

Single in Stilettos Show: Best Ways to Start a Conversation with a Man



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to writer, speaker, and author Zan Perrion about the best way to start a conversation with a man. He's worked with thousands of men and really knows what they want from women. The problem, he says, with women approaching men to start a conversation is "they're damned if they do, and they're damned if they don't." If they don't say hello to that cute guy in the corner, they go home alone because he's not doing his job and being the man. But if you do make the first move as a woman, even if the relationship works out, you may forever be holding up his end of the bargain. Listen up

for more great dating tips from Perrion!

Related Link: [Zan Perrion on What Scares a Man Away](#)

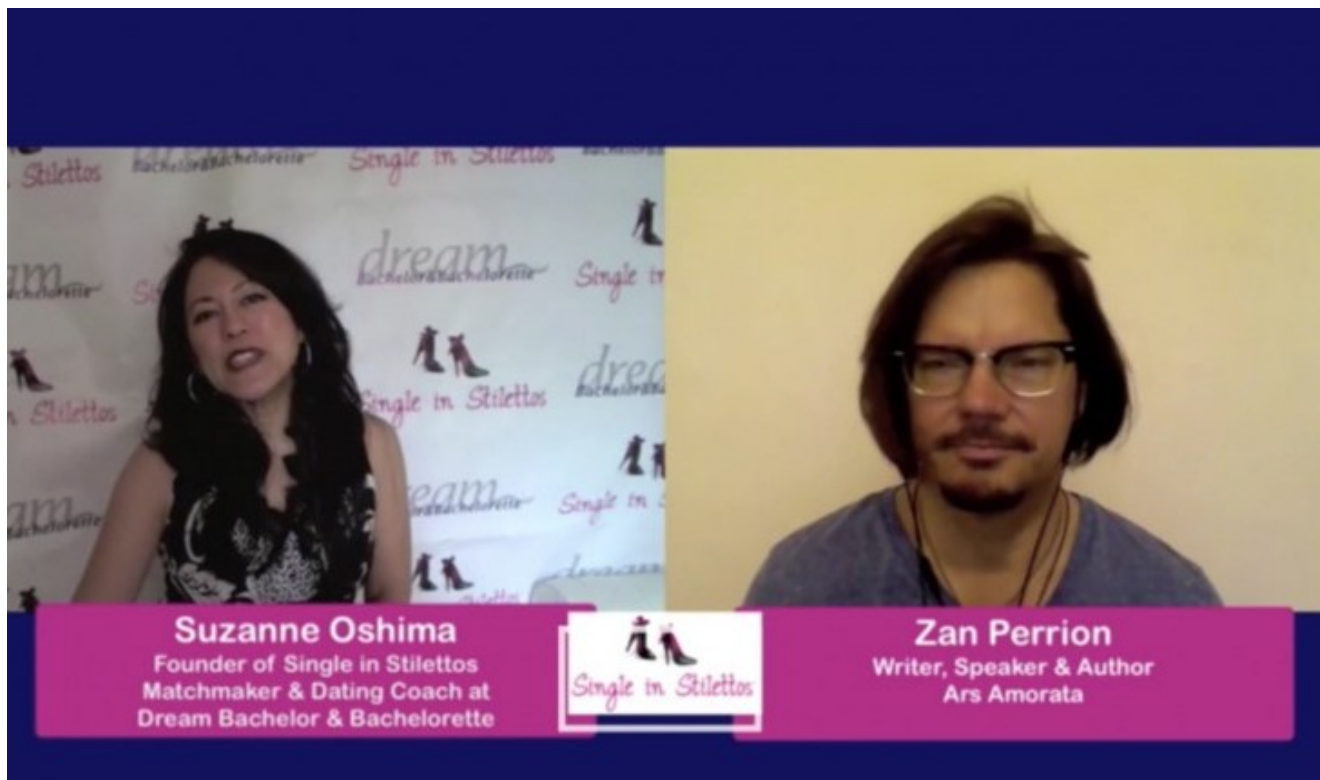
For more information about Single in Stilettos shows, click [here](#).

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

What's your best tip for making the first move? Tell us in the comments below!

Single in Stilettos Show: Are You an Unavailable Woman?





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to passionate living coach and author Abiola Abrams about ways you're being unavailable and how to attract love in your life. Here are some things you may be doing to block love from entering your life: You're not really trying to meet the right man; you complain to your friends and family that there are no good men out there; you think all men are cheaters; you think it's impossible to meet a man because there are more women than men in your city; you keep making excuses as to why you can't meet someone; you're stuck in a past relationship; you're using your looks or work to hold you back; you think men your age just want to date younger women; you think of yourself as a victim; or you're afraid of the love you deserve, being vulnerable, and/or intimacy.

Related Link: [Abiola Abrams on Insecurity and Dating](#)

Sure, it's hard to meet the right guy, but it's not impossible. If you're feeling hopeless, it's time to look inward and consider the advice in the video above!

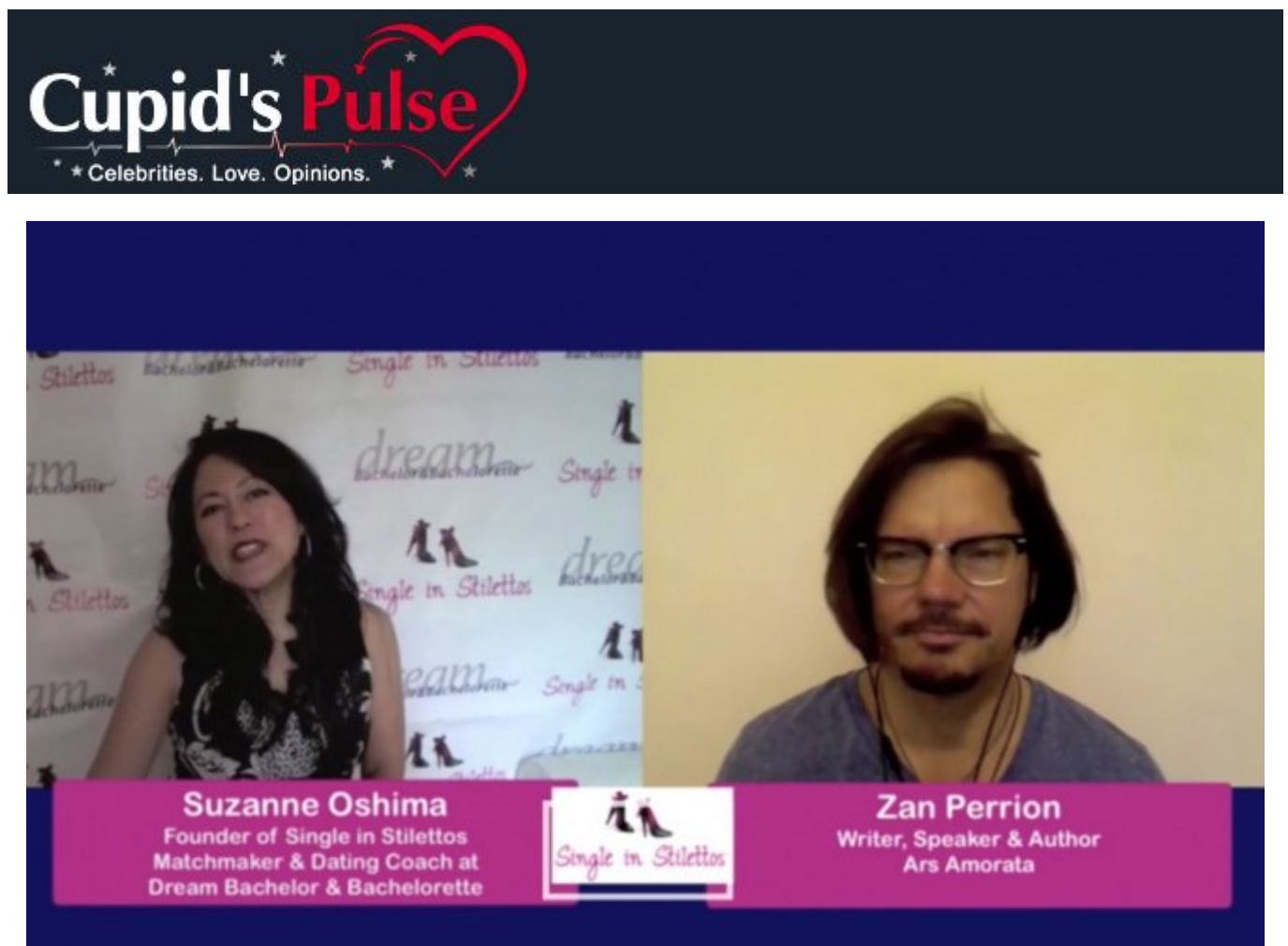
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How do you make yourself available to potential partners? Tell us in the comments below!

How to Meet A Man on Halloween



By [David Wygant](#)

I know. You're about to unlock the inner bad girl version of

you for Halloween. Some of you love to dress up as sexy school girls. Some of you are even more rambunctious and like to dress up as a naughty nurse. Maybe you're the dominating dominatrix, the meanest witch, or the cutest little ghost a man has ever seen. That's what I love about this holiday. It allows the inner woman, that naughty version of you, to come flying out. To you, it's just staying in costume all night long.

Related Link: [10 Fun Halloween Date Ideas](#)

Halloween is also one of the most overhyped nights of the year. This year, it's coming on a Friday night. Everybody's going to want to go out and party, have fun, and meet someone before the cold winter settles in, before you really need a broomstick to fly you down to Florida to warm your hooked nose and evil brew.

So what is a woman to do to meet a man on Halloween? It's simple. It's not *you* who's flirting; it's the naughty little witch. Perhaps it's the dirty schoolgirl, the cute little ghost, or the Disney princess. Halloween gives you the opportunity to be audacious like never before, to spend the night approaching men. It's the only night of the year when you can be bold beyond belief and do things you normally wouldn't – because it's not really you doing it. It's the character you're playing.

If you really want to meet a man on Halloween, the best thing to do is comment on his costume. Whether it's creative, sexy, or funny, just say something nice to him. This is your chance to practice flirting skills you don't use on a daily basis. It gives you an opportunity to work on your conversation skills and be playful. Halloween is just another day. You can use those same skills and approaches on men on a regular basis, but tonight, it'll be even more fun.

Related Link: [What Your Halloween Costume Says About You](#)

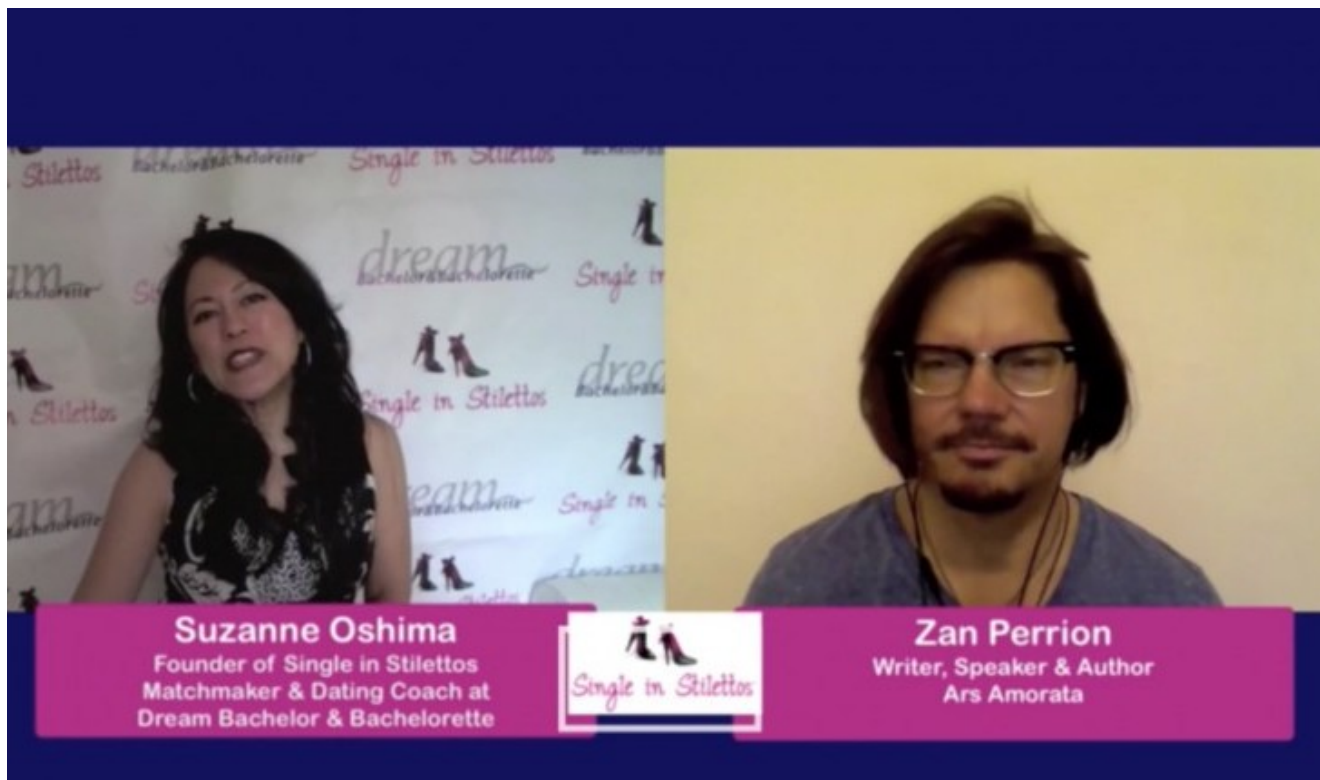
You might even walk around with a bag of candy, giving out Hershey's kisses to men. Or you can walk around with a little pumpkin and have men fill your basket. Halloween is an opportunity to get outside yourself. Get over the self-conscious feelings and get into a character you always wanted to be. It gives you an opportunity to boldly approach a really sexy guy...because it's not really you saying hello!

So dress up, flirt, and stay in character. When the conversation gets good, jump out of character so he can see the real, relaxed version of you. That's all you need to do to meet a man on Halloween.

For more articles from David Wygant, click [here](#).

Screwing the Rules Video Dating Tips: Dress Up for Your Man





By [E!'s Famously Single Dating Coach, Laurel House](#)

Dating Advice from E!'s *Famously Single* Dating Coach Laurel House

Related Link: [Communicating About Tough Topics](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) talks about how Halloween can influence your time spent between the sheets with your partner. "Halloween is a great excuse to dress up, to play a role, to be something a little different, to be edgier, to be sexier, to be more demure, to be more discreet, to be dangerous," she shares. This idea extends beyond what you wear to that Halloween party too. If you're in a serious relationship, this is a great opportunity to dress up in a costume for just your man to see. Even if your chemistry is still off the charts, "changing it up is always a good idea," House explains. "It's not just about being scary or having crazy teeth. It's about fulfilling fantasies."

Listen up for her best tips for “adding a little spice” to your relationship!

For more information about our dating mentor, click [here](#).

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

Cupid wants to know: What’s your favorite Halloween costume – both in and out of the bedroom?

Single in Stilettos Show: How to Get a Second Date

The image is a promotional graphic for the 'Single in Stilettos' show. At the top is the 'Cupid's Pulse' logo, featuring a red heart with a pulse line and the text 'Cupid's Pulse' and 'Celebrities. Love. Opinions.' Below this is a video frame showing two hosts. On the left is Suzanne Oshima, a woman with long dark hair, wearing a black and white patterned top. On the right is Zan Perrion, a man with long brown hair and glasses, wearing a blue t-shirt. Below the video frame are two pink boxes with white text. The left box identifies Suzanne Oshima as the 'Founder of Single in Stilettos Matchmaker & Dating Coach at Dream Bachelor & Bachelorette'. The right box identifies Zan Perrion as the 'Writer, Speaker & Author of Ars Amorata'. In the center, between the two boxes, is a small logo for 'Single in Stilettos' featuring a high-heeled shoe and a silhouette of a person.

On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to Robert Manni, author of *The Guys' Guy's Guide to Love*, about how to get a second date. It's easy to get him to say yes to a first date, but securing another night out with the right guy can be a bit trickier. Here are some tips that Manni recommends following: have confidence; don't drink too much; dress the part; talk about your dreams; have a conversation and really get to know him; and send a "thank you" text afterwards.

Related Link: [5 Ways Women Sabotage Themselves with Men](#)

Of course, whether or not he asks you out again is ultimately up to him, but if you follow the advice above, he'll be more likely to do so. Good luck!

For more information about Single in Stilettos shows, click [here](#).

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

What's your best advice for ensuring that he asks you out again? Share your comments below!

Single in Stilettos Show: Conquer Your Fear of Talking to a Handsome Man





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to Ms. Solomon, dating coach at TheDatingTruth.com, about conquering your fear of talking to a handsome man. We've all been there: We're approached by an incredibly good-looking guy, and before we know it, we're tongue-tied or babbling, looking down at our feet, and feeling like a fool. Here are a few tips from Ms. Solomon to help you gracefully handle this situation: Talk to every man, not just the attractive ones; have a prop or a conversation topic in mind; and recognize and acknowledge that you're nervous.

Related Link: [The One Thing Men Want from Women](#)

Next time, armed with this advice, you'll be ready to talk to the hottest man in the room!

For more information about Single in Stilettos shows, click [here](#).

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

Any other tips for approaching a handsome guy? Tell us in the comments below!

Screwing the Rules Video Dating Tips: What's Wrong With You?



By [E!'s Famously Single Dating Coach, Laurel House](#)

Dating Advice from E!'s *Famously Single* Dating Coach Laurel House

Related Link: [Your Must-Have Dating Mantra](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) talks to *Expectation Hangover: Overcoming Disappointment in Work, Love, and Life* author Christine Hassler about a simple question: What's wrong with you? When faced with that question, what do you think? There's generally a common theme of "judgment," says Hassler. "We're terrible critics of ourselves." Instead, the answer should be, "Absolutely nothing." As Hassler explains, "We forget our fabulousness and look to our flaws."

Listen up for more tips on how to recognize your gifts and your uniqueness!

For more information about our dating mentor, click [here](#).

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How do you see the good in yourself? Share your tips in the comments below!

Real Life Celebrity Duets





Page 1 of 9

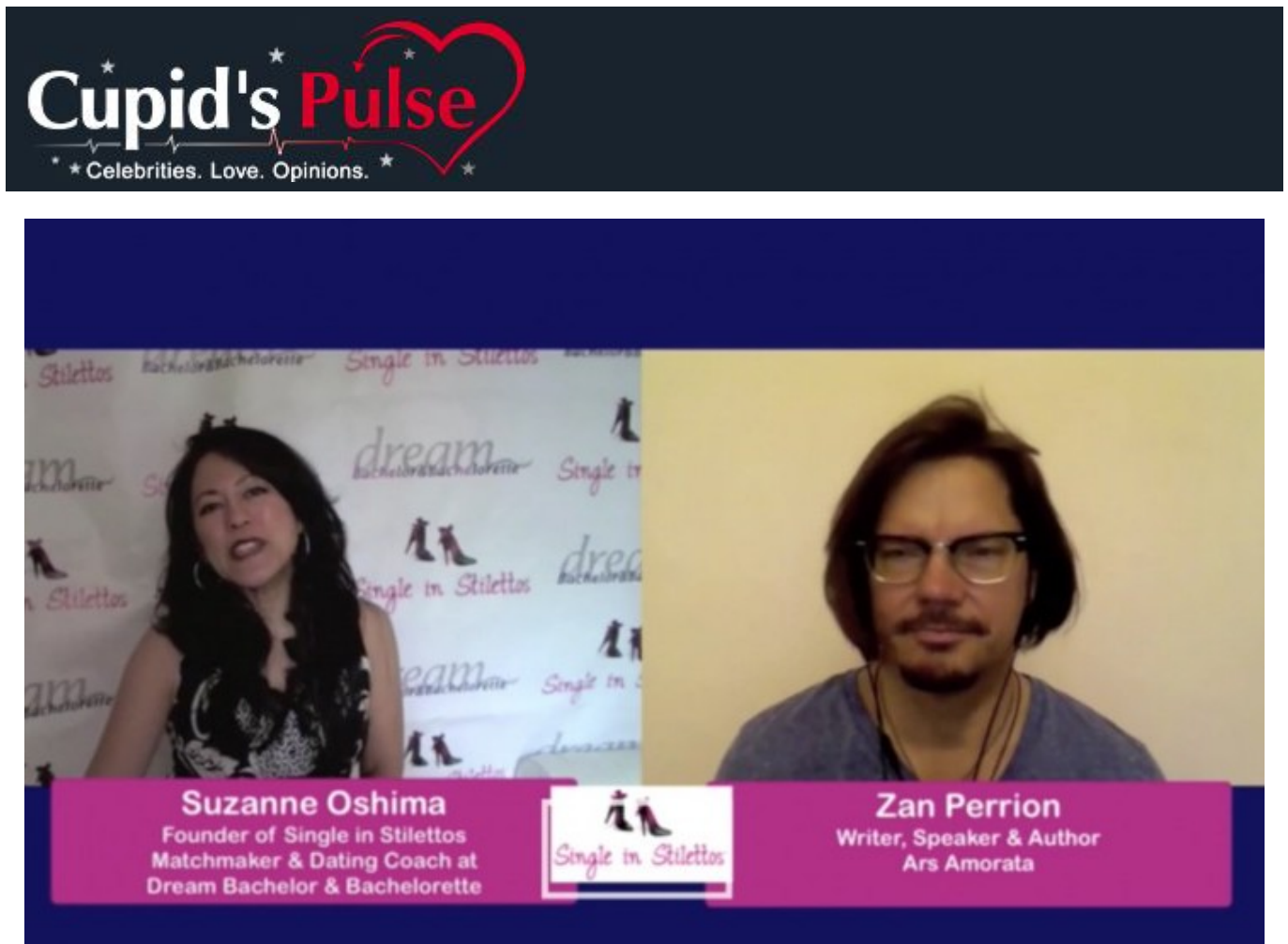


Beyonce and Jay Z

Known as the queen and king of music, this couple is one of

the most powerful celebrity duos. Not only has the hot pair been together for over a decade, they collaborate regularly with too many songs to count and recently performed their On The Run Tour together for thousands of fans around the U.S. Photo: Janet Mayer / PRPhotos.com

Single in Stilettos Show: He's Great, But...



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Sandra Fidelis about common first date mistakes that women make. So often, we immediately dismiss a guy if we don't feel an instant attraction to

him...but doesn't he deserve another chance? Here are four things women often think after a date that hold them back from finding love: I want amazing chemistry from the start; I just wasn't attracted to him; he's great, but I don't want to go on a second date; and if I'm not going to date him, I don't need to be his friend.

Related Link: [Do You Push for Commitment Too Soon?](#)

Listen up for more great dating tips!

For more information about Single in Stilettos shows, click [here](#).

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Cupid wants to know: How do you keep an open mind after a not-so-great first date?

Bobbie Thomas on Date Night Fashion: "If You're Looking to Have a Good Time, Don't Be Uncomfortable!"





By [Sarah Batcheller](#)

Style and beauty expert Bobbie Thomas knows a thing or two about fall fashion. First, that there's no need to feel like you have to redo your entire wardrobe for the season. "There's something for everyone," Thomas explains in our celebrity interview. "I really like that seasonless style is around, where you can take a spring or summer item – like a bright color or floral pattern – and winterize it." Of course, the best tip is always confidence. "You need to walk into a situation with...a mission to actually like what you see in the mirror instead of already assuming you're not going to like that," she shares.

Related Link: [Brad Goreski Predicts Oscars Fashion](#)

Bobbie Thomas Shares Fashion Advice in Celebrity Interview

This time of year, the one must-have for every girl's closet is boots. "Riding boots happen to be my personal

favorite because they just look so polished. You could be in leggings and a sweater, and they give you just enough heel, but they're still so comfortable," she says.

Thomas shares [love advice](#) too and encourages practicality for your date night looks. "If you're looking to have a good time with someone, don't be uncomfortable!" she reveals. "Make sure you can move around and wiggle in your clothes. You really want to wear something that you'll be so comfortable in that you'll be able to be yourself on that date."

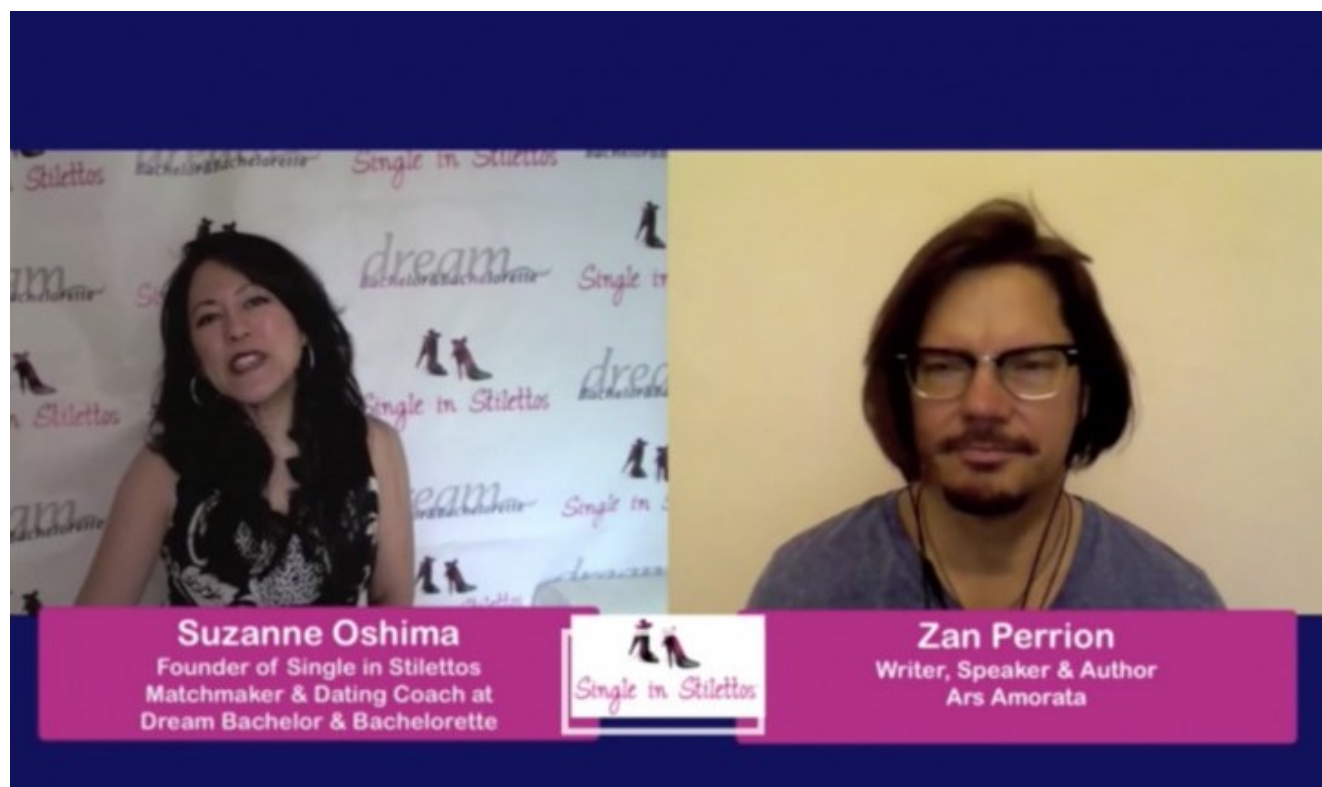
Related Link: [Blake Lively's High-Fashion Style](#)

Just like you want to find a loyal man, the *TODAY Show* style editor also encourages you to look for a loyal retailer. She's teamed up with Kohl's for their Yes2You rewards program. "In order to really expand your wardrobe, you want to shop smart," she says. "That's why I think it's a really great idea to have a retail relationship as well as a real life one!"

You can keep up with Bobbie on Twitter @BobbieThomas. Check Kohl's for the best fall fashion finds!

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

Q&A: Should I Tell My Friend Her Crush Has Been Facebook Messaging Me?



Question from Amelia S.: This guy who my friend has been hanging out with a lot will randomly message me on Facebook whenever I'm online. It's always harmless stuff like, "What are you up to?" but it still catches me off guard. Should I tell her, and if so, what's the best way to bring up the subject?

Suzanne K. Oshima, Matchmaker: You know that saying "you're stuck between a rock and a hard place?" Well, guess what? You're in a no-win situation! From what you said, it sounds like your friend just likes him and isn't dating him yet, so "technically," she can't get upset that he's contacting you. Now, I say "technically" because we both know that, if you tell her, she will be upset and hurt.

Now, while you may think that his messages to you are completely harmless, men don't do things without some sort of intention. Without knowing the entire situation, I'm going to

guess that he's not just looking for a friend and that those harmless messages are going to lead to something more.

So here's my advice to you: If you truly value your friendship with your friend and have no interest whatsoever in this guy, then I suggest you ignore his "harmless messages"...because it's just going to lead to a no-win situation for everyone involved.

Related Link: [Should I Delete or Unfriend My Exes on Social Networks?](#)

Paige Wyatt, Reality Star: Absolutely tell your friend that this guy has been messaging you. If it truly is harmless, he won't be embarrassed or upset if she brings it up. If he does have an ulterior motive, then you warned your friend, and it's now her move. It's much better to be honest with your friends about situations like this one. If you didn't tell her and she found out, she may get upset with you. If it really is nothing, then what's the harm in letting her know?

Related Link: [Can You Tell By Someone's Social Network If They're The Relationship Type?](#)

Robert Manni, Guy's Guy: Some say where there's smoke, there's fire. In this case, it's hard not to miss the smoke – but let's not rush to judgement. When a guy is really interested in a woman, his focus is on her, and he curtails his flirting. Maybe this guy just wants to establish good relationships with his leading lady's BFFs. Still, I'm not sure if this is the best way to do it. He must know that girlfriends talk. And when friends talk about the curious actions of a guy, his behavior and character go under the microscope. At this point, I'm not sure that's in his best interests.

As for you, for now, I suggest you either ignore his Facebook messages or keep the exchanges polite. Over time, his true intentions will surface. When they do, you can determine if it's necessary to let your friend know about his

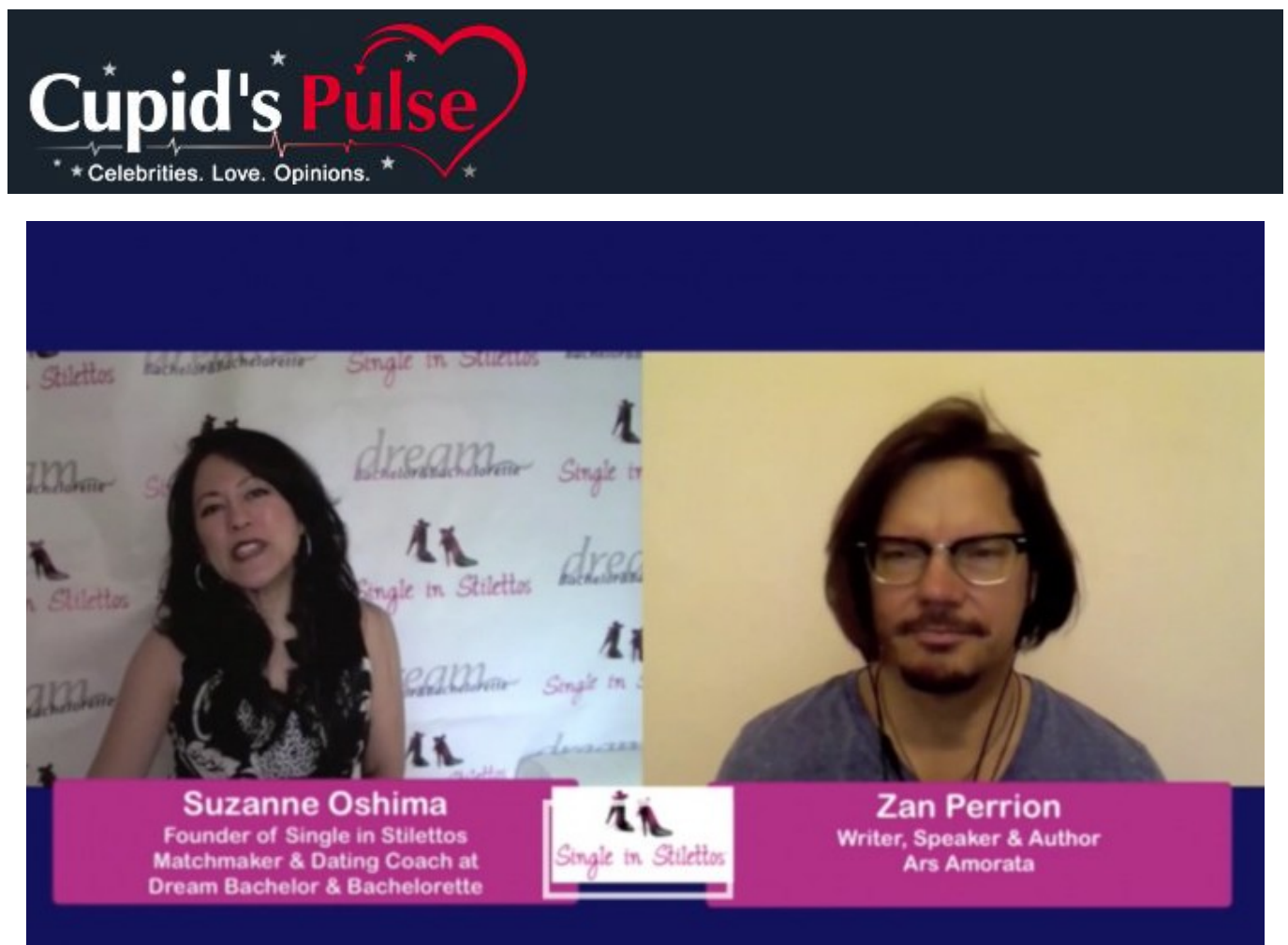
correspondence.

To find out more about our three dating and technology gurus, click [here](#).

If you have any questions you would like answered by our experts, please submit them on our [Contact Page](#).

How would you handle the situation described above? Tell us in the comments below!

Child Expenses After Divorce



By Michele Sfakianos, RN, BSN for [Hope After Divorce](#)

The expenses for caring for children continue to rise, and that doesn't make it any easier for divorced parents. Each parent attempts to keep their own household going, and at the same time, they often try to share expenses for their children. This may be court ordered or due to a mutual agreement between the parents.

Whether the divorcing couple is a celebrity couple in the public eye or a private couple, the children's needs and welfare should be the number one priority. You must accept and embrace the reality that your children's expenses to live will not change. They are our greatest responsibility and deserve the best care and protection we can give them, whether married or divorced. Some divorced celebrity couples, like Demi Moore and Bruce Willis and Reese Witherspoon and Ryan Phillippe, seem to put their children's best interest ahead of their own as they co-parent together.

Related Link: [Ryan Phillippe Says He's 'Proud' of How He and Reese Co-Parent](#)

Routine check-ups at both the doctor's office and the dentist are essential for your children. One of the parents should have both medical and dental coverage on the children, as the cost of this type of preventative care out of pocket is very high. If one of your children have an emergency for either place, it can be a bill you have to pay for a very long time.

Childcare is another expense that can add up when a divorce takes place. Perhaps one of the parents was the caregiver, and now both are in the workforce. The parents should decide on a childcare provider together. It may be a licensed facility, a nanny, or even a family member. The cost of childcare should be second to the quality of care that your children are receiving.

Inevitably, there will be additional expenses for your children. Who is going to pay for school clothing and

supplies? Many parents who pay child support assume that they pay enough for such items with that monthly check. Yet it may be just enough to help the family with food and shelter. You don't want your children to go without due to lack of money.

Many children love to be involved in extracurricular activities as well. It can be sports, dance, or clubs. There will be expenses involved, including special clothing and shoes needed and even enrollment fees. Parents need to be willing to share these expenses so that their children can take part in such events.

Related Link: [Helping Your Child Through Divorce](#)

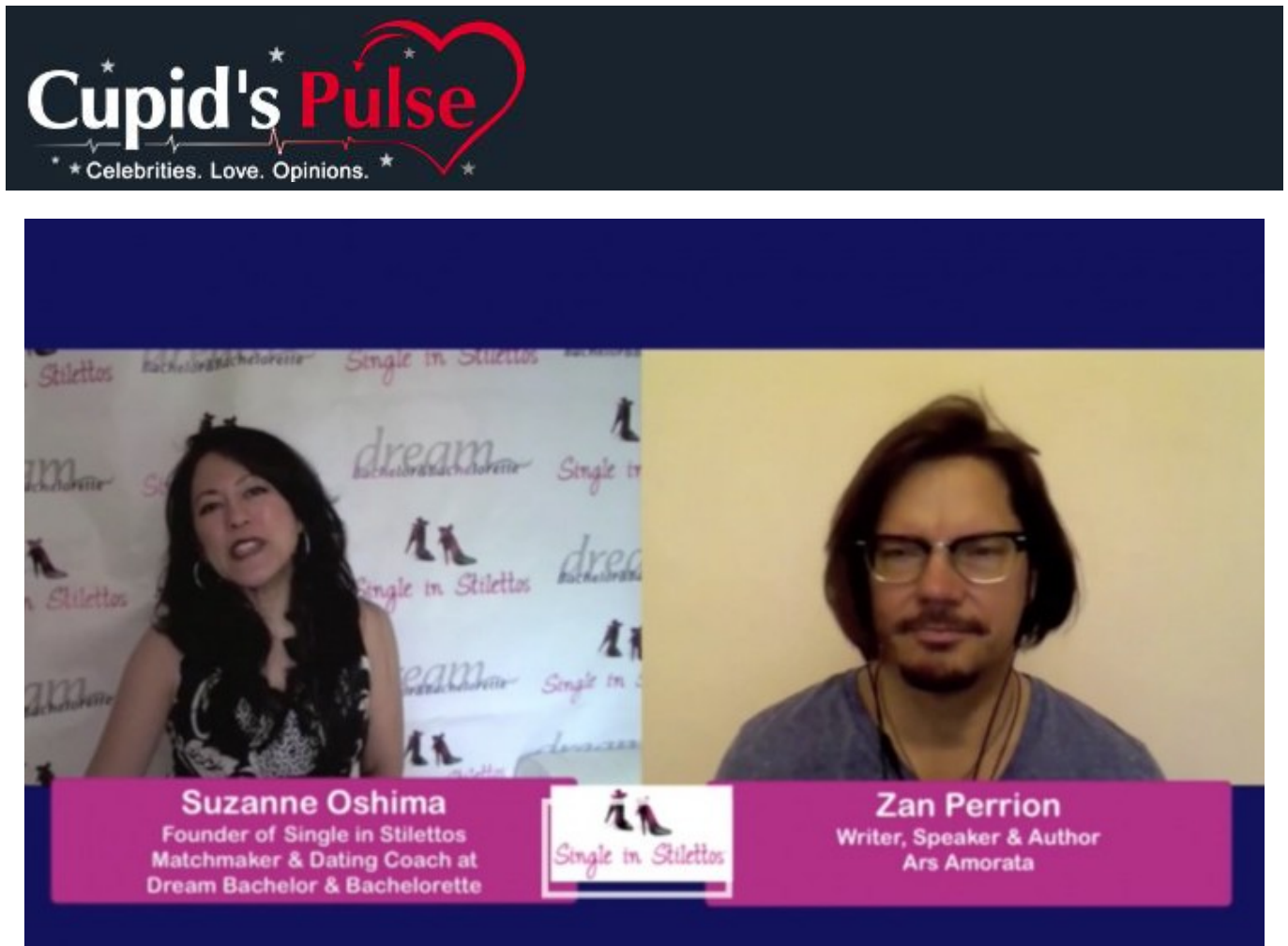
Summer is also a time when there are more expenses for children. They may want to go to swimming lessons, camping, or even to a summer camp. All of these things cost money, and someone has to pay it! Some feel the parent who makes more money should cover the cost. This is up to the parents though, as many want to do everything 50/50. Problems could arise when one parent can't afford their share.

As you can see, there are plenty of additional expenses to consider for your children when you are divorced. Make sure you are willing to discuss these expenses with the other parent. You always want to do what's in the best interest of your children. Bottom line: Get as much in writing as you can when it comes to who will cover expenses. This way, everyone involved knows what to plan for.

For more information about Hope After Divorce, click [here](#).

Michele Sfakianos, RN, BSN, is a Registered Nurse, Life Skills Expert, Speaker and Award Winning Author. She is the owner of Open Pages Publishing, which includes her series of "The 4-1-1" books on Life Skills, Step Parenting, and Surviving Teenhood. Michele is a contributing expert for HopeAfterDivorce.org, DivorceSupportCenter.com, FamilyShare.com, and CupidsPulse.com.

Single in Stilettos Show: 5 Signs He's Interested in You



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Mr. Locario about how to know if a guy is interested in you. Here are the top five signs to look out for: He can't stop staring at you; he calls or contacts you in some way; he wants to show you off to his family and friends; he tries to make you laugh; and he acts nervous around you. Don't miss the rest of Mr. Locario's advice in the video above!

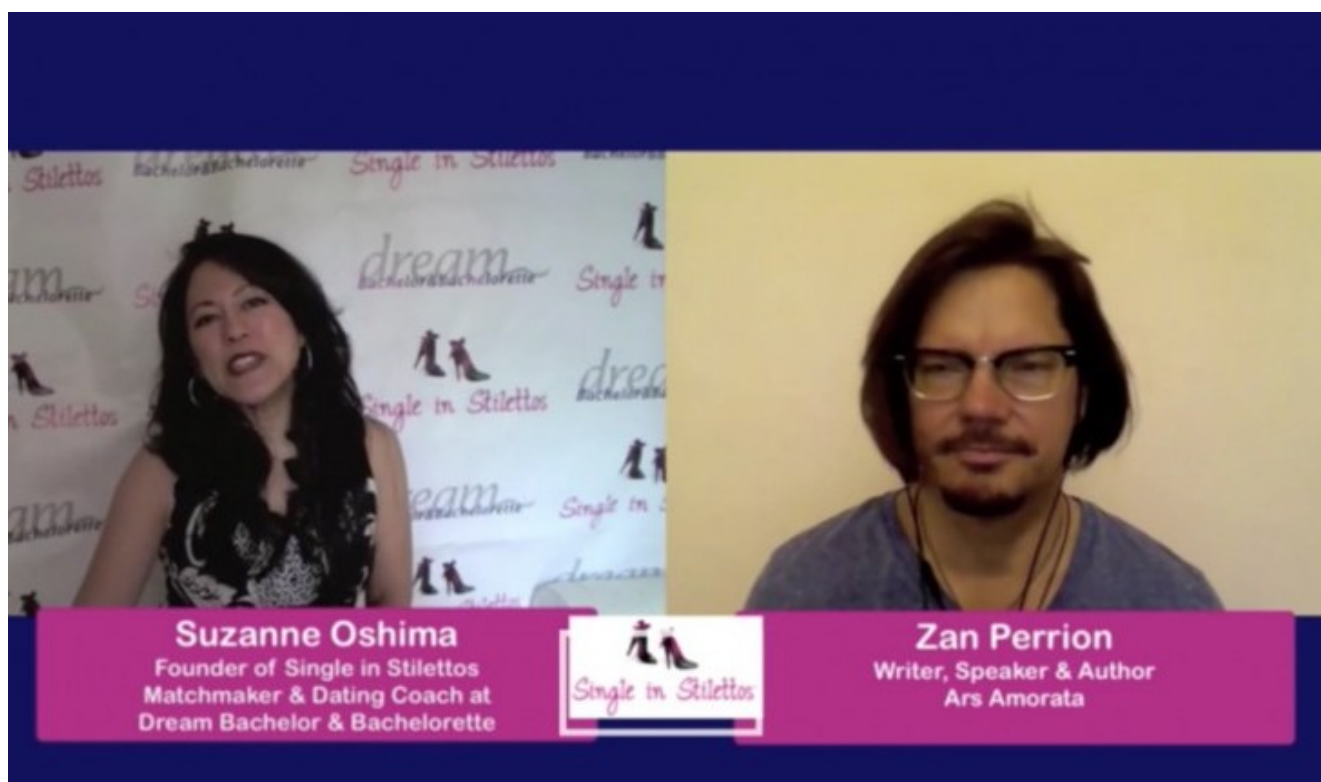
Related Link: [Mr. Locario on Why He Didn't Call You Back](#)

For more information about Single in Stilettos shows, click [here](#).

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

How do you know if a guy is interested in you? Share with us in the comments below!

Screwing the Rules Video Dating Tips: Decide to Fall in Love



By [E!'s Famously Single Dating Coach, Laurel House](#)

Dating Advice from E!'s *Famously Single* Dating Coach Laurel House

Related Link: [Your Must-Have Relationship Mantra](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) talks about what it means to decide to fall in love. If you keep going out with great people but you're just not feeling it, it might be because you're *choosing* not to be open and available. "You have to decide to open your heart. You have to decide to be vulnerable. You have to have conversations that express vulnerability," she explains. Otherwise, your relationships will continue to be one-sided. Listen up for more great dating advice!

For more information about our dating mentor, click [here](#).

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

What's your best tip for opening yourself up to love? Tell us in the comments below!

Single in Stilettos Show: How to Communicate with a Man





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Tripp about how to communicate effectively with a man. As every woman knows (and has been told time and time again), communication is key in any relationship. Here are Tripp's best three tips for talking to your guy: be direct; be clear and don't beat around the bush; and never assume. Watch the video above for more great advice!

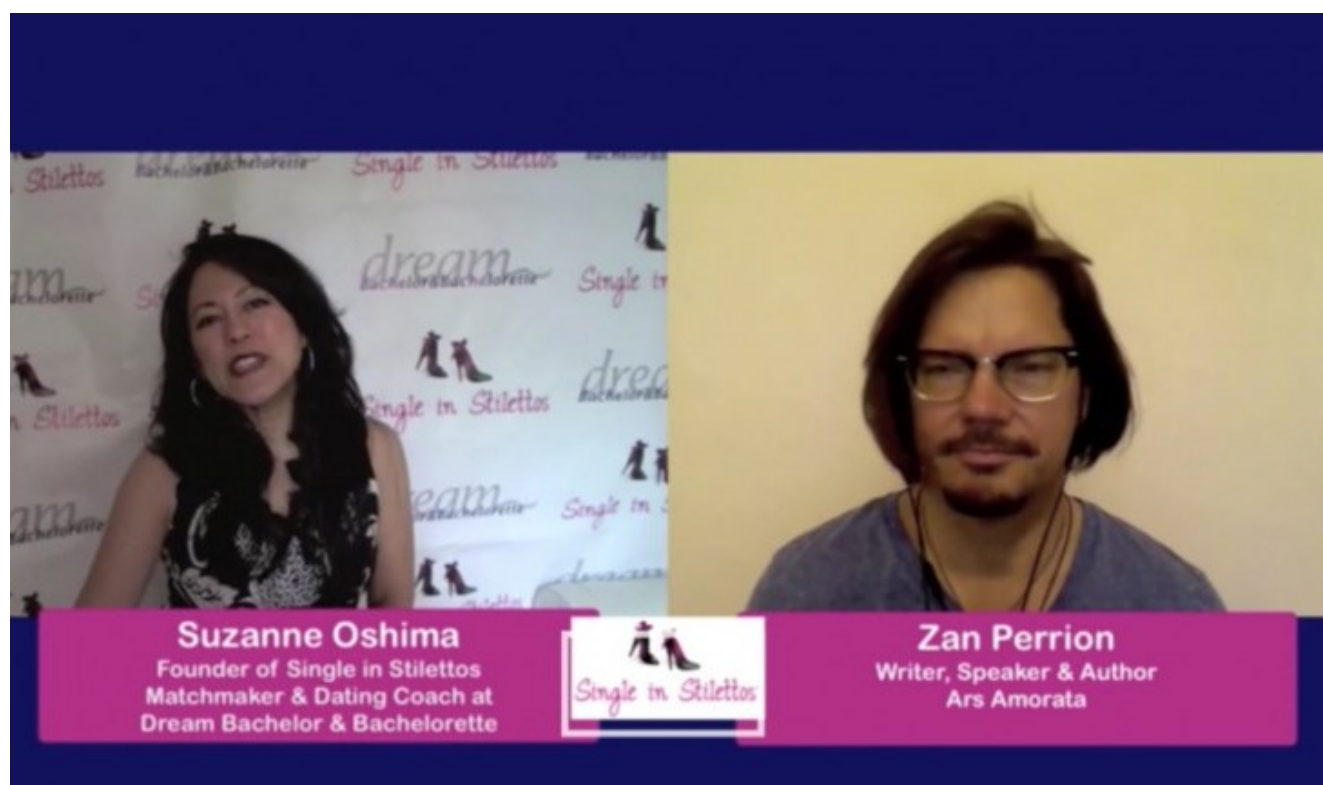
Related Link: [Top 5 Dating Mistakes Woman Make](#)

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What's your best advice for communicating with your partner? Tell us in the comments below.

Celebrity Couple Predictions: Ashlee Simpson, Khloe Kardashian and Mama June



By [Shoshi](#)

For today's celebrity couple predictions, we're looking at three pairs who are in various stages of a relationship: one set of newlyweds, one rebound relationship, and one surprise split.

Ashlee Simpson and Evan Ross: When it was first announced that the former pop princess was engaged to the son of songstress Diana Ross, nobody thought the marriage would actually happen. Some wondered why the 26-year-old Ross was hitching himself to

a single mother instead of going out and sowing his wild oats. Despite the naysayers, the wedding took place earlier this summer in Connecticut.

What I think some people forget is Ross has probably seen and done a lot in his two and a half decades, far more than any of us may do in our lifetime. For Simpson, this is her second go at walking down the aisle; be sure that she learned a thing or two on how to make a marriage work.

The newlyweds will give this marriage a good run. They have great chemistry and look very happy together. Around the beginning of the year, expect a baby announcement from them; I see a beautiful daughter in their future. Family is very important to the both of them and will always be their priority.

Related Link: [Ashlee Simpson Ties the Knot with Evan Ross at Diana Ross' Estate](#)

Khloe Kardashian and The Game: If I had to be stuck in an elevator with a Kardashian sister, it would be Khloe. She has always been the one Kardashian who speaks in complete sentences and makes pretty good decisions – that is, until she started dating rapper French Montana. Finally, her relationship with him is over, a rebound love that lasted far too long. Now, the reality star is back to spending some quality time with rapper The Game. He seems to be her go-to guy after every break-up.

These two look like way more than just friends sitting around having tea. They are a good example of friends with a lot of benefits. It's kind of a shame that they're in such different places when it comes to what they want in a relationship. They would be good for each other, and they understand each other on many different levels.

It would suit Kardashian to take time away from dating to be able to truly heal from her divorce from Lamar Odom. It would

be the best way for her to get grounded and figure out what she really wants in a relationship. Hopefully, she gets it together soon and can have the marriage and baby that she desires.

Related Link: [Khloe Kardashian Says French Montana is Too Needy](#)

Mama June and Sugar Bear: The separation of reality TV stars Mama June and Sugar Bear came as quite a shock. Honey Boo Boo's mom thinks that her husband has been cheating on her, so she kicked him out of the house. Turns out, he *has* been creating profiles on dating sites such as PlentyOfFish.com. Who knew that he was such a stud?

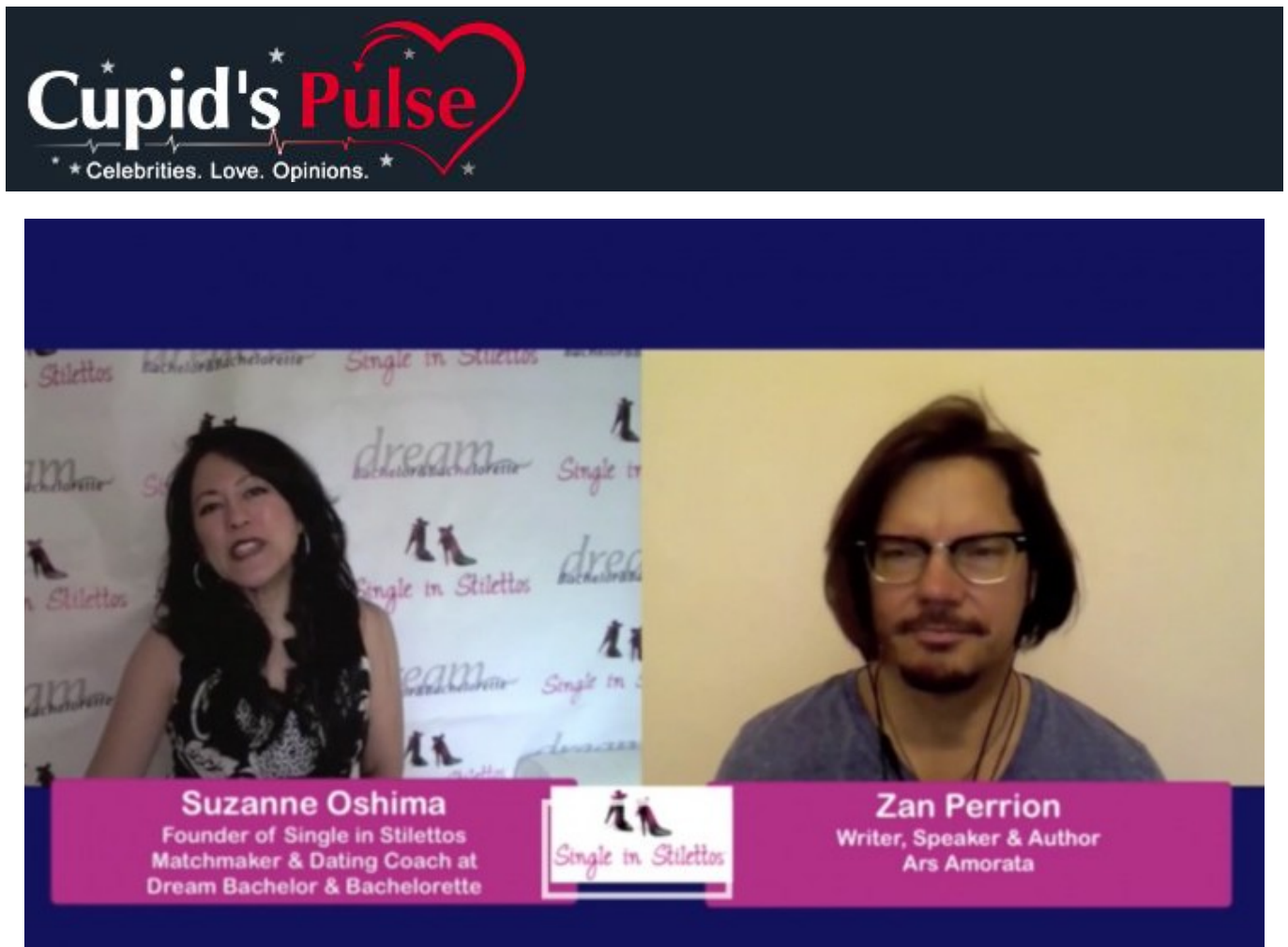
Mama June has taken off her wedding ring and let it be known that the two of them are taking some time apart to figure things out. I predict that she'll get a little makeover and spruce herself up a bit – nothing too glamorous but something new for her. She will even test the dating scene to see what comes her way.

At this time, it's unclear if their relationship will work out. The time away from each other will do them good. Mama June will actually enjoy being single, while Sugar Bear will miss having his family around. After all, sometimes, you don't know what you have until it's gone.

For more information on Shoshi, click [here](#).

Single in Stilettos Weekly

Show: Flirting Tips



On this week's [Single in Stilettos](#) video, founder Suzanne Oshima talks to passionate living coach and author Abiola Abrams about how to flirt with men. She shares more than just external flirting tips and describes bombshell flirting as exuding positive, feminine energy. Here are her tips for working on your inner flirt game: be tuned into your inner receptivity; flirt with everyone; imagine yourself as a magnet; and expect a male miracle. When you change your energy, true love will come your way!

Related Link: [Abiola Abrams on Insecurity and Dating](#)

For more information about Single in Stilettos shows, click [here](#).

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

[channel](#).

What are your best flirting tips? Tell us in the comments below.

Celebrity Gossip Columnist Perez Hilton on Dating in NYC: “It’s Raining Men, But It’s Exhausting”



Interview by [Lori Bizzoco](#). Written by Christina DeRosa.

It's hard to keep up with Perez Hilton, as he's always on the go trying to get celebrity gossip for his own popular website. But the blogger slowed down for a moment to catch up with CupidsPulse.com at *OK!* Magazine's New York Fashion Week celebration. During a one-on-one celebrity video interview, he gave us the latest scoop on living a healthy life and looking for a relationship and love in New York City.

Perez Hilton Talks Celebrity Dating

When asked about [celebrity dating](#) in New York, Hilton shared that he isn't giving up on the hope of finding someone special. He's continued to online date, as he shared in his last interview with us (see related link below). "It's great; I'm not gonna complain," he adds. "It's raining men, but it's exhausting going on so many first dates."

Related Link: [Perez Hilton on Dating with a Child and Finding Love Online](#)

What he wants in a partner is quite simple: "Somebody who is happy – happy professionally, happy personally, and happy with the direction their life is heading in," the blogger tells us. "Someone who knows who they are, knows what they want."

With his son adjusting to the New York lifestyle, we were curious to find out if there would be more kids in his future. The celebrity gossip columnist replies, "If I'm lucky!"

Hilton also reveals his plan for staying slim and healthy: that large bag with him on the red carpet. When asked what was in the bag, the star admits, "My food." His secret: "Nothing special – no juicing, no weirdness, just healthy food really."

Related Link: [Perez Hilton Opens Up About Fatherhood](#)

Celebrity Gossip Columnist on Fashion

Ever the fashionista himself, he says, "What I have most enjoyed about fashion week is just getting to wear so many fun clothes."

He said that his inspiration behind the black and white unitard and black boots he was wearing at the *OK!* event was to pay homage to the beloved red carpet queen herself: Joan Rivers. So sweet!

Keep up with Perez via Twitter @PerezHilton.

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

Screwing the Rules Video Dating Tips: Your Must-Have Mantra





By [E!'s Famously Single Dating Coach, Laurel House](#)

Dating Advice from E!'s *Famously Single* Dating Coach Laurel House

Related Link: [Find the Love of Your Life](#)

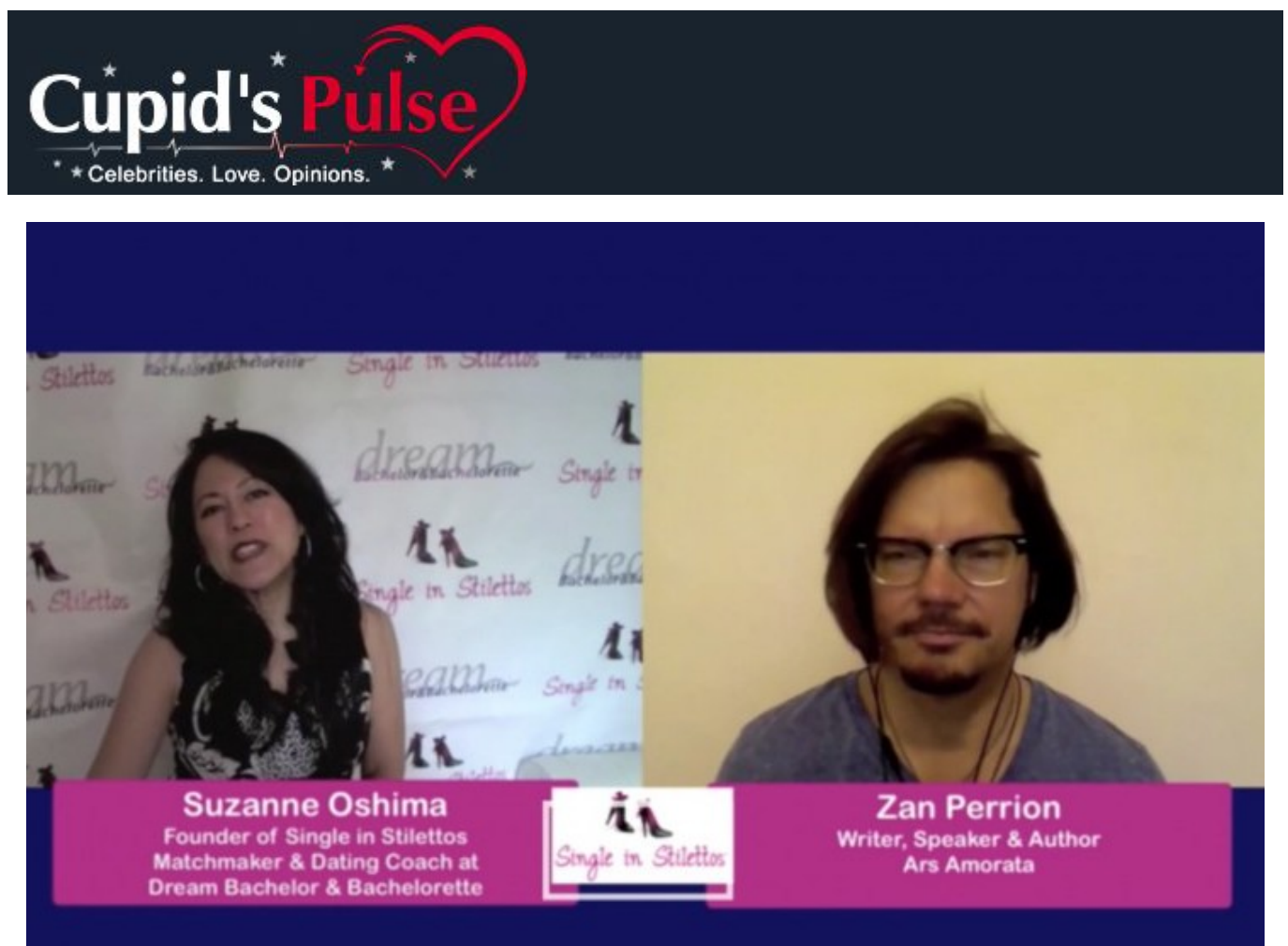
In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) discusses your must-have relationship mantra. “‘Here I am.’ That’s it!” she shares. “Not ‘Here I am – am I good enough?’ or ‘Here I am – do you like me?’ It’s confident. It’s comfortable.” If you don’t recognize your own value and worth, then you can never expect a man to do so. Remember that you can only be who you are – and someday, you’ll find a partner who loves you for you.

For more information about our dating mentor, click [here](#).

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

What is your must-have mantra? Tell us in the comments below!

Reality TV Stars Deena Cortese and Chris Buckner Talk 'Couples Therapy' on VH1



Interview by Ashley Pacifico. Written by Stephanie Salsini. Fans of *Jersey Shore* and *Snooki & Jwoww* recognize Deena Cortese as the hilarious little “meatball” who is best friends with Snooki. In our exclusive celebrity interview during *OK!* Magazine’s New York Fashion Week celebration, CupidsPulse.com asked Cortese and her boyfriend Chris

Buckner about what we could expect to see from them on the reality TV show *Couples Therapy* as well as their best fashion [dating advice](#).

Related Link: [Snooki Prepares for Wedding Day with 'Great Gatsby'-Themed Bridal Shower](#)

Reality TV Stars Talk *Couples Therapy*

Viewers know Cortese for her crazy partying, but you won't be seeing that behavior from her on *Couples Therapy*. "You're going to see a completely different side of me. I open up about a lot of stuff that I didn't feel comfortable opening up on *Jersey Shore*, so it should be very interesting," the reality TV star reveals. Buckner also shares his thoughts on being filmed for the VH1 show: "It was an awesome experience. There were a lot of ups and downs. I know it's going to be a lot of fun to watch."

When the celebrity couple aren't on television, the pair enjoys going all out for their date nights. "We do a lot of little getaways, like spending a couple of nights in Atlantic City, getting dinner, and seeing a comedy show – the whole nine yards!" Cortese explains.

Related Link: [Deena Cortese Says Snooki Will Be a 'Great Mom'](#)

Deena Cortese on Fashion Dating Advice

Of course, with NYFW in full swing, we had to ask the New Jersey native about her favorite date night look. "Bebe fits my little body with curves so well. I usually wear a bodycon dress or something like that," she says. Buckner picks his outfits a bit differently, taking fashion advice from his

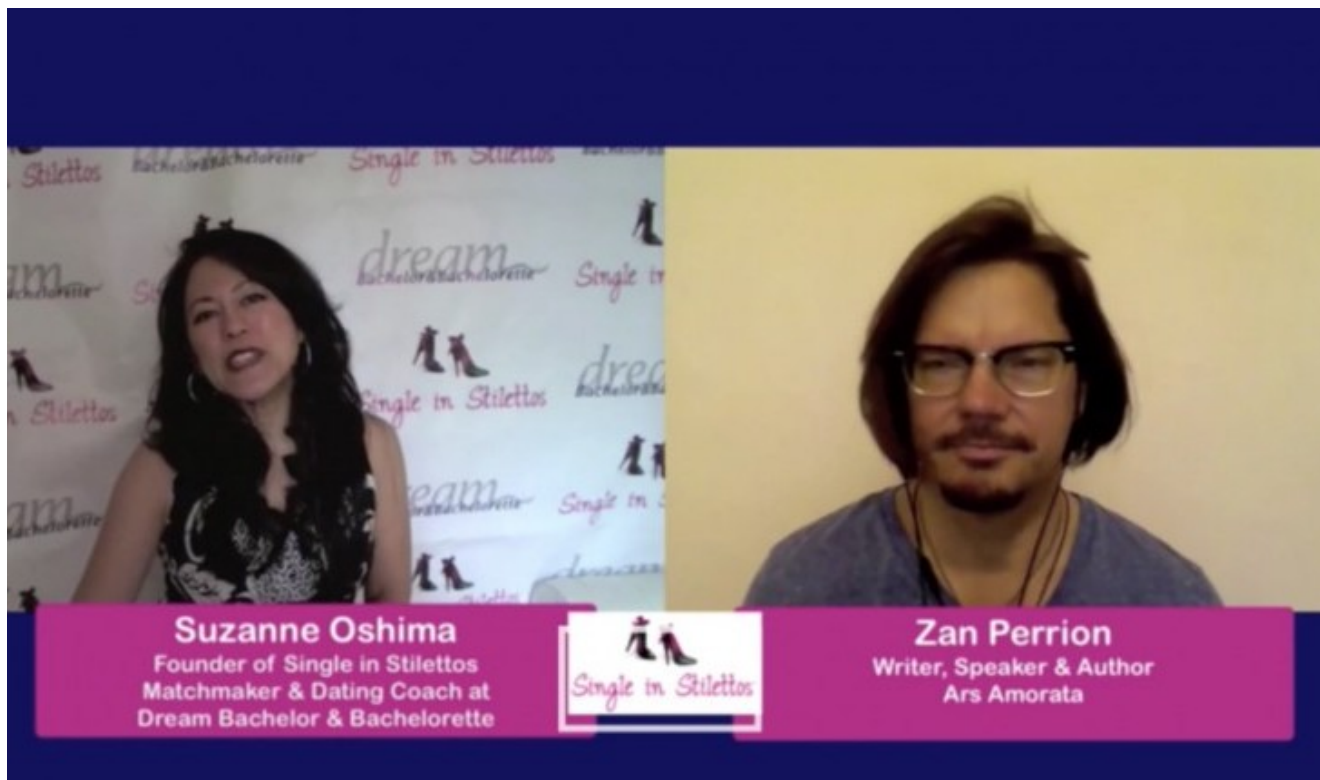
girlfriend: "Whatever Deena says looks good, that's what I'm wearing. If it matches what she's wearing, I'm in it," he reveals.

Tune in to VH1 to see Deena and Chris on Couples Therapy on VH1 on Wednesdays at 9/8c. You can follow them both on Twitter: @DeenaNicoleMTV and @cbuckner_!

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

Single in Stilettos Show: Dating Advice for Women in Their 30s





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima chats with New York City Gal blogger Melissa Braverman about tips for women dating in their 30s. The ladies discuss: the biggest challenges you face as a single woman in your 30s; how to navigate those challenges; the pressure to “settle down” by a certain age; what to do if you get discouraged with dating; and how to stay motivated in your search for love.

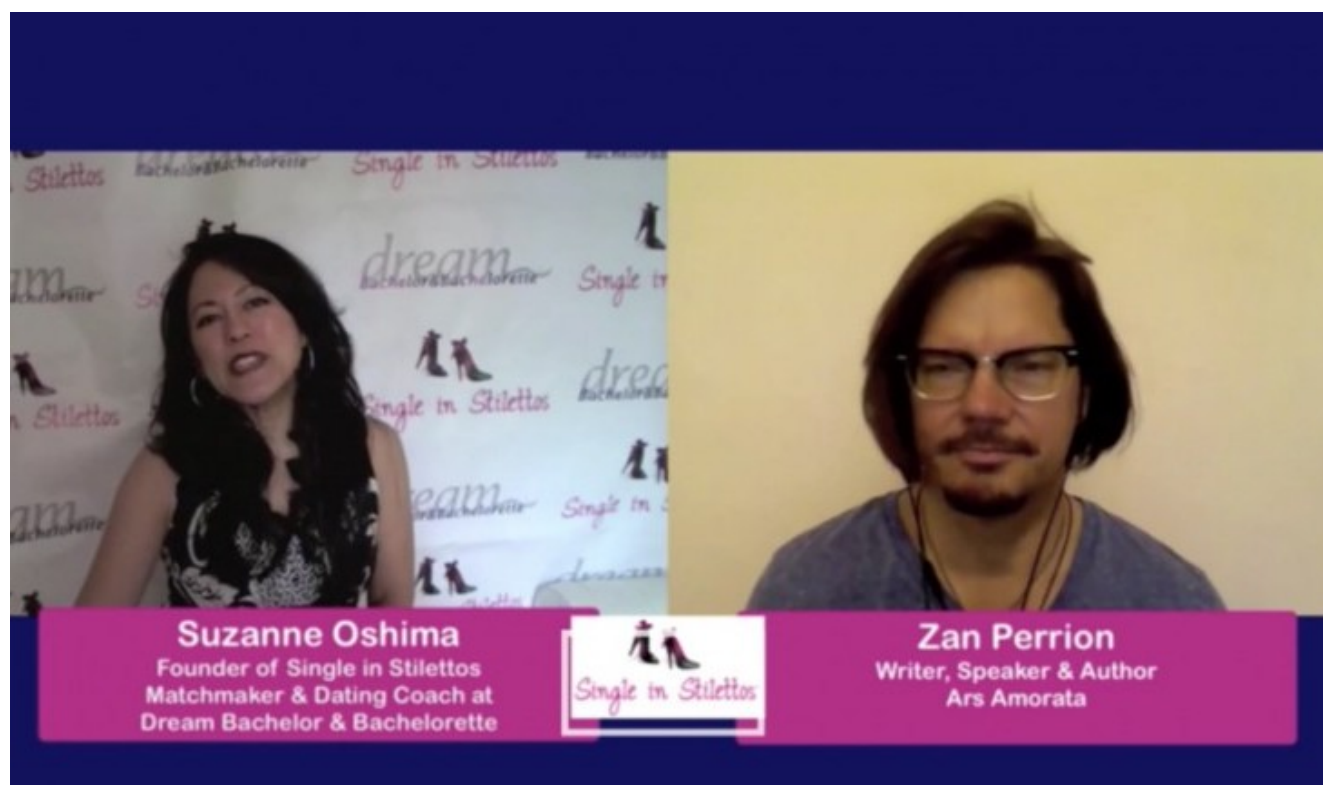
Related Link: [Abiola Abrams on Insecurity and Dating](#)

For more information about Single in Stilettos shows, click [here](#).

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

What your best tip for someone dating in her 30s? Tell us in the comments 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](#).

OK! Magazine New York Fashion Week Celebration

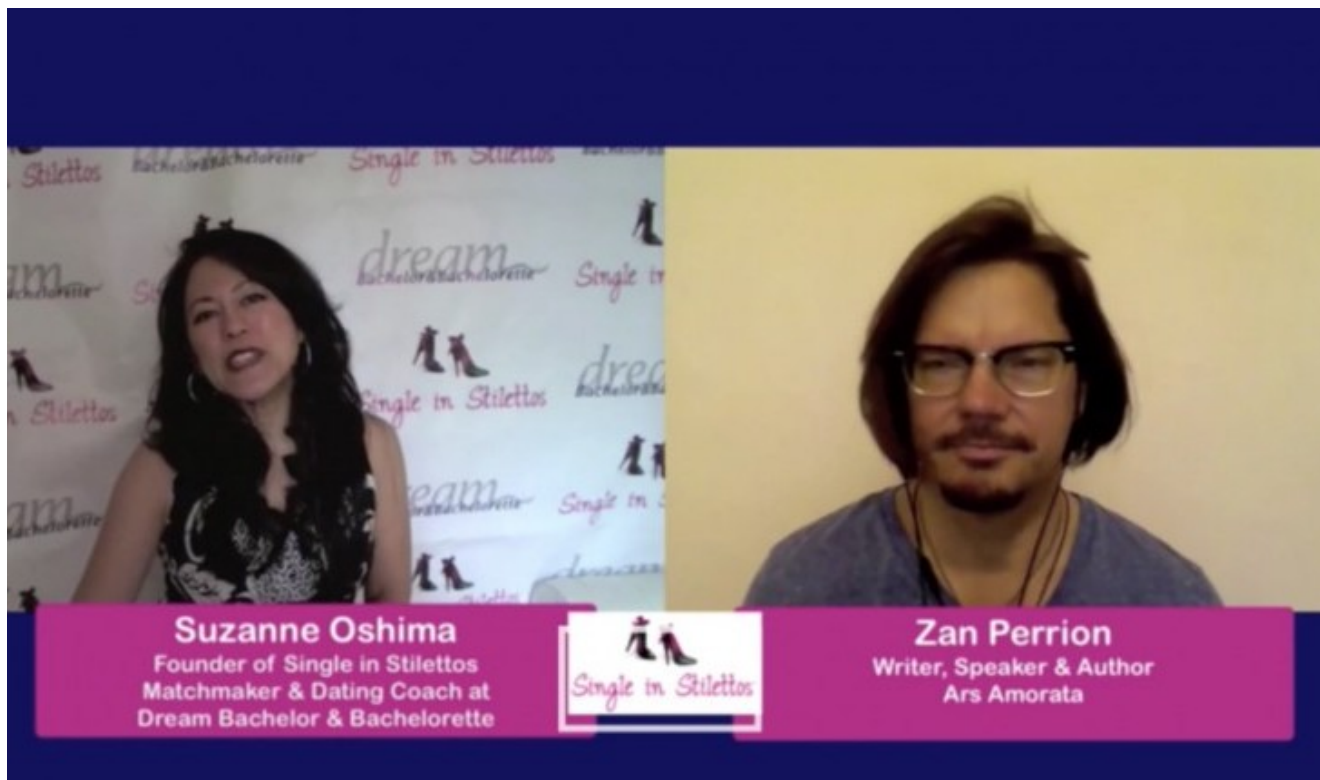




Nicky Hilton

‘RHONJ’ Star Kathy Wakile Talks Desserts in Celebrity Video Interview: “Indulge. It’s Not Going to Kill You!”





Interview by [Lori Bizzoco](#). Video by [Damian Kolodiy](#).

Kathy Wakile first captured our hearts as a cast member of *Real Housewives of New Jersey (RHONJ)*, and now, she's enchanting our taste buds with her dessert line Dolci Della Dea and her cookbook *Indulge: Delicious Little Desserts That Keep Life Real Sweet*, which was released on September 2nd. Earlier this week, the reality TV star did a book signing at the Boulevard Books & Cafe in Brooklyn. In our celebrity video interview, we got the latest scoop on her decadent desserts, the upcoming season of *RHONJ*, and life at home with her family.



Lori Bizzoco with Kathy Wakile and her husband Richard.

Reality TV Star Dishes on New Cookbook

As fans may know, the title of her cookbook came from something she said on *RHONJ*: “We were talking about my desserts, and I mentioned how I see really, really skinny girls who deprive themselves of everything and who aren’t happy. So I said, “Honey, have a cupcake. Indulge. It’s not going to kill you!’” With that thought in mind, Wakile focused on mini desserts, so people can enjoy something sweet without feeling guilty afterwards. She adds, “We want them to look good and taste good, but we don’t have to have

such large portions.”

Related Link: [‘RHONJ’ Star Jacqueline Laurita: “I Try My Best to Get Along with Everyone”](#)

When it comes to impressing your partner, her best love advice is simple: She recommends baking her Chocolate Volcanoes. As she mentioned after our interview, “It should be served hot – and it’ll make your man feel hot too!” It’s no surprise that it’s her husband Richard’s favorite dessert. Another great date night dessert is the Almond Joyous Cheesecake Cuties (recipe below) – perfect for sharing with *your* cutie!



Almond Joyous
Cheesecake Cuties.
Photo: Andrei
Jackamets

Almond Joyous Cheesecake Cuties – makes 2 dozen

CRUST

2 large egg whites

$\frac{1}{4}$ cup granulated sugar

2 cups sweetened flaked coconut

TOPPING

$\frac{1}{2}$ cup sour cream

3 tablespoons sugar

1 teaspoon almond extract

FILLING

Two 8-ounce packages cream cheese, at room temperature

$\frac{1}{2}$ cup granulated sugar

3 large eggs

3 tablespoons sour cream

3 tablespoons heavy cream

1 teaspoon almond extract

2 teaspoons coconut extract

$\frac{1}{4}$ cup almonds, toasted and finely chopped

Ganache (page 181)

Sliced almonds, for garnish

EQUIPMENT

Two 12-cavity mini cheesecake pans

Food processor

Electric mixer

Small pastry tamper, optional

2 large rimmed baking sheets

- Preheat the oven to 350°F with one rack positioned in the center of the oven and another rack positioned at the bottom of the oven. Fill a broiler pan or roasting pan with about 2 inches of water and set it on the bottom rack.
- To make the crust, combine the egg whites with the sugar in a medium bowl and use an electric mixer to beat to very stiff peaks. Use a rubber spatula to fold in the coconut until well combined.
- Scoop about 1 tablespoon of the mixture into each cavity in the mini cheesecake pan and use the back of the measuring spoon to firmly compress the mixture into an even layer about $\frac{1}{4}$ inch thick.
- Set aside.
- To make the almond topping, in a small bowl stir together the sour cream, sugar, and almond extract. Set aside. To make the filling, in a separate bowl beat together the cream cheese and sugar with an electric mixer at medium speed until smooth and creamy. Beat in each egg separately and scrape down the bowl after each addition. Continue to mix at medium speed and add the sour cream, heavy cream, almond extract, and coconut extract.
- Set the cheesecake pans on rimmed baking sheets (this will make it easier to get them in and out of the oven). Press the crust down again to ensure that it is well packed.
- Transfer the filling to a large measuring cup with a spout and pour enough filling into each cavity of the pans to fill a bit more than three-quarters of the way up to the rim.
- Bake for 7 minutes at 350°F then lower the temperature to 250°F and bake 10 to 12 more minutes, or just until the surfaces of the cuties are set at the outer edges but still wobbly in the center. (Keep a close eye on them!)
- Take the pans out of the oven and divide the almond

topping among the cakes, spooning an even layer onto each and smoothing the tops with the back of the spoon. Top with the chopped almonds, then return the pans to the oven and bake for an additional 7 minutes. (They'll still look wet, but they will set as they cool.)

- Let the cakes cool in the pans for 3 to 5 minutes, then run the tip of a very sharp knife around the top edge of each cake (this will unstick any topping that has adhered to the side of the pan and help the cake come out of the pan easily and flawlessly once they are cool.) *Don't try to add the chocolate ganache or unmold the cakes while they are still warm!*
- Let the cuties cool in the pans all the way to room temperature, at least 30 minutes. Then chill in pans for 2 hours before unmolding and topping with ganache.
- Carefully unmold the cuties by pressing the little round disk underneath each cake upward to raise the cake so that its bottom is level with the pan rim, then slide a small spatula underneath the cake.
- To cover the cuties with ganache, arrange the unmolded cheesecakes on a wire rack that's sitting on a parchment-lined baking sheet. Use an offset spatula or butter knife to carefully apply a thin layer of ganache to the tops and sides of each cutie. Let dry, then go over the cheesecakes again to smooth out any spots you may have missed, working from the top first and then down around the sides (dipping the spatula or knife in hot water and wiping dry periodically will also help keep the ganache smooth).
- Garnish with sliced almonds and refrigerate 6 hours or overnight before serving. (You could chill the cuties overnight before adding ganache, then chill more briefly just to set the ganache. The cuties can be kept in the refrigerator for 3 days and are also freezable.)

Ganache – makes about $\frac{3}{4}$ cup

8 ounces bittersweet or semisweet chocolate, chopped

$\frac{1}{4}$ cup heavy cream

2 tablespoons unsalted butter

- Combine the chocolate, cream, and butter in a small heatproof bowl. Set the bowl over a saucepan of barely simmering water. Cook, stirring occasionally, until the chocolate is melted and the mixture is very smooth.
- Let the ganache cool to room temperature before using.

From Indulge by Kathy Wakile with Miriam Harris. Copyright 2014 by the authors and reprinted by permission of St. Martin's Griffin, an imprint of St. Martin's Press, LLC.

Celebrity Video Interview: Kathy Wakile Opens Up About Her Family

Although the mom of two focused on her cookbook over the past few months, she will be gracing the small screen towards the end of season six of *RHONJ*. “You’ll see what’s happening with my family and see how my children have grown. You’ll see what’s happening with our everyday lives,” she explains.



Kathy Wakile at her book signing at
Boulevard Books & Cafe.

Speaking of her family, the reality TV star reveals that her daughter Victoria is doing well after battling her second benign brain tumor. "She's a strong, brave girl, and she's just more motivated than ever," she says with a smile. Of how she got through such a difficult time, she credits the power of prayer. "I don't feel like it was me doing everything. I feel like God was carrying me through."

Related Link: [RHONJ's Teresa Giudice Debunks Divorce Rumors](#)

Of course, the New Jersey native isn't done expanding her empire just yet. Next up is a cookbook of Mediterranean-based appetizers and small plates. As she explains, "I get a chance to show my love through my cooking!"

Keep up with Kathy on Twitter @KathyWakile. You can purchase her cookbook Indulge: Delicious Little Desserts That Keep Life Real Sweet at your local bookstore or on Amazon.