

# 'Bachelorette' Alum Desiree Hartsock Gives Birth to Celebrity Baby Boy



 By Kayla Garritano

It's a boy, and she's a mother! Former [Bachelorette](#) contestant [Desiree Hartsock](#) welcomed a [celebrity baby](#) boy into the world on Wednesday, October 19. According to [EOnline.com](#), Asher Wrigley Siegfried was born at 8 pounds and 20.5 inches, and Desiree and husband Chris Siegfried couldn't be happier. "Words can't even express the amount of love we feel for our baby boy Asher," the new mom exclaimed. "He has already brought so much joy into our lives in one day. He's strong, healthy, happy, playful and warm. Chris and I are beyond blessed with this beautiful gift of life that we are excited to have as a part our family."

## This celebrity baby's name is Asher Wrigley. What are some ways to decide what to name your new baby?

### Cupid's Advice:

You have a new bundle of joy! Now, you have to name your baby. The name is permanent once you write it on the birth certificate, so just make sure you 're committed to the name, even if it's just think it was pretty! How do you know what's the right name for your baby? Cupid is here to help:

**1. Baby books:** There are plenty of baby naming books if you're really stuck not knowing what to name your newborn. There are

different types of names and different ways to spell them. Talk it out and see what you and your significant other agree on. You can even take a look at your baby and see what name suits him or her best.

**Related Link:** [Olivia Wilde & Jason Sudeikis Welcome a Celebrity Baby Girl!](#)

**2. Family importance:** Is there one family member on either your side or your partner's side who you adore and look up to so much you want to bless your child with that name? A lot of people do this, in honor of someone they love or lost. Take a moment to think about it and see if you'd name your baby the same.

**Related Link:** [Rob Kardashian & Blac Chyna Are Having a Celebrity Baby Girl](#)

**3. Common interest:** Maybe there's a name of a character in a movie, on a TV show or in a book that you connect with. You love the character so much that you can see your baby with the same name. Your baby could also be named after your favorite celebrity. Anything that interests you is fair game!

**How did you decide on your baby's name? Comment below!**

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**Celebrity Wedding Tips:  
'Bachelorette' Alum Desiree  
Hartsock Offers Wedding Tips**

# in New Book



By [Nicole Caico](#)

Former *Bachelorette*, Desiree Hartsock, has a new book out that is full of wedding planning tips. In her book, *My Fairytale Wedding*, Hartsock promises to help brides achieve their own fairytale weddings “without breaking the bank.” According to a [celebrity interview](#) for [UsMagazine.com](#), Hartsock spoke about wedding planning, saying, “It’s very stressful and a lot of people don’t realize how stressful it is.” She had her own [celebrity wedding](#) in January 2015 and now brides everywhere can get Hartsock’s wedding planning advice.

**This *Bachelorette* alum already planned her own celebrity wedding! What are three important wedding tips to keep in mind as you plan your nuptials?**

## **Cupid’s Advice:**

Hartsock is definitely right on this one. Couples spend thousands and thousands of dollars on their weddings, but creating the same experience for much less money is possible. Whether you’re financially splurging or trying to save money where you can, there are always things to keep in mind during your wedding planning:

**1. Keep your eyes on the prize:** As Hartsock says, wedding planning can be stressful. It’s important to remember during the planning process what you’re really planning for. Don’t

get so stressed out that you fight with your betrothed on a daily basis. The reason your wedding is happening is because you love each other. You also want to remember that the wedding is about your love not how much you spent on flowers and impressing your guests.

**Related Link:** [Celebrity News: Kristin Cavallari Reveals Her Third Wedding Anniversary Celebration With Jay Cutler](#)

**2. A little piece of you:** A surefire way to make your wedding special on a big or small budget is to include personalized aspects in the ceremony and the reception. Talk to your parents or in-laws and see if there is anything from their weddings that you might be able to incorporate for your own—from the actual gown, to a piece of jewelry or a recreation of the bouquet. When planning, remember that you can personalize any part of your wedding, there is no real wedding rule book. Get creative with invitations, decorations, or your wedding cake.

**Related Link:** [Celebrity Wedding: Bristol Palin Marries Baby Daddy Dakota Meyer](#)

**3. Looks aren't everything:** What is most important to keep in mind during wedding planning is that as long as you and your fiancé feel good about the plan, that's all that matters. Whether you're writing your own vows and DIY-ing your decorations, or reserving a luxurious reception hall and covering every inch of it in flowers, your wedding should reflect you as a couple and make you happy on your special day.

**What are your wedding tips? Comment below!**

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# Former 'Bachelorette' Reality TV Star Desiree Hartsock Jokes About Being A 'Mama in Training'



 By Emma L. Wells

[The Bachelorette](#) famous couple Desiree Hartsock and Chris Siegfried celebrated their celebrity wedding in January of this year, and they already have babies on the brain! Earlier this week, an Instagram photo sent rumors flying that the brunette beauty is on her way to becoming a celebrity mom. [Inquisitr.com](#) shared a photo of the reality TV star happily holding a baby with the caption: "Mama in training with @floridaray18 baby Jax. He's so precious I couldn't put him down!" Baby Jax belongs to new celebrity mom Renee Oteri Maynard, who is a former contestant from *The Bachelor* and good friends with Hartsock. Both Hartsock and Siegfried have talked about wanting to add kids to their relationship and love, but the newlywed quickly squashed the rumors by commenting in the thread that she's not currently expecting.

**Desiree Hartsock isn't pregnant, but it looks like she's ready to become a celebrity mom! What are some signs that you're ready to**

# have a baby?

## Cupid's Advice:

Having a baby is one of the biggest decisions you can ever make, and there are many factors you should consider before taking that step. Cupid has some relationship advice on how to tell if the timing is right for you and your beau:

**1. You have a strong partnership:** Having a baby puts a strain on your relationship and love in many ways and for many reasons. If your partnership is already a little rocky, it might be a good idea to wait until you two are on more stable ground before embarking on this journey. You should be sure that you and your significant other can support each other throughout parenthood. After all, once you're a parent, you're a parent for the rest of your life! Be sure that's a commitment that both of you can make.

**Related Link:** [Famous Reality TV Couple Desiree Hartsock and Chris Siegfried Reveal How Many Celebrity Kids They Want](#)

**2. Your finances are in order:** Everyone knows kids aren't cheap! Recent estimates put the average cost of raising a child in middle-income America until they are 18 at 241,080 dollars, and those numbers are quickly rising. It can cost thousands of dollars during the pregnancy alone. Make sure you have a financial plan in place *before* getting pregnant.

**Related Link:** [Former 'Bachelorette' Desiree Hartsock Shares Celebrity Wedding Photos](#)

**3. It's for the right reasons:** There are many reasons to have a child, and some make more sense than others. For instance, don't have a baby just because you think they're cute or because it's what people expect from you after marriage. It may be helpful for you and your partner to each make a list of

why you want a baby and why you want one now. If your reasons are good and your lists match up, then it's a good sign the timing is right!

**How can you tell if you're ready to be a parent? Tell us below!**

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## Former 'Bachelorette' Desiree Hartsock Shares Celebrity Wedding Photos



 By Emma L. Wells

There's another name to add to the list of successful love stories stemming from *The Bachelorette*! Former reality TV star Desiree Hartsock tied the knot with Chris Siegfried on Sunday, Jan. 18. While the church ceremony wasn't televised, they released exclusive photos of their celebrity wedding to [UsMagazine.com](https://www.usmagazine.com) earlier this week. They shared more than two dozen pictures from their special day, including the pretty invitations, the bridal party, and the salted caramel and Oreo cake (yum!). "In a relationship, you're always learning about someone, trying to figure out how they love, how they feel, how they think," Hartsock said following their big day. "I think it's the same with marriage. You continue getting stronger and growing with each other."

# You don't have to be a reality TV star like this former *Bachelorette* to have photographs fit for a celebrity wedding. What are some ways to up the ante for your own wedding album?

## Cupid's Advice:

You want to capture all the details of your wedding – from the dress to your first kiss as a married couple to the dancing. After all, these are memories you'll want to cherish and display forever! If you want a unique and special wedding album but don't have the budget of a celebrity wedding, Cupid has some tips:

**1. Use disposable cameras:** Add throwaway cameras as a part of your centerpieces and invite guests to get in touch with their inner amateur photographer. You can even buy customizable ones, so they match your color scheme and have your names and wedding date on them. Your loved ones will get involved and interact with each other while snapping candid photos all evening long. Not all of them will be Annie Leibovitz-impressive, but you'll end up with some really fun pictures for your album.

**Related Link:** [‘The Bachelor’ Runner-Up Lindsay Yenter Is Engaged](#)

**2. Rent a photo booth:** Photo booths are becoming a really big trend at weddings: They're a great way to capture photos of all of your guests, and the strip of photos can be your wedding favor. You can rent one for the reception, or go the DIY route by hanging a black sheet for a backdrop, finding a friend whose willing to snap pics throughout party, and buying



a travel printer. To make photos you'll still enjoy looking at in 20 years, hit a thrift store or costume store and pick up some fun accessories for your guests to wear while they pose.

**Related Link:** [Celebrity Pregnancy: Former 'Bachelorette' Emily Maynard is Expecting](#)

**3. Create your own hashtag:** Getting your friends and family involved is a sure-fire way for you to see all of the special photos of your big day. Pick an event hashtag for your wedding; be creative and come up with a cute couple nickname or keep it simple with just your married last name and the year. Make sure it's not a popular hashtag though, or it will be harder to collect all of your photos. Post the hashtag somewhere in venue – like above the bar or on the cocktail napkins – and ask your attendees to use it whenever they Instagram, Facebook, or Tweet throughout the day.

**Any other tips to make your wedding album extra special? Tell us in the comments below!**

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## **'The Bachelorette' Celebrity Couple Desiree Hartsock & Chris Siegfried Get Married!**



By [Rebecca White](#)

*The Bachelorette* celebrity couple Desiree Hartsock lives happily ever after with her new husband Chris Siegfried after they tied the knot at their celebrity wedding on Jan. 18. According to [UsMagazine.com](#), in order to make the big day

special, the celebrity couple started planning and piecing together their ideas before the *The Bachelorette* finale even aired!

## **‘The Bachelorette’ celebrity couple Desiree Hartsock and Chris Siegfried had a beautiful celebrity wedding. What are three ways to make your wedding special?**

### **Cupid’s Advice:**

You may not be a celebrity couple, but there are many ways that you can make tying the knot an exceptional affair. In lieu of an expensive celebrity wedding, try these cheaper ideas for a day that will make your heart flutter.

**1. Plan everything together:** The process of planning the ceremony and reception should be a special time in your relationship and love life. Do everything together, compromise when needed, and remember that the purpose of this day is to celebrate your love for each other.

**Related Link:** [‘Bachelorette’ Desiree Hartsock Chooses Chris Siegfried](#)

**2. DIY activities:** To make the nuptials even more unique, try doing some do-it-yourself activities. For example, you can write handwritten notes for the out of town guests, make your own invitations and make the decorations and center pieces yourself.

**Related Link:** [‘Bachelorette’ Star Desiree Hartsock says Confidence is Key to Finding Mr. Right](#)

**3. Cameras:** Instead of opting for a photo booth, try placing


disposable cameras on each table so that guests can take selfies and candid shots throughout the entire night. These shots may even end up being your favorite pictures of the event!

How did you make your wedding special? Comment below!

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# Famous Reality TV Couple Desiree Hartsock and Chris Siegfried Reveal How Many Celebrity Kids They Want



 By Emily Meyer

[Reality TV](#) couple Desiree Hartsock and Chris Siegfried are planning a celebrity wedding in January, and we may hear about a celebrity pregnancy soon after! According to [Wetpaint.com](#), after the famous couple marries, they're going to focus on having celebrity kids. In a Q&A on Hartsock's blog, *The Bachelorette* star answered questions from fans about their plans for the future, including how many baby Siegsocks they want to have. "We will see but maybe 3?" the reality TV star revealed. It looks like we won't have to wait long because she sees them in five years as "married, kids, dogs, traveling, and doing what we love."

# The latest celebrity news is that this soon-to-be-married reality TV couple is already talking about celebrity kids. How do you know when it's time to have children with your partner?

## Cupid's Advice:

Are you and your love beginning to think about starting a family like this famous couple but aren't sure you're completely ready for what's in store? Cupid knows it can be tough, so here are three ways to know when you and your partner should have kids:

**1. You both have pure motives:** As much as we hate to say it, sometimes, people want children for the wrong reasons. Having kids isn't a bandage that will fix a relationship in distress. For these reality stars, decision-making can be a little tough since they've only known each other for a short period of time. Make sure you and your partner know what's ahead and the journey you will go through together.

**Related Link:** [Do Trista and Ryan Sutter's Kids Know How the Couple Met?](#)

**2. The timing works:** Have you accomplished what you want to thus far in your life? Are you done with school, confident about finances, settled with your job, and happy with where you live? Check all of these important boxes *before* having kids.

**Related Link:** [Ashley Rosenbaum Instagrams Amazing Post-Body Just One Month After Giving Birth](#)


**3. You are healthy and happy:** Being healthy and happy is another important aspect to consider when you're having children. A mother's actions and attitude rub off on a child, so it is crucial to be in a good mindset while pregnant and as a new mom.

**How did you know you were ready to have children? Share below!**

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## Desiree Hartsock and Chris Siegfried Announce Their Wedding Date



 By Emily Meyer

The wedding bells are getting louder for one of our favorite *Bachelorette* couples! According to [Wetpaint.com](http://Wetpaint.com), Desiree Hartsock and Chris Siegfried hinted at a January 2015 wedding for months but only just confirmed the big news. The pair created an adorable save the date video on Instagram that featured some of their cutest pictures. The clip, which was posted by Hartsock, was overlaid with the text: "Save the Date: January 2015 Des + Chris." Hartsock then added a caption to the slideshow, writing, "It has been one incredible journey with the love of my life thus far but I cannot wait to marry him and start another chapter! I love you so much!! #savethedate #secretsout #goingtothechapel with @chrisrsiegfried @seahawks #flipagram Music: The Avett Brothers – I and Love and You." This winter wedding will be one to remember!

## What are three unique ways to announce your wedding date?

### Cupid's Advice:

Tired of the same old boring save-the-date announcements? No need to worry! There are so many fun ways to share your wedding date with your guests, and Cupid wants to help. Here are three unique ways to announce your special day:

**1. Photo strip bookmarks:** Find a local place to take pictures in a photo booth with your fiancé. Take the photos while holding up cute signs with details of your wedding. You can include only the date or add the location if you've made more definite plans. Make as many copies as needed and send them to all of your friends and family so they can "mark" the event on their calendars!

**Related Link:** [Matthew Morrison Shares Wedding Photo With New Wife Renee Puente](#)

**2. Match books:** Get custom-made matchboxes that have the date of your wedding written on them. You can also put a cute phrase on the box that goes with your theme – something like, "Get ready to see sparks fly!" Not only is this idea adorable, but it's super easy. Check out Etsy and Pinterest for more inspiration.

**Related Link:** [Andi Dorfman Begins Wedding Dress Shopping in NYC](#)

**3. Put it on film:** If you and your partner want to go a more extravagant route, produce your own save the date video. Work with someone who knows about cinematography and show your love story on film with the ending revealing your wedding date. Send the video out to your guests via e-mail.

**What are some other unique wedding announcements that you love? Share your ideas with us below!**

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# Former ‘Bachelorette’ Desiree Hartstock Celebrates Upcoming Wedding with Bridal Shower



 By Laura Seaman

Desiree Hartstock of the *Bachelorette* is celebrating her wedding, the date still undecided, with a bridal shower. The star had her shower with a group of her girlfriends, which included other former *Bachelor* contestants such as Ali Fedotowsky, Daniella McBride, and Jackie Parr. Hartstock’s shower was at the Lombardi House and was posted all over social media in photos and tweets such as “BEST bridal shower anyone could ask for!!” According to [People](#) the couple now lives in Seattle had an engagement party back in February.

**What are some ways to personalize your bridal shower?**

## **Cupid’s Advice:**

A bridal shower is a great way to celebrate your upcoming wedding with girlfriends and family members. It showers the bride with love and affection, which is definitely needed to calm the wedding nerves and the stress of planning everything. If you want your bridal shower to be something special, make it unique to you! Every marriage is different, and of course every bride is different, so why not have a different bridal shower? Cupid has some advice:

**1. Have a theme.** Theme weddings don’t always work, so maybe you could try to take it down a notch and still give the bride

what she wants by doing a bridal shower theme. All of the guests should show up in the proper attire, the venue should be decked out appropriately, and the activities should be fun but with the theme. It's a great way to have fun and go all-out without having to go through the complications of a theme wedding.

**Related:** [Sia Married Filmmaker Erik Anders](#)

**2. Play some games!** This is a great way to have fun at any shower, and plenty of games revolve around the bride, so it's easy to personalize them. Trivia about the bride, Bridal Bingo, The (Almost) Newlywed Game, and Memory Lane are all examples of games where the guests get to know a little more about the bride while having fun at the same time.

**Related:** [Avril Lavigne Receives 17-Carat Ring for Wedding Anniversary](#)

**3. Serve the bride's favorite food.** Even if it doesn't fit the theme or is a bit weird for the occasion, the party is about the bride, so she should be able to enjoy her favorite food. This could be something completely casual like burgers or chicken wings, or it could be more elaborate like a three course meal. Either way, the meal should reflect the bride's taste. Literally.

**What are some ways your bridal shower was personalized? Let us know in the comments!**

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**Exclusive**

**Celebrity**



# Interview: 'The Bachelorette' Star Desiree Hartsock Says Confidence is Key to Finding Mr. Right



Interview by [Whitney Johnson](#). Written by Elizabeth Kim.

Fans were overjoyed when Desiree Hartsock, who finished as fourth runner-up on Sean Lowe's season of *The Bachelor*, was named the next *Bachelorette*. The bubbly brunette captured our hearts even more as we watched her search for true love. It was a gift from Chris Siegfried – a journal filled with a heartfelt message to her and poetry he had written – that ultimately convinced her that she had found Mr. Right. Following his moving proposal in Antigua, the couple moved in together in Seattle, Washington, and are enjoying life since their celebrity engagement.

**Related Link:** [Desiree Hartsock Says 'Love Can Be Unpredictable'](#)

## Reality TV Star Discusses Life Since *The Bachelorette*

In our exclusive celebrity interview, the reality TV star happily admits that there haven't been any rude awakenings and attributes their success so far to good communication. "From our time getting to know each other on the show as well as seeing each other while the show was airing, we had a great idea of what it would be like living together," she explains. "We work well together because we

already disclosed all of our little quirks.”

They’re also lucky enough to live close to *Bachelor* alums Jason and Molly Mesnick. “They have been so great to us, and it’s nice to share a common bond,” she says of the celebrity couple. “We’ll get together with them whenever possible for dinner or even just to hang at their house with Riley, their adorable baby girl.”

Although Hartsock may be best known for her role on *The Bachelorette*, she’s also an accomplished designer. While working toward a degree in fashion design, she fell in love with the bridal industry and eventually worked as a stylist in various bridal salons. She also worked for a plus-size women’s contemporary brand that gave her the experience and appreciation of designing clothes that flattered all shapes. She even designed and created the dress she wore to fellow *Bachelor* stars Lowe and Catherine Giudici’s wedding.

**Related Link:** [Sean Lowe and Catherine Giudici’s Wedding](#)

After devoting so much of her life to the bridal industry, some may think that Hartsock feels pressured to have the ultimate celebrity wedding. But true to her easygoing nature, she isn’t stressing over every detail. With an engagement party coming up in a few weeks, the famous couple are in the beginning stages of planning their nuptials. “We are working on setting a date,” she shares in our exclusive celebrity interview. And lucky for fans, she adds, “We’re open to having it televised and still planning for the fall.” As if the prospect of a televised wedding wasn’t daunting enough, she also plans to design both her wedding *and* reception dresses.

The former *Bachelorette* is working with award-winning designer Maggie Sottero to help her visions come to life. “I have worked with many designers in the past and found that Maggie Sottero is the most sought-after designer because of the company’s commitment to ensuring a bride’s happiness as well

as providing the best fit possible.” She coyly adds that, while she doesn’t want to give too many details away, one thing is for sure: “Both dresses will reflect my personality in different ways. I love to dance and be comfortable, so my reception gown will cater to that, while the ceremony gown will be more romantic.”

## Desiree Hartsock Gives Love Advice

Given her reality TV past, she knows what Juan Pablo Galavis, who competed for Hartsock’s heart, and the current season’s *Bachelor* hopefuls are experiencing. Of the remaining ladies, she says, “There is definitely chemistry with Nikki, Andi, and Renee as well as with Clare. I don’t like to choose favorites, but I do like Renee’s demeanor and personality.” No matter who Galavis picks, Hartsock advises the women to focus on their potential future with Galavis rather than worry about the other girls.

**Related Link:** [Why Confidence is So Important in Dating](#)

It certainly takes a level of self-assurance to be vulnerable in front of millions of viewers, but Hartsock believes that confidence is key to finding love on *or* off the screen. “My love advice is to know your self-worth and what you deserve, to be confident in who you are, to let him pursue you, to be independent and not desperate, and to be yourself.”


With such a dismal track record, past stars of *The Bachelor* and *The Bachelorette* may also want to heed the designer’s advice for dealing with broken hearts. “The way that I have always gotten over break-ups is knowing that things happen for a reason, and no matter the circumstance, there is always something more or better to come,” she says. “Although it can be really tough to do, it’s important to hold on to the hope that there is someone out there who will be everything you deserve and more and to not dwell in the hurt or past, but keep pushing forward with each new day.”

To learn more about Desiree visit her website, [www.desireehartsock.com/](http://www.desireehartsock.com/). The Bachelor airs on Monday nights on ABC at 8 p.m. ET!

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# 'Bachelorette' Desiree Hartsock Says 'Love Can Be Unpredictable'



 By April Littleton

Desiree Hartsock took to her blog on [People](#) to thank everyone who watched her journey to find love on the latest season of *The Bachelorette*. "I appreciate the encouraging words from many and the understanding that love can be unpredictable." Ultimately, Hartsock chose Chris over Drew because she felt her relationship with him "didn't move forward" after their date in Antigua.

**How do you roll with the ups and downs of a relationship?**

## **Cupid's Advice:**

Dealing with the ups and downs of a relationship can be complicated, but love isn't perfect. In order for you and your partner to be happy you must learn how to properly handle any bumps in the roads that you're bound to hit. Cupid has some tips:

**1. Don't ignore the issue:** When you realize that you may have a problem, confront it head on. Some couples choose to neglect

the problem, but this will only make matters worse. You may even end up breaking up because of it. Take the time to sort out why the two of you may be having issues. The sooner you talk about what's bothering you, the quicker you can find a way to solve the problem and get back to being the happy couple you once were.

**2. Don't bring up the past:** Once you decide to forgive each other for whatever wrongdoing may have occurred, leave that issue in the past. Constantly bringing up problems that aren't relevant to your relationship anymore is immature. Of course, couples fight, but that doesn't mean you have to bring up conflicts that occurred months ago. Let the past be the past.


**3. Stay positive:** When you and your honey are on the outs, think about all of the positive things the two of you have done together and how much the both of you have overcome. Don't focus on the negative. Rather than obsessing over the things your partner may do wrong, draw your attention to all of the things he/she does right. Your relationship will be better for it.

**How do you roll with the ups and down of your relationship? Comment below.**

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# **'Bachelorette' Desiree Hartsock Chooses Chris Siegfried**



 By Kerri Sheehan

This season's *Bachelorette* was not exactly a cookie cutter love story. Desiree Hartsock was blindsided when her frontrunner, Brooks Forester, decided to bow out of the competition leaving her with the last two contestants, Drew Kenney and Chris Siegfried. Rather than abandon her search for love, Hartsock decided to give each of the remaining bachelors a rose and a chance at her love. In the end, Chris Siegfried won her heart and had her feeling, "Like the luckiest girl alive," according to [People](#).

**What are some ways to choose between two potential partners?**

### **Cupid's Advice:**

Not everybody's love story is straight out of a Nicholas Sparks novel. Sometimes you may be forced to choose between two love interests and the decision will be one of the hardest of your life. Cupid has some advice about how to deal:

**1. Ask what you want out of life:** Take time to really think about what you find most important and consider which partner can help you attain that. Most of the times you'll want to achieve these things yourself. If that's the case then consider who is most likely to give you an emotional boost when you're feeling down.

**2. Long-term happiness:** In the end you have to put your long-term happiness above all else. Think of whom you can see yourself growing old with and stick with them. You live your life for you, not for anyone else.


**3. Think of what draws you to each partner:** The human mind can do this really neat thing where it builds people up on its own accord. This means that part of the guy you're falling for can be partially in your head. Think about each guy separately and what you love about them. This should include the good, the bad, the ugly, and the pretty.

How would you choose between two potential partners? Share below.

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# ‘Bachelorette’ Desiree Hartsock Speaks Out at ‘Men Tell All’



 By April Littleton

The bridal stylist blogged on [People](#) about the ups and downs she went through while getting the chance to see all of the men she dated on *The Bachelorette* again. She talked about her unresolved feelings for some of the contestants and how it felt to see some of the men who manipulated her. “It was exciting and fun to to see everyone at *Men Tell All* and to hear what they had to say after watching the episodes,” Hartsock said.

**What are some ways to tell your partner something difficult?**

## **Cupid’s Advice:**

Sometimes it’s hard to tell your loved one something important depending on how they usually react to surprising news. The more difficult the situation is, the harder your partner may take it. Unresolved issues can escalate into a fight, so whatever the problem is, don’t keep quiet. Cupid is here to help:

**1. Practice:** Before you bring the issue up with your partner,

it's best to prepare what you want to say first. If you're nervous or unsure of how to bring the subject up, this tactic might help you. Practice in front of the mirror or ask one of your friends to sit in as your love.

**2. Don't get defensive:** When you do tell your significant other the bad news, try not to place any blame where it doesn't belong. It may be hard for you to do so, but consider your partner's feelings in the situation. Be kind while still remaining honest. Both of you need to be responsible for whatever is going on in the relationship. One of you shouldn't feel worse than the other.

**3. Write it down:** Sometimes the best way to say something is by not saying anything at all. If you don't have the heart to tell your loved one bad news vocally, try writing it down instead. Write down all of your feelings in a letter and give it to your partner when you feel ready.

**How do you tell your partner something difficult? Comment below.**

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## Bachelorette 9, Episode 8: Meeting the Families



 By [Jared Sais](#)

This week's episode of [The Bachelorette](#) hit close to home...literally. Desiree toured the country, visiting all of the guys' hometowns and meeting their families. She seemed to take this opportunity to reaffirm how she feels about each contestant, and luckily, each family was welcoming to her.



Her only somewhat-negative experience was with Zak's family, as they may have come across to her as a bit campy. She made an "aw face" while they were singing to her, which is characterized by:

- Raising the inner corner of the eyebrows
- Lowering the outer corners of the mouth
- Swelling of the lips
- Occasionally tilt of the head

It can seem like a look of sadness, but it's really more akin to the expression someone makes when looking at a cute dog or baby. This non-verbal cue could mean that Des was genuinely touched by the gesture, or she could've been trying to be nice. It could also have been a look of pity. It didn't matter in the long run, though, since she sent Zak packing at the end of the episode.

**Related Link:** [Bachelorette 9, Episode 7: Confession in Madeira](#)

Ultimately, though, I believe that all Desiree wanted was proof that Drew's family is fun and loving, which she definitely got. She made it clear last week that she's made up her mind about who she's going to choose, and to me, the hometown dates only confirmed that fact.

This episode, perhaps more than any other episode of *The Bachelorette*, is applicable to our own lives. When you meet your significant's other's family, how do you think they feel about you? Here are some cues to consider.

### **Signs That Your Partner's Family Likes You**

- **They give you real hugs.** Real hugs are tight and last a long time. If it concludes with the rubbing of the back of your neck, you know it's a real hug.

- **Their smiles are genuine.** When someone offers you a genuine smile, crow's feet appear in the corner of the eyes, the cheeks are pushed up and the corner of the lips rise.
- **They stay close to you.** Family members will sit next to you and position you in the middle of the group. They invite you into their personal space, which is less than four feet from them according to Edward T. Hall.
- **They want to get to know you.** They ask you about your interests, your likes and your dislikes.
- **They invite you to future events.** Such invitations are a clear indication that they like you and want to see you more.
- **They're eager to serve you food and beverages.** People who like you want to make sure you're taken care of and happy.
- **The ex isn't mentioned.** They rarely discuss your partner's ex, and when they do, it's to comment on your superiority.
- **They give thorough answers to your questions.** People who like you will take their time in responding to you. They may even seem to ramble when they tell stories because they enjoy your company and want to maximize the amount of time that they spend with you. Tedious as it can be, try to think of it as a type of initiation.
- **You're a part of family stories.** They start telling anecdotes about things that occurred while you were in their company, which really indicates that they consider you to be "one of them."
- **They treat you as a member of the family.** If your significant other's mother or father asks you to set the table or perform a different household chore, it's another indication that they view you as a member of the family.
- **They offer compliments.** Take it as a good sign that your partner's family showers you with praise.

- **You feel wanted.** Trust your gut. Stay attuned to the vibes – good or bad – that you pick up.
- **They stretch out their goodbyes.** It's hard to say goodbye to people you like or love. When leaving your partner's family, look for signs of sadness. For example, their voices might lower. They might also give you multiple hugs and kisses.

**Related Link:** [Bachelorette 9, Episode 6: Drama in Barcelona](#)

### **Signs That the Family Doesn't Like You**

- **They give you fake hugs.** When someone gives a fake hug, their butt is pointed out. The hug is quick and may consist of only a single or double tap on the back.
- **Their smiles aren't sincere.** Fake smiles only engage the lower half of the face. There is a total lack of eye movement.
- **They keep their distance.** They maintain space between themselves and you. Perhaps they scoot their seats away from you, lean back in their chair, choose a seat that's far away from you or find tasks to perform to avoid speaking to you.
- **They're uninterested.** They don't ask you questions about yourself or perhaps they simply exclude you from the conversation.
- **They exclude you from family events.** You notice that they never include you in their plans for family activities.
- **They glorify your partner's ex.** They speak very highly about your partner's previous relationships yet never compliment you.
- **They're not conversational.** They offer short responses to your questions.
- **They're reluctant to compliment you.** They rarely say nice things about you.

- **They have private conversations.** They often take your partner aside to have private conversations that are most likely about you.
- **It's impacting your partner negatively.** Notice your partner's mood. If they seem upset or angry, it may be because they are frustrated by having to defend you to their family.
- **Your partner emphasizes your strengths.** If your significant other starts describing you as the funniest, most brilliant person in the world, it's probably his attempt to ingratiate you to his family.
- **They say an unemotional goodbye.** When you leave them, they use casual phrases like "take care" or "see ya." They may also say goodbye in a silly or high-pitched tone.

Meeting the family can be a daunting next step in your relationship. With these non-verbal and verbal signs in mind, however, you can determine how they feel about you and respond accordingly. Good luck!

**After watching this week's episode of *The Bachelorette*, how do you think meeting the families will impact Desiree's final decision?**

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## **Bachelorette 9, Episode 7: Confession in Madeira**



 By [Jared Sais](#)

As the ninth season edges closer to its finale, Desiree opens

up about her true feelings. Read on to find out who I think will ultimately win her heart...

**Related Link:** [Bachelorette 9, Episode 6: Drama in Barcelona](#)

### **One-on-One Date with Brooks**

Desiree and Brooks certainly have a lot to talk about! They tend to get so engrossed in conversation with each other that they block out the rest of the world – a significant sign of compatibility. Their non-verbal communication is equally telling. Their body language mirrored each other as they chatted, something found in couples who are truly in love. Furthermore, when Desiree discussed her feelings for Brooks, she nodded to confirm what she was saying. If she had been lying, she would have shaken her head “no” when she said that she was “at the finish line.”

They are a perfect couple, and it’s clear that Brooks is going to be the winner. The best indication of that is the contrast between her interaction with Brooks and her interaction with the others guys. When she’s with Brooks, her smiles last longer, and her eyes widen more. Plus, she goes in for kisses more frequently.

### **One-on-One Date with Chris**

It looks like Chris is going to be the runner-up. The bachelorette definitely cares about the Oregon native. She was truly touched by his poetry and is attracted to his blatant masculinity. They have some chemistry, but there’s still something missing. Desiree doesn’t latch onto Chris the way she does to Brooks. She kisses Chris the way one would kiss a best friend rather than a lover. It’s no secret that Chris is more interested in the brunette than she is in him. If Brooks weren’t on the show, though, I think Chris would be the winner.

On a scale of one to ten (one being friendship, ten being love), Brooks comes in at nine, and Chris ranks at seven. Brooks is in the lead, but the score is extremely close. Things could change drastically when Des meets their families next week.

### **Two-on-One Date with Drew and Zak**

I thought from the beginning of this date that whoever wins the go-kart race will get a rose – either on the date or at the rose ceremony. Desiree isn't likely to decide who stays and who goes based on looks but by personal connection. Drew lacks confidence and kept looking downward during their time together. There is something about him that I find very off-putting. Based on the beauty's unenthusiastic reaction, I doubt that either of them will come close to beating the front runners.

**Related Link:** [Bachelorette 9, Episode 5: Finding Love in Germany](#)

### **Ranking**

My order remains: Brooks, Chris, Zak and Drew. These last two could easily be switched, but I listed Drew last because I feel that his intangible "off" quality will impact Desiree's decision.

**What do you think about our expert's predictions? Share your thoughts in the comments below!**

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# **Bachelorette 9, Episode 6:**

# Drama in Barcelona



By [Jared Sais](#)

This week's episode of [The Bachelorette](#) was certainly eventful! James' off-camera comments cast suspicion on his motivations for being on the show and his true feelings for Desiree, causing emotions to run high and loyalties to be questioned. Here we go...

**Related Link:** [Bachelorette 9, Episode 5: Finding Love In Germany](#)

## Drew's One-on-One Date

The constant kissing was cute at first, but after a while, it just started getting tedious. That said, there's a noticeable contrast between the first kiss that Drew and Des shared (at the start of their date) and their kiss when he stole the bachelorette away from dinner. The first one lacked intimacy, while the other one was very passionate. At first, it almost seemed as if Drew was kissing Desiree in order to prove his worth as a contestant, making me think that he doesn't really like her as much as he wants to let on.

However, I love that he waited to get the rose before talking about James – it was a smart move.

## Drama with James

James caused a lot of trouble when he pointed out that if he makes it to the top four, he'll have a chance to be the next [Bachelor](#). Although he made this comment during a private conversation off-camera and didn't expect for Casey and Drew to expose his true intentions, there was still some dishonesty and covering up on his part. Ultimately, though, I don't think

that he's a bad person; I think his words were taken out of context.

Even so, James did exhibit a lot of signs associated with lying when he was explaining to Desiree what he actually said during that controversial conversation. The following non-verbal cues could indicate that he wasn't being truthful:

- He kept his hands in his pockets, suggesting that he was defensive.
- He took long pauses.
- He was overly argumentative.
- He stood up and behaved like a bully.
- He licked his lips before speaking. When you lie, your mouth gets very dry because lying puts a lot of stress on the body.
- He said, "No, ma'am," which suggests that he was trying to further the distance between himself and the story he was telling. Hearing James say this phrase to Desiree set off my alarm and hinted that, perhaps, he really *did* say something detrimental during that private conversation.

To be fair, though, James also exhibited some non-verbal communication that indicated honesty, including:

- Bulges formed on top of his inner eyebrows as he was speaking, which is an indication of true sadness. He was truly contrite about the situation.
- He didn't use too much eye contact. Often, experienced liars will maintain eye contact in order to see if the person they are speaking to believes them. His steady eye contact suggested that he was truly apologetic.

**Related Link:** [Bachelorette 9, Episode 4: Atlantic City](#)

Now that I have thoroughly analyzed James' non-verbal cues, I can say that, regardless of his true feelings for Desiree, he would make an excellent salesman. His last conversation with Desiree was, essentially, a sales pitch to keep himself on the show. He played it perfectly – although I believe that about



85 percent of what he said was a lie. I have to credit him for his perspective: if he doesn't end up marrying Desiree, he could very well end up as the next bachelor.

On another note, the rest of the guys are trying to pass themselves off as a bunch of goody two-shoes. Their thoughts may only be on Desiree, but that isn't practical; after all, only one of them will end up winning her heart. They don't have the same realistic expectations as James, but with that said, just because James is logical doesn't mean that he's honest.

Additionally, I think that the guys' argument that "if you love Desiree, you won't think about any other girl" is unfair. I agree that if you love someone, you shouldn't be thinking about anyone else, but I think it's wrong for these men to be applying their own emotions to James. Maybe he just isn't in love with the brunette beauty just yet.

Stay tuned for next week's romantic dates in Madeira!

**What do you think about Desiree's remaining guys? Share your thoughts in the comments below!**

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## **Bachelorette 9, Episode 5: Finding Love in Germany**



 By Jared Sais

Things got intense in this week's episode of [The Bachelorette](#)! Get the skinny on what was really going on in the minds of the [bachelors](#) as passions became more apparent and rivalries

heated up.

**Related Link:** [Bachelorette 9, Episode 4: Atlantic City](#)

### **Chris' One-on-One Date**

There's no doubt about it: Chris is head over heels for Desiree. Even if you missed him saying that he was falling "slowly but surely" in love, there were plenty of non-verbal signs that he's into her. His eyes widen when he sees her; his smile stretches from ear to ear; and when his voice lowers into a whisper and his eyes lose focus, you can tell that he's thinking only of her. Smiling with a wrinkled nose is another indication of playfulness. Other cues of trust and affection to look for include: leaning in close to one another, cuddling, nuzzling against the chest or shoulder, the ability to act goofy and maintaining eye contact.

The Oregon native clearly loves Desiree, and the bubbly brunette is into him too. When she kissed him, she put both of her hands behind his head and – almost forcefully – pulled him towards her. It was very passionate and sexual non-verbal communication. It looks to me like Des might already like Chris more than she ever liked Sean Lowe on last season's *The Bachelor*. But is it love? I'm not sure yet.

It's important to note that she got a bit tipsy during dinner. She tripped; her speech slowed; and her pupils were dilated. It seems like she gets emotional when she's drunk, and she showed micro-expressions of sadness throughout the date.

### **Bryden's Exit**

It turns out that my instincts about Bryden were spot on – almost. In my Quote Me Now article, I mentioned that his non-verbal cues suggested that he was trying to distance himself from the bachelorette. While my suspicion that he had a girlfriend back home proved incorrect, Bryden did leave the

show. Oh well. Goodbye and good luck, Bryden!

## **Group Date**

Brooks definitely stood out the most on the group date. These two hugged and kissed as if they were magnetically attracted to each other. As they kissed, Des grabbed the arm of his jacket, suggesting that she truly missed him and wanted to be with him again. There were some serious fireworks between them! Though she has definite chemistry with Chris, her reaction to Brooks is much stronger.

**Related Link:** [The Bachelorette 9, Episode 3, Dangerous Dodgeball Date](#)

## **Two-on-One Date**

This date with Michael, Ben and Desiree was certainly a spectacle. The two men were battling for the bachelorette the only way that men know how: by trying to prove their dominance. Their attempts backfired though, as their target was clearly uncomfortable. During the date, both men were pinching their lips, and Michael even made a fist at one point, a very strong indication of anger. He was ready to hit Ben (no surprise there – he's made his feelings about the single dad very apparent). I thought the funniest part of the date, though, was seeing Des drinking to avoid having to speak. The date turned out to be more about the guys than about star of the show.

At one point, the bridal stylist leaned back in her chair to give them space to duel it out. Her body position was very expressive. When people are attracted to someone, their bodies usually tilt *towards* the individual. Desiree, however, kept her shoulders, body and feet pointed straight ahead and didn't lean towards either man, suggesting that she's not interested in either of them.

Overall, this was a disastrous date. Honestly, it didn't

matter who got the rose at the end of the night – neither of guys will be end up with her heart.

Join me next week to further analyze the non-verbal communication between Desiree and her men as the competition grows more intense and the number of contestants continues to dwindle.

**Let me know your thoughts on the men so far and who you think will be Desiree's future husband!**

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# Bachelorette 9, Episode 4: Atlantic City



 By [Jared Sais](#)

Now that season 9 of [The Bachelorette](#) is well underway, some of the contestants' true natures are coming out. Furthermore, we're learning that Des doesn't necessarily see a future with a guy just because they share one romantic date together. So let's get started...

**Related Link:** [Bachelorette 9, Episode 1: The Animal Kingdom](#)

## Brad's One-on-One Date

Desiree emphasized the word "great" when she was describing her day with Brad, saying, "We are having a *great* time." This emphasis indicates sincerity – she really did have a blast with him. Think about when you're describing a delicious meal to someone. You emphasize the adjectives. For example, you might say, "I just had the most *amazing* sushi. So *fresh*! You

have to try it.” It’s an easy way to decipher someone’s true opinion.

However, just because the bachelorette said that they had a “great time” doesn’t mean that she felt any chemistry. You don’t have to be a body language expert to know that this date wasn’t going well for Brad. Even so, let’s analyze the most common nonverbal indications of discomfort that Desiree and Brad exhibited during dinner:

- Silence and long pauses
- Nervous laughs
- Concentration on food or other objects
- Short conversations and abrupt endings
- Awkward looks with rolled eyes and pinched lips with a forced smile
- Lack of eye contact

It’s no surprise that this single dad didn’t receive a rose at the end of the night.

### **Group Date**

Now on to the Bachelorette Mr. America Pageant! Only one person with actual talent managed to make Des blush, and that was Zak W. with his guitar and sweet lyrics. All of the other men tried their best but ended up treating the talent competition as more of a joke. Though Zak didn’t win the competition with his song, his performance was the one that stood out the most to me. I always say that, in the dating world, it’s important to stand out by taking a creative approach. If you play the game the same as everyone else, you’ll blend in. If you’re brave enough to express your individuality – like Zak W. was – then you’ll win the heart and mind of that special someone.

Chris also had a successful week, solidifying my confidence that he'll make it to the top five.

Let's take a look at Bryden's body language too. In my [Quote Me Now](#) article, I said that he was "not feeling" Desiree. Sure enough, in this week's episode, Bryden came out and admitted that he wasn't into the brunette beauty as much as he wanted to be at this point in the show. I think Bryden will leave soon, and I still get the feeling that he isn't there for the right reasons. There was one non-verbal cue in particular that proves my prediction correct: During the rose ceremony, when Desiree called his name, Bryden showed shame by lowering his head. Even more interesting was when Bryden gave her the "I got you" look, which is given when someone either lies or manipulates another person and gets away with it. In short, he is manipulating Desiree and isn't who he claims to be. A big warning to Desiree: stay away from Bryden!

**Related Link:** [Bachelorette 9, Episode 3: Dangerous Dodgeball Date](#)

### **James' One-on-One Date**

James definitely likes our leading lady more than she likes him, but they still had a solid date. I didn't see any sparks fly when he received the rose, and even though Desiree leaned for the kiss, there was no passion in it for either of them. I don't see James making it too much longer. He's a good guy, but he has no real connection with Desiree.

This week's episode was certainly an eventful one! Here's my current top five with one slot still open: number one is Brooks, number two is Chris, number three is Zak W. and number four is Drew. What will happen next is a mystery, but I'm already excited to see if my predictions are proven correct when the gang heads to Germany next week.

**Let me know your thoughts on what men you like so far and who you think will be Desiree's future husband!**

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# Bachelorette 9, Episode 3: Dangerous Dodgeball Date



 By [Jared Sais](#)

They called it right in the trailers when they said “drama” was about to go down on last night’s episode of ‘[The Bachelorette](#)’! There were dangerous games of dodgeball and one mad ex-girlfriend who came out of the woodwork.

Desiree has quite a cast of men vying for her attention. All of these guys were flexing and puffing their chests out, showing nonverbal portrayals of dominance.

Guys usually do this when they see a girl they like; men will take up more space to show how big and strong they are to impress the girl in question. It’s right out of the rules of animal kingdom, and not much different than gorillas beating their chests.

**Related Link:** [Bachelorette 9, Episode 1: The Animal Kingdom](#)

## Brooks

When Brooks injured himself while playing dodgeball he held Des’s hand and she did a comforting rub both on his hand and back. The tone and pitch of her voice changed and you could tell that she really cared. She also toasted Brooks while all the other guys were surrounding her. He remained on her mind and at the end of the night, the kiss between them was full of romance and passion.

## Body Language of Chris and Des

There was a lot of leaning in happening with Chris and Des and the two weren't shy about caressing each other. This is one of the easiest ways to identify if someone likes you or not. They also rested their heads on one other which is a big tell of how comfortable they feel together. I am very comfortable with moving Chris into my top 5. Although I am not sure I would put him over Brooks. As of right now, I am still predicting a Brooks win and Chris in 2nd place.

### **Brian's Ex-Girlfriend**

During the whole Brian's ex-girlfriend fiasco I started asking myself if Des was truly upset? I have to say it was a bit staged and I am sure she got the news before going on camera. Des had responses that appeared forced and she did more acting than naturally caring about what was happening. Des also had pinched lips which is a tell-tale sign that she was angry about the situation, but I don't think she was all that into Brian anyway. She acted angry but my guess is that she was probably feeling more awkward.

Tears were not real from Brian's ex-girlfriend and though she was screaming a lot I didn't see much anger. I think Brian was guilty of something but not everything. Did Brian sleep with his ex before he left for the show? Yes, but they truly could have been broken up before the show started. You could actually see Brian's ex-girlfriend smile as she got back in the limo. I think she was purposely trying to get Brian kicked off the show. I also want to point out her facial expressions didn't even show 50% sadness nor anger. When trying to portray sadness the inner corners of her eyebrows barely rose up and though her voice seemed sad there were no tears or dimples in her chin. As for anger, she was good at screaming but other than that she only had a hint of glaring eyes, which are a telltale for anger. There were a lot of facial expressions that were lacking, maybe she had Botox before coming on the show. The full story was not told and I know Brian was telling the truth about his feelings not being there for his ex-



girlfriend.

## **Casey**

I think Casey and Des are better friends than lovers. I didn't really see crazy romance. Not to mention that although they shared a crazy experience together, their date never really did heat up due to the Hurricane that was taking form when they were on top of the roof.

**Related Link:** [Bachelorette 9, Episode 2: Quote Me Now](#)

## **The one-on-one with Juan**

Who Juan? Juan Pablo won. Well he won the contest but I didn't see any nonverbal cues that told me they were so romantically crazy about each other. Their date was cute but not steamy. Des never dropped her hand full of popcorn as they kissed. Either their kiss was not the kiss of a soulmate or that popcorn was unbelievably amazing.

## **On to Bryden**

Des stated that he is "reserved" and "doesn't make the first move." Bryden reserved? Doesn't make the first move? Hmmm hmmm please tell me more about how he's in this to win Des's heart. This guy is definitely seeing someone at home or is not feeling Des. When he stated, "When we kiss it's awesome," he closes his eyes and actually shakes his head no. This tells me it's not as awesome as he wants to portray. He also does a shoulder shrug which is usually a nonverbal tell of a lie.

## **Ben and his evolving game**

Ben took the words right from my post that I wrote last week. I stated he would have to stop playing the single dad card and play a different game to show he's a bachelor and fun, just as he did this week. I guess I know just as much about the game of dating, as I know about reading people's body language, micro expressions, and lie deception.

So lets recap the big news of this week. Chris will definitely be in the top 5, I have him going number two overall, maybe number three if Drew picks up his game. So far three guys made it into my top 5: Brooks, Chris, and Drew. With two spots left we will see within the next week or two who fills the full list of top 5 bachelors.

**Let me know your thoughts on what men you like so far and who you think will be Desiree's future husband.**

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## **Bachelorette 9, Episode 2: Quote Me Now**



 By [Jared Sais](#)

The episode last night was very insightful. Before you read this post and the non-verbal communication cues that I saw on last night's episode, I want to clarify that I am a fan of Desiree! I know it may not seem that way given what I am observing, but I am just calling it what it is from my years of training in body language. Please note, that I like Desiree a lot! My head is shaking "yes" and my hands and feet are NOT crossed! So on to the analysis:

Last night, I focused on three specific competitors as I was watching the show, these were the guys that caught my attention when it came to reading their physical cues. I think you would agree:

**Ben**

If you read my first post, I was a bit iffy on Ben using his kid to get an advantage with Desiree. Though brilliant, I thought it was sneaky when it came to playing this dating game. It appears that my first impression was correct! I am not saying that Ben is a bad guy. What I'm saying is that he's sneaky. I feel that he's looking at this as a competition and game. He might be genuine when it comes to winning Desiree's heart but, in doing so, he will play all angles and win at any cost.

One thing is for sure, he will need to change up his approach soon. This means that he can't use his kid anymore. "Why," you may ask am I saying that? Well, though Ben's kid came to the rescue again in this episode, I noticed that Desiree pulled back a bit. Desiree showed signs that she was open to the idea that he had a kid but pulling out this card every time is going to hurt him.

It's simple, "If I say 'yes' but I shake my head 'no,' this should send a signal to you that I am not being honest, as my body is contradicting my words." When Desiree said, "I am very open" –referring to the idea of Ben having a child–her body language was very closed off. Her hands, though under a blanket, were interlocked and her body was pulled in tight. Though Desiree is always cold, I have studied her body language enough to determine when she's cold vs. when she is defensive and not open to the situation. I know for a fact that if Ben keeps talking more about his kid, Desiree will soon find issue with it. Right now it's cute, but soon reality will sink in and Desiree will be turned off. For Ben to make it to my top 5, he has to make himself a bachelor and move away from being labeled as the single father.

**Related:** [Bachelorette 9, Episode 1: The Animal Kingdom](#)

Additionally, Desiree said about Ben's son, "he is your love and your joy." Then she pinched her lips, which usually is a sign of anger or disapproval. She also disconnected her eye

contact, meaning she lost some interest in what he was saying on the topic. Finally, she rolled her eyes. All of this equals anger or jealousy. Her nonverbal language stated that she wants to be the love, the joy of the man she chooses to be with for the rest of her life. She wants to be the center of attention, not number two. And for a young girl, I think that's more than fair. Right now, Desiree hasn't come to grasp the reality surrounding the responsibility of entering a relationship with a man that she won't really get to know as well as she should when marrying someone with a child. Not to mention that she will have to be the stepmom of his child which creates a lot of added responsibility. This is probably more than she bargained for initially. Ben knows that he is playing a different ball game and it is most likely why he is playing dirty and pulling out all the stops to keep this reality from Desiree.

Desiree will eliminate Ben but it won't be for another few episodes.

## **Bryden**

From ever lasting smiles to their double arm hold, you might think he's your pick to be Desiree's husband! But, I noticed that he wasn't fully enjoying himself. He was a bit disconnected at times and not willing to commit. In fact, the big nonverbal cue that gave me the impression he was not feeling Desiree (and I will go as far as saying he might have a girlfriend back at home) was during the pool scene. Bryden's arm was relaxing on the side of the pool as his forearm came right in-between him and Desiree, he was creating space and putting up a barrier. What probably seemed to come off as shy, came off to me as defensive and pulling back. Bryden seemed to show contempt when speaking to Desiree, telling me he wasn't feeling it as much as he was trying to portray. Also, he showed a lot of fake smiles, meaning he would smile only with half of his face, usually the mouth region.

From my past articles, I have written about the difference between a genuine smile and a fake smile, but an easy way to know the difference between the two is by thinking of a forced smile when taking a picture. You smile with only your mouth, but when you really find something funny or are really happy, you smile with your entire face, mouth, cheeks and eyes. So when Bryden was only smiling with his mouth, I knew he was faking this emotion. Finally, I think Desiree likes him more than he likes her. I am looking forward to seeing how this plays out, all I know is that he is not into her as of now. Feelings can change and you can start to like someone more as time goes on but I just don't think this is the case with him. I just don't see him going to the end.

**Related:** [Desiree Hartsock is the New 'Bachelorette!'](#)

## **Brooks**

The second guy that I am picking for my top 5 is Brooks! My first was Drew. I think both of them will easily make it to the hometown episodes, though I don't have the other picks just yet. Let's talk about Brooks...

There were long looks of passion and genuine smiles. Both were sincerely laughing and having so much fun. What really popped out to me was the double kiss. That's something people who have been in relationships for a long time tend to do, not something you see on a first date. This was a very telling sign to me, as it should be to anyone reading this column.

If Brooks is just himself and the genuine, caring man he has portrayed to be so far, he will be Desiree's husband. I know this is a wild prediction as it is so early in the season but they held each other like they were soulmates and looked into each others eyes like they never wanted to look anywhere else. They danced the same way and the vibe was totally different with them than anyone else so far. Yes, I know, "so far," but I have been studying flirtation for about a decade now and I

know when something is real, and this was 100% real and passionate and, most importantly, telling. They showed their hands and I am sure Brooks will be in the top 5 if not her husband by the end of the show.

Here is a side nonverbal fun fact on tonight's episode. When Desiree was "lost" driving, I knew she wasn't really scared or lost. The nonverbal micro expression of being scared includes:

- eyebrows raise
- eyes widened
- lips stretch back towards the ears

Desiree did a micro expression of fear in episode one when interacting with the guy who kept wanting to take her to the room alone. So, When I didn't see any of these signals of her being scared, I knew she knew exactly what she was doing and where she was going.

**Let me know your thoughts, on what men you like so far and who you think will be Desiree's future husband.**

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# **Bachelorette 9, Episode 1: The Animal Kingdom**



 By [Jared Sais](#)

You may remember my recaps from season 17 of [The Bachelor](#) with Sean Lowe. Well, I'm back to analyze Desiree Hartsock and her suitors on season 9 of *The Bachelorette*. To get ready for last night's premiere, I brushed up on my notes from last season

and examined Desiree's past non-verbal cues (her baseline) to help me determine what man will be the last one standing. Join me for another amazing, shocking and addictive season of [The Bachelorette!](#)

First, let's take a look at the men worth talking about.

When Desiree first met **Drew**, her eyes widened; she smiled from mouth to eyes; and she even did a little "mmm" sound when he walked inside. The attraction is there, but will he be a winning personality? I would say that, with his dashing smile, he'll be around for a while.

Tone and pitch are two of the most important ways to tell if someone is attracted to someone else, and when **Robert** started to speak to the lovely bachelorette, his voice went lower, and her voice shot up. These two definitely have chemistry. Another non-verbal cue was Desiree widening her eyes. When someone likes what they see, their eyes widened to let more light in.

**Related Link:** [Desiree Hartsock Is the New 'Bachelorette!'](#)

I can't decide what I think about Ben bringing his son with him, but I know one thing for sure: Desiree was melting. Her inner eyebrows rose; her eyes got a bit wet; her lips puckered; and her head did a side tilt. These are four non-verbal cues that signify the "aww" reaction. After she showed these quick facial expressions, I knew that all Desiree wanted to do was hug Ben and his little boy. *She* even asked for a hug, whereas the first 24 guys went in for the hug. Desiree was eager to find similarities during her one-on-one time with Ben, and once she did, he got the first rose. He definitely has some tough competition though.

And then there was "ab man." Desiree was attracted to Zak W., which was his saving grace because it's a risky move to make a first impression like that. So why didn't he wear a shirt?

Because it's like *Animal House*. Some guys are peacocks and dress up to showcase themselves, while other men are bulls and clash it out.

I think Juan Pablo is the most interesting man in the world. The only thing he's missing is a Dos Equis, but he made up for that with what he first said to Desiree, "Who's Juan? Juan Pablo." Yeah, he has a catch phrase. Very smooth. He also has a relaxing way of speaking; his voice is soft, slow and charming. It's not always what you say but how you say it, and whatever that guys says sounds good. There will be plenty of non-verbal information on him to come, but sadly, his time was cut short due to a random soccer game. Of course, a competition broke out to prove to Desiree that they could kick a ball well. Very animalistic, right?

Now, let's take a look at the men who will make an early exit. Knights, magicians and bad dancers – oh my! What the heck was going on? #youarenotgettingarose

**Will** won't stick around for long, but I'll take a high five on the way out.

**Related Link:** [Who Is Your #PerfectBachelor? Tell Us and Enter to Win a Pair of Brilliance Diamond Earrings!](#)

As for **Jonathan**, I have no words other than wow. He has no game and no class. During their time together, the brunette bachelorette showed extreme non-verbal cues of fear and stress: the corners of her mouth stretched straight back to the ears; her eyes widened; and her eyebrows raised. She showed these micro-expression a lot and was also very defensive around him, tightening her body and pulling herself a way from him.

When you're in extreme stress, your body goes into alert mode as you try to put space between you and the stressful object or person. Desiree put her hands in front of her as he was leading her away. In other situations, people may do the



following non-verbal signs: arms folded across their chest, leaning away to create space, hands clutched in front of themselves and/or an object (like a purse or glass) held directly in front of themselves. Given Desiree's response to Jonathan, I knew he would be eliminated.

Diogo came out in a full suit of armor, which is worse than coming out in a wedding dress. Need I say more?

And finally, there was Larry, who reminded me of Superman: bad dancer by day (with his glasses on) and superhero doctor by night (with his glasses off). If you also want to see a great expression of awkwardness/fear, take a look at their introduction scene: Larry rips Desiree's dress while teaching her a dance move, and then he curses as he walks into the house. The camera pans to a quick shot of Des, and you see the corners of her lips pulled back to ears and her eyes widened as they roll down. *That* is a fearful, awkward look.

*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.*

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## Desiree Hartsock Is the New 'Bachelorette'!



 By Meghan Fitzgerald

Starting out as one of the 26 girls in *The Bachelor*, Desiree Hartsock was fan-favorited as the new *Bachelorette*. [People](#)

reports on the *After the Final Rose* special, Hartsock stated, "Just can't even believe I'm here. With the support of everyone, it's just such a blessing." [Entertainment Weekly](#) reports that Hartsock shocked many when she sported a no bangs look, especially the *Women Tell All*. Hartsock will continue to shock many with drama, love, and passion on this summer's ninth edition of [The Bachelorette](#).

## **What are some out of the box ways to find love?**

### **Cupid's Advice:**

Finding love is a relatively hard thing to do. Love does not usually spring itself at you, some effort is required to find the love of your life. The ways to find love seem to be around the same thing; going to bars, blind dates, online dating, and what not. Are you tired of the same pattern over and over again to try and find love? You deserve a different, out of the box way to find love. Cupid has some advice on this:

**1. Yoga class:** Yoga class is great for many things in life. Obviously it is a form of exercise, resulting in happiness. Which inevitably leads to a boost of confidence, and gives you more courage to talk to people of the opposite sex. It also balances your inner self with the natures of the world and others around you. Meeting new people at yoga will give you a look into people who are practicing the same life as you, relatively. Which will make finding love easier!

**2. Volunteering:** Would you ever suspect to meet the love of your life while volunteering? Most likely not. However, volunteering is full of generous, kind-hearted people looking to help the world. Looking for someone to love. Spark up a conversation with an opposite sex at the food pantry, or clothe drive, or helping out with the local blood drive. You never know what will come of the new interaction. So go out and do some good ladies and gentleman!

**3. Friends:** Scratch a blind date, hang out with your friends and converse with someone you don't know. If they're hanging out with your friends, you both must have something in common. If you two hit things off, it could loom into a full blown relationship. Also, if a date occurs from your meeting, it won't be strange because you two will already know each other. Go ahead and be social!

**Have you ever found love in an out of the box way? Explain below!**