‘The Bachelor’ Stars Catherine and Sean Lowe on Celebrity Baby Plans: “Not Anytime Soon”



Interview by [Lori Bizzoco](#).

It's every *Bachelor* couple's fairytale to walk down the aisle after finding true love on ABC's hit reality TV show. For happy celebrity couple Catherine and Sean Lowe, that fairytale

turned into a reality when the couple got hitched in a televised wedding earlier this year. Our executive editor and founder Lori Bizzoco talked to the happy celebrity couple at *OK!* magazine's New York Fashion Week celebration to get the scoop on married life, their recent appearance on *Bachelor In Paradise*, and their [celebrity baby](#) plans.

***The Bachelor* Couple Talk Marriage and Celebrity Baby Plans**

Related Link: [Ok! Magazine New York Fashion Week Celebration](#)

Since becoming Mr. and Mrs., it's no surprise that the newlyweds have learned a few things about each other. For instance, Sean reveals, "She's messy...and I'm a neat freak, so we're working on that." Still, marriage is "wonderful" for the pair. "I'm with my best friend all the time, so I can't ask for anything more than that," the former *Bachelor* adds.

As fans recently saw, the celebrity couple appeared on the finale of *Bachelor In Paradise* to give the final two pairs – Marcus Grodd and Lacy Faddoul and Cody Sattler and Michelle Money – a bit of relationship advice. While they believe that both reality TV dups will last, they're particularly excited for newly-engaged Grodd and Faddoul. "If Lacy ends up moving to Dallas to be with Marcus, we'll be doing some double dates," Catherine says.

We couldn't resist asking about their future plans for a celebrity baby. Not anytime soon!" Catherine shares. "But yes, of course, we want a family."

Related Link: [Sean Lowe Writes, "My Wife is Hot and I'm in Love"](#)

In the mean time, the happy couple is enjoying their time together as husband and wife. When it comes to date night outfits, the fashionable graphic designer says, "There is

never a go-to. It's always, 'What are we doing?' I need to be appropriately dressed." Looking lovingly at her hubby, she adds, "I like wearing my hair up because he likes my hair up."

Keep up with Sean and Catherine on Twitter: [@SeanLowe09](#) and [@clmgiudici](#)!

For more videos from [CupidsPulse.com](#), check out our [YouTube channel](#).

Former 'Bachelor' Sean Lowe Writes: "My Wife Is Hot and I'm in Love"



By Amanda Boyer

[Sean Lowe](#) has taken his love for wife Catherine Giudici, who he met on season 17 of [The Bachelor](#), to a new level. While the famous couple often posts sweet Instagram photos of each other, this time, the Texas native published a blog post on his Patheos page titled "Caught in Her Web." As reported by [UsMagazine.com](#), he shared how and when he first fell for Giudici as well as the things about her that he loves most, ending with, "So in conclusion, my wife is hot and I'm in love." After seven months of marriage, the celebrity couple is still very much in the honeymoon stage.

Former Bachelor Sean Lowe and

winner Catherine Giudici are always expressing their feelings for each other. What are some ways to show your love to your partner?

Cupid's Advice:

If you want to show your significant other just how much you care but are not sure what to do, Cupid has some love advice for you:

1. Write a note: Take a cue from this *Bachelor* star and write down your feelings! If you have to leave for an early meeting or are going on a weekend trip with friends, hide a sweet card for your love to find while you're gone. Let him know that you're thinking of him and can't wait to see him again soon. This small gesture will go a long way!

Related Link: [Can Love Be Better the Second Time Around?](#)

2. Surprise them: It's easy to get into a daily routine of work, household chores, and social engagements and let your relationship and love life fall to the back burner. To combat this regularity, be spontaneous and plan a Tuesday night date at your favorite restaurant or head to the bowling alley with another couple. Your partner will appreciate that you took the initiative to do something special and unexpected.


Related Link: [10 Signs That You're in Love](#)

3. Try something new together: Has your beau always wanted to go rock climbing or sky diving? Plan an adventure-filled day for the two of you. Even if you're a bit nervous, step out of your comfort zone, knowing that your partner will be there to hold your hand when you get scared.

What are some ways you show your love to your partner? Share your thoughts below!

'The Bachelor' Celebrity Wedding: Sean Lowe & Catherine Giudici



 By April Littleton

According to [People](#), *The Bachelor* reality TV stars Sean Lowe and Catherine exchanged celebrity wedding vows on live TV on Sunday. Lowe's father officiated the ceremony. The couple got engaged in Thailand in November of 2012.

'The Bachelor' celebrity couple Sean and Catherine Lowe were able to add some personal flare to their celebrity wedding. What are some unique ways to incorporate your personal style into your big day?

Cupid's Advice:

Your wedding day is fast approaching, but you still haven't found that special "thing" that will make your wedding a one-of-a-kind experience. Don't worry, Cupid has your back:

1. The decorations: Don't pick the same old boring decor every other couple has picked before you. Think outside of the box. Try different color schemes, different flower arrangements. Better yet, create some of your own decorations for the ceremony and reception so that they are truly unique. If you have a creative eye, you can come up with something nobody has ever seen before.

Related: [Kim Kardashian and Kanye West Visit Paris: Wedding Plans?](#)

2. Plan it yourself: This option might be a little tough to do. When it comes to your special day, plan the whole event yourself. This will allow you to have more freedom of thought and ideas as you go. It can be extremely stressful so we do not recommend this for just anyone. Obviously, you can ask for help whenever you need it, but for the most part, doing it by yourself can feel like a huge accomplishment.

Related: ['The Bachelor' Wedding of Sean Lowe and Catherine Giudici](#)

3. The little things: The music. The food. The guest list. Think long and hard about ways you can make the small details creative and fun. Ask your partner to help out. Maybe he/she joked about having chicken nuggets at the reception? You don't have to order fancy filet mignon just because that's considered to be a "normal" entree. Do your own thing. If you want a personal friend to DJ at your wedding, let them. After all, this is YOUR wedding day.

What are some other unique ways to incorporate personal style into a wedding? Comment below.

Find Out Details About 'The Bachelor' Winner Catherine Giudici's Celebrity Wedding Gown!



By Louisa Gonzales

The final countdown to the celebrity wedding of celebrity couple Sean Lowe and Catherine Giudici from *The Bachelor* is on! The event will be shown live on ABC in a series first from 8-10 p.m. ET on Sunday, January 26th. The happy celebrity couple first got engaged in Thailand in the 17th season of *The Bachelor*. The gorgeous duo are only days away from tying the knot and in the meantime have been making their way around New York, sharing their engagement experiences and wedding details with the media and their fans.

The big day is coming up quick for this happy celebrity couple and 'The Bachelor' fans are dying to know more about this celebrity wedding.

Related Link: [The LOWEdown on 'The Bachelor' Wedding of Sean Lowe and Catherine Giudici](#)

The famous couple was on *Good Morning America* on Wednesday morning, and the major topic of discussion was, of course, Giudici's celebrity wedding gown. Every bride-to-be knows the

dress is one of the most important elements on a girl's big day. Lowe's fiancée gushed about her gown and shared that she can't wait for everyone to see it. She described it as "perfect" and "sexy," saying she has always felt like the "cute girl" but is finally ready to show the world her more womanly side.

The reality television starlet didn't reveal too much about her dress, as she wants it to be a surprise, but says it goes with the "grown sexy" theme of the wedding. Some fans of *The Bachelor* are tuning in to see the lovers say their vows, but for many of the viewers, it's all about finally getting a glimpse at the wedding gown! Lowe even revealed that, come the big day, he'll only be focused on his bride in her dress.

The happy celebrity couple also told anchor Lara Spencer that they're "anxious" and "ready" to say their I do's in front of family, friends, and, of course, fans. By just watching the lovebirds in this exclusive interview, one can see how their eyes light up when they talk about each other and how happy they make one another. Interestingly enough, we learned that the one most likely to cry first during the ceremony will be *The Bachelor* stud, confirmed by Lowe himself.

Related Link: ['Bachelor' Sean Lowe Says Catherine Giudici Was 'Proud' of His 'DWTS' Debut](#)

The excitement won't stop after the ceremony; the reception is sure to be a blast as well. Given the fact that Lowe is a former *Dancing with the Stars* contestant, lots of boogieing will definitely occur. The Hollywood couple will share their first dance to "One Woman" by the Randy Rogers Band, a song picked by the future groom.


The couple stated that, while they want their wedding to be traditional in the sense they're getting married in a Christian ceremony officiated by Lowe's father, the wedding reception is going to be more modern and festive. The soulmates want their special day to be full of laughter, smiles, and love for themselves and all who witness it – us

included!

Be sure to watch The Bachelor wedding special on Sunday, January 26th at 8 p.m. ET on ABC.

The LOWEdown on 'The Bachelor' Celebrity Wedding of Sean Lowe & Catherine Giudici



 By Louisa Gonzales

We're invited to view arguably one of the biggest celebrity weddings of the year between reality TV stars Sean Lowe and Catherine Giudici, who we all watched fall in love on the ABC reality television series, *The Bachelor*. Come join us as we tune in to see the lovebirds say their wedding vows and tie the knot. Didn't you get the invite? Even though the two are celebrating their commitment in a live, televised wedding ceremony on Sunday, January 26th, they still sent out invites like any other couple.

'The Bachelor' celebrity couple Sean Lowe and Catherine Giudici are tying the knot! Were you invited to

their celebrity wedding?



Photo courtesy of ABC.

The wedding invitation is a reflection of the beaming celebrity couple's personality, and when reading it, you really get a sense of the type of wedding you're about to witness. The invitation has a goofy description of how they'll be spending the evening: "The LOWEdown: marrying, eating, boogie-ing."

Related Link: [Sean Lowe Spoils Fiancée on Her Birthday](#)

The RSVP card is also quite witty. For those attending, it says "can't wait," but for those with regrets, the box to check is "something more important to attend than celebrating the union of Sean & Catherine."

The former *Bachelor* stars, who reside in Texas and plan to move in together after they're wed, first announced the date of their big day on *Good Morning America* in October. The wedding ceremony will be held in Santa Barbara, California. It's no surprise that friends, family, and fellow *Bachelor* and *Bachelorette* reality TV contestants all seem happy for the pair's pending wedding nuptials. They've certainly captured our hearts too!

Leading up to their wedding vows, the TV sweethearts have had a blast attending wedding-related events, such as their

celebrity engagement party, bachelor and bachelorette parties, and two wedding showers. The latest shower was held at the Lowe house on Saturday, January 4th – three weeks before their big “I do’s.” Lowe posted a picture of him and Giudici on Instagram (above) looking partied out and in bliss after a long day of celebration. They received gifts from their registries at Crate & Barrel and Macy’s. Guests can also make donations to the organization Micheala’s Army, which helps children with pediatric cancer. Isn’t it nice to see a celebrity couple use their special day to support a good cause?

Related Link: [Why ‘The Bachelor’ Sean Lowe and Bride-to-Be Are Waiting for Marriage](#)


The happy celebrity couple want to make sure that their wedding is unforgettable. They seem to be on the right path, having hired celebrity wedding planner Mindy Weiss to give them a “grown-up sexy” day. The duo have been posting tweets and pictures to share how pleased they are with the progress Weiss has made on their wedding plans.

In preparation for their church wedding, Giudici was recently baptized by Lowe’s father Jay at Plymouth Park Baptist Church. Her fiancé is a born-again Christian and has never been shy about expressing his beliefs, but the bride-to-be’s decision to be baptized as Christian was reportedly her own. Jay will also be marrying the future spouses.

Be sure to watch The Bachelor wedding special on Sunday, January 26th at 8 p.m. ET. Stay tuned for more exciting details about their big day!

'The Bachelor' Sean Lowe Buys Louis Vuitton Bag for Catherine Giudici's Birthday



 By Kerri Sheehan

Reality television stud, and *The Bachelor* Sean Lowe treated celebrity love Catherine Giudici to a Louis Vuitton purse and a nice dinner for her 27th birthday. "We had a big party with family and friends last night and then tonight we're just going to go out to a nice dinner and just celebrate a little bit more," Lowe told [UsMagazine](#). Lowe realized how much Giudici has sacrificed to move out to Los Angeles during his *Dancing With the Stars* stint and wanted to spoil her a little on her special day.

'The Bachelor' Sean Lowe went all out for celebrity love Catherine Giudici's birthday. How do you make your partner's birthday special?

Cupid's Advice:

A significant other's birthday is always a prime time to show them that you care. How do you show your partner how much they mean to you? Cupid has some suggestions:

1. Keep it specific: Does your other half have a certain band they love? Is there a restaurant that tickles their fancy? Maybe a favorite author is doing a book signing nearby? You can never go wrong with a heartfelt gift that shows you're

listening to their likes.

2. Spoil them: A birthday is the one-day of the year that should be all about your partner. Pull out all of the stops and make that day one they are sure to remember! Relationships and love is all about being there for the other person and showing them how much you care. Their birthday is the perfect opportunity to showcase that.

3. Do something out of the ordinary: This tip is especially helpful to those who are in a long-term relationship. Keep the excitement alive by doing something totally crazy that your partner wouldn't expect. Skydiving, parasailing, or even throwing a surprise party are all in the realm of possibility.

Have any great ideas about how to make a birthday special? Share them with us below!

Reality TV: 'The Bachelor' Sean Lowe Fires Back at Dating Rumors Pointing to Trouble in His Celebrity Relationship



 By Meghan Fitzgerald

[People](#) reports that *The Bachelor* star Sean Lowe and celebrity love Catherine Guidici are still going strong despite dating rumors of a troubled celebrity relationship. Lowe, 29, told

People, "We are happy and could not be better." Backstage at *Dancing with Stars*, Lowe also discusses the dating rumors he has recently encountered. He says, "Nobody knows anything outside of me and Catherine and the people who are closest to us." The celebrity couple is getting through these hard times together.

'The Bachelor celebrity couple Sean Lowe and Catherine Giudici have to fight off dating rumors about their relationship and love life. How do you keep unfounded rumors from affecting your relationship?

Cupid's Advice:

It is essential to keep unfounded rumors out of your relationship. If you allow said rumors to pry themselves into your relationship, it is a possibility of suffering immensely. Although it is possible for rumors to affect your relationship and love, there are numerous ways to keep them out. Cupid has some relationship advice:

1. Communication: It is necessary to talk to your partner when there are unfounded rumors surfacing around your relationship. You and your mate both are probably not looking to have your relationship affected by some measly rumors. If you talk to your beau about these rumors going around, your relationship will not suffer. As long as you and your mate are on the same terms and aware of everything going on, you're great.

2. Eliminate: Get rid of the rumors. Of course it may be challenging to find the source, cause, and distinguish them. However, it is helpful to have them washed away if you don't want your relationship to be affected. Do not get yourself into heated debates about said rumors. Make sure you and your mate keep calm and collective, with your head high. Do not let others get under your skin because that is exactly what they're trying to do in the first place.

3. Keep busy: Keep yourself busy when rumors are around your relationship and love. Make sure people know that the rumors going around are not affecting your life. People will realize how strong you and your partner are for not allowing the rumors to hurt your relationship. Silly gossip can't get in the way of the love you and your mate have. Now go keep busy.

Have you kept rumors from affecting your relationship? Explain your experience below.

Is 'The Bachelor' Sean Lowe & Catherine Giudici's Celebrity Love Affair in Trouble Already?



By Meghan Fitzgerald

A source told UsMagazine.com that Seattle native Catherine Giudici has been 'bored and lonely' since she moved to L.A for fiancé, Sean Lowe. While celebrity love Lowe attends *Dancing With The Stars* practices, Giudici typically stays home and watches TV. Her friends are so-and-so with her relationship and love life with Lowe, mostly because she was previously a driven, career woman. Plus, she gave up an Amazon gig to be on *The Bachelor*.

'The Bachelor' winner Catherine Giudici needs some more attention from celebrity love Sean Lowe. What are some ways to keep the spark alive in your relationship and love life after

the honeymoon phase?

Cupid's Advice:

The honeymoon phase in a relationship makes couples believe that the entirety of the marriage will be dreamy, trance-like, and full of passion. Unfortunately, this is not always the case. Once the honeymoon phase is over, your relationship and love may differ. Fights may arise, intimacy may become rare and in between. The honeymoon phase doesn't last forever. Cupid has some advice on how to keep the spark alive:

1. Try new things: Usually in new relationships, couples tend to try new things almost constantly. After the honeymoon phase, you adapt to a certain routine. A way you live both of your lives, sticking to the same daily events. Keep the spark alive by trying new things. Go to the new bar three blocks away for Spanish tapas. Check out rock climbing, get out of your comfort zone with your mate.

2. I love you: In relationships, it is essential to tell your partner how much you love, care, and appreciate them. Especially after the honeymoon phase when arguments may arise and complications are met. Relationships and love are not typically easy, they require effort and patience. It is easier to fix and have a healthy relationship when you express your love to your partner.

3. Romance: Date nights and spontaneity are a great way to keep romance in check with your relationship. Cook your partner their favorite meal: maybe he likes rigotini and meatballs? Or pack a picnic for your mate and take them to a local park on a warm spring day. Friday date nights are also a great way to get the romance going. It's important to keep the intimate time between you and your boyfriend.

Have you kept the spark alive after your honeymoon phase? Share your experience below.

'Bachelor' Sean Lowe Says Catherine Giudici Was 'Proud' of His 'DWTS' Debut



 By Andrea Surujnauth

Sean Lowe, the most recent *Bachelor* star, made his debut on *Dancing with the Stars* this week. Although the judges weren't impressed by Lowe's performance, his fiancée sure was. "I went over to her and she just said she was so proud of me, and that she loved me," Lowe told UsMagazine.com, "I think she'd give me a 10, I know the judges didn't tonight. That's what a good fiancée does." His fiancée, Catherine Giudici, was there to congratulate him as soon as he stepped off stage. "Dancing is a challenge and I am one that loves to embrace a challenge and do things outside of my comfort zone," he said. "This certainly fits that mold, and most importantly Catherine was behind me. She was the first person I called after they approached me and she said she would support me and thought it would be a fun opportunity for both of us." The couple has kept their love going strong despite the long hours that Lowe has to spend practicing with his partner, Peta Murgatroyd. "It's tough at times, but lucky for me she understands and supports us and knows Peta's work ethic," he said of spending hours every day training with Murgatroyd. "But when I'm not rehearsing I always make sure to capitalize on our time together." When asked whether there is any jealousy issues between Giudici and Murgatroyd, Lowe responded, "Peta is certainly a gorgeous girl, anyone can see that, but Catherine is so confident and not worried. And her and Peta have

become friends!”

What are some ways to support your partner’s passion?

Cupid’s Advice:

Your partner is passionate about a sport or activity, so how can you show them that you support them? Here are some tips:

1. Cheer-lead: If your beau has taken an interest in a sport or activity that involves some type of performing, be there to cheer them on. Be their own personal cheerleader and show them that you think they can succeed at whatever activity they are taking part in.

2. Participate: Show your partner support by participating in their new passion or hobby. Your sweetie will be thrilled to see you enjoy their hobby with them.

3. Coach: If your partner’s passion involves competition, support them by helping them practice and improve. Your honey will appreciate you taking such an interest in helping them perfect their skills.

How do you support your partner’s passion? Comment below and let us know!

‘Bachelor’ Sean Lowe Says He Won’t Invite Emily Maynard to His Wedding



✖ By Meghan Fitzgerald

Bachelor, Sean Lowe, and bride-to-be, Catherine Guidici announced their plans to say 'I do' very very soon! UsMagazine.com reports how Lowe will most likely not be inviting Emily Maynard to their dream wedding. Although he still likes and respects Maynard, he doesn't think it is appropriate for her to be invited. The happy couple stated that they will get married on TV, [Hollywood Life](http://HollywoodLife.com) reports. The two continue to plan their wedding as they move on with their lives!

What are some things to consider about inviting your exes to your wedding?

Cupid's Advice:

Inviting your exes to your wedding is never, and I say never, an easy thing to do. What if you rekindle love? What if they try to ruin your dream day? What if your groom and your ex get into a fight? The questions are endless for brides considering inviting their exes to their weddings. Cupid has some advice on this:

1. Danger: Inviting your ex to your wedding will cause danger. However much you preach on their changed ways, or how civil you guys are; there will always be a slight bit of chaos. Seeing your ex at your wedding is not something you exactly want to do, you may think at the time it is a great idea however, at the wedding, it is not. Feelings can be brought back up with the sight of them, you could say something inappropriate. Just make sure you know inviting your ex has danger written all over it.

2. "Just friends": In all honesty, after you have had sex with another person, you will never be 'just friends' again. It is proven so. Especially if this person was of a romantic value. This being said, you and your ex will never be 'just friends.'

Stop thinking it is possible, and just realize that it is not! The sooner you realize you two can never be friends again, the sooner you'll realize that you probably shouldn't invited them to your wedding.

3. Showing off: Alright ladies and gents, did your ex drive you crazy, humiliate you, break your heart and step on it? Are you now happy and wish to show that son-of-a-bitch how better off you are without them? If you are answering yes to all of this, than you are relatively right for considering inviting your ex. You are going to get married, why not rub some salt in the wounds of your ex? Have fun!

Have you ever invited your exes to your wedding? Share your experience below.

Why 'The Bachelor' Sean Lowe and Bride-to-Be Catherine Giudici Are Waiting for Marriage



 By Andrea Surujnauth

The Bachelor's Sean Lowe and Catherine Giudici are excited to finally be public about their love for one another. "I'm just so excited that the secret is out," says Lowe. After having a romantic proposal in Thailand on national television, Guidici is happy to get the chance to be in a normal relationship with her man. "Now, we can be a normal couple and hold hands in

public!" she exclaims. However, as excited as they are to be together at last, [People](#) reported that the two are waiting until after they are married to be intimate with one another. "From my perspective, I've lived life kind of selfishly for a long time. Now, I'm going to try to live it the way I know to be right." says Lowe who is a born-again virgin and a conservative Christian. How does Giudici feel about this? "I honor him," she says. The two will be tying the knot on national television for an ABC special.

What are some ways to know your values match with your partner's?

Cupid's Advice:

Having the same values as your partner is a good sign that the two of you will have a long lasting relationship together. But how are you supposed to know whether the two of you have the same values? Cupid is here to tell you:

1. Religion: Having a partner that has the same religious beliefs as you is a good way of being sure that they have the same values as you. Even if the two of you do not have the same exact religion, you and your beau could still have the same values if you both hold your religions close to your heart or if you both don't believe in religion at all.

2. Family: How your partner treats his family is a great way of knowing whether or not the two of you have similar values. If your sweetheart loves their parents and keeps them close, then you have a family person on your hands. Are you the same way? Then you two have similar family values which is important if your planning on getting married.

3. Money: Do you and your sweetie have the same values when it comes to money? If your beau buys whatever makes them happy at the moment or spends paychecks on luxury items, be sure that you have the same lifestyle. If you are a big money saver,

then you two do not have the same financial values. Be careful, you do not want to spend your lifetime fighting with your partner over money.

How do you tell whether or not you and your partner have similar values? Comment below and let us know!

‘The Bachelor’ Sean Lowe Chooses His Bride-to-Be



 By Meghan Fitzgerald

This past Monday, *The Bachelor* hunk, Sean Lowe, proposed to the goofy yet beautiful graphic designer, Catherine Giudici, 26. [People](#) reports that the last episode took place in Thailand filled with romantic dates and the final two both meeting Lowe’s parents. The emotional season came down to one girl, Catherine. [E! Online](#) announced that very shortly after Lowe proposed, Giudici jumped to Instagram to post a picture of the 3 carat Neil Lane engagement ring. The couple have not set a date, but plan on marrying very soon!

How do you know if your partner is ‘the one’?

Cupid’s Advice:

In many relationship cases, you may think ‘the one’ appears. There are numerous ways to determine whether or not your partner is ‘the one.’ Although this process can be excruciating it is worth it in the end to determine if you have found the person you will spend the rest of your life

with. Cupid has some advice on your partner being 'the one':

1. Love: Are you willing to jump in front of a bus for your partner? Put aside the exaggeration, and focus on the things you are willing to do for your partner because you love them. Love is one of the easiest ways to determine if your partner is 'the one' or not. Depending on what type of love it is, it could be for the long haul. This 'the one' love needs to be constant, painful, hopeful, passionate, frustrating love. It needs to make you want to rip your hair out because you love your mate so much.

2. Treats you right: It is necessary for you partner to treat you right in general. It is especially important for your beau to treat you like a princess if you consider him 'the one.' Ask yourself a few questions on how your partner treats you. Do they kiss you gently, tell you how much you mean to them, do they do chores, celebrate anniversaries birthdays, sacrifice their weekends for family events? You need to make sure the relationship is filled will your mate treating you more than right.

3. Makes you feel special: Does your mate make you feel like you are the only one in their world? Do you see them as if they're the only one around? No matter the circumstance does your beau make you feel special? Like you're the luckiest person in the world because you're with them? If all the answers to these are yes than you may have 'the one' on your hands. Tie this rule in with the other one and determine if you have found the love of your life!

How did you know your partner was 'the one'? Share your comments below!

The Bachelor 17, Finale: Sean Lowe Proposes to Catherine Giudici



By Jared Sais

Can you believe that this season of [The Bachelor](#) is over? Do you think Sean Lowe found his perfect match in Catherine Giudici? Let's take a look at the body language on last night's finale and see what it tells us...

Catherine

Similar to a white lie, white manipulation is when people manipulate for what they deem a good reason. Catherine is guilty of this behavior when she is talking one-on-one with Sean. Although she means what she's saying (she's not lying), there are times when she talks for his ears rather than from her heart.

After their one-on-one-date, as they said goodbye, they shared a long, loving hug, and both were wrapped around each other with a strong hold. You can even see Sean's forearm muscle tighten. Sean's hand went down to Catherine's butt, and he taps his hand on her (showing dominance and support) as she whispers, "I love you." Remember that a whisper is a sign of lust. Then, the couple's hands go from a tight hug to holding one another as if they were dancing. **This is it: Catherine's the winner.** I don't even need to watch the end of the show. After Catherine won (no surprise), they held each other again in this same way.

Sean breathes a sigh of relief when saying "I am so glad you're here." The blonde beefcake truly enjoys and cherishes

her company; you can think of him as “at home” with Catherine. Think about when you come home from a long, hard day at work, and you can finally sit down and relax. You take a deep breath of relief; that’s the same feeling Sean has when he’s with her.

One micro-expression that’s important to point out is Sean’s genuine smile when looking at his future fiancée. Plus, his nose wrinkles, which is a strong sign of flirtation. Sean also pulled Catherine closer instead of Catherine pulling him closer, which is different than Sean and Lindsay’s relationship because Lindsay usually reaches towards Sean for affection.

The bachelor and the Seattle native had an incredibly sincere kiss when they parted ways. Sean had a strong grip on her and showed a genuine and long-lasting smile with crow’s feet around his eyes.

Catherine used open palms when speaking about Sean, showing her openness and vulnerability when sharing her feelings. Her voice cracks a bit throughout the show, meaning she’s feeling strong emotions. It’s a non-verbal sign of genuine sadness or a strong emotion of joy (happy tears).

It’s important to note that both ladies showed real tears when talking to Sean’s parents. If you’ve read my articles since the beginning of this season, you already know the difference between real tears and fake tears. If not, check out my past recaps [here](#).

Additionally, there were a lot of things that both ladies said that seemed like they were almost reading a script. They both started talking in a rhythm or a beat when asked personal questions by his family. Criminals or people telling lies usually use this speech pattern to try to cover up their actions or guilt.

Finally, when Catherine is walking to Sean to see if she would

get his heart and that final rose, she bit half of her lip as the other half sticks to the side, indicating that she's nervous and scared. I would be too if I were her!

Related Link: [The Bachelor 17 Predictions: Who's the Best Fit for Sean?](#)

Lindsay

I noticed a definite lack of eye contact when she was talking to the bachelor. It could be a culture thing, but it's most likely nerves; she feels uncomfortable with "emotional talks."

While there was a lot of sexual tension when Lindsay and Sean were talking about their future, one of Sean's arms was limp when they were kissing and sending up the lanterns. So he wasn't feeling the romance as much as usual; I think he already knew that his wishes for love, happiness and family were coming true with Catherine.

Lindsay kept looking at Sean when his parents asked a question, which tells me that she looks to him for approval. It also shows how dominant Sean is in their relationship.

We saw a great example of a non-verbal lie when Lindsay told Sean that she was okay after he didn't propose to her. At first, she nods her head yes but then shakes it no. This behavior was one of the things that I used throughout the season to identify any lies that Sean or the girls told. Still, Lindsay handled the bachelor's rejection with a lot of grace.

Related Link: [The Bachelor's Sean Lowe Blogs About Women Tell All](#)

Sean & His Family

Let's take a moment to talk about the bachelor and his skeptical yet supportive family.

First, when Sean said, "I know my family will love Lindsay as well," he shook his head no, meaning he doesn't believe what he's saying.

Both his parents showed crow's feet (wrinkles near their eyes) that represent true happiness when talking with Catherine.

His family members all shook their heads no when saying positive comments about both women, which tells me that they don't believe what they're saying. His mother, father, sister and brother-in-law have more doubt than they share with the bachelor, and they don't feel like either of these girls is right for him.

It's easy to see that Sean's mom is very emotional. When she starts crying, Sean instantly takes care of her, which explains his behavior with many of the contestants this season (always being the protector, giving roses to the girls who cried and shared sad stories). Maybe he had a soft spot for these ladies due to his emotional mother.

Conclusion

As a side note, **Lesley M.** and the host, Chris Harrison, had some sexual tension! She looked into his eyes as she pushed her hair back over her ears. They also reach out and touch each other on the back and arms. Lesley then bites her lower lip. Definitely some flirting going on!

It's been an absolute pleasure working with CupidsPulse.com and being the body language expert during this season of *The Bachelor*. I had an amazing time using non-verbal cues to better understand Sean and the girls each week. I'm so thankful to my readers, and I hope you all have learned some non-verbal tricks during this journey.

Good luck in your search for love!

[Jared Sais](#) is co-author of the website [The Non-Verbal Game](#),

where you can find free downloadable content. He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love. You can sign up for his individual or group non-verbal classes or his wingman services by e-mailing him at jaredsais@gmail.com.

The Bachelor's Sean Lowe Blogs About Women Tell All

 By Andrea Surujnauth

The Bachelor's Sean Lowe blogged about his experience with the *Women Tell All* special on [People](#). The women who were sent home in *The Bachelor* came back to discuss what happened in the show with Lowe. "Walking out and taking a seat in front of the women was such a surreal experience. Having 20-plus 'exes' in the same room is a bit daunting, but I was happy to see them nonetheless," blogged Lowe. He goes on to discuss the love he felt for Desiree, although their relationship did not work out and he mentions the sadness he felt when he sent Sarah home. Lowe then begins to blog about his reunion with AshLee. When Ashlee came over to sit on the couch, she told Lowe that she always viewed him as a southern gentleman, and she was very disappointed that he didn't come check on her after he sent her home. "This totally caught me off guard," blogged Lowe. "I wanted to be as nice as possible, but I also wanted to tell her that once you don't receive a rose, you know you only get a brief moment to talk it over before going home. She wasted that moment by not saying a word. That's why Chris Harrison says, "Take a moment and say your goodbyes." I don't want to

sound unsympathetic, but that's how the show works." Lowe continues to express his confusion as to why Ashlee felt this way about him. "I don't know what I may have said that would have given AshLee the impression she got, but I am sorry if I said anything at all that misled her because that was truly not my intention."

How can you stick up for yourself when someone says something untrue about you?

Cupid's Advice:

When someone says something untrue about you, your first reaction is to stick up for yourself. But how can you stick up for yourself without seeming defensive? You want to tell them that they are wrong but you do not want to create a scene otherwise it will look what the other person is saying is probably true since you are making such a big deal about it. Cupid is here to help you figure out the right way to stick up for yourself:

1. No personal digs: Do not get personal or attack the person that is saying untrue things about you. Defending yourself does not have to mean putting down anyone else or stooping down to anyone's level. If you attack someone, you will be no better than them.

2. Speak calmly: Yelling or screaming will not help you make your point. As a matter of fact, it will make you look guilty. Speak as calmly as possible while still getting your point across. Tell them they are wrong and say why they are wrong. Calmly tell them that it is hurtful when they say untrue things about you.

3. Be understanding: Once you tell the person that they are wrong and why, do not expect them to apologize or believe you. Do not force anyone to change their attitude. If you spend your time trying to do so, you will just be putting stress on

yourself. It is not worth it. Everyone has their own opinion and not everyone will like you. Just accept it and move on.

How do you stick up for yourself when someone says something untrue about you? Comment below.

‘Bachelor’ Star Sean Lowe Surprises Fans and Sends Home AshLee



 By Meghan Fitzgerald

The final two in this season's [The Bachelor](#) has finally come into play! Strange as it may seem, AshLee Frazier is out of the top two. [People](#) reported that AshLee was completely devastated, and visibly upset. AshLee was a big favorite from the beginning, and was so upset, she didn't want 'Bachelor' Sean Lowe to walk her to the car. According to [EOnline!](#) AshLee talked to Sean the [date](#) before that "This man has literally healed my [broken heart](#)." Sorry, AshLee!

How do you know if your personality and your partner's personality match enough for the long haul?

Cupid's Advice:

In the beginning of the relationship, you should do if you and your partner's personality mesh well together. I mean, if it the relationship is working between you and your mate, your personalities match. If the beginning is relatively rocky, and

you both are fighting often; you may want to reconsider the relationship. To make it for the long haul, your personalities should match enough to match. Cupid has some more advice:

1. Similarities: Your personalities generally stem from what you like and don't like. This being said, you and your partners personalities will tie in together if you both like the same things. Of course, there are exceptions present. However, generally speaking, if you both [love](#) the same things in life, you should be able to make it for the long haul. If you don't like the same things and find yourselves fighting on them, look for a different love.

2. Compromise: Some relationships are sometimes about compromise, yes it may not be entirely appealing to you; however, it happens. Knowing if you'll make it through to the long haul also depends on how much you are willing to compromise. This is not the case if you and your mates personalities are entirely compatible. If they're not however, you have to make a strong decision. Deciding whether or not you can compromise your way to the long haul with your [beau](#), or walk out the front door looking for new love.

3. Passion: Passion can completely disregard personalities. With passion, you may able to get to the long haul without even considering you and your partners personalities. The problem which may ensue is when the [passion](#) fades out. This may not be for a long time however, it may be harmful when it does. If passion is the sole reason why you and your mate are running, attempt to look past it and foresee the future. Yes this is challenging however, it will help determine if you two can make it.

Have you and your partners personalities made it to the long haul? Explain below.

The Bachelor 17, Episode 9: Sean Lowe Sends AshLee Frazier Home



 By Jared Sais

On last night's episode of [The Bachelor](#), Sean Lowe and his final three ladies traveled to Thailand for the highly-anticipated overnight dates. So what did their body language reveal about Sean's chances for finding true love? Read on to find out!

Lindsay

First, let's analyze one of Sean's micro-expressions. When speaking about the potential for Lindsay to be his future wife, Sean raised his eyebrows, meaning he was surprised about this possibility. I'm sure the raised eyebrows were related to Lindsay's first night in a wedding dress and how Sean thought she was crazy (as did I). But now, to everyone's surprise, she's in the top three (two!).

As for body language, when Lindsay was speaking with Sean on the beach, she did two very common non-verbal cues that indicated she was sexually frustrated. She let her voice drop to a whisper and also bit her lip. Both cues mean one thing: that there is a strong attraction between these two and that spending [intimate](#) time together is on their minds.

By nodding her head as she said, "I am ready to settle down," Lindsay affirmed that she was telling the truth.

When Sean asks if “this woman” could be his wife, I am reminded of Bill Clinton when he spoke about Monica Lewinsky. I knew Bill was lying when he used the phrase “that woman” instead of her name. This word choice is so telling because it puts distance between the two people involved. So while Sean may like Lindsay, he likes AshLee and Catherine more.

Also, when answering this question, Sean did a big shoulder shrug as he said “yes,” meaning that he’s unsure of what he just said.

As a side note, did anyone else want that sidecar motorcycle? I would also like to say that I’m in the bug club too. Yep, I’ve eaten a bug.

Related Link: [The Bachelor 17, Episode 8: Home Sweet Home](#)

AshLee

When she was talking about Sean, AshLee did a micro-expression of a smile plus a nose wrinkle, which is a sign of flirtation. Now, a wrinkled nose could mean disgust, but when combined with a true smile (as it was in this case), it’s a positive sign.

When they were together and speaking on the couch back in the hotel, Sean showed micro-expressions of sadness. He got [emotional](#) when speaking about his future with AshLee, revealing that he really likes her.

Moving on to their body language, AshLee did a head tilt, which is one of the most common non-verbal cues of attraction and flirtation.

Both had gazing eyes, a sign of strong feelings. When your pupils and eyes widen, it’s an indicator that you like what you see. The reason behind this idea is that, when you like something or someone, you let more light come in and allow your pupils to dilate so that you can see more clearly.

As Sean said, "I am falling in love with her," he was speaking the truth. He nodded and looked straight ahead; there was no sign of deceit.

When Ashlee was crying in her video at the end, you can see Sean's Adam's apple jump a few times, which indicates strong emotion. He was sad seeing AshLee sad. Knowing what ultimately happens, I wonder if that was a turn-off for him. Plus, he showed shame when viewing her video – I'm pretty sure had already decided that he was sending her home.

Related Link: [The Bachelor 17 Predictions: Who's the Best Fit for Sean?](#)

Catherine

When Sean said, "I can see myself marrying you," he does a full smile, showing that he honestly means what he said.

As for Catherine, she had open hand gestures (palms shown and faced towards Sean). When kissing on the boat, Sean held her around the neck, which indicates extreme attraction and sexual lust. When girls toss their hair or tuck their hair behind their ear, one of the main purposes of doing so is to show their neck, which is a non-verbal cue of vulnerability and attraction. As they kiss, Sean caresses her neck, meaning Sean and Catherine have crazy intense feelings for each other. Remember that sometimes the most meaningful and romantic touches are on the neck.

When Catharine gets the letter about the fantasy suite, she responds by saying "I would love to" and does a double shoulder raise, not a shrug. This non-verbal cue is a sign of flirtation.

When he said that she was smoking hot, he had bedroom eyes: the lowering of his head with eyes that gaze upwards, right into Catherine's eyes. Sexy, right?

“Can I see myself marrying Catherine? The answer is yes.” See, he used her name, unlike when he said an almost identical sentence about Lindsay.

Also, whether we realize it or not, music plays a big role in how we feel about the girls. A lot of people forget to pay attention to the music, but I guarantee it played a major role in whom you liked and didn't like.

Conclusion

Honestly, I was leaning towards AshLee as the runner-up with Lindsay going home tonight. This is the second week that Sean's non-verbal cues towards Lindsay have been strange and off-putting. But there can only be one winner, and my money is on Catherine – so I'm still in the game!

I wonder if Sean picked AshLee to go home tonight because of something that happened in the fantasy suite, something that we didn't see. I did notice one thing that might indicate a clash of personalities. On their date, AshLee's wine glass was almost empty, while Sean's wine glass was almost totally full. This difference could be a sign that Sean might see AshLee as a “wild girl.”

On a similar note, AshLee may have been a bit too intimidating for Sean. I wonder if she moved too fast. Or did something happen off-camera that put a doubt on their future together? Either way, I can't wait to tune in next week and see what AshLee says on *The Women Tell All* special!

Jared Sais is co-author of the website The Non-Verbal Game. He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love.

'Bachelor' Star AshLee Says She Knew Sean Would Send Tierra Home



 By Meghan Fitzgerald

In an interview with [People](#), AshLee confesses to *Bachelor*, Sean Lowe that she was married before in high school. [Tierra](#), full of drama, mocked AshLee on her age. AshLee described Tierra's statement as a character difference between the two of them. AshLee also stated that [Lowe](#) would come and realize that Tierra wasn't "the one," and would send her home. [Huffington Post](#) states, "Ash believes that she has a similar 'connection' with Sean. She thinks everything is 'magical' and 'pixie dust everywhere' and a 'dream come true.'"

How do you have faith in your partner when others doubt him or her?

Cupid's Advice:

Keeping faith in your beau when all others around you doubt him/her is hard to do. They give you reasons to be suspicious, reason to doubt your partner, to no trust him, and question him. With this going in in your life, you must keep your relationship with only you and your partner. Do not let outside forces come in and tear down the walls of your love. Cupid has some more advice:

1. Communication: Communication is always key. It is essential to communicate directly and sharply with your partner as

others are doubting them. It would also help if you talked to the people who doubt your mate. Ask them why they do? What is their reasoning behind the madness? Make sure your [partner](#) is filled in with what others are saying about them. Remember, communication is key!

2. Trust: If you trust your partner, don't let other people convince you that they're not trustworthy. Some people can be very persuasive with their opinions. However, you have to push their opinions aside and listen to your heart. Do not let outside forces tell you what you need to do with your [relationship](#), and whether or not you should break up. That is entirely your decision and if you trust your beau, there is no reason to doubt them.

3. Love: Love is all you need. If you [love](#) your partner and your partner loves you, take a deep breath. If you have made it through all the time and obstacles to come to love with your mate, you should not doubt them entirely. For record, there are always exceptions. Chances where the other were right and you should doubt them. However, these events are slim to none and you should only worry about how you can love your partner stronger and better.

Have you ever had faith in your partner when others haven't? Explain below.

What 'The Bachelor's' Sean Lowe Needs to Do to Find Love



 By Amy Osmond Cook

It was 10:00 p.m. when I dragged myself home and up the stairs of our SoCal suburban tract home. The kids were in bed, and I was ready to relax. From our bedroom, I heard my husband Jeff's voice on the phone raised in alarm. "Can you believe it? That is terrible!" Adrenaline rushed through my body as my mind raced through the possible calamities that could have befallen him. As I walked into the bedroom, Jeff hung up the phone to greet me.

"What's the matter, Jeff?" I cried.

"Oh, nothing," he replied. "My dad and I were just talking about the *Bachelor* episode tonight."

Related Link: ['Bachelor' Star AshLee Knew Sean Would Send Tierra Home](#)

My husband, Jeff, is a *Bachelor* fan. Fanatic. We watch every episode, every season. At first, I protested, but now, I have been sucked into the reality show vortex from whence there is no return and am the one popping the popcorn. This season's bachelor, Sean Lowe, is one of my favorites. He seems like an honest guy trying everything he can to find his soul mate—and how can you fault that? Unfortunately, the bachelors don't have a very good track record when it comes to choosing that special someone. So, now that we're down to the top three contestants, here's what I would tell Sean if I were sitting in Chris Harrison's seat.

#1. Choose the one that flies under the radar. While the drama queens (ahem, Tierra) might be more fun or interesting, they're going to get on your nerves over time. So, Sean, if you're looking for a lifelong partner, choose the girl who is comfortable in her own skin and doesn't need to go out of her way to get attention.

#2. Choose the one who makes you laugh. Dating is full of desire and passion. But it's inevitable that, over time,

physical attraction wanes. In a recent study commissioned by Medicis Aesthetics, it was found that physical attraction mattered more in the first seven years of a relationship than in later years. After that, predictors of long-term relationship satisfaction shifted more toward personality traits. So if you really do want a lasting relationship, choose the one you enjoy being with the most.


#3. Choose the one who can put up with your pranks. Sean, we all know you as the bachelor who pulls pranks. You pranked Emily when you were a contestant on *The Bachelorette*, who didn't see the humor in it and kicked you off the show the same week. You also pranked the contestants this season, placing them in uncomfortable situations to test their ability to roll with the punches. Because this is apparently an enduring personality trait, you need to choose someone who can prank you back with equal zest—or at least appreciate your sense of humor. Whether it's pranking, singing in the shower or biting fingernails, we all have idiosyncrasies that may be annoying to some. We just need to find partners who can love us for our uniqueness, not in spite of it.

Jeff and I will be watching what is sure to be “the most dramatic rose ceremony in *Bachelor* history” with popcorn in hand. And I'll be interested to see whether Sean chooses the secure, confident, enjoyable woman that he needs to build a lasting relationship. If only I had Chris Harrison's job...

Amy Osmond Cook, Ph.D. is a faculty associate at Arizona State University, where she teaches Communication and English classes. She is the publisher of Sourced Media Books and co-author of Hope After Divorce and Full Bloom: Cultivating Success. Amy and her husband, Jeff, have six children. For more information about Amy, please visit amyosmondcook.com.

The Bachelor 17 Predictions: Who's the Best Fit for Sean?



 By Jared Sais

Last night's *The Bachelor: Sean Tells All* special told us a lot about Sean Lowe's connections with the final three women, but did it reveal who he would propose to on the upcoming finale? After Desiree was sent home, it was tough to know who has Sean's heart. Based on his body language, here are my predictions.

Lindsay

It may come as a surprise, but I saw a micro-expression of hate when the bachelor spoke about Lindsay. He used words that indicated he didn't want her, so I say Lindsay is out.

That means Sean's final choice is between AshLee and Catherine.

Related Link: [The Bachelor 17, Episode 6: Chemistry in Canada](#)

AshLee

I think AshLee would've been my number one, but maybe I'm just bias. I personally like her a lot. A problem with AshLee? Sean's a Christian boy. AshLee may be sweet, but Catherine's morals move her to my number one pick for Sean.

Catherine

I think Sean's into the total package of Catherine. Sexually,

though, he likes AshLee more. The question is: Will Sean pick the girl who he feels the most chemistry with (AshLee) or the girl who may be a better overall fit (Catherine)? And I think the answer is Catherine.

Related Link: [The Bachelor 17, Episode 5: Sean Lowe's Mistakes & Top Picks](#)

In my opinion, the ranking for Sean's final picks are as follows:

#1 – Catherine

#2 – AshLee

#3 – Lindsay

We'll all have to tune in next week to see who makes it to the finale!


Who do you think will receive Sean's final rose – and an engagement ring ? Tell us in the comments below.

Jared Sais is co-author of the website The Non-Verbal Game. He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love.

'The Bachelor' Performer Sarah Darling Feels at Home on New Tour with Scotty

McCreery



 By Whitney Baker

Sarah Darling is one lucky lady: she gets to appear on this season's *The Bachelor* not once but twice. Tonight, additional footage from her concert in Whitefish, Montana, will air on *The Bachelor: Sean Tells All* special. Plus, we'll get to see never-before-seen shots from Sean Lowe's one-on-one date with Lindsay Yenter. Sharing her personal excitement, Darling said, "Tonight's show is going to be amazing! I'm so excited to hear what Sean has to say about all of the ladies, especially Tierra."

Related Link: [Exclusive Interview: Sarah Darling Talks 'The Bachelor,' Country Music and Her Top Pick for Sean Lowe!](#)

Darling got a firsthand look at Lowe's connection with Yenter, so does the country star think the contestant has what it takes to get the final rose? "I'm a little surprised that she's in the final three – I guess the wedding dress was a good choice!," referring to Yenter shocking Lowe on night one by stepping out of the limo in a wedding dress.



Still, with Lesley gone – Darling's frontrunner when we last spoke to her – she has to pick a new top choice. "My favorite remaining lady is Lindsay, of course!"

Performing on *The Bachelor* proved to have bigger perks than just meeting the handsome Lowe. Sales of her single "Home to Me" increased by 220 percent following her first appearance. Of this impressive jump in numbers, Darling shared, "Being on the show definitely introduced my music to new fans, and I'm really thankful for that opportunity."

Related Link: [The Bachelor 17, Episode 8: Home Sweet Home](#)

She's also expanding her fan base on the Weekend Road Trip Tour with Scotty McCreery, which kicked off on Valentine's Day. "This past week has been a dream come true. This is my first national tour, and I could not be out with a better guy. Scotty is such a great artist, and we're having so much fun," Darling said of McCreery, whom she watched on *American Idol*. "The McCreerians have really welcomed me with open arms, and I'm loving this tour already!"

For those of you lucky enough to attend one of their shows, be sure to watch closely. "We even have a special number that we perform together each night!"

Don't miss 'The Bachelor: Sean Tells All' on ABC tonight at 9 p.m./8 p.m. CT! You can check out Darling's 'Home to Me' EP on iTunes and catch her on tour with Scotty McCreery.