

Ben Patton of 'Ready for Love' Says He's "Still Going Through It" With His Final Pick



By [Lori Bizzoco](#) and [Whitney Baker Johnson](#)

If you've been watching NBC's dating reality competition show [Ready for Love](#), you may have been disappointed to hear that it was cancelled by the network after only two low-rated episodes. Many viewers felt like the new series presented a false reality when it came to dating and relationships, reinforcing the belief that you have to be perfect to find real love.

For those of you who are fans of the show, don't fret! NBC.com

is airing the remaining episodes, so you'll still be able to follow the journey of Ernesto Arguello, Tim Lopez and Ben Patton as they search for their soul mates. Filming wrapped last August, so we can't imagine what it's been like for the bachelors to keep their final picks a secret – something that they must continue to do until the finale airs on Tuesday, June 4th. To tide us over, we caught up with Patton, who we interviewed prior to the premiere, and chatted about his current relationship, his take on the other two bachelors and his past love with one of the contestants.

Related Link: [Ben Patton Tells Us Why He's 'Ready for Love'](#)

Since the show is still officially airing on NBC.com, the Texas businessman can't reveal his final choice. However, he did mention that it's been a pretty challenging time since the show finished filming, particularly given the constraints that the new couple has faced (they haven't been allowed to be seen together in public for almost nine months). Even so, he says that he's "still going through it" with his significant other. "After the finale airs, that's when we can see if it's the real thing. Right now, we can't even go through the real experience of dating."

Given their busy schedules, the twosome's time together varies. Sometimes, they see each other every two weeks, but other times, they're apart for over a month. They last saw each other about three weeks ago, and Patton says their relationship has become "more stress than fun. She's really stressed. I'm really stressed. I'm not going to lie, it's very hard." For now, they're learning to balance their individual lives and trying to make it work.

As for the future, the hospital CEO says he can't leave Dallas and hopes that his pick will relocate. However, he does admit that he's a rationale person when it comes to love. "I keep telling her that we shouldn't force the relationship for the

sake of the show or to prove America wrong. If it's not working, then it's not working. At the end of the day, we need to think in terms of what's best for us."

He adds, "These challenges make it kind of impossible for people to be happy in a relationship. But that doesn't mean we won't be happy when we can be together."

So did the other men find love? "Yeah, I know that they did. All of us found love, and at the end of filming, we were very happy. We came off the show saying what an amazing experience it was." As for their favorite matchmaker, Patton explains that the guys bonded most with Matthew Hussey. "He knew what was going on in our heads. We could really relate to the advice that he gave the women."

Until the winners are disclosed, there's one woman who's stealing the spotlight on the show, something that Patton calls "The Kari Situation." He first dated contestant Kari Krakowski in 2006 and describes their relationship as "on-again, off-again for about two years." Of their past, he shares, "When I date someone, it's monogamous. Kari, though, was still emotionally involved with her ex and not quite over him. To be fair, when I wasn't available to hang out because I was busy working, she assumed I wasn't into her. There was just a lot of miscommunication." Patton admits that he really cared about her and was hurt.

Related Link: [Cancelled: Why NBC's 'Ready for Love' Fueled America's Hatred](#)

Although they tried to rekindle things when he returned to the states after spending time in Dubai, they eventually called things off for good. Viewers saw how shocked he was to see Krakowski on the *Ready for Love* stage. On the most recent episode, the pair spent some one-on-one time together and gave fans a glimpse of their chemistry. "I was smitten with her. I remember all of the good parts of being with her, and it's

really hard to let go. Plus, it's a lot easier to kiss someone you were once romantically involved with than it is to kiss strangers. There's more history."

Another lady who has captured our attention is Angela Zatopek, who is writing a weekly column for CupidsPulse.com about her experience on *Ready for Love*. Patton describes her as "an amazing girl." The bachelor shares that he never makes the first move, so it was fitting that Zatopek went in for their first kiss on their vineyard date. Only time will tell if that kiss leads to more!

It's no surprise that the most difficult part of the experience for Patton was sending the girls home in The Garden. Since these women were emotionally-invested in him from the start, he felt like he was really letting them down. "They watched videos of me, built this idea in their minds and thought I was 'the one' before the show even started filming. It was really hard to let them go."

Be sure to watch 'Ready for Love' on NBC.com. For more information about Ben follow him on Twitter [@Ben_Patton](https://twitter.com/Ben_Patton).

Married In a Year





Check out our executive editor and founder, [Lori Bizzoco](#)'s, video interview with Suzanne Oshima, matchmaker and dating coach at Dream Bachelor & Bachelorette and the founder of Single in Stilettos. Lori candidly shares her story, from a broken engagement five months before the wedding to a whirlwind romance with her now-husband. Through it all, she discovered how to brush herself off and find the positive in every situation, whether it's in your personal or professional life.

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

Dating Advice: How to Meet, Attract and Keep the Right

Man !



Single in Stiletto's founder Suzanne Oshima developed a 14-video series called **How to Meet, Attract and Keep the Right Man** to help viewers navigate the dating world. The videos feature 15 top relationship experts including CupidsPulse.com founder and executive editor [Lori Bizzoco](#), dating coach Hunt Ethridge, founder of The Wing Girl Method Marni Kinrys, sexpert Yolanda Shoshana and founder of The Professional Wingman Thomas Edwards. The videos, which are broken up into three series (How to Meet Men, What Attracts a Man and What Keeps a Man), will teach you where to go to meet men, how to get more men to approach you and ask you out, what you're doing to make men disappear, what makes a man think you're marriage material and more.

For more information on the videos or to purchase the series, click [here](#).

How Can Celebrity Couple Jennifer Aniston Justin Theroux Make Her Love Last?



By Amy Osmond

Cook, Ph.D.

Can it be true? It appears that Hollywood's All-American sweetheart Jennifer Aniston has finally found lasting love with fiancé Justin Theroux. As they get ready to walk down the aisle, here are a few tips that can help them (and all of us!) build healthy relationships with our loved ones.

Create Your Own Space

Happy couples carve out their own little piece of the universe—a place where only they have the final say. They listen to their mom-in-law pontificate about the advantages of hardwood floors but choose carpet if their partner has a penchant for shag.

They enjoy each other's company but support independent hobbies. They watch *Vampire Diaries* together—of which separate viewing constitutes a personal betrayal—but also welcome independent golf trips and weekends at the spa. In essence, they build togetherness but foster autonomy.

Related Link: [7 Ways to Build a Love That Lasts](#)

Fireproof

To prevent a house from burning down, you take certain precautions. You blow out the candles before you leave the room. You don't leave the dishrag next to the gas stove. And you certainly don't let your three-year-old daughter play with matches.

Happy couples fireproof a relationship in much the same way. They create a safe place for conflict by avoiding inflammatory communication, like name-calling, stonewalling or derogation. They deal with an issue specifically and avoid making blanket statements. Pizza on the wall after Monday Night Football? Game on. But it doesn't snowball into comments like, "You don't pull your weight in this relationship." And the pizza on the wall five years ago after a bachelor party? Off-limits.

Go Organic

There's something about growing your own food that makes you appreciate nature's magic. It's exciting to see the first tendril break ground, then another and another. And when those sorry little tomato plants in chipped clay pots are weighed down with ripe, red fruit—well, that's something to celebrate, especially when you find out how much better homegrown

tomatoes taste than their store-bought lookalikes.

In much the same way, happy couples know that a relationship needs constant nurturing—emotional, sexual and social—to grow. If even one of these areas is neglected, the relationship can become diseased and die. Happy couples rally when they're really too tired for sex because their partner is in the mood. They say, "You do not look fat in those jeans" for the thousandth time and still manage to sound sincere. And they laugh at the same old story that their partner has been telling at parties for years, even when everyone else groans.

Related Link: [The Key to a Lasting Relationship](#)

So how can Jennifer and Justin make it work for the long-term? If they create a space for their relationship, fireproof it and cultivate it into something special, they have a great chance of keeping it strong and making it last.

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

Celebrity Couple Predictions: Halle Berry, Jada Pinkett-Smith and Heidi Klum



By Shoshi

A celebrity's love life tends to be packed with things that create a hot mess. At the end of the day, when it comes to their relationships, they're just like everybody else: simply trying to figure it all out.

For my first expert post, I took a look at the energy (aura) of some hot couples: the sexy Halle Berry and Olivier Martinez, open marriage lovers Jada Pinkett-Smith and Will Smith, and last but not least, Heidi Klum and her bodyguard boyfriend, Martin Kirsten.

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Halle Berry and Olivier Martinez: I have been keeping a psychic eye on Halle Berry since she announced that she's dating Olivier Martinez. From the very beginning, their energy as a couple looked vibrant and stable. While women envy Berry and assume she can have any man that she wants, her love life

tends to be filled with drama and heartache. Berry was always into the “pretty boy” types, not that that’s a bad thing. However, Martinez is an upgrade; Berry finally has a grown man by her side.

Recently, Berry revealed that she is pregnant with Martinez’s baby. Berry has never looked happier on the outside, but there has been a shift in her energy on the inside too. She is more settled and comfortable in her own skin. While she has made a shift to fully embrace self-love, Martinez has been a big part of healing Berry’s energy in her heart. Looking at their relationship as a whole, they have a wonderful connection.

From what I can see, it looks like Berry will have a bouncing baby boy. I also predict that Berry and Martinez will pull a Janet Jackson move by getting married at a secret sexy location in Paris.

Jada Pinkett-Smith and Will Smith: Finally, Jada Pinkett-Smith decided to address the rumors about having an open marriage with Will Smith. Not so fast, though: she actually did *not* come out and say that they have an open marriage. We did find out that Smith is his own man who can do whatever he wants and that Pinkett-Smith trusts him since they have a grown-up relationship. Some people are confused about what the heck she means since it wasn’t a direct statement.

This couple has a very interesting energy that looks strained in certain areas. It look like they were talking about divorce, which was coming more from the side of Pinkett-Smith, but she changed her mind. Smith appears to be exercising their rule of doing whatever he wants more than her. She was feeling a bit neglected, but it made her hubby realize that he has to prioritize what he has at home, or it shall be lost.

Although there is love in their relationship, it looks like the type of love that is friendship-based. There is a lack of passion between them at this point; if that doesn’t shift,

this marriage will be over for good.

Related Link: [Will Smith Says Family Is All About Love and Communication](#)

Heidi Klum and Martin Kirsten: When Heidi Klum started dating her bodyguard, Martin Kirsten, it raised a few eyebrows. Hopefully, Kirsten will guard his heart in this relationship since Klum's energy has rebound written all over it. What Klum was missing in her marriage with ex-husband Seal, she is getting from Kirsten; however, she isn't allowing her feelings for him to run deep.

Kirsten is completely smitten with Klum and her kids. In fact, he had feelings for her before they started dating. It's not looking good for him though. Klum isn't ready to fully open her heart to anyone. One day soon, Kirsten is likely to get a kiss goodbye from Klum, and he won't even see it coming.

QuickieChick's Video Dating Tips: Flirting With Your Man





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

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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House offers her tips for how to flirt with your man. Whether you're in a new relationship or you have a long-term, live-in boyfriend, it's important to still be flirtatious and fun and make your significant other feel special. You want to keep the spark alive, right? "You're going to look forward to flirting. It's not going to be a chore," the dating expert shares. "After a while, you're going to start thinking, 'What can I do that's going to make him happy?'" Be sexy and sassy, and your love life will be rejuvenated.

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

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

What's your favorite way to flirt with your man? Tell us in

the comments below!

Giveaway: Win a 'Find Me My Man' Prize Pack!



This post was sponsored by Oxygen.

This week, we have a very exciting giveaway for you! To celebrate the new season of Oxygen's television matchmaking series, *Find Me My Man*, one lucky winner will win a **Miami Mixology Love Kit**, courtesy of Oxygen, including the following items:

\$100 American Express gift card

\$50 Restaurant.com gift card

\$49 iPod Shuffle

\$50 iTunes gift card

\$30 Mixology Drink Kit

2 Bad Girls Club Heart Tumblers

As you can see, this prize package is valued at over \$250! Before you can enter, you need to watch *Find Me My Man* on Tuesday, April 23rd at 9 p.m. ET/PT and keep these trivia questions in mind and when you are done, check out the giveaway details below:

What does Aja's (Natalie's first client) sash read?

What President is Aja modeling her man after?

What shot does Princess call a "panty-dropper" on her mole date with Jon?

True or False: Princess Says she was very confident and good-looking as a child.

True or False: Aja finds out that the final date Natalie sets her up with has a child.

To get ready for this week's episode, titled "The Princess and the Queen," check out the sneak peek below.

GIVEAWAY ALERT: ~~We're going to make you work for this prize! After the show is over, pick one of the trivia questions and tweet us your answer along with the following message:~~
~~@cupidspulse <http://ow.ly/kgEy0> #cpgiveaway #findmemyman~~

~~Then, e-mail us at cupid@cupidspulse.com with your full name, date of birth, mailing address, phone number and a direct link to your tweet. You must include "Find Me My Man Giveaway" in the e-mail subject. To double your chances of winning, like us~~

on Facebook and let us know that you did so in your e-mail. The deadline to enter is Monday, May 6th at 5 p.m. ET.

Congratulations to Geraldine Rodriguez!

Enjoy the show, and good luck!

Dating Advice: A Summer of Love



By Melanie Mar

Are you wondering how you can find [love](#) this summer? Here's a list of things you can do *now* to get ready for a summer romance.

First, consider your lifestyle. Wintertime is synonymous with

wrapping up in layers of clothes and eating hearty meals. While that may be comforting during the dark, cold days, it can also create complacency in your healthy living and add some extra-unwanted weight. But now, spring has sprung, and it's time to refocus on your well being. So take a look at your eating habits, write in a food journal to help you clearly see where you can make some healthy changes and give yourself an attainable goal. When you look good, you feel good and ooze confidence, which is very attractive. Plus, men are visual; they initially pick who they want to date with their eyes.

Related Link: [How to Approach a Spring Fling](#)

Next, add exercise into your daily routine. Now would be a fine time to enroll in a fitness class or purchase a gym membership. Rather than look at this step as a chore, think of it as fun and a great place to flirt with some very fit men. If money constraints are an issue, lace up your tennis shoes and go for a hike or even just a walk around your neighborhood. Again, make it a joy by saying hello to prospective, single gentlemen. Another great and easy way to get your body bikini-ready is to simply purchase a workout DVD. Whatever you do, make it a routine and truly incorporate it into your lifestyle.

Once your body starts to transform, you will have a great excuse to go shopping for a new dress for a first date. It doesn't need to be a major investment, as there are plenty of outlet and retail discount stores, like Nordstrom Rack and Off 5th, where you can find great bargains and still look fabulous. It's important to decide what your favorite features are and choose clothing to enhance your best bits and detract from the parts that make you feel insecure. If you're overwhelmed, a friendly salesperson can help you. Don't put everything on display, as this may send the wrong signal to a potential mate. Be subtle in your sexiness.

With your new body and new clothes, it's now time to get a new haircut and/or color – nothing has a greater ability to make you feel more vibrant! Start tearing out photographs of celebrity hairstyles that you like. There are websites, like [InStyle](#), where you can upload a picture of your face and see what the styles will look like on you. It's a terrific way to try before you buy. Then, pop into your local department store and get a free makeover from one of the beauty vendors. They will teach you how to apply your makeup and show you all of the latest colors and tricks.

Related Link: [Spring Cleaning: 5 Signs It's Time to De-Clutter Your Love Life](#)

And finally, the most important thing you need when getting ready for new love is what I call a “clear head, clear heart.” If you have any residual emotional issues from a previous relationship, you cannot possibly expect to present yourself to others with the openness needed to be viewed as available and seriously wanting to date. Make a conscious effort to move forward. Leave the past behind and look to the future with fresh eyes. There's a summer romance waiting for you. Put your best foot forward and go get it!

For more information about Melanie Mar, click [here](#). Melanie is a relationship and life coach, as well as co-owner of the Millionaire's Club International Matchmaking Agency for the U.K. and Europe. She is certified by the WANT Institute in Androgynous Semantic Realignment and a Transaction Analysis practitioner certified by the United States America Transaction Analysis Association. You can also visit her [Facebook page](#) or www.melaniemar.com.

Reality TV: 'The Bachelorette' Star Arie Luyendyk, Jr. Says, "When You Stop Looking, You'll Find What You're Looking For"



By [Whitney](#)

[Baker Johnson](#)

Most women know Arie Luyendyk, Jr. from appearing on Season 8 of *The Bachelorette* with Emily Maynard, but this eligible Dutchman made headlines far before ABC's popular reality competition show.

Growing up the son of a two-time Indianapolis 500 winner and Indy speed record holder, Luyendyk initially made a name for himself in the car racing world. "I grew up at the track, so

being a driver felt natural to me,” he says of his career choice.

Being a driver wasn’t enough, though. “Honestly, I needed a break from racing after Dan Wheldon’s tragic death, so when *The Bachelorette* producers called, I thought why not! I’ve always been a very open and optimistic person. I went into the show with that mentality and met an amazing person.”

Although he didn’t win Maynard’s heart, the handsome runner-up formed lifelong friendships with two of the men he strongly competed against: Sean Lowe from *The Bachelor* Season 17 and Jef Holm, Maynard’s final choice. “Sean and I still chat every now and then, and I’m really happy for him and Catherine. Jef and I have a blast hanging out – we kick it quite a bit.” He adds, “You definitely grow close to the other guys. I think it’s because being on the show is so crazy and hard to explain.”

Related Link: [‘Bachelor’ Sean Lowe Fires Back at Rumors Pointing to Troubled Relationship](#)

When it comes to dating, he confesses that he definitely learned some important love lessons from being on the show. First, “love potions don’t work!,” he jokes, referring to his last date with Maynard in Curacao.

On a more serious note, his relationship advice to others would be “when you stop looking, you’ll find what you’re looking for.” It seems like he’s strongly committed to this motto because, simultaneous to our interview with him, he took to Twitter to share the same quote with his fans.

Could these words of wisdom be a result of his short-lived relationships with Courtney Robertson, *The Bachelor* Season 16 winner, and Selma Alameri, one of Lowe’s eligible bachelorettes?

“Dating is more difficult now because there are some big expectations.” Still, he believes that he’ll find “the one” someday. “I think falling in love is rare and the way that you are with someone special is unique. Hopefully, I can meet someone who loves me and not the idea of who they think I might be.”

When it comes to the right woman, he says he wants someone who is “witty, amazing and has a good sense of humor.” And whenever she comes along, he’ll be ready. “When the time is right, I’ll know it, but you can’t plan a wedding if you don’t even have a girlfriend.”

Related Link: [Desiree Hartsock Is the New ‘Bachelorette!’](#)

So would he ever sign on to be *The Bachelor*? “I think I would if it didn’t conflict with racing and if I wasn’t dating anyone.”

For now, though, ladies, when it comes to dating, this man is taking to slow. It seems like he’s back to focusing on his career.

Earlier this month, Luyendyk returned to his racing roots, finishing fourth at the season-opening race in Phoenix. This coming Sunday, he’ll be driving at The Long Beach Grand Prix in Robby Gordon’s Stadium SUPER Truck Series and IndyCar’s 2-Seater. “I’m super excited for the weekend. This race is the only one we have on pavement, so I feel like I have the advantage going in,” he shares. “I hope the fans enjoy the race and come out to our stand-alone event at the LA Coliseum on Saturday, April 27th.”

Plus, he’s working towards a new show of his own, so we should be seeing the good-looking driver on the screen again soon. Cross your fingers!

For more information about Luyendyk, you can follow him on [Facebook](#) and [Twitter](#).

Celebrity News: Celebrities In Trouble with the IRS



By [Whitney](#)

[Baker Johnson](#)

Everybody dreads tax season – and celebrities are no different. Sure, it's a huge pain to gather all of your receipts and organize your files, but it's even worse if you owe money to Uncle Sam. Of course, you can always ignore that looming deadline and file late, although some people take this extension for granted. Many folks – famous or not – try to avoid payment for years, resulting in millions of dollars owed. Let's take a look at a few celebrities who have gotten in trouble with the government.

1. Nicolas Cage: It's no secret that Cage makes a lot of moola. It's estimated that the movie star brought in over 40 million dollars in 2009 alone. Still, he managed to blow every penny – and then some. By 2010, he owed the IRS around 14 million dollars. At the time, he owned 15 houses, four yachts and a Gulfstream jet. Ultimately, the bank repossessed his home in Bel Air, and the Internal Revenue Service (IRS) auctioned off a few more. He's now living a modest life in Las Vegas and still paying off his debt. Lesson learned!

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2. Ozzy and Sharon Osbourne: In 2011, it was reported that this Tinseltown twosome owed more than 1.7 million dollars in back taxes. Fortunately, the couple acted immediately and paid off their debt only a few days later. Sharon even released a statement saying that she hoped “none of this reflected negatively” on their moral character. Good for them!

3. Wesley Snipes: Poor guy ended up in jail for his tax debt! He received a three-year sentence for tax evasion and owed over two million dollars to the IRS. Unlucky for him, he spent his 50th birthday in a minimum security Pennsylvania prison last August.

4. Lindsay Lohan: This girl just can't stay out of the tabloids. In December 2012, it was reported that Lohan's bank accounts were frozen until she paid off her debt of over 230 thousand dollars. Allegedly, she owes taxes from as far back as 2009. Given that she's already facing court cases on both coasts, let's hope she gets this situation taken care of before she ends up in any more trouble.

Related Link: [5 Reasons Men Are Attracted to Celebrity Bad Girls](#)

5. Pamela Anderson: This beach babe knows what it's like to be on bad terms with the IRS too. With a tax bill of over 450

thousand dollars, she joined the cast of *Dancing with the Stars* during its tenth season, hoping to make some extra money. Unlike other celebrities, she was open about her problems, working hard to pay off her debt.

What celebrities would you add to our list? Tell us in the comments below!

‘American Idol’ Contestant Lazaro Arbos Says, “I’ve Always Been the Kind of Guy Who Wanted to Do Something Big With Myself”





By [Whitney](#)

[Baker Johnson](#)

Lazaro Arbos was a fan favorite on this season of *American Idol* from his first audition, capturing our hearts with his rendition of “Bridge Over Troubled Water.” He struggles with stuttering when he speaks, but when he sings, it’s not an issue. Ultimately, his talent carried him to a sixth-place finish, outlasting the other male contestants and leaving an all-female top five for the first time in the show’s history.

During his time on the show, the Cuban-born singer says he got to meet a lot of amazing people who he’ll be friends with for life. Plus, it helped improve both his confidence *and* his speech impediment. “It definitely gave me a stronger mindset,” he explains. “My stuttering has subsided a bit, and I think it has a lot to do with me learning to control my nerves better.”

Related Link: [Burnell Taylor of ‘American Idol’: I “Really Like” Amber Holcomb](#)

Arbos wasn’t surprised that it was time to go, and he’s excited for what the future holds. “I’m so far from sad. Winning the competition wasn’t my main goal,” he shares. “My goal was to become known and become a better performer, and I

think I achieved that.”

Still, saying goodbye is never easy. “The part that was the hardest was that I made such good friends with all of the remaining girls. So the thought that I wasn’t going to be with them anymore on the show really got to me.”

As for what comes next, Arbos says that he loves love songs and wants to record a pop album. Until the tour kicks off this summer, he’s excited to return home to Naples, Florida. “The first thing I’ll probably do is go to the park with my family. I miss them a lot,” he says. “Plus, my old high school has a pep rally planned for me, so I’m looking forward to that.”

Related Link: [‘American Idol’ Performer Paul Jolley Talks About His Future Plans](#)

He has no plans to step out of the spotlight either: “I would love to be on *Glee* – that’s one of my goals after the tour. I’d love to be on *Modern Family* too.”

The contestant also shares that he’s hoping to sing with icon Cher on the *American Idol* finale. “I met her at the start of the show, and we’ve been talking back-and-forth since then. She follows me on Twitter, too.”

Despite some criticism from the judges and mentor Jimmy Iovine, Arbos has no regrets. “I believe that everything happens for a reason,” he says with optimism.

“My love for performing and for music motivated me to audition for the show,” he adds. “I’ve always been the kind of guy who wanted to do something big with myself.”

You can keep up with Arbos on [Twitter](#) and [Facebook](#). You can also catch him on this summer’s *American Idol* tour.

Dating Advice: How to Approach a Spring Fling



By Dr.

Tranquility – Lydia Belton, Ph.D., Ct. H.A.

If you've been reading me for the last year or so, you know that I'm all about boundaries. So when we think about having a spring fling, it's important to first figure out what that means. What's comfortable for you? What exactly are looking for in a casual relationship? Here are four tips to help you on your journey to love.

1. Go for it. Since this relationship is just a fling, keep it light and allow yourself to really enjoy the process. There are no strings attached, and the experience is whatever you

make it. Be confident about who you are and what you want in a man (something that Date Therapy can help you accomplish). A spring fling is a fun opportunity to try something new, to veer away from what you usually look for in love. What does your ideal significant other look like? How do you want to spend your time together? Sipping wine at a local restaurant? Or hanging out on the beach? Now is the time to go after your wish list in a partner.

Related Link: [3 Ways Date Therapy Can Help You Connect](#)

2. Be honest. It's important to be open about what you need from this type of relationship. Ensure that your definition of a spring fling is in sync with your potential partner's vision. If you're expecting a phone call every day, make sure this person will do that for you. Remember that this type of relationship still involves emotional attachment; there's always a chance that you'll get hurt.

So be real with yourself – not judgmental but *real*. This way, you're better able to screen your crush objectively to ensure that he's on the same page. If you have any doubts about the importance of this step, consider Kim Kardashian and Kris Humphries. Sure, their relationship was more than a fling, but these two were definitely not on the same page.

3. Don't date where you live. It's much harder to keep things light if you're going to see this person again and again once the relationship ends – and a fling always ends. You want to be able to make a clean getaway when it's over. So consider where your potential partner lives and make your choice wisely.

Related Link: [10 Steps to a Remarkable Relationship](#)

4. Clear your mind. As I mentioned in the introduction, you must be specific and sure about what you want. Think about what a spring fling can give you – beyond a casual relationship. You may meet someone who encourages you to try new things, someone who takes you out of your shell, someone

who changes you for the better. A spring fling can be good for the mind, body and spirit, so take advantage of this well-rounded opportunity.

Developed by Lydia Belton PhD, Ct.H.A., [Date Therapy®](#) is an effective protocol that helps people get in touch with their criteria for an ideal mate. DrTranquility's protocols® have been featured most recently on Forbes.com & Yahoo, ABCNEWS.com, ABC's the View, KISS FM, CupidsPulse.com, Metromix for the Chicago Tribune, British Glamour, REDBOOK, Cosmopolitan Magazine & promoted by Match.com.

Celebrity News: Drea de Matteo Talks About 'Stalkers' & How Life Changes After Babies





By [Whitney](#)

[Baker Johnson](#) and [Sarah Ribeiro](#)

Drea de Matteo best known for her role as “Adriana” on HBO’s critically acclaimed show *The Sopranos*, and “Angie” on ABC’s *Desperate Housewives*, returns to the small screen playing detective Diane Harkin in the Lifetime Original Movie *Stalkers*, premiering Saturday, April 13th at 8/7 c.

“There haven’t been many great roles out there lately,” the actress says. But for de Matteo it seems like she was drawn to this script and her character. In the upcoming movie, she is a hotheaded detective who is investigating unsolved stalking cases while on the run from her ex-husband. “I’ve never played a cop, and I’ve always wanted to,” she says. “I’m always sort of the “victim” in my roles. In this film, I get to be a victim and a tough woman at the same time. This character has a past, and she’s breakable, but she’s on a mission to conquer her fears. She can’t afford to be afraid.”

As a mother of two, the *Sopranos*-alum says *Stalkers* reminded her of how important it is to keep her children safe. “I don’t know if I have the strength to figure stuff out like my character, Diane can. As far as teaching my kids to protect themselves, playing a role like this definitely reminds me

that there are a lot of crazy people in this world.” de Matteo was filming the movie when the tragic shooting at Sandy Hook Elementary occurred, and she couldn’t let herself hear anything that was going on “because of the pain and fear that set in” and the thought of that happening to one of her children.

de Matteo has played a mom since she was in her twenties, but *being* a mom to five-year-old daughter Alabama Gypsy Rose and two-year-old son Waylon Albert “Blackjack,” her kids with fiancé Shooter Jennings, is quite different. “Oh my gosh, my life has changed so much since I’ve had babies. Now, I know what it’s like to be a mom in real life, and I can really play the part,” she shares. “At this point, I don’t even have to think about anything to get upset on camera. All I have to do is see an image of something harmful happening to my children in my head.”

Related Link: [Long-Term Relationships: 5 Ways to Keep the Spark Alive](#)

She adds, “I am so madly in love with my children, and they affect everything I do and any role I play.”

Shooting *Stalkers* was the first time she was away from her family, but she made the best of a tough situation by traveling back and forth between California, where her daughter is in school, and Vancouver, where the movie was filmed. “That part of it was awful, but luckily, the experience of making the film was so great that it definitely helped to overshadow how painful it was to leave my kids.”

Like any parent, de Matteo’s still learning what it means to be a mother. “No one ever really gave me advice on parenting,” she shares. “I feel like my daughter is my teacher to a certain degree, and I let her guide me. On the other side, I am here to guide her, and I am going to catch her every time she falls.”

It's no surprise that de Matteo's children are her number one priority. Still, her work is important too. We can't help but wonder: Can women really have it all? de Matteo say, "I think we can. We just have to work harder than any man has ever worked in his entire life."

Related Link: [Kristin Cavallari: "Motherhood Came Very Naturally to Me"](#)

To keep her life in balance, after filming, de Matteo focuses on spending time with her family. "When I come home, all I want to do is hug on my kids. We like simple things," she says. "I love going to the park and walking down the street, holding hands with my babies and my boyfriend."

Stalkers premieres on Lifetime Saturday, April 13, at 8:00pm ET/PT.

QuickieChick's Video Dating Tips: Be That Hot Chick





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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House tells us how to be confident, how to be flirty, and how to embrace that hot chick inside all of us.

Dating Advice from E!'s *Famously Single* Laurel House on Being That Hot Chick

Even if you're insecure and tend to be the wallflower, you still have a sexy side. In those times, it's best to fake it: present a more self-assured and happy girl to others, and you'll instantly feel better about yourself. Be sure to define that other side of you too. Does she like to wear high heels? Does she enjoy wearing smokey eye makeup and red lips? It's important that your outer façade matches your inner attitude. Eventually, you'll be that hot chick without a second thought.

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

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

[channel](#).

How do you make yourself feel sexy and confident? Share in the comments below!

‘Ready for Love’ Matchmaker Matthew Hussey Tells Us How to ‘Get the Guy’



By [Lori Bizzoco](#) and [Rachael Moore](#)

Although he began his career as a life coaching at the age of 17, Matthew Hussey soon became an expert in the field of love and dating. His popularity with male clients grew in the

United Kingdom, but it wasn't long before he made the transition to helping women in the UK, eventually crossing the pond to the United States. Hussey has built a platform to help women find, attract and keep their ideal match through his organization, *Get The Guy*. Over six million single women tune in online for his motivational seminars, and around 50,000 females attend his live events. With all of Hussey's success, including his role on the upcoming NBC dating reality show, [Ready for Love](#), writing a book to share his eye-opening advice seemed to be the logical next step. In his debut book, *Get The Guy: Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve*, out today, Hussey gives women the confidence they need to find – and keep – their soulmate.

What are some of the things you talk about in your book that help women find the right guy?

I teach them to look for a man who already has balance and is playing on their level. I let them know if they want a guy who doesn't play games, they shouldn't play games either. Also, it's important to be true to yourself. If they want a guy who is confident enough to walk up to a woman and make something happen, then they need to be confident too. Like any area of life, if you don't go out and get what you want, it won't happen for you.

Related Link: [Matthew Hussey Talks NBC's 'Ready for Love,' 'Get the Guy' and Being a Life Coach](#)

You've had a lot of success coaching men. Was there a pattern that you observed with the men who came to you for relationship help? What was their biggest challenge?

Their biggest challenge was that they weren't being men. I realized that guys have a lot of misconceptions about girls and that men have different stages they go through when dating. The first stage is to be really nice. When they

were young, that's what their mother's taught them. But they soon figure out that women don't want a people pleaser; they want the guy who has an edge and might break their heart. Guys learn quickly that being nice doesn't work.

The second stage occurs when they think they need to become a jerk or a bad guy. Women also think they want this type of guy, but what women really want is a man who is a leader, who is confident in his decision and who carries himself well. A lot of guys find it difficult to strike that balance between being nice and being a jerk.

What was it like transitioning from coaching men to coaching women?

The truth is I was terrified. I know men; I didn't know women. Then it hit me: that was exactly how I could help them. I didn't need to tell them about themselves; I needed to tell women about men and why they do the things that frustrate them. I worked with guys for so long, and working with the other side was so rewarding for me. It was great to see women get happier and figure things out about themselves through my coaching.

Related Link: [The Most Powerful Tool to Help You Find Your Soulmate: Intuition](#)

With the world of technology being used to find love – online dating, texting and even Facebook – women are more overwhelmed than ever. What is your number one piece of advice when it comes to technology and relationships?

People have too many options available, and relationships end up lacking depth. The problem is that as soon as we meet someone, we're already confused about that next step. Do I text, call, Facebook or e-mail them?

Ultimately, you have to boil things down to simple truths. Wherever you engage with someone, you have to be building a

connection. Everything text or typing-related is the lowest form of communication. One step above texting or typing is talking on the phone. Regardless of your initial form of communication, the goal should always be to progress to a phone call as quickly as you can.

And finally, should women initiate it if the guy doesn't ask for her number?

Some guys won't initiate anything. They don't want to seem overly desperate or needy, so they try to play it cool. But then, everyone plays it cool, and you end up in this limbo of no one doing anything. Remember that *someone* has to make a move. You can do this by texting, "Hey, I'm free tonight – give me a call." That way, the ball's in his court.

To order a copy of Hussey's new book Get the Guy: Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve, click [here](#). For more information about the life coach, check out his sites, [Get the Guy](#) and [Matthew Hussey](#). You can also follow him on [Facebook](#) and [Twitter](#). Don't miss him on the premiere of Ready for Love tonight on NBC at 9/8c!

Kelly Bensimon: "I'm a Single Parent, and It's Not Easy"





By Jenny

Schafer for Celebrity Baby Scoop

The Real Housewives of New York alum Kelly Bensimon recently hosted the launch of Original Scent, the new luxury scent bar in Pasadena. The reality TV star, 44, raves about the new “boutique where you can make your own personal fragrance.”

Kelly opens up to Celebrity Baby Scoop about her daughters – **Sea**, 14, and **Thadeus**, 12 – who are her “greatest luxury.” She goes on to talk about the difficulties of single motherhood and her greatest regret from appearing on *RHONY*, saying the show did not accurately portray her life.

CBS: Do you miss being on *The Real Housewives of New York*?

KB: “I miss all the entertainment. It was definitely very fun to be surrounded by all these women that I never met before and learn how they navigate New York life. That was obviously very interesting because it is so out of my comfort zone. It’s not what I am used to in New York. It was really exciting to be a part of that...to be a voyeur into another aspect of New York culture.”

CBS: Would you be interested in doing another reality TV show

like *Real Housewives*?

KB: "I would definitely be interested in doing another reality TV show, but I wouldn't want to do a reality TV show with a mixed cast like that unless it could be a new kind of genre, called "soft-scripted." The nice thing about soft-scripted shows versus reality TV shows is that soft scripted shows allow the participants to kind of know what is going on versus just being on the show like I was with *Housewives*. You walk into a room and people are just like, "Oh I hate you!" and you're like, "I have no idea why."

Soft-scripted shows give you more boundaries so you kind of know how to navigate them. It's also more real to the viewer and I think it's more interesting. I would definitely do a soft-scripted show, but I would not do something that is "reality," because that is not fair to the viewer. As a writer and as a mother, I don't want to present myself in that way."

CBS: Tell us about your daughters. How old are they and what do they like to do for fun?

KB: "My two daughters are twelve and fourteen-years-old. My youngest, Thadeus, is an amazing pianist. She also loves to buy as much make-up as she possibly can [laughs]. My oldest daughter Sea is fourteen-years-old and she loves to play basketball and read. She is more active and she's a great tennis player. She is having fun being a teenager."

CBS: How do you balance your busy career and family life?

KB: "I don't. I don't balance my busy career and family life [laughs]. I am always hanging on by the seat of my pants. Right now I am writing an article that was due an hour ago and trying to be the best parent I can be.

I am a single parent and it's not easy. For anyone who is a single parent, it is nothing to be flippant about. It is really, really difficult. I have to work as well, and it's

something that I've always done. I've always worked and I've always been a single parent. This is my life and it's how I am trying to raise my kids. I want them to have really great values. I don't want to be that parent that's like, "I work so much that I kind of spoil them." I am trying to give my kids those Midwestern values that I find very important.

It's not easy. It's just not easy. One regret that I have from *Housewives* is that they didn't show how I navigate through New York being a single parent. That is one thing that I really regretted. They didn't show how difficult it is for me or show how much I respect being a single parent and how much I love my kids. I regret that. They didn't show that at all. They were just like, "Oh, you're supposed to be rich and famous" and I was like, "I'm not rich, I'm not famous. I don't know what you're talking about [laughs]."

CBS: What do you have planned for Mother's Day? What does Mother's Day mean to you?

KB: "Oh my gosh, what do I have planned for Mother's Day...I just love Mother's Day because I love to be with my kids. Last year I had brunch with my kids and my best friend who is also my hairdresser.

I love Mother's Day because it is an opportunity for me to be with my kids and not have to parent them. I'm like, "It's Mother's Day, so I don't have to parent you and it's all about fun!" It's actually a day where I get to celebrate being their mother. That's really exciting for me.

For me, I have two kids and I'm a single parent. Therefore, Mother's Day is an opportunity for me to tell my kids, "It's a day for us to celebrate being together." Instead of celebrating me, I want to celebrate them. They are the greatest luxury that I could ever even imagine having. I can't believe that I am the mother of two gorgeous girls. It's something that I respect a lot and I want to celebrate it with

them. It's not about me; it is about us."

To read the rest of the interview, please click [here](#).

NBC's 'Ready for Love' Contestant Ben Patton Says, "When You've Fallen in Love, You Can't Deny That It Exists"



[Baker Johnson](#)

By [Whitney](#)

It's no secret that dating-based reality shows like [*The Bachelor*](#) and *The Bachelorette* are a huge hit among fans – even if they very rarely end with a match made in heaven (or on some Caribbean island, as is often the case). In twenty-four seasons of the ABC shows, only two couples, both from *The Bachelorette*, have made it to the altar: Trista Rehn and Ryan Sutter and Ashley Hebert and J.P. Rosenbaum. For those of us who can't give up the hope that someone *can* find their soul mate on television, NBC introduces [*Ready for Love*](#), a show that enlists three talented matchmakers to help three eligible men find the one thing missing in their lives: true love. Adding credibility to the show, which premieres tonight, are three big names: Eva Longoria is an executive producer, while Bill and Giuliana Rancic are the hosts.

One of those lucky bachelors is Ben Patton, a 30-year-old international financier from Dallas. Patton moved back to Texas from Dubai in 2011 because, even though business was great overseas, he was missing balance in his life. "I didn't have a personal life that was really growing, and I wanted to move back to the states so that I could establish my roots a little more," he shares. "Truth be told, I wanted to start dating again and hopefully meet someone special."

Related Link: [‘Ready for Love’ Host Giuliana Rancic Says, “Having a Strong Marriage is the Greatest Example You Can Set for Your Child”](#)

As for why *now* was the time to look for love, Patton says it was mostly social awareness. Attending wedding after wedding without a date – "I've attended more weddings as a single guy than anyone else I know!" – he realized that a part of his life was missing. "Everyone I know is getting married, and all of the sudden, it started moving up on my priority list. Everything was great, but I wanted to fill that gap – and really, that gap, at the end of the day, is the most important thing."

Of course, even fans of similar shows would be skeptical of actually finding love on television. And Patton was no different. As he explains, “I wasn’t home but eight months before I got a call from NBC. Eva got on the phone, and she’s pretty good at selling you on an idea. She convinced me that the format was completely different than other dating shows.”

Unlike *The Bachelor*, *Ready for Love* shows the process of picking the girls who will be the best fit for the three guys. Matchmakers Amber Kelleher-Andrews, Tracy McMillan and Matthew Hussey each select four compatible girls to introduce to each bachelor. “It’s not about finding a bunch of cute, little girls who are going to be dramatic for the cameras,” Patton says. “It’s about introducing you to the other guys first; then, when women apply for the show and the matchmakers see real compatibility, that’s when they decide who they want to put on the show.”

He adds, “If there’s any sort of competition, it’s among the matchmakers to prove that they know what it takes to find a match for us – not among the guys or the girls.”

During the first week, the guys talk to their twelve matches and get to know each of the ladies without ever meeting them face-to-face. Based on the chemistry that they feel, they eliminate three girls and then start the dating process with the nine remaining contestants.

Related Link: [Tracy McMillan Says ‘Ready for Love’ Will Change the Way America Dates](#)

Like many people, Patton had never worked with a matchmaker prior to the show. In fact, he never felt like he needed help from a professional when it came to his love life. He describes *Ready for Love* as a “learning experience” and says it definitely changed his mind. “I started to realize that it’s really okay to go to someone for help and admit that you’re obviously doing something wrong. At the end of the day,

90 percent of what matchmakers tell people is pretty much common sense, but it's easier to hear it from a professional than to hear it from your best friend, your girlfriend or your parents."

Even with professional help, Patton still had to believe that true love exists. It's easy to become jaded after a few failed relationships, but this bachelor didn't let a broken heart deter him. "When you've fallen in love – and I've been in love before – you can't deny that it's there, that it exists," he says with conviction. "When you are really, absolutely in love with someone, everything takes a sideline to that relationship. You just want to make sure that person is okay because she means so much to you."

So did Patton find that all-consuming, lasts-for-a-lifetime love? While he can't reveal too much about the show's ending, he does say that he's very happy. Of course, it's been a struggle to keep his relationship under wraps for so many months. "We're always having to see each other in secret," he shares. "It's like, 'Hey, I'll meet you in Arkansas for the weekend.' We're going to towns where people won't recognize us so that we can go out to dinner together."

Filming the show last summer, he's had a lot of time to reflect on his journey, and given the outcome, he encourages people to never give up. "It's really easy to get frustrated in relationships and just throw in the towel. For a long time, that's what I did," he explains. "But you should just hang on because there's somebody out there who probably feels the same way. You guys will run into each other one day and be like, 'Where the hell have you been my whole life?'"

In other words, always be *Ready for Love*.

Don't miss the two-hour series premiere of '[Ready for Love](#)' on Tuesday, April 9th at 9/8c NBC. For more information about Ben, follow him on Twitter @Ben_Patton.

Burnell Taylor of 'American Idol': I "Really Like" Amber Holcomb



[Baker Johnson](#)

By [Whitney](#)

American Idol viewers were surprised to see New Orleans native Burnell Taylor sent home last night. Even mentor Jimmy Iovine predicted that he would be the last guy standing, saying at the start of the elimination show that Lazaro Arbos should be voted off. Taylor, though, says he "had a feeling it was going to be me this week. I was prepared – it's always a possibility."

Still, he's proud of himself for his performance of Bon Jovi's "You Give Love a Bad Name" on Wednesday night. "I can't believe I performed a rock song on live television," he says with a laugh. "If somebody would've told me I was going to do that, I never would've believed them." He adds that he "learned to roll with the punches" during the competition.

Related Link: ['American Idol' Performer Paul Jolley Talks About His Future Plans](#)

Of his save song, the singer says that it wasn't about him being saved by the judges. Instead, he wanted to leave his mark. He certainly did that, ending the song by kissing fellow contestant Amber Holcomb on the cheek. Of his relationship with the singing beauty, he says, "We're still learning about each other. We're not moving too fast. We're both young, but we really like each other."

Taylor also had a big effect on judge Mariah Carey and contestant Candice Glover, who were both in tears over his departure. "I never knew how much they cared about me. To see that they were so genuine really touched me. I broke down too." As for Carey's advice, Taylor says, "She told me that this wasn't the end, that I should run with it. And that's what I'm going to do. I feel like it's about what you do after the show."

So what does the crooner want to do now? "I want to be a storyteller and get as personal as I can with my album. I want to be honest. That's what I feel is missing from the industry." When asked about comparisons to John Legend, he shares that the Grammy winner is definitely of his inspirations. "As far as my music, though, I want to be as original as I can and do something that nobody's ever done before."

He graciously thanks his fans – who he calls family – for their support and adds, "We shall meet again – and it's won't

be too long.”

You can follow Taylor on [Twitter](#). Be sure to check him out on the American Idol summer tour too!

Q&A: Should I Be Worried If My Man Hasn't Asked Me to Be in a Facebook Relationship?



Question from Kendall M.: I've been seeing this guy for a few months, and things have been really good. I've stayed over a couple times and even met his parents, but he hasn't sent me a relationship request on Facebook. I'm too nervous to do it myself. Should I be worried that he hasn't posted our relationship on Facebook

yet?

Answer from Our Love Experts:

Tristan Coopersmith, Love Stylist: My concern here isn't that he hasn't posted it, because honestly, guys just don't think like that. Guys aren't trained or even really motivated to broadcast their relationships status. The concern is that you're skittish about speaking up for your needs. Obviously, this is something that is important to you, and just like anything else that's important to you, you need to feel comfortable communicating it.

I think your worry and nervousness surrounding the situation speaks volumes about your relationship with him... and with yourself. So I suggest you ask yourself where the root of the fear comes from and work with that. When we look inside at our fears, great growth can arise. Here's to growing!

Suzanne Oshima, Matchmaker: It's only been a couple of months, and your relationship isn't defined by your relationship status on Facebook. Is it really *that* big of a deal? You can ruin a good thing when you think too much about the relationship, where things are going and why he hasn't changed his Facebook status.

If everything is going great and you enjoy spending time and doing things together, then just be in the moment and appreciate where you are at in the relationship right now! Try not to worry about something so trivial as Facebook relationship status. It will all come in due time.

Paige Wyatt, Reality Star: Before you do anything or even get worried, you need to talk to him. If this guy is as great as he sounds, then you should be open with him and just ask! Don't make it serious or dramatic; just causally ask how he sees the relationship. It's very possible making the relationship "Facebook official" hasn't even crossed his mind.

A lot of guys aren't as into Facebook or really any type of social media, so he may not know how meaningful it is to you.

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: Is your Facebook relationship status important to you? Why or why not?

Celebrity Couple: Can Robert Pattinson and Kristen Stewart's Love Survive Scandal?





By [Jared Sais](#)

Robert Pattinson and Kristen Stewart constantly leave people guessing. After news broke that Kristen cheated with her *Snow White and the Huntsman* director Rupert Sanders, Rob immediately moved out of the home they shared, causing many people to believe that the duo was calling it quits. However, in the months since then, they've been seen together quite frequently, even doing press together for the final installment of the *Twilight* series. Most recently, the couple resurfaced in Los Angeles after Rob spent two months in Australia to film *The Rover*. So has our favorite vampire really forgiven his leading lady for breaking his heart? Our celebrity detective is here to analyze their body language and tell you what he thinks.

Related Link: [Kristen Stewart and Rob Pattinson Reunite in L.A. After Two Months Apart](#)

Picture #1 (top left moving counter clockwise)

One of the first things I noticed in this photo was that Rob was hiding his hands behind his back, which is a way of trying to be open and not seemed closed off. My guess, though, is that he's using self-touching gestures to relax or make

himself feel more comfortable with the given situation. Usually, a self-touch is as simple as rubbing your hand with your thumb.

Rob also has facial expression of contempt rather than happiness, as only one side of his face is showing any real movement (the main criteria for the expression of contempt). You may notice that he is barely leaning towards the fan or into the picture, meaning he doesn't really want to be there and would rather get back to his night. Given his past with Kristen, Rob may want to get away from her as well.

Now, let's look at Kirsten. It's clear that she's excited to take this photo, which is ironic because she's not known to be enthusiastic with paparazzi or fans. If you look at other examples of Kristen with her fans, she's always showing a more serious look, but this time, it's the exact opposite. So what does that mean? Easy: Kristen's in panic mode and keeps thinking (hoping) that everything's okay with her relationship. This response typically happens when someone cheats. She wants to reassure both Rob and herself that things are fine and back to normal. She's even acting like things are better than before.

One more thing: As the trio pose for the picture, you can see the fan and Kristen lean towards each other, while Rob is almost pushed to the side. Once again, we see that he didn't want to be in the picture or do the "celebrity" thing. He just looks awkward.

Picture #2

Although Rob is smiling, it's less than Kristen's smile, meaning that someone else in the car is giving him a hard time or that he hasn't yet let go of the fact that she was unfaithful, preventing him from fully enjoying his evening out.

You see that Rob's hand is holding up his head. He may just be

tired from his trip home, but generally, tilting the head down means shy or vulnerable because it's the body's way of covering the throat. Boxers and professional fighters will do this move to protect themselves from getting hit in those sensitive areas.

Kristen is leaning towards Rob just slightly, with her hand (not her body) reaching for her man's affection. You can see, though, that she's acting a bit more comfortable in this situation. Her leg is up, showing that she's relaxed. Plus, she's smiling in a genuine way.

As a side note, it might just be a late night for both of them, but I have a hunch, mainly by observing both their eyes and non-verbal cues, that they might be under the influence of alcohol. That would explain quite a lot.

Related Link: [Kristen Stewart Apologizes for Making People Angry](#)

Picture #3

I love this picture mainly for Rob's facial expressions. Sure, we can't see his eyes behind his sunglasses, but I can still tell he's not happy. He can't help but feel hurt. You can also see that his lips are a bit pinched, meaning he's angry.

Kristen isn't really showing much emotion. It looks like she's processing information and/or focusing on something.

I know the tabloids are stating that these two lovebirds are better than ever, but I don't believe the hype. Rob is still very hurt, and Kristen is trying to make everything better. Only time will heal this couple, but if that doesn't work, Rob will eventually end things for good. Sadly, as of now, it seems like Rob still isn't sure of his relationship; he's stuck in his head rather than enjoying his time with Kristen.

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.

Celebrity News: 5 Best Celebrity Pranks



By [Whitney Baker Johnson](#)

Everybody loves a good prank – and celebrities are no different. Of course, their pranks usually get more attention than those executed by everyday folks. They have endless means at their disposal (including a fan base to share the funny news) and often take pranking to a whole new level. In honor

of April Fools' Day, we pulled together this list of our five favorite celebrity pranks (in no particular order):

1. George Clooney versus Brad Pitt: These two leading men are involved in an ongoing war of pranks both on and off film sets. It started when Clooney put a bumper sticker on Pitt's car that read, "I'm gay and I vote." In response, Pitt bought a few ads in the Hollywood trade papers about Clooney being twice named *People* magazine's "Sexiest Man Alive." Wonder what these actors have up their sleeves next!

2. Ashton Kutcher versus Justin Timberlake: Who can forget MTV's show *Punk'd*, which was created, hosted and produced by Kutcher? One of the best pranks was played on Timberlake. One of Kutcher's friends posed as someone from the Internal Revenue Service and told Timberlake that he owed over a million dollars in taxes and that they were going to take all of his possessions – even his dogs. The "Suit & Tie" singer was nearly brought to tears before Kutcher revealed the truth.

Related Link: [April Fools' Pranks to Play on Your Significant Other](#)

3. Sarah Silverman and Matt Damon versus Jimmy Kimmel and Ben Affleck: Silverman paired up with Damon to prank then-boyfriend Jimmy Kimmel. Their hilarious video has had almost four million views on YouTube! To retaliate, Kimmel teamed up with Affleck, Damon's BFF, and created another video that featured Cameron Diaz, Brad Pitt, Don Cheadle and more.

4. Taylor Swift versus Keith Urban: To ensure that her tour with Urban ended on high note, Swift decided that pranking was a must. The country starlet, along with a few of her band members, dressed up in full KISS makeup and outfits and rushed the stage while Urban performed "Kiss a Girl." Certainly made for a memorable photo op!

5. Khloe Kardashian and Nicole Richie versus Kim Kardashian:

In 2010, Khloe and Nicole teamed up to prank Khloe's big sister, Kim. They hacked into her Twitter account and posted hilarious updates until the reality star figured it out. Luckily, she was a good sport about the joke and later tweeted, "That was hands down the funniest April Fools'!!"

Which celebrity prank do you love most? Tell us in the comments below!

Celebrity Pregnancy: 'High School Musical' Star KayCee Stroh Celebrates Her Baby-to-Be





By [Whitney](#)

[Baker Johnson](#)

KayCee Stroh's spring is already looking pretty in pink. On Saturday, March 23rd, the *High School Musical* star and former *Celebrity Fit Club* contestant kicked off the new season with a chic baby shower at the W Los Angeles-Westwood. With blooms by Sky Flowers, food by LYFE Kitchen and dessert by Magnolia Bakery, the guests, including Vanessa Hudgens, *Hannah Montana*'s Anna Maria Perez and *I Kissed a Vampire*'s Autumn Grabeel, were treated to a day of pampering from beauty companies like Nail Garden, Lash Fairy, LipSense and more.

The mother-to-be got ready for the event with celebrity stylist Anya Sarre, who also helped plan the soiree. Sarre recently welcomed her first baby – son Sawyer William – with husband Tim and knows firsthand that a bundle of joy makes everything different. “The definition of romance has changed,” Sarre says of life post-baby. “We still make time for us, but we incorporate the baby. A date doesn't have to be a candlelit dinner for two.”

Related Link: [‘My Girl’ Star Anna Chlumsky Is Expecting](#)

It sounds like Stroh and husband Ben Higginson have taken this

advice to heart. For starters, the twosome has built a strong foundation for their relationship since tying the knot in 2009. After dating for only six months, Stroh realized that her man was someone she couldn't live without. "I knew he was 'the one' because of the way he made me feel and how he made laugh in times of despair. He balances me and always reminds me of what really matters in life."

Plus, they've already "made a few packs" to ensure that romance doesn't fall to the wayside after their daughter is born. In order to keep their love a priority, after a long day of work, they've promised to kiss each other first before turning their attention to the baby. Another important activity is a weekly date night. "Ben's parents always did this, and we feel it's really great advice. Sometimes, couples just need time together to talk like adults and remember why they love each other," the star explains. "We've decided on every other Friday night. That's our plan to keep our marriage healthy and happy!"

While they know a baby will add a lot more responsibility and stress to their relationship, they also think their child will improve their marriage for the better. "I can't think of anything that would strengthen our bond more than looking into the eyes of our baby girl and knowing that we created something wonderful together," the actress gushes. "What an incredible bonding experience!"

Related Link: [Holly Madison Discusses Baby Names and Wedding Plans](#)

Higginson is already proving to be an involved daddy-to-be, which is no surprise for his wife. "He's always been a part of the decision-making process in our lives. He's helped me every step of the way, whether it's going to doctor's appointments with me or tracking down my most ridiculous request for the nursery."

“He’s such a champ,” Stroh adds. “I’m really lucky.”

Stroh’s close friend, Rachel Leigh Cook, has no doubts about the couple’s growing family. “Any child coming into this world would be lucky to have you two as parents. You are both all heart,” she said at the shower. “I hope your daughter is blessed with Ben’s silliness and KayCee’s singing voice.”

To keep up with Stroh, follow her on [Twitter](#).

**‘Ready for Love’ Host
Giuliana Rancic Says, “Having
a Strong Marriage is the
Greatest Example You Can Set
for Your Child”**





By [Whitney](#)

[Baker Johnson](#)

Giuliana and Bill Rancic have a relationship that many of us admire, so it only makes sense that the couple was tapped to host NBC's upcoming dating competition show *Ready for Love*. They've opened up their personal life to fans on their own reality show *Giuliana and Bill* on the Style Network, and now, they'll be taking on a new role in front of the camera. "We absolutely love working together," Giuliana says of the experience. "We banter back and forth quite a bit, but it's all in fun."

She adds that deciding to host the show was a no brainer. "We're always traveling and working apart, so it was the perfect opportunity for us to not only be a part of such a great show with amazing people but to spend some time together while doing it."

The premise of *Ready for Love* is different than other dating shows. The three bachelors – Ben Patton, Tim Lopez and Ernesto Arguello – were each paired with twelve ladies by three matchmakers, Amber Kelleher-Andrews, Tracy McMillan and Matt Hussey. Giuliana knows firsthand that *Ready for Love* is the

real deal. “By using relationship experts, the compatibility between the bachelors and each girl is really tested,” she explains. “This is, by far, the most realistic dating reality show I’ve ever seen.”

So did the Rancic’s share any of their wisdom and experiences as a madly-in-love couple with the single men? “Well, the matchmakers are experts, and they don’t necessarily need help from us, but we did throw in little pieces of advice to the guys here and there. You’ll have to tune in to find out!”

That’s not to say that the couple didn’t get to know the bachelors both on and off the set – Ben and Ernesto even came to their baby shower! “We really bonded with each of them and truly rooted for them while they searched for love,” the host says. “They are all such great guys.”

If the men had asked for their advice, the twosome believes that communication is most important for a successful relationship. When they’re in different cities for work, they’re “always checking in and trying to put each other first – that’s what keeps us strong.”

Related Link: [Ready for Love: Three Extraordinary Men](#)

Of course, they have a new member of the family who they have to make a priority too: their seven-month-old son, Edward Duke. Even so, becoming parents hasn’t changed their relationship. “If anything, it’s just brought us closer. We’re both so happy and grateful.”

“Baby Duke is so adorable, and we’re loving every minute of parenthood” the first-time mom adds. “Every ‘first’ he has is the greatest moment in the world.”

For new parents who are struggling to fit romance into their lives, the television personalities say spending one-on-one time together is a must. “It’s so important to stay connected to your spouse as a new parent,” Giuliana shares. “Having a

strong marriage is the greatest example you can set for your child.”

Be sure to check back next Monday, April 8 for our interview with Ben Patton and Tuesday, April 9 with Matthew Hussey! Catch the premiere of Ready for Love on Tuesday, April 9th at 9/8c on NBC. For more information about Giuliana, you can follow her on [Twitter](#) and watch her on E! News.

Relationship Expert Tracy McMillan Says ‘Ready for Love’ Will Change the Way America Dates





By [Whitney](#)

[Baker Johnson](#)

Unlike both Matthew Hussey and Amber Kelleher-Andrews " her fellow matchmakers on NBC's upcoming reality show, [Ready for Love](#) " Tracy McMillan considers herself to be a best friend matchmaker. "I come from the loving perspective of a friend who's going to tell you the things that your real friends are afraid to say because you might get mad."

Related Link: [Matchmaker Amber Kelleher-Andrews Chats About Being 'Ready for Love'](#)

She further explains, "My philosophy isn't about getting the guy. It's about opening your heart wide enough that the guy can walk into you're life and that you're ready for him."

With that said, in today's world, there's not a "one size fits all" approach to dating. "It used to be that you'd date in your early 20s, settle down in your mid-20s and be married for the rest of your life," McMillan explains. "Now, there's a lot of confusion because people don't understand that you don't date the same as you do when you're 25 and 38."

Still, the author of *Why You're Not Married Yet: The Straight*

Talk You Need to Get The Relationship You Deserve believes that it's "not necessarily harder to date." There's just more circumstances to consider when looking for love " which is where she can help.

Related Link: [Matthew Hussey Talks NBC's 'Ready for Love,' 'Get the Guy' and Being a Life Coach](#)

The matchmaker believes that *Ready for Love* is going to change the way America dates. "I don't think anybody's ever seen a show get into the process of meeting someone, dating and falling in love. There's something very riveting about it. You'll laugh; you'll cry; and you'll say, "No, she didn't! " McMillan shares. "It's just not like anything else on television."

Be sure to watch McMillan on "[Ready for Love](#)," which premieres on NBC on Tuesday, April 9th at 9/8c after "The Voice." To purchase her book "Why You're Not Married"Yet," click [here](#). For more information about the matchmaker, check out her site tracymcmillan.com or follow her on [Facebook](#) or [Twitter](#).