

# QuickieChick's Video Dating Tips: Summer Love...



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

In this week's [dating advice](#) video, relationship expert and E!'s *Famosly Single* dating coach, Laurel House talks about summer romance!

## Dating Advice from E!'s *Famosly Single* Laurel House on Summer Love

Have you ever had a summer romance? QuickieChick and lifestyle coach Laurel House has – and she says it enriched her summer and made it that much more memorable. Unfortunately, it ended up being only a fling that left her broken-hearted. Lucky for

you, in this week's video, the dating expert shares some tips for making the most of your summer love. Your inhibitions are down; your energy is up, and the heat is on. It's time to have some casual and carefree (but still safe) fun!

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

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**Have you had a summer romance? Share your story with us in the comments below.**

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## **Is Your Perfect Man Criteria Keeping You Single?**





By [Whitney Baker Johnson](#)

When you're looking for love, it's tempting to want to find the "perfect" man, someone who embodies all of the qualities that are on your checklist. In truth, doing so could be detrimental to your love life. You may end a relationship with that nearly perfect guy because you're so focused on the one thing he's missing. By the time you realize it, chances are he's already moved on to someone who loves him and thinks he's enough. Here are five reasons why your perfect man criteria is keeping you single:

**Related Link:** [Why a List of Requirements Won't Get You Mr. Right](#)

**1. You focus on the wrong things.** "The fact is that you're not looking for a walking list. You're looking for a feeling," explains dating mentor and QuickieChick Laurel House. "With your list, you're essentially putting blinders on." Instead, look for someone who brings the best out in you, who makes you feel happy, fulfilled and who is a true-life partner.

**2. You lose sight of what really matters.** You automatically

assume someone isn't the right fit for you because he's got dark brown hair or he's not at least six feet tall. Maybe's he been married before and you never saw yourself with a divorced guy. Ask yourself this question: In ten years, are those things really going to matter? Open your heart up to every possibility, and you may find a man with qualities you didn't even know you wanted.

**3. You put too much trust in "paper perfect."** Sure, you've had an idea in mind – and maybe you even put it down on paper – of your perfect man since you were a little girl. You pictured meeting him when you were 23, getting married a few years later and starting a family shortly after that, but reality doesn't always live up to expectations. As House says, "Like when a smile doesn't touch the eyes, just 'paper perfect' sometimes doesn't touch the heart."

**4. You miss out on the good parts of love.** We all know that nothing is perfect, yet we want a perfect connection, a perfect partner and a perfect relationship. By trying to make your love life flawless, you fail to truly take in those moments that make finding The One so special. Without the negative experiences and broken hearts, you'll never know when you come across that one guy who makes you feel just right.

**Related Link:** [Finding Your True Destiny After Losing Love](#)

**5. You begin to veer away from "must-haves" when developing your list.** It's easy to get caught up in superficial desires rather than only including your "can't live without" qualities. If you must have a list, it should focus on your belief system. "At the end of the day, what matters is if your core values mesh. You may find your 'paper perfect' man some day, but you'll be disheartened if your morals don't match or if you have zero chemistry," House shares.

Don't set yourself up for disappointment. Instead, throw away your list – or at least whittle it down to only a few "must-

haves" – and let your heart lead the way.

Are your standards too high? Share your experiences below.

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## Q&A: Should I Let My Girlfriend Look at My Phone?



**Question from Colin B.:** *I'm very territorial about my property and am very particular about the fact that no one looks at texts and e-mails on my phone, including my girlfriend. She and I just got into a fight over this issue, and she's calling me paranoid. Am I taking my privacy too far?*

**Answers from Our Love Experts:**



Tristan Coopersmith, Love Stylist: There is a big difference between giving your girlfriend carte blanche access to your personal belongings and her snooping. Snooping undermines trust, while giving access builds it. By being territorial, you're telling your girlfriend you have something to hide and don't trust her – and these two things are not good foundational elements to a healthy relationship.

So ask yourself: do you have something to hide? And do you distrust her? If you answer yes to one or both questions, this relationship needs help. If you answered no to both, then I recommend working on your own issues of vulnerability, which you are calling territorialism, so that you can create space in your relationship for trust and true connection to blossom. Good luck!

[Suzanne Oshima, Matchmaker](#): No one should ever go through their significant other's phone without asking them first. It's just a matter of respecting each other's privacy. If your girlfriend is snooping through your phone because she doesn't trust you, then that's a sign you have an unhealthy relationship.

Now, that being said, I would question why you're making such a big deal about it. If you would prefer she not touch your phone, then just explain it to her. Don't get into a huge fight over something so trivial. Blowing it out of proportion like you have only makes her think you're hiding something.

Paige Wyatt, Reality Star: You are not taking your privacy too far. It's important to have some boundaries and it's also important to be sure that you two have your own lives. If you don't, your relationship could suffer. Keeping your phone private is not being paranoid, it's just you keeping your space. Your girlfriend may not understand this so she's most likely thinking there's something sketchy going on and unless you've given her reason to feel this way, it's something she is going to have to figure out how to deal with. Help her if

you can, but don't give in, it will set a bad precedent.

For more information on our three relationship gurus, click [here](#).

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

**Tell us: Are you paranoid about people looking at your phone? Why or why not?**

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## **QuickieChick Video Dating Tips: 'Bachelorette'-Based Ways to Make a Great First Impression**





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

In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, Laurel House says to get real and get raw.

## **Dating Advice from E!'s *Famously Single* Laurel House on First Impressions**

We all know that making a great first impression is essential for carrying on a successful relationship. ABC's *The Bachelorette* is proof of this idea as we saw on last week's season premiere. Men were either given roses or sent home based on their actions during the first evening. So how do you make a memorable impression when you meet someone? Be vulnerable. Be honest. And most importantly, be yourself.

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

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How do you make a good first impression on someone new? Tell us in the comments below.

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# Celebrity News: Should We Be Worried About Ben and Jen's Marriage?



By Jared Sais

It all started during the Oscars when Ben Affleck stated his marriage to Jennifer Garner was “work.” He recently hosted *Saturday Night Live* (SNL) and addressed his choice of words in

his monologue. So after analyzing both speeches, there's something you all must know. There is no better place to start than by looking at the couple's non-verbal cues at the Oscars.

Jen appeared to be genuinely touched and demonstrated loving support for her husband. Before he even spoke, the actress was already showing signs of joyful tears, the same emotion you would see at a wedding. These feelings get even stronger when Ben starts to speak about her.

First, her inner eyebrows are raised, indicating that she was very emotional. When her inner eyebrows are raised, you also see wrinkling on her forehead. This cue is just a side effect of her raised inner eyebrows, but it helps to indicate that she's truly feeling this emotion since deep wrinkles are hard to fake. Finally, she shows the trifecta of strong emotional feelings as her chin dimples and bulges.

You may think these three non-verbal cues indicate sadness, but don't be fooled! Jen was extremely happy and proud of Ben. In addition to the cues above, she showed the following cues of joyfulness: smiling with the addition of dimples and crow's feet (wrinkling at the corner of her eyes). Crow's feet is a powerful cue used to identify a sincere smile versus a fake smile, which only happens near the mouth. A true smile includes the mouth, cheeks and eyes – everything that Jen was showing.

Of course, we all want to know what Jen was thinking when Ben started talking about their relationship being "work." She showed three notable non-verbal cues. First, she tilted her head to the side, which indicated that she was wondering a bit about where Ben was going with his speech. She was surprised but not offended by what he said.

She also sat up straight and slightly tilted her chin upwards, indicating that she was curious about what Ben was saying and perhaps getting a bit uncomfortable. You may have thought the

Oscar winner was digging himself in a hole with his comments, but his wife didn't show any signs of anger. Instead, she appeared to just be pondering what he said.

Finally, Jen did a shoulder shrug when Ben said, "It's a lot of work, but it's the best kind of work." This shrug demonstrates complete agreement. She knows he's speaking the truth and saying it with all the [love](#) in the world.

Relationships do require a bit of work, especially in the hectic celebrity world.

**Related Link:** [What We Can Learn from "the Work" Celeb Couples Do](#)

Now, let's move on to Ben's non-verbal cues during his Oscar speech. First, you will see Ben do a double-take (look twice at Jen or at least in her direction), as if he was almost reminded to thank her in his speech. In this case, the spontaneous nature actually made his speech more from the heart rather than prepared or scripted.

When Ben mentions her name, his voice cracks slightly. As we all know, when we are very emotional, our voices will sometimes crack. Usually, it's in an effort to hold back further emotions like tears. We will see this happen again at the end of his speech when he thanks his kids.

One other thing worth mentioning is that Ben has open arms when he says, "There's no one I rather work with." This motion tells me that he truly means what he says. Open arms when talking is a clear sign of trustworthiness. We might not think of work meaning love, but for this celebrity couple, "work" means just that.

SNL is where we see that everything is okay between the twosome. Before Ben brings Jen out, he speaks about the public and media misunderstanding his statement that their marriage is work (around 2:00). When Ben says, "That's just not it," he also starts to shake his head no. His non-verbal cues are

reinforcing his words, a clear sign that he's telling the truth. So I can immediately confirm that he didn't mean anything but love for Jen in his speech.

When his wife comes on stage (about 2:30), both of them show strong eye contact right from the beginning – a primary sign of intimacy and romantic chemistry. If they weren't so connected, Ben would have been more involved with the audience. Instead, they both light up when they see each other. It almost seems like they're distracted by one another's presence – a sure sign of true love, especially when on television. When the duo hugs and kisses hello, Ben's right hand moves to Jen's lower back as he rubs her. People who are very attracted to each other usually show it by touching the lower back, and rubbing is a very [intimate](#) and comforting non-verbal gesture.

**Related Link:** [Ben Affleck Says Wife Jennifer Garner is "More Perfect Than I Am"](#)

Jen returns the affection but putting her right hand on Ben's chest, which is also a very loving gesture that reveals an intimate relationship. Her left hand goes to Ben's lower back as well. Throughout all of these hand movements, they are maintaining eye contact and smiling very proudly and sincerely at each other.

The most important non-verbal cue of all occurs when you see Jen almost fall. This misstep happens because she is so secure with Ben that she puts all her weight on him. Once Ben moves, she has to regain her balance because she was using Ben as her pillar, something that only happens when you truly trust and love someone.

When they say goodbye to each other (about 4:00), the SNL host pulls his wife closer and whispers something along the lines of "I love you very much" in her ear. We see Jen's eyes roll towards Ben to give him her full attention. She then shows a real smile and says "I love you too" before she walks off

stage.

So the only thing between Jen and Ben is love and lust. Yes, there is work involved in maintaining a long-term relationship or a healthy marriage, but it's similar work to a stay-at-home mother or father. It's hard work, but it's work we put in to make something special last.

*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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## Relationship Advice: Must We Remain Friends With Our Ex-Husband?





By Nancy Lang for Hope After Divorce

The Universe can have a very ironic sense of humor. I recently had an altercation via e-mail with my ex-husband (about money, of course), and all of my old buttons were not only pushed, but they got stuck in “I’m hurt, I’m not respected, I’m not appreciated, I’m pissed, and I hate you!” mode. For two days, I stewed and chewed on the not-so-pretty file in my memory drive, as I was reminded of the many reasons why we got divorced. Several days later, funny enough, I find myself with the opportunity to write about maintaining a friendship with one’s ex-husband.

In recent news, Denise Richards (perhaps we should call her Mother Denise?) has raised the bar for all ex-wives: she offered to have temporary custody of her ex-husband’s (Charlie Sheen) kids from his last marriage to Brooke Mueller (his third ex-wife), who is in rehab for the twentieth time. This arrangement has been approved by L.A. County Juvenile Court.

**Related Link:** [Making Sure You Do What’s Best for the Kids](#)

Clearly, Richards has put the needs of these children before



anything else. They are, after all, half-siblings to her children with Sheen. She is providing them with a more stable environment than either of their parents can provide. I'm guessing she would open her heart and home to them even if she and Sheen weren't getting along. So, while it's great that they are able to co-exist or even co-parent, whether everything remains copasetic or not, the priority is the well-being of the children.

Is it possible to remain friends with your ex-husband? This depends on the reasons for the split and the level of hostility. There are also other things to consider:

- If you don't have kids, and you think friendship is possible, first give yourself some time to move on and adjust to who you are as a single person.
- There is a difference between being buds and maintaining a good relationship. If there are children involved, you will always be connected to your ex, so it's best to at least get along. Kids hate when there is tension between Mom and Dad.
- If regular communication would bring up old hurts, then keep it peaceful and keep interaction to a minimum.
- If you can't be friendly, try not to bash your ex to your children, no matter their age. I made the mistake of saying my ex was a short name for Richard. Not my best mommy moment.

**Related Link:** [The EX Word](#)

Yes, the Universe works in mysterious ways. Many years ago, when I was beginning my acting career in Los Angeles, I was an extra in a movie starring Martin Sheen. He played a man with a wife (Blythe Danner) and kids, who discovers he fathered a child from an affair. The mother of this child dies, so his wife, understanding of the circumstances, suggests they take the child into their home.

Six degrees of Charlie Sheen. We come full circle. Thank you, Universe, for the laugh and the lesson!

✖ *Nancy Lang is a Certified Life Coach, published author, professional actress and M.D. (Maven of Dating!). It was her role in life as a divorced woman that inspired her to write the book, You Want Me to What?!—The Dating Adventures and Life Lessons of a Newly Divorced Woman (available on Amazon) and [www.you-want-me-to-what.com](http://www.you-want-me-to-what.com). She was co-writer and co-star of the original musical sketch comedy, Shtick Happens! which played to crowds from West Hollywood to Minneapolis. Nancy is on a mission to empower women.*

*Nancy writes for [HopeAfterDivorce.org](http://HopeAfterDivorce.org), [FamilyShare.com](http://FamilyShare.com), [LAFamily.com](http://LAFamily.com), [CupidsPulse.com](http://CupidsPulse.com), [Huffington Post](http://HuffingtonPost.com), [Life After 50 Magazine](http://LifeAfter50Magazine.com), and many other publications. To read more about Nancy's adventures, her poignant and humorous view on life's lessons, visit her [Nancytellsall.com](http://Nancytellsall.com) and [Facebook](#). Nancy is the mother of two amazing young adult children.*

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## 5 Hot Celebrity Bachelors: Will They Ever Settle Down?





By [Whitney Baker Johnson](#)

The ultimate celebrity bachelor and twice-named Sexiest Man Alive George Clooney has been dating model and *Dancing with the Stars* contestant Stacy Keibler for almost two years now. Is he thinking about settling down again? With that silver fox off the market, we thought it was time to come up with a list of those hot guys who are *still* bachelors. So ladies, pay attention – you still have a chance with one of these famous faces!

**1. Chace Crawford:** This *Gossip Girl* actor was recently spotted courtside with model Rachelle Goulding, but since the pair hasn't confirmed that they're dating, it was only natural for this Texas boy to top our list. We can't help but swoon over his blue eyes and all-American smile.

**2. Bradley Cooper:** After splitting from Zoe Saldana, Cooper has been seen out-and-about with model Suki Waterhouse. The 38-year-old actor has had a string of serious relationships, and he was even briefly married to Jennifer Esposito. Still, the only leading lady in this golden boy's life is his mother

Gloria, who often accompanies him to premieres and award shows. They even live together!

**Related Link:** [Jennifer Lawrence Plays Cupid for Bradley Cooper](#)

**3. Alexander Skarsgard:** Since breaking up with longtime girlfriend Kate Bosworth in 2011, this *True Blood* hunk has been single. Not much is in the tabloids about his personal life, making him all the more appealing. With his strong features and sexy accent, we'll happily take him off the market.

**4. Adam Levine:** The Maroon 5 front man has been linked to more than one Victoria's Secret Angel, but as of this spring, he's a single man once again. The sexy crooner is keeping busy though, currently appearing on the fourth season of the hit reality television singing show *The Voice*. He also had a recurring role in the second season of *American Horror Story: Asylum*. Constantly on our televisions screens, this bad boy has stolen our hearts.

**Related Link:** [10 Bad-Boy Celebrities We'd Love to Date](#)

**5. Leonardo DiCaprio:** Leo first captured our attention in romantic films like *Romeo + Juliet* and *Titanic*. Since then, this leading man has had high-profile romances with beautiful blondes like Gisele Bundchen, Bar Refaeli and Blake Lively, but he doesn't seem ready to settle down just yet. Instead, he's focusing on his acting career, currently lighting up the big screen in *The Great Gatsby*.

**Who is your favorite celebrity bachelor? Tell us in the comments below!**

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# Ready for Love, Episode 8: Home in Houston



By [Angela Zatopek](#)

This week on *Ready For Love*, Ben came to Houston to finally meet my family! I was missing them like crazy and knew that, by meeting them, he would get a better look at who I was as a person.

Rather than a quiet date, I thought I'd show him another side of me and brought him to a skeet shooting range. I am so sad to see that our date didn't make the edit – it was so fun! You can tell that we were there because when they interviewed me for this episode, I have clear glasses on my head that we had to wear for protective reasons. Just wanted to clear up that I'm not usually sporting those lovely glasses!

My twin brothers also didn't make the cut during the episode, but everyone was there, and the date couldn't have gone better. First, we went skeet shooting, and to spice it up, we decided to make different bets based on who would shoot the targets. We had a blast, and it was a close call, but I think Ben may have beaten me by a few shots. I couldn't totally school him!

After that, we headed to my parents' house where my hilarious stepfather John greeted us at the door. You can clearly see his Italian roots and his dry sense of humor. It's so funny to watch because I had no idea what took place in the study that day until now. Even though he comes off harsh, it definitely was his way of having fun with the process and being protective of me. It is a big step for me to introduce someone to my family in that way, and it definitely created a stronger bond between us.

**Related Link:** [Ready for Love, Episode 7: Meeting the Family](#)

My parents actually got Ben a few Texas-themed gifts that day to welcome him. One that I loved was a Texas Longhorn polo since my family are all Texas alums. Although Ben went to Penn, my mom said he was officially inaugurated into the "burnt orange cult" as we jokingly call it. My birthday was coming up, so my mom made my favorite, red velvet cake, to celebrate. The *real* celebration, though, was coming up that next week when I got to spend it with Ben in Dallas.

It was so nice to be out of California and back home in Texas. After having him come to Houston to meet my family, I was nervous but excited to head to Dallas to see what life could be like after *Ready for Love*. At this point in the process, you're so emotionally invested, but you've also come to realize you could be sent home. Being in the final two, I knew that him and Allie also had a strong connection, but I continued to open my heart to him.



Speaking of Allie, as I mentioned in my last blog, the two of us have been close since the first day of production. Now, we were at the end of this process, and ironically, I found myself competing against her. It was such a weird dynamic to be close friends but also have an invisible wall that separated us at the end of the day, knowing one of us would go home eventually. Before we got to the end, we spoke about the scenario and how we would be happy for the other no matter what. It was important to me that we kept things positive.

During that last week, things were so different than the previous weeks. We moved out of the house and into a hotel where we all were completely separated from everyone. Allie had lent me a bag that needed to be returned, so I decided to write her a note and slipped it into the bag before production gave it back to her. At this point, I didn't know if I would see her again.

**Related Link:** [Ready for Love, Episode 6: Finding Love in Paradise](#)

I spent a lot of time writing that letter. We had shared all of our past relationship stories with one another, and knowing our love lives were about to change after the finale, I felt that it was the appropriate thing to do. Just like me, she'd been with boyfriends who weren't right for her. I told her if she was the final choice, I was happy she could be with someone like Ben. If I was the one in the end, I wrote for her to promise me to never settle and wait for God's best when it comes to love. I had no idea what to expect for the finale, but woman-to-woman, I genuinely meant what I wrote.

I was thankful for our friendship, and regardless of what happened in the end, I hoped that we could be friends later in life. Knowing that it'd be an awkward situation with us both "dating" the same guy all summer, we understood that we most likely wouldn't talk for a while after the show ended. After I put the note in her bag, I only saw her once more, which was

the night of the finale.

Tune in for next week's finale to see what happens...!

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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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## Dating Advice: Mario Batali Shares His Tips for Cooking at Home on Date Night





By [Whitney Baker Johnson](#)

In this exclusive video interview, chef Mario Batali shares his tips for cooking at home on date night and prepares a chicken pasta salad, a recipe that he put a spin on in honor of Hellmann's 100th birthday. Plus, he chats about which of his restaurants is the best spot for a romantic night out, the importance of bringing your family together for dinner and his sons' new cookbook, *The Batali Brothers Cookbook* – which they originally put together as a Father's Day gift!

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

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## Celebrity Relationships: Why



# Celebrities Prolong Their Engagements & Hide Their Wedding Plans



By Lori Zaslow and Jennifer Zucher, founders of Project Soulmate

It's no surprise that famous faces from Hollywood are pressured by their intense jobs and hectic schedules. The spotlight is always on them, but they don't want the same burden in their personal life. So how can they keep their romantic relationships out of the prying public eye?

**Related Link:** [Use Your Five Senses for a More Fulfilled Love Life](#)

One way to feel in control is by prolonging their engagement, which ultimately adds time to the courtship phase of a relationship. After all, what's the rush? For example, Miley Cyrus wants to focus on her career instead. She's young, and it's important that she accomplishes her goals first so that she can truly enjoy the engagement phase. Similarly, Kristin Cavallari, who's currently planning a July wedding, has been engaged to Jay Cutler since 2011, but they decided to focus on raising their son Camden before tying the knot.

Your relationship is supposed to be one of the most sacred parts of your life – which is why many celebrities also hide their [wedding](#) plans from the press. For instance, Jay-Z and Beyoncé tied the knot in 2008 in a top-secret ceremony that Beyoncé didn't speak about for six months after the fact! Justin Timberlake and Jessica Biel's wedding guests didn't even know the location of the event until right before the big day. Natalie Portman and Benjamin Millepied as well as Anne Hathaway and Adam Shulman are two more examples of celebrity couples who planned secret ceremonies.

**Related Link:** [Justin Timberlake Refers to Wedding Day as "Magical"](#)

Of course, there are a few perks of a longer engagement, like lots of engagement gifts and more attention from friends and family. The only downfall to a longer engagement is...will they ever make it down the aisle?

*For more information about Project Soulmate, click [here](#).*

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# Lori Bizzoco Speaks to Graduate Students at William Paterson University



On Saturday, May 4, 2013, our founder and executive editor [Lori Bizzoco](#) spoke to graduate students at [William Paterson University](#) in Wayne, New Jersey. She discussed the challenges and benefits of being an entrepreneur as well as what's it like to run a digital media company.

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# For 'American Idol' Winner Candice Glover, Third Time's A Charm



By [Whitney Baker Johnson](#)

Soul singer Candice Glover has been a frontrunner since the start of season 12 of *American Idol*, so it wasn't surprising when she took home the crown on last night's finale. Glover, though, was sure to take things slow. "My goal was to make it to the top 20. If I got that far, I knew I'd have a fan base that would keep voting for me," she shares. "Then, I made it to the top ten, the top five, and finally the top two. That's when I knew I could win this whole thing."

Of course, the 23-year-old had judges Nicki Minaj and Mariah

Carey in her corner from the beginning. “Nicki told me at my original audition that if I didn’t make it to the finale, something was wrong with the competition. That really stuck with me. And Mariah asked for a mix-tape.”

**Related Link:** [Janelle Arthur Talks About Her “Incredible Journey” on ‘American Idol’](#)

Glover’s journey wasn’t always such smooth sailing though. This year was her third-time to audition; the best she’d done previously was end up in the top 60. So what did she do differently this time around? “I definitely increased my musical knowledge – I listened to every genre of music,” she explains. “I was more confident too. I really focused on being myself and being different.”

“I was hurt and broken-hearted when I got cut. I kept saying that I wasn’t going to come back, but I always thought it may work next time,” the songstress adds. “I’m so glad I was right this year!”

When Ryan Seacrest announced her name, Glover immediately thought of her upcoming album, out on July 16th, and the *American Idol* summer tour, which begins on June 29th. She says that she “really connects” to the lyrics of her first single “I Am Beautiful” and even likes “the touch of pop.” In fact, she wants to keep that unexpectedness going when it comes to her entire album.

As for her career, she hopes to model it after the likes of Minaj, Carey and Jennifer Hudson, who she sang with on last night’s show. “I was so nervous to do a duet with Jennifer – I didn’t think I was good enough to be up there,” she shares of the experience. “She’s so phenomenal, and I look up to her.”

**Related Link:** [‘American Idol’ Runner-Up Kree Harrison Has “The World in Her Hands”](#)

Glover is walking away from the *Idol* stage with more than just



a title; she made lifelong friends too, including runner-up Kree Harrison. They may have been competing for the coveted crown, but that doesn't mean there's any animosity between the two talents. "Kree's amazing!" the winner exclaims. "While we were waiting for the results to be called, we were both saying, 'You won!' and 'No, you won!'"

Given her unique path to the top, the commanding singer is in the perfect position to offer advice to future contestants and says, "Just pace yourself and take it one day at a time. Always be yourself." It's important that Glovers keeps these words of wisdom in mind as she takes her own next steps as well.

*Be sure to catch Glover on the American Idol [tour](#) this summer! You can also follow her on [Twitter](#).*

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## Ready for Love, Episode 6: Finding Love in Paradise







By Angela Zatopek

This week on *Ready for Love*, we went to one of my absolute favorite places, Hawaii. My two best friends from childhood went to University of Hawaii at Manoa, so I have been to Oahu a few times, but this was my first time in Kona.

A really funny thing that viewers didn't see is that we literally had to go straight from the plane to our date. The flight attendants kept asking what we were doing and what show we were on. We were cracking up because, obviously, we couldn't tell them anything. It was quite apparent that something was up when we're trying to do our hair and makeup in our seats and the small restrooms. Have you ever tried to get ready for a date in an airplane bathroom? It was a bit stressful for all of us, especially knowing that it's going to be televised for the whole world to see.

**Related Link:** [Ready for Love, Episode 5: Drama in Vegas](#)

At the airport, security questioned our purpose for the trip, and I joked with the guard and said, "Yeah, our boyfriend surprised us all with a trip to Hawaii." He gave me a crazy

stare, but I figured we might as well make light of dating the same guy!

Whatever stress we felt immediately went away the second we hit the beach. We boarded the catamaran where we all got to enjoy each other's company and the beautiful scenery.

You only saw three dates that took place with Ben: Beth, Renae and Tarryn. Ben and I had a really great date too! I was his last date, and we spent the evening soaking in a hot tub with a waterfall surrounding it. It was gorgeous, and we got to sit and talk more in depth. I really started to connect with him when we discussed our families and our similar upbringings. Our parents both divorced when we were the same age, and we're both very close to our moms, who came from big families.

I also talked to him about what I was looking for in a potential husband. This process can be especially difficult since the girl is pursuing the guy in an unconventional manner, so it was important to me that Ben knew that I had qualities that I wanted in a man. A big must-have is that my guy not only has knowledge but also wisdom and discernment when making choices. Trust, honesty and integrity are key for a solid foundation with anyone, whether it be a romantic partner or a friend.

We ended the night with a champagne toast, and I slipped Ben a little note that I wrote on the plane telling him my thoughts about the experience so far.

**Related Link:** [Ready for Love, Episode 4: Angela Zatopek Recaps Her First Kiss with Ben Patton](#)

Our house wasn't so "kumbaya" after we got back to Los Angeles. There were only a few of us left, and we were all becoming more private about our dates.

I am a huge family person – I believe it is one of the most important things in life. So I'm definitely excited to meet

Ben's family on next week's episode. You'll have to tune in on Tuesday to see what happens!

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## Alison Sweeney Chats About Her New Book, Fitness Routine and Family Life



By [Whitney Baker Johnson](#)

As if Alison Sweeney wasn't busy enough, she decided to make her foray into fiction with her first novel, *The Star Attraction*, which published earlier this week. When telling

the story of Sophie, a Hollywood publicist who risks her fabulous job and happy relationship when she hooks up with a sexy client, the actress drew from her nearly two decades as Samantha “Sami” Brady on NBC’s *Day of Our Lives*, explaining that her experience on daytime television was the basis for writing her own story. She adds, “My best friend is a publicist, so that was certainly the inspiration for writing about that perspective of the industry. Plus, I have a lot of personal stories that contributed to the red carpet scenes in the book.”

When it came to her main character, the author wanted to create someone who is based in reality, who behaves like a real girl. She describes Sophie as “self-effacing, smart, funny, and most importantly, willing to grow and learn” and says, “I hope she reads like a best friend whose stories you never get tired of hearing. She makes mistakes along the way, but you love her more for them.” It’s no surprise, then, that there are pieces of Sophie that come from her closest friends and herself.

**Related Link:** [Alison Sweeney: “I Stay Healthy For My Kids, My Husband and For Me”](#)

Since 2007, Sweeney has stolen the hearts of many viewers as the encouraging host of another hit show on NBC, *The Biggest Loser*. This experience has brought a renewed sense of passion for her personal health, as evidenced by her *Shape* cover this month. Like many of us, she’s struggled with her weight in the past but now believes that it’s most important to “want to make a change and commit to living a healthier lifestyle. It’s about making the best choices each and every day.”

For readers struggling to take control of their weight, she offers this tip: “I encourage you to schedule time in your calendar to workout and to plan your food ahead time so you’re not scrambling when you’re starving. Prepare healthy snacks

and meals to get you through your day.”

As for her own exercise routine, although she has a trainer, she works out on her own quite often and really enjoys maintaining her fitness. “I run and ride my bike (both outside and at spin class). I try to complete a good cardio workout at least four times a week, and then, at least once a week, I do circuit training with weights.”

While we may know Sweeney as an author, actress and host, at home, she’s happy to be a wife to husband David Sanov and mom to son Ben and daughter Megan. Juggling her many different roles is never easy, but she has a simple trick that helps her stay on track: “I’ve found that the best way to transition from one project to another is to look at what I have to do in each moment and make sure that I give each task 100 percent before I move on to the next thing in my schedule.”

That means that when she’s home, she focuses completely on her family. To keep her marriage strong, she says, “Dave and I make a point to have time to ourselves, even if it’s only going for a hike or watching a movie. This time together enables us to keep our connection strong.” They even have date nights at home after the kids are in bed. “We cook dinner together and then watch *Survivor* or *Breaking Bad* and just hang out.”

**Related Link:** [Tips to Keep Things Exciting With a Date Night at Home](#)

So how did she meet her special someone? Sweeney and her husband actually grew up together and have known each other since they were young. Perhaps she followed her own relationship advice when they re-met as adults: “Enjoy life, meet people and know that you’ll meet the right guy who will explain all the wrong ones along the way.”

She adds, “With Dave, there was definitely a spark that led to our relationship and two incredible kids.”

When it comes to parenting, she describes them as pretty traditional parents. “Manners and structure are really important to us. We’re the parents, and we’re in charge. We don’t take a lot of sass from our kids, but we love them so much, and they know that.”

Some of their favorite times together as a family are in the kitchen as they prepare dinner. Of their routine, she shares, “The kids set the table, and sometimes, they help mix the salad or something. If a song comes on the radio that we all love, we drop everything for a ‘dance break.’ It’s hilarious – Megan loves to mimic our dance moves. Classic family laughs.”

It sounds like Sweeney’s got the good life figured out, but that doesn’t mean she’s slowing down any time soon. “I’m in the process of writing my novel, which I’m very excited about. I’m also starting production on season 15 of *The Biggest Loser*, and the summer storyline on *Days of Our Lives* is heating up. Finally, Greg Vaughn and I star in *Second Chances*, premiering on the Hallmark Channel on July 22nd.” Mark your calendars!

You can purchase *The Star Attraction* on [Amazon](#) or in your local bookstore. To keep up with Sweeney, follow her on [Facebook](#) and [Twitter](#).

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## **Relationship Advice from Justin and Selena: Should You Get Back with Your Ex?**





By Marni Battista

In recent years, Justin Bieber and Selena Gomez have had quite the whirlwind romance. The two pop stars were in a much-talked-about long-term relationship before they broke up and have subsequently reunited multiple times...although as of publication, their relationship status could easily have changed again. One thing we do know: breaking up and getting back together multiple times is mostly a good indicator that you should NOT get back together. So should *you* get back with your ex?

There's no simple black-and-white answer. The answer will differ for each person and each situation. For example, if you ask your mom, she'll have a bevy of "solid" advice based on her experiences. Your sister will issue forth another set of breakup rules she created during her formative relationship experiences. Perhaps one best friend says "forget him," while

the other, who just reconciled successfully with her ex, urges you to take it slow and give it a try.

If you're considering taking your ex back (and it isn't the fifth time around like Justin and Selena), what do you need to know first? Here are five things Dating with Dignity advises that you think about before you get back together with your ex.

**Related Link:** [Justin Bieber and Selena Gomez Confirm Rumors That They're Back Together!](#)

**1. Why do you want to get back together?** Is it because you're lonely? If you feel as if you'd literally be in a relationship with ANYONE – including the Starbucks barista – because you're missing a warm body next to your's each night (and he's not half bad-looking), you might need to reevaluate getting back together with your ex. However, reasons such as "I don't think we gave it a good enough shot" or "We've both been doing a lot of internal work, and I actually think it will be healthier and more fulfilling if we try again" are both good reasons to give it another go.

If you need to think about it, take at least a few hours and really make sure you're getting to the core of why you want to try again. Our best advice is don't respond to his text, email or call immediately. Let it soak in. Consider all the options and **then** form a responsive (rather than reactive), solid reply to his request.

**2. Why did you break up?** If any of the reasons for breaking up include addiction, behavior dysfunction, physical or emotional abuse or cheating, the answer is always going to be a clear-cut no. According to most addiction specialists, a person must be sober at least one full year before engaging in a relationship. That said, make sure the timing is right if the reason you broke up involved any form of addiction.

However, if it was a reason such as one of you wasn't fully

out of a prior relationship or one of you needed to focus on some “loving myself” time to really be ready for a relationship, a redo could be a good idea to consider.

**3. Is the issue something that's consistent or a one-time event?** If cheating was the reason you broke up but it was an isolated incident, getting back together can be put on the table. However, if it was consistent cheating or a repetitive cycle of adultery or being disrespectful, the chances your relationship will be successful the second time around are very low. One-time events can be something that each individual can work on over time, but it still absolutely needs to be addressed.

**Related Link:** [Lessons We Can Learn from Queen of Heartbreak, Taylor Swift](#)

**4. How has your life changed since the split?** Evaluate your current lifestyle. Has it improved since your breakup? If yes, it's probably a good idea to steer clear of your ex. Perhaps you just didn't feel as good about yourself when you were with him, or your health wasn't a priority because you were so focused on the relationship. In that case, don't even think about it.

But if you feel like giving it another try could improve your quality of life, it may be worth reaching out or responding to him if he's been attempting to contact you. The reason to get back into a relationship isn't because you feel like you need him to be complete or happy. Instead, make sure you're coming from a place of “wanting” the relationship to enhance an already fulfilling and sweet life.

**5. Let him show you, not tell you.** Is your ex starting to show up repeatedly? Can you see the changes in his life? Did he finalize his divorce or get a new job? Has his demeanor changed? Are your interactions different? Does it really seem as though he's worked on the shortcomings that led to the end

of your relationship? Words are great, but actions are everything. So if you can see notable changes in someone, it can be a great indicator of a high chance of success in your “new relationship.”

Remember, if you get back together with an ex, you must start over. The time you spent apart allows you a clean break for you to begin to date again. Don't rush into anything and don't try to pick up where you left off. Have realistic expectations and pace the relationship just as you would with a brand new suitor. Hopping into bed with your ex right away and assuming you'll be back to exactly how you were before is a great way NOT to be successful in trying again. Collect data, have fun, make sure to keep your non-negotiables in place, and make sure you keep your three c's top of mind: compatibility, chemistry and communication!

*Marni Battista, founder of Dating with Dignity, is an expert dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at [marni@datingwithdignity.com](mailto:marni@datingwithdignity.com).*

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## Relationship Advice: The EX Word





By Monique Honaman for Hope After Divorce

I recall speaking to a divorce support group a few years ago. Whenever someone referenced their EX-husband or EX-wife, each person was careful to use the phrase “my former husband” or “my former wife.” This wasn’t just something that one person used but rather everyone in the group. I thought it was interesting. After all, using the term “EX-husband” seems pretty common. When I asked what this was all about, I was informed that they believed that EX- implied a negative connotation, and they preferred to approach the word a bit more positively. OK! To each his and her own!

But I would like to stand up for EX- words and suggest that there are a number of EX-traordinary EX-words that should be fully embraced post-divorce. One can wallow in EX-cuses and get stuck in the EX-crement of what they just went through, or one can focus EX-clusively on moving forward and on the EX-citement and EX-cesses that this new life will bring!

**Related Link:** [How to Get Financially Stable After Divorce](#)

Whether your divorce was your idea or not, it is now a part of

your story and part of the journey that defines your life. Someone made an EX-it, which EX-empted you from EX-tending your commitment to your marriage. I speak with countless people who are stuck in the EX-istence of “what was” as opposed to eagerly anticipating the EX-pectation “what will be.” One of my favorite quotes that got me through my divorce was, “I can’t control what happens to me. I can only control how I react to it.” I love it when I encounter others who hold a similar attitude. No one is EX-empt from divorce. To those who say, “It will never happen to me” (like I did), you may find yourself in shock one day. Divorce EX-tends to all corners of our society and EX-cludes no one.

(I’m having fun writing this piece, so EX-cuse me while I keep going!)

To those people who are stuck EX-aming their unplanned lives collapsing around them, I say this: No EX-cuses! Inhale, then EX-hale. Now, pick up the pieces and become an EX-ample of how to move forward successfully after hitting a bump in the road. No one can do this EX-cept for you. Let the world EX-plode around you with new opportunities. EX-press your emotions. Don’t let your ability to love or to be loved go EX-tinct.

Having a failed marriage and becoming a divorcee at age 40 was not part of my EX-pectation for my life. That being said, it did become my EX-istence and part of my story. I was one of those people who opted for life to go on positively. I met an EX-traordinary man. I am EX-tremely grateful that he came into my life and the lives of my kids. It’s nice to be confident in the EX-clusivity of our marriage. We have a common passion and bond around our EX-tra-curricular activities and have EX-plored the world together. We have EX-panded each other’s horizons. I feel EX-alted and respected by him, and in EX-change, I try to honor him in the same way. The bottom line is that this relationship and marriage EX-ceeds anything I ever imagined before.



**Related Link:** [How to Make Sure Your Divorce is Amicable, Fair and Fast](#)

Mae West said, *"All discarded lovers should be given a second chance, but with somebody else."* EX-actly!! My point is this: whether you call someone your EX- or your former-, make peace with that part of your past and move forward. Take advantage of your second chance, and make it EX-traordinary. I think I've EX-acerbated my point. There are some fabulous EX- words. Use them. Live them. Celebrate them. Just think: what a great way to celebrate getting rid of one EX by introducing several new and more powerful ones!

By the way, I also met a woman once who didn't use the term "EX-husband" or "former husband." Instead, she had me laughing when she started talking about her "wasband." I thought I misunderstood. Then she clarified and EX-claimed, "The man who **was** my husband is now lovingly referred to as my 'wasband.'" Love it! I thought that was EX-tremely clever.

*Monique A. Honaman, JD, MLIR, wrote "The High Road Has Less Traffic: honest advice on the path through love and divorce" in response to a need for a book providing honest, real, and raw advice about how to survive and thrive through one of life's toughest journeys. The book is available at [www.HighRoadLessTraffic.com](http://www.HighRoadLessTraffic.com) and [Amazon.com](http://Amazon.com). Monique writes for [HopeAfterDivorce.org](http://HopeAfterDivorce.org), [FamilyShare.com](http://FamilyShare.com), [LAFamily.com](http://LAFamily.com) and [CupidPulse.com](http://CupidPulse.com). She can be reached at [Monique@HighRoadLessTraffic.com](mailto:Monique@HighRoadLessTraffic.com).*

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## Niecy Nash Explains Why 'It's

# Hard to Fight Naked'



By [Whitney Baker Johnson](#)

We all know and love Niecy Nash as an actress, television host and comedienne. What you may not know, though, is that she's quite the matchmaker as well. In fact, it was at her first matchmaking party that she introduced best friend and *The View* co-host Sherri Shepherd to her now-husband Lamar Sally. From there, she began hosting an online show on Yahoo! called "Let's Talk About Love," which eventually developed into her new book, *It's Hard to Fight Naked*. In it, she invites her readers to think differently about matters of the heart and shares her tips for finding true love. We chatted with the newly-minted author about the book's eye-catching title and many words of wisdom.

**Related Link:** [Video Exclusive: Sherri Shepherd Chats About the Three Men in Her Life](#)

**What inspired you to write a book of relationship advice?**

I fell in love! After I experienced the best part of a relationship, I wanted that for all of my girlfriends. I feel like we struggle most at the thing we were created for, which was love.

**What can readers expect to learn from *It's Hard to Fight Naked*?**

First, you will attract what you are. So inevitably, you should be what you want to receive. If you're dating and all of your potential partners are crazier than the last person, then you need to look in the mirror and say, "Good morning, crazy!" That's part of what you're bringing to the table.

Also, it's one thing if you just want to hang out and have fun. But when you're looking to settle down, then you have to move into a place where you date with your priorities versus your preferences. There are certain things that you require in a relationship that are more important than superficial things. You have to find someone who meets the priorities of what you want in a man, and then you can consider the outer wrappings of a relationship.

**Let's talk about the title!**

It has a figurative and a literal application. Figuratively, when you are exposed and vulnerable, you're at your truest self. And you have to walk in the truth. I think people sometimes approach relationships like they're a game – they don't really want to show their hand or their feelings or their fears. When you're honest, though, you're exposed, and that's when you're most "naked."

The literal meaning takes us back to Adam and Eve when they

were really naked and unashamed in the garden. If you have your clothes off, there's a party! I'm a lover, not a fighter, so I'd rather stay in any state that leads to love as opposed to fighting.

**Related Link:** [Harlan Cohen Shares Why 'Getting Naked' Will Help Us Find Love](#)

**And did this type of vulnerability help you meet your husband, Jay Tucker?**

I was very honest with him. When you're deciding to marry someone, there has to be a like-mindedness. Your partner needs to know the truth about how you think, you feel.

**Finally, what advice do you have for someone struggling to show her true self?**

You have to work on being honest with yourself. You see women who say they don't care if they ever get married or have a family, yet every Sunday morning, they watch a marathon of *Say Yes to the Dress*. Knock it off! You have to be honest with yourself first. Once you walk in your own truth, you'll be better able to communicate that to a man. If you're living a lie, of course, it's going to be hard to be open with someone else.

*You can purchase Nash's new book [It's Hard to Fight Naked](#) on [Amazon](#). To keep up with the author, follow her on [Twitter](#) and [Instagram](#). Be sure to check out [www.niecynash.com](#) too!*

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## Owl City's Adam Young Says

# Fame “Puts Pressure” on His Love Life



By Royal Young

Owl City's Adam Young first captured our hearts with his 2009 hit "Fireflies," a song that he says he never expected to connect with so many people because "it's a such a weird song that isn't really about anything." Since then, the humble musician has experienced a fast rise to fame but held on to his optimistic attitude and small-town upbringing. Most recently, he has partnered with Oreo on Wonderfilled, a campaign about sharing wonder with those around you and trying to make the world a better place. They wanted an "upbeat, witty, quick and catchy" theme song, and Young was a natural fit. Here, he chats with CupidsPulse.com about his career, his new partnership and his love life.



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

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# What Stirs You? Create a Match.com Summer Singles Event and Win!



*This post is sponsored by Match.com.*

By Rachael Moore

Do you ever feel uncomfortable at a bar or party because you



don't know who's single or taken? Well, worry no longer! With Stir events by Match.com, everyone is single and looking to meet someone. Better yet, the online dating website is celebrating their one year anniversary! They're giving you the opportunity to participate in their "What Stirs You? Create a Match.com Summer Singles Event and Win!" contest between Tuesday, May 14th and Tuesday, May 28th.

If you've never heard of Stir, it's Match.com's answer to offline events, offering a wide range of activities to [Match.com](http://Match.com) members around the country. The program has seen great growth in the past year, hosting 2,850 events – broken down, that's 14 events each day, 75 events each week and 320 events each month. Match.com has collaborated with over 1,200 venues and partners, including House of Blues and Banana Republic. Plus, the site is throwing single events in over 80 cities, reaching as far as Anchorage and Honolulu! Activities now range from large-scale happy hours at popular spots to more intimate gatherings like tequila tastings and DJ lessons. Over 225,000 singles have attended a Stir event to date.

In honor of these milestones, Match.com is offering the opportunity for singles to create their own Stir event in their hometown. The selected winner will have their idea re-created by the [Match.com](http://Match.com) Stir Events team in their city and will receive an invitation to attend the event along with ten of their singles friends – all at no charge! In addition, the winner will also get a free six-month Match.com subscription. Sounds awesome, right? Well, you can be a part of it! To enter, visit Match.com's "What Stirs You?" Contest Page, now through Tuesday, May 28, 2013 and tell Match.com what you think would make for the perfect singles event. Entries will be judged based on quality, creativity, uniqueness and geographical relevance. Good luck!

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# Dating Advice: 5 Date Ideas Created Just for Moms



By [Whitney Baker Johnson](#)

It's always important to recognize the hard work moms do – not just on Mother's Day, but every day of the year. They often put their partners and children first, forgetting to take time for themselves. This May, we're encouraging moms to step away from their household duties and embrace some kid-free time with their significant others. Remember, your loved ones want to make you just as happy as you make them. Below are five date ideas that every mom will enjoy.

**1. Chick Flick:** Sure, your beau may want to see the latest action movie, but instead, pick the most romantic movie in theaters and enjoy every cheesy minute of it. Take this opportunity to snuggle up to your hubby and reignite the spark that may be dimming. You'll have at least two hours to relax and decompress before you resume your mom duties.

**Related:** [Create an Action Plan to Make Every Date Feel Like Valentine's Day](#)

**2. Spa Day:** While your man may be hesitant to admit it, he'll enjoy a couple's massage just as much as you do. Be fully in the moment as you both take this time to recharge. Get a manicure, pedicure or a facial to make the most of your day of pampering. Your partner can sip on some champagne and keep you company while you feel like a princess for an afternoon.

**3. Just Dance:** Sometimes, the best way to let loose is to literally *let loose*. Sign up for weekly dance classes and learn a romantic waltz together, or head to a local salsa club and practice your moves in an environment filled with passion. Any mom will love the chance to not only bond with her significant other, but to also do an adult-only activity. End your night with a glass of wine at your favorite restaurant.

**4. Date Night at Home:** Plan for grandma and grandpa to watch your children so that you and your honey can have a fun evening in the comfort of your own home. Cook a romantic meal together and open up your favorite bottle of wine. Enjoy the warm weather by cuddling up outside and counting the stars. Steer conversation away from your babies, and instead, focus on your marriage. When bedtime rolls around, don't set an alarm!

**Related:** [How Celebrity Moms Keep an Active Dating Life](#)

**5. Breakfast in Bed:** Don't let your date night at home end when you crawl in bed. Wrap up your alone time with breakfast in bed. You can make an extravagant meal with all of your

favorite foods: from scrambled eggs with cheese and fresh vegetables to crispy bacon and toast topped with butter and homemade jam. Order in from a local diner – somewhere you may have frequented before the kids came along – and enjoy every greasy bite.

**Moms, we want to hear from you: What's your favorite date idea? Share below.**

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## Angie Miller's "Amazing Journey" on 'American Idol'



By [Kerri Sheehan](#)

The [American Idol](#) road ended last night for 19-year-old Massachusetts native Angie Miller. Known for winning over the judges during her first audition by performing an original song and playing the piano during many of the live shows, fans were surprised to see her go. She sobbed throughout her goodbye song "Never Gone," originally sung by *Idol* alum Colton Dixon, as Mariah Carey encouraged her from the judges' table.

Miller admits that she was surprised to be voted off this week, as she had high hopes of making it to next week's finale. "Every Thursday night is shocking. It's always an emotional and crazy night, but I did feel confident in my performances and everything. I honestly did. I was hoping and dreaming of being a part of that finale, and I really wanted it, so of course, it was disappointing."

**Related Link:** [Amber Holcomb Bids a Sad Farewell to the 'American Idol' Stage](#)

However, there were no bitter feelings towards fellow contestants Kree Harrison and Candice Glover. "I love both of those girls, and they deserve to be there," says the songstress. "Kree never thinks about herself – she's so selfless. And Candice is just the most fun person to be around."

Staying positive, Miller is looking forward to performing in the finale show. "I'm not going anywhere; I'm still here. I'm going to start rehearsing and practicing for the finale this week. I don't know 100 percent what's going on yet, but I'm so excited to sing again."

Overall, the songwriter says she's very grateful for her *Idol* experience and believes it's really jump started her career. "I learned so much, and I've grown so much in this competition. I definitely know so much more about who I am musically and as an artist." She's not sure what specific genre of music she wants to fall under, but she does know

this: “I want to have music that has meaning and is real. I don’t want to have dance party music, but at the same time, I don’t want to put people to sleep. I definitely want to incorporate the soulful piano sound with a lot of edge.”

**Related Link:** [Janelle Arthur Talks About Her “Incredible Journey” on ‘American Idol’](#)

As for the future, there are a lot of things Miller sees on her horizon. “There’s the tour, and then I hope to get signed and record an album. First, I want to pursue my music, and then eventually, I want to act. I just want to do so much; I’m excited! Even though it’s the end of *American Idol*, it’s just the start of this journey.”

You can see Angie Miller on the American Idol [tour](#) or follow her on [Twitter](#) for updates.

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## Dating Advice: How To Decode Your Man’s Texting Habits







By David Wygant

What does it mean when a guy waits a while to text you back? What if he gives you a short answer to a long question? How can you tell if he's bored and only texting you because he wants something to do? These are questions that most women have asked at one time or another.

So here are a couple of pointers to decode man-talk in texting. These answers are a simple guideline to help you understand the way that men think and communicate.

**Related Link:** [How to Understand Man-Talk](#)

If a guy waits forever to reply back, he's playing games. He's basically a guy who's pretending to be busy, pretending to have other things to do, and he's making you wait, thinking that's a way to increase your attraction to him. He's the type of guy who thinks that you're going to want him more if he creates a false sense of busyness.

Texting is pretty simple. Most of the time a quick response – something like, “Hey, I’m busy right now and can’t really

talk” – is far greater than making somebody wait all day.

If a guy gives you a response that’s short and sweet but doesn’t really answer your question, he isn’t paying attention to who you are and what you’re about. He’s too caught up in himself.

Or maybe you’re texting him at the wrong time or he just doesn’t like to communicate via texting. That’s not such a bad thing. It’s okay to confront him and find out his preferred communication style. We’ve become lazy as a society: sure, texting is quick and easy, but it’s not the only way to stay in touch.

**Related Link:** [The Real Reason He Didn’t Call You Back](#)

But how can you tell if a guy’s interested? Not only should he text you back in a timely manner, but he should also make plans to see you soon. A guy who texts back and forth but never asks you out is someone who just likes the attention. He’s not interested in you as a lover; he’s only interested in you as a text buddy.

So if you text a guy on and off for more than three days and he doesn’t ask you out on a date, then you need to stop the texting madness and realize he’s just not that into you.

Texting is fun, but it doesn’t substitute real conversation. Keep the texts short and simple, and make an effort to learn someone’s texting style. When you do those two things, you won’t be freaking out, showing the text to your girlfriends, trying to interpret it. Just pick up the phone and call him. Otherwise, there’s going to be a big miscommunication. When it comes to texting, never read between the lines.

*David Wygant is an internationally-renowned dating and relationship coach, author of the new book [Naked and speaker](#). Through his boot camps, personal coaching and his website ([davidwygant.com](http://davidwygant.com)), his advice has transformed the*

*dating lives and relationships of hundreds of thousands of people from every corner of the globe.*

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## **QuickieChick's Video Dating Tips: Seven Reasons to Kiss**



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

In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, Laurel House shares seven reasons to kiss. It's time to get busy!

# **Dating Advice from E!'s *Famously Single* Laurel House on Kissing**

Did you know that kissing helps to fight those pesky springtime allergies that so many of us face? If you kiss for at least 30 minutes, it helps to slow histamine production, which means you won't be sneezing and dealing with a runny nose. Kissing not only makes you healthier and happier, but it also makes your relationship healthier and happier.

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

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