

Relationship Matchmaker Amber Kelleher-Andrews Chats 'Ready for Love'



By [Whitney Baker Johnson](#)

If you're anything like us, then you're anxiously awaiting for the premiere of NBC's new dating reality series, *Ready for Love*. Not only will we have a front row seat as three very eligible bachelors search for love, but we'll also be privy to the advice they receive from three renowned matchmakers, one of whom is Amber Kelleher-Andrews.

Related Link: [Matthew Hussey Talks NBC's 'Ready for Love,' Get](#)

[the Guy' and Being a Life Coach](#)

Kelleher-Andrews comes from a family business of matchmaking. "I like to say that I'm the fly on the wall on over 40,000 dates," says the CEO of Kelleher-International. Kelleher-Andrews' mother founded the "extremely personalized professional matchmaking firm" about 27 years ago, and the *Ready for Love* star has been working there for almost two decades now.

Separating her from other matchmakers, she engages with both the man and the woman involved in each match. She listens to the criteria and perspective of both parties and goes into every detail of every date. "I learn the do's and don'ts of dating from every age range in most of the major cities of the United States as well as overseas. I find major patterns in dating based on gender, based on age and based on different communities."

Of course, different generations must consider that there are different ways to navigate the troubled waters of dating. But regardless of background, it ultimately boils down to one question: where do you find your person? That's where matchmakers can help. "When you're truly ready for love and approach an expert for guidance, you get to skip that problem because we already have your potential matches in our files."

"You're attracted to people based on your personality and what you want in life," the matchmaker adds. "I compare it to college. Like-minded people go to Harvard, and those people are very different from the students at MIT or UCLA."

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

Adding a huge amount of credibility to *Ready for Love*, Kelleher-Andrews and her fellow matchmakers had the final say in the female contestants vying for the men's hearts. "We chose these women because we felt that they were very similar to the bachelors. Do we know who they pick in the end? Of

course not," she explains. "But we can at least bring a group of women to the stage that we feel are very compatible with them."

As for the men on *Ready for Love*, Kelleher-Andrews believes that "they already have the charm and charisma and success. They just need their person." Given the expertise of the three matchmakers, it sounds like picking out "the one" might not be so easy!

Don't miss the two-hour series premiere of '[Ready for Love](#)' on Tuesday, April 9th at 9/8c on NBC! For more information about Kelleher-Andrews, click [here](#). You can also follow her on [Facebook](#) and [Twitter](#).

Matthew Hussey Talks NBC's 'Ready for Love,' 'Get the Guy' and Being a Life Coach





By Rachael Moore and [Lori Bizzoco](#)

It's spring time now, and love is in the air. So much so, that NBC's new dating competition show, *Ready For Love*, premiering Tuesday, April 9th, is already getting tons of buzz. The innovative series, with Executive Producer Eva Longoria and hosts Giuliana and Bill Rancic, follows three eligible men looking to find their soulmates. With twelve women vying for each man's heart, three matchmakers provide their expertise and advice to guide them in their search for love.

Matthew Hussey, a life coach, speaker and new author, is the only male matchmaker on the show and admits that he has a more direct approach than his female colleagues on the show, Amber Kelleher-Andrews and Tracy McMillan. "We all come from different places," he says. 'Amber is a matchmaker; Tracy is a writer; and I am a life coach.'

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

Hussey grew up in England and claims that he was never good

with the girls, so he started observing people to try to understand them better. He learned some techniques to help people with their confidence, and at age 17, he realized that he wanted to be a life coach. He knew it would be hard for people to take him seriously given his young age, so he started out small, coaching three people per week before moving up to five and then ten.

Originally, he set out to help men better understand general life lessons, but it wasn't long before they started asking for advice on their love lives. 'I knew coaching a room full of guys wouldn't be practical. They needed to get out there and talk to women. When doing so, some men got rejected, but others got wins.'

Related Link: [How to Behave Like a Gentleman](#)

He became very popular in the United Kingdom, coaching 10,000 guys in the span of two years and doing seminars with 300 men in attendance. With his reputation growing, Hussey was approached by many women wanting to know his secrets. 'I was terrified,' he shares. 'I knew how to work with men, but I didn't understand women. Then, it hit me: that was exactly how I could help them. I didn't need to tell women about themselves. I needed to tell women about men and why they do the things that frustrate them.'

When it comes to guiding the three bachelors on *Ready for Love*, Hussey explains that Kelleher-Andrews and McMillan use a different method. 'I was more direct because I believe in giving people tools so they aren't dependent on anyone. I'm not prepping them for dates; I'm prepping them for life," he says. 'I don't care if the women in my group end up with the guy. I care about them gaining an understanding of who they are and what they want and having the strategies they need in the real world.'

Related Link: [Why Amazing Confident Women Remain Single](#)

When speaking about the difference between his coaching techniques in his seminars and on the show, he shares, 'In my seminars, I can't watch what happens after the women leave. For the first time, I was able to see every change that was made in this nine-week period.'

When the show airs on April 9th, not only will Hussey make his debut as a reality star, but he will also add published author to his list of credits. His new book, *Get The Guy: Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve*, will be released from HarperCollins that same day. The book focuses on three main ideas: find the guy, attract the guy and keep the guy. With his intelligence and eye-opening words of wisdom, there's no doubt that women will quickly realize that Hussey's process truly works.

Hussey's advice boils down to the idea that 'attraction is only a snapshot of any moment of time. It's not a black-and-white thing. Just because a guy isn't attracted to you now doesn't mean he never will be. So, just like they say...timing is everything.

*Don't miss the two-hour series premiere of [Ready for Love](#) on Tuesday, April 9th at 9/8c NBC. 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 one of his sites, [Get the Guy](#) and [Matthew Hussey](#). You can also follow him on [Facebook](#) and [Twitter](#).*

Relationship Advice: Use Your

Five Senses For a More Fulfilled Love Life



By Lori Zaslow and Jennifer Zucher

If you're looking for ways to spice up your love life, why not use what's already available to you? Take advantage of your five senses – taste, sight, hearing, touch and smell – and get the most out of your relationship.

Taste: Make dinner together. If one of you is more Chef Boyardee than Julia Child, you can still keep your spouse company – and perhaps even get a good laugh out of your culinary mishaps.

Related Link: [Date Idea: Expand Your Tastes](#)

Sight: Plan a regular date night. A romantic outing is something you can both look forward to. Plus, it's a way to transport yourselves back to when you first met. Be spontaneous too. Every once in a while, do something together in the spur of the moment. Breaking away from your routine adds excitement to your relationship, and the experience, whether it's a surprise day trip or just an impromptu picnic in the backyard, it will bring the two of you closer together.

Hearing: Always talk or text at some point during the day. Whenever you can, take a few minutes out of your busy schedule to say hello to your significant other. Even a text that says something like "hope you're having a good day" shows that you're thinking of him. Most people spend more time at work than at home, so it's important to stay connected to your loved ones.

Touch: Go for a walk, either a hike on a nearby trail or a stroll down a city street. The dynamic scenery may inspire a philosophical conversation about your plans for the future, or you may feel content to just enjoy the view as you walk hand-in-hand. Getting in touch with both your surroundings and each other will reignite any spark that's been missing.

Related Link: [The Most Health-Conscious Celebrity Couples](#)

Smell: Make putting on your favorite scent part of your morning routine, like brushing your teeth and washing your face. You want to be remembered and thought of throughout the day, so always make sure you smell your best. Remember that oils last longer than perfumes and can even be worn with perfume to enhance your own scent and allure. The power of smell is seductive.

To ignite your sense of smell, check out the new love oil created by Project Soulmate matchmakers Lori Zaslow and Jennifer Zucher. grav.i.tate is the perfect aphrodisiac to

spice up your love life, whether first thing in the morning or for a sexier vibe in the evening.

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

QuickieChick's Video Dating Tips: Spring Clean Your Personal Life



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

Dating Advice from E!'s *Famously Single* Laurel House on Personal Life Spring Cleaning

It's time for some serious spring cleaning! But before focusing on your wardrobe and work space, purge what's really cluttering up your personal life: people. In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House encourages you to take a look at old flames who are just using you or new crushes who only seem interested in a booty call. Consider your friendships too – they should be mutually-beneficial relationships that make you feel confident and happy. Who isn't serving you anymore? Who is hurting you? You can only open yourself up to new opportunities – maybe even tall, dark and handsome ones – if you get rid of unnecessary baggage and refresh your personal life. Remember that you deserve to love and be loved. Happy spring cleaning!

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

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

How do you plan to clean up your personal life this spring? Tell us in the comments below!

Celebrity Couple Jesse James & Drag Racer Alexis DeJoria

Tie the Knot



By [Whitney Baker Johnson](#)

Television personality and motorcycle customizer Jesse James recently said “I do” for the fourth time. According to [People](#), he tied the knot with professional drag racer Alexis DeJoria on Sunday in Malibu at the home of her father, co-founder of the Paul Mitchell hair care products line and Patron Spirits Company. [ABC News](#) reported that the bride wore a strapless white dress with black details and showed off her extensive collection of tattoos. The couple, who live together in Austin, Texas, exchanged rings by well-known jeweler Neil Lane. James is no stranger to the tabloids: his divorce from Sandra Bullock made headlines in June 2010, while his broken engagement to Kat Von D was splashed across magazines in

September 2011.

How do you keep your faith in marriage after a failed attempt?

Cupid's Advice:

It's not always easy to jump back into the dating game after getting burned by a bad relationship. It's even harder to give marriage another shot after a failed attempt (or two). Cupid's here to offer some advice:

1. Let go of bitterness. Before you can open yourself up to love again, you must leave behind the cynicism and negativity that may have filled your broken heart. After all, this bad attitude only hurts *you*. You look petty and jealous, and many people – potential suitors included – will be turned off by your behavior.

2. Know what you want. Take a look at your failed marriage and try to learn something positive from it. Why didn't it work? What went wrong? Then, consider what you want in your next spouse. What are your relationship must-haves and deal breakers? Having a clear idea of your future love life will help you find an everlasting partnership.

3. Remember the good things about love. Once you adjust your attitude and determine what you're looking for in your next relationship, you must be open-minded to true love. Immerse yourself in romance: watch your favorite rom-coms, listen to sappy songs and read your favorite books with fairy tale endings. Remind yourself that "happily ever after" does exist and that it can be your's.

How did you find faith in love after a broken heart? Tell us in the comments below.

'American Idol' Performer Paul Jolley Talks About His Future Plans



By [Whitney Baker Johnson](#)

Many viewers were disappointed to see Paul Jolley eliminated on last Thursday's *American Idol* episode. The sweet Southern boy from Palmersville, Tennessee, knew that it would be his final week though. "I was just so ready for it," the performer said of leaving the show. "I talked about it throughout the day. Everybody could see that I was going to be okay no matter

what.”

As for his future plans, Jolley hopes to record a pop country album. “I don’t want to change what I feel in my heart. That’s what my calling is, and that’s what I need to be doing,” he shares. Of course, his dreams aren’t limited to music: “I want to have my own clothing line. That was a custom shirt that we had made during my ‘Eleanor Rigby’ performance. I also want to act. I want to dabble in a lot of different areas, put my Paul Jolley stamp on everything.”

To his fans – affectionately known as Troopers – Jolley wants to say a “huge thank you. It’s a true blessing to have such loyal people that are there for me no matter what.” If you want to see more of him, don’t miss the *American Idol* tour this summer!

To keep up with Jolley, follow him on [Twitter](#) or [Facebook](#).

Expert Dating Advice: What Beyoncé’s Body Language Says About Her Love for Jay-Z





By Jared Sais

Beyoncé and Jay-Z have one of those rare celebrity relationships that seems like the real deal. In this candid chat with Oprah Winfrey on *Oprah's Next Chapter*, the pop superstar opens up about their four-year marriage, divulging never-before-shared details about their union and family life. CupidPulse.com's celebrity detective is here to reveal some non-verbal cues that you may have missed – and to determine if their love will last.

(0:18) Beyoncé says, “I would not be the woman I am if I didn’t go home to that man.” She uses her fist to help highlight her feelings for Jay-Z. You can take her closed fist to represent her husband being her rock. Even her voice starts to crack, indicating strong emotions about their relationship.

Related Link: [Beyonce Hugs Jay-Z After Super Bowl Halftime Show](#)

Many of you may be thinking that a closed fist means anger,

but if you look closely, you will clearly see that her fist is more of a political pointer. Bill Clinton did this gesture a lot when he wanted to emphasize a point to the public. So she's not angry; she's "crazy in love" with her man!

(0:29) Oprah asks the singer, "How has he helped you?" Beyoncé's head does a slight rollback as her eyes widen and her eyebrows rise. Together, these three non-verbal expressions mean that Jay-Z has always been there for her, supporting her in so many ways. When someone gets overloaded with information or feelings, they tend to have this reaction. It's important to note that Beyoncé was not overloaded by the question but by the numerous ways that Jay-Z has helped her throughout the years. Then, to confirm my analysis, she answers Oprah's question by stating "on so many levels."

(0:46) When talking about her relationship, Beyoncé explains that it's nice to "just have someone you just like, you know?" She leans in towards Oprah to stress the significance of Jay-Z in her life, not only as a lover but as a friend too. She then confirms her feelings by nodding her head "yes" as her hands hit her leg – another way to emphasize her words. All of these are non-verbal cues that I look for to determine if someone is telling the truth.

Related Link: [Beyonce and Jay-Z Sing Coldplay Song to Each Other in Her Documentary](#)

Throughout this interview, the entertainer didn't tell any lies or try to hide anything from the viewers. It's easy to see that she truly loves Jay-Z and is grateful for their life together. I think this couple will last a very long time, if not forever.

As a side note, I also believe that Beyoncé is pregnant again. She guards her stomach with at least one hand throughout the interview and also talks in a very soft voice. I would say she's glowing, but she's always glowing, right? I think it's a

post-Super Bowl baby, so I expect her to make the big announcement in about six months when she's in Brooklyn on tour. Keep your eyes open to see if I'm right!

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.

Expert Dating Advice: The Benefits and Pitfalls of Dating a Younger Man





By Marni Battista

Demi Moore, Mayor of Cougarville – Population: 1?

Demi Moore has done it again. Earlier this year, she scooped up a hunk of a fellow, and this time he is even younger than Ashton Kutcher. In January, Moore, who is currently in the middle of her divorce with Kutcher, was seen out doing nothing but drinking and partying with the younger set. She was photographed with art dealer, Vito Schnabel, who is 26 years old – which, in case anyone is counting, is half of her age. So should our collective response be along the lines of “you go, girl!”, or should we feel sorry for her? She shares her admiration for younger guys with the likes of Jennifer Lopez, Mariah Carey and Madonna, so it seems to be a common trend in Hollywood. Is there really a difference if a woman dates a man fewer than 10 years younger than her versus 20-plus years younger? Does it matter?

We can learn a few things from these famous ladies about the benefits and pitfalls of dating a younger man.

Related Link: [Cougar Dating Love Lessons Even Demi Moore Can Use](#)

BENEFITS

Lack of baggage: Hooray! No psycho ex-wife? Check. No kids who hate you? Check. When dating a younger man, you can be confident that he won't have a nightmare ex to drive you crazy. Plus, he won't come loaded with a horrendous view of women based on his traumatic past relationships.

Having grown up in a slightly more modern society than you will most likely enable him to have a fresher perspective on women as well as a different opinion of "the working woman," as his mom may very well have been that very girl. In addition, because there is less baggage, there is less compromise for the older woman. There is less "stuff" to have to incorporate from his life into yours. And as a result, he's more likely to slip into your everyday world effortlessly.

Health: A younger guy has a much higher probability of being healthy and fit. This means that, when you go on that beach stroll or hike in the hills, he's not going to be complaining about his knees. For a woman who feels "young at heart" and also has a healthy lifestyle, a younger man will feel like more of a match.

An added bonus? When it comes to the care and feeding of her partner, the extent of a younger man's daily intake will be more along the lines of a B vitamin rather than Preparation H or Tiger Balm. We like the former option better.

PITFALLS

He may not know what he wants to be when he grows up: When you date a man who's your age (or perhaps five or ten years your senior), he'll most likely be established in his career and set on his life intentions. But a younger man might be just starting out or still struggling with what he wants to do. Not

only can this cause an issue regarding his financial security, but it can also lead to an identity crisis – for both of you. Being with a man who is launching a professional career or perhaps is between jobs can be a daunting task. You just have to be up to the challenge.

Fear of leaving you for a younger lady: Jennifer Lopez supposedly has asked boyfriend Casper Smart, “Why don’t you go find a young girlfriend and get out of here? What do you want with me?” Well, we can think of a few things... But he doesn’t appear to be going anywhere, so perhaps she has nothing to worry about anyway.

Related Link: [J. Lo and Casper Smart: What Their Body Language Says About Their Love](#)

That said, it’s a common for an older woman dating a younger man to fear that he’ll leave her for someone younger. Unfortunately, you can’t make yourself younger or make him older, so it’s critical to get comfortable and trust that his feelings for you extend beyond the physical.

Whether your type of guy is older or younger than you, just remember that if it feels right and he meets all your needs (emotional, physical, intellectual and spiritual), you can go for it while still holding on firmly to your dignity!

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.

Celebrity Trainer Harley Pasternak Tells Us About 'The Body Reset Diet'



By [Lori Bizzoco](#)

Celebrity trainer [Harley Pasternak](#) knows what it takes to keep his A-list clients, including couples Megan Fox and Brian Austin Green as well as Hilary Duff and Mike Comrie, in shape – and now, he's teaching the rest of us how to be healthier in his new book, [The Body Reset Diet](#). In this exclusive interview, the well-known diet and fitness guru shares his tips to help singles and couples adopt a well-balanced lifestyle. "This book is about giving people a jump start, letting them press the reset button, to drop a bunch of weight

really safely and very quickly and then giving them the tools to keep it off," he says.

Additionally, Pasternak chats about helping celebrity moms like Jessica Simpson and Milla Jovovich get fit again after giving birth. Plus, he discusses why programs like Shaklee 180 and *The Body Reset Diet* work so well and ensure that you're your best self.

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Audrina Patridge Says A Guy Must Have "Loyalty, Integrity and Respect" To Get Her Attention





By [Whitney Baker Johnson](#)

Spring Break is going strong in Panama City Beach, Florida, and celebrating there again this year is former MTV reality star, Audrina Patridge. Model, actress and BFF to Lauren Conrad, Patridge is someone we all grew to know and love on *The Hills*. Leaving the Los Angeles sunshine behind, the starlet visited the panhandle yesterday to make a special guest appearance for Curve fragrances at Maxim Spring Break.

Spending the day on the beach, she mingled with party-goers in the Maxim cabana before hosting and judging a Booty Shake Dance Contest. "Just get up there and dance! Let loose and have a good time," she offers to those who'll be participating in the contest. "Last year, a guy won, so it's not just for girls," she adds. "Just because it's a booty shaking contest doesn't mean you have to have a booty."

Related Link: [Celebrity Couples Who Have Turned Over a New Leaf](#)

But it's not all about booty shaking and spring break. After

leaving *The Hills*, Patridge focused on a career in acting with movies like *Sorority Row*, *Into The Blue 2: The Reef* and *Honey 2*. Next, she'll appear in *Scary Movie 5*, in theaters on April 12th. "I had a little cameo. It's such a fun movie, and I loved being on set."

As if she wasn't busy enough, Patridge also serves as a Curve fragrances celebrity brand ambassador along with *Gossip Girl* actor Kevin Zegers. Whether she's getting ready for a night of dancing with the girls or dressing up for a first date, curve appeal for women is a fragrance that she consistently loves to wear. "It smells so good, and I always get so many compliments. It catches your attention and leaves a lasting impression," she shares. "Plus, it's very girly."

Related Link: [The Best Celebrity Fragrances of 2012](#)

Another perk of Curve fragrances is the tiny bottle. "It's very cute! It's even small enough to carry in your purse," she says. This choice sounds perfect for any woman who likes to primp while she's out and about.

Patridge also loves curve appeal for men, a fragrance described as incredibly sexy and effortlessly cool. "I think everyone should smell fabulous everyday, and curve appeal is definitely one of my favorite scents."

As much as she enjoys the aroma of curve appeal, her number one beauty tip has more to do with what's on the inside than the outside. "If you feel confident and beautiful, it's really going to show," she says. "It all really comes from within." Equally important as having confidence is being comfortable. For Patridge, wearing something that makes her feel uncomfortable can easily ruin her day.

So what does it take to get this California girl's attention? Patridge, who is rumored to be dating on-again, off-again boyfriend Corey Bohan, says the three most important qualities in a guy are "loyalty, integrity and respect." As for how to

tell if a crush has these traits, she believes it's "about how he acts around his family, how he treats his mom. That's going to give you an idea of how he'll be with you."

Related Link: [5 Ways to Turn "Me" to "We"](#)

Just as she knows what she wants in a man, Patridge knows what she *doesn't* want in a relationship. "Dishonesty," she says without missing a beat. "My biggest pet peeve, though, would be not communicating well," she adds. "It's all about communication. If you're not on the same page, it's probably not going to work."

You can keep up with Patridge on [Twitter](#) and [Facebook](#).

Jennie Finch: Paisley Faye "Fits Like a Glove"





By Lisa Weber for Celebrity Baby Scoop

Jennie Finch shared an adorable photo of her and daughter **Paisley Faye** on Instagram. The now 2-month-old was cradled on mom's chest – inside her softball glove.

“My baby girl & I. She fits like a glove!” The Olympic softball pitcher wrote.

The mom-of-three recently opened up to [Celebrity Baby Scoop](#) about welcoming a daughter.

“We are so thrilled to be expecting our third – and a sweet baby girl,” said **Finch**. “I’m feeling good, thanks. This pregnancy has flown by. I think having two others to look after has helped the time pass by so quickly.”

Expert Relationship Advice: How Not To Scare A New Man Away



By David Wygant

So you've got a first date with that guy who you just think is so amazing. He's got the perfect resume. He even called you when he said he would. You're at his place, and he's arranged a nice dinner. Everything seems perfect.

He just might be "the one."

::RECORD SCREECHES TO A HALT::

First of all, let's throw out the perfect resume, because as we all know, when it comes to dating, *nobody* is as perfect as his resume. Eventually, he's going to become real, and when he becomes real, the question is: *Do you still like him?* But that's not what this post is about; it's about how to give yourself an opportunity to get to know the real him.

Related Link: [Guys Edition: How To Behave Like a Gentleman](#)

It's probably no surprise that many women scare men away on the first date. Here are a couple of things to avoid discussing and ways to ensure that he'll ask you out again:

1. Bash your ex. You talk about your exes like they are the worst people in the entire world. What that tells a man is that, when he becomes your ex, you're going to destroy him just like you bash your previous boyfriends. If you must talk about your ex on the first date, talk about him in a positive way—the things you learned and how you've grown as a person since your relationship ended.

2. Talk about your desire for a child. Every man wants to meet the cool woman who he can just hang out with, who understands his fantasy football obsession, who will spontaneously buy a ticket to Hawaii to play in the surf and sand. Yes, you can ask him if he wants a family and kids on the first date, but what you *don't* want to say is that you can't wait to be a mom.

"I can't wait to go to soccer practice. I can't wait to get the mini van. I just can't wait to be a mother." Now, all he's going to think about is how he can't wait to drive that mini van away from you. Remember that he wants the **cool** woman. He knows that you're a woman and that you want children, but he wants to feel like a man, not like a sperm donor. He doesn't want a vision of life schlepping around the suburbs; instead, he wants to envision a hot and sexy beach vacation.

Related Link: [Does Your Womb Have a Vacancy?](#)

These are two tips that I tell women all of the time: stop with the bad ex talk and stop with the womb-vacancy talk. Be fun. Be cool. Be open to his suggestions. Get to know one another. And most importantly, have a good time.

It's just a date. It's supposed to be about getting to know one another in the present moment to see whether or not you like each other. Have fun as a couple. Grow as a couple. Allow the relationship to take off. And by doing that, you'll be able to get past that first date and maybe onto a second one.

To find out more about David and all of his dating and relationship-building products, visit him on his website at www.davidwygant.com.

QuickieChick's Video Dating Tips: Is He "The One" or Just Another Someone?





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

Dating Advice from E!'s *Famosly Single* Laurel House on If He's 'The One'

Is your significant other "the one" or just another someone? In this week's [dating advice](#) video, relationship expert and E!'s *Famosly Single* dating coach, Laurel House shares her ten tips for knowing who's Mr. (or Mrs.) Right. Our favorite piece of advice? If your partner makes you feel like your best self – or even inspires you to be a better person – than he or she may be around forever. Or use *The Bachelor's* Sean Lowe as a great example. He loved both Lindsay and Catherine, but he knew he'd never be able to say goodbye to Catherine. If you can't see yourself without someone in your life, then he or she may be the best fit for you.

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

[channel](#).

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



By Jared Sais

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

night's finale and see what it tells us...

Catherine

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

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

Sean breathes a sigh of relief when saying "I am so glad you're here." The blonde beefcake truly enjoys and cherishes her company; you can think of him as "at home" with Catherine. Think about when you come home from a long, hard day at work, and you can finally sit down and relax. You take a deep breath of relief; that's the same feeling Sean has when he's with her.

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

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

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

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

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

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

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

Lindsay

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

While there was a lot of sexual tension when Lindsay and Sean

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

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

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

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

Sean & His Family

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

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

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

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

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

Conclusion

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

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

Good luck in your search for love!

[Jared Sais](#) is co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love. You can sign up for his individual or group non-verbal classes or his wingman services by e-mailing him at jaredsais@gmail.com.

Melissa Joan Hart: “I Do Feel Pressure to Be Back in Fighting Shape After Baby”



By Jenny Schafer for Celebrity Baby Scoop

Actress Melissa Joan Hart is the newest celebrity owner of Yowza!!, the leading location-based mobile coupon app. Encouraging the end of paper coupons, the mom-of-three says Yowza!! in the perfect way for families to stay eco-friendly and save money.

Melissa opens up to Celebrity Baby Scoop about her three sons – **Mason**, 7, **Brady**, nearly 4, and **Tucker**, 5 months – the end of her maternity leave, and her return to work at *Melissa & Joey*.

She also weighs in on the media's obsession for women to lose the baby weight quickly. Continue reading below...

CBS: How are your boys doing? Tell us a recent funny story about them.

MJH: "The boys are adjusting well after our temporary move back to L.A. to film the third season of *Melissa & Joey*. They have added horseback riding to their weekly activities.

Most recent funny story: Mason and I were discussing the movie *Diary of a Wimpy Kid*, which he hasn't yet seen, and I told him we should read the books. He asked me with concern on his face, 'Why is it about diarrhea?' He doesn't understand what a diary is."

CBS: How is it being back to work at *Melissa & Joey*?

MJH: "We are back in the swing of things and I am warming up my funny. It's nice to be back at work, this time with my family nearby which is a nice warm feeling on top of the joy of being back at work making people laugh."

CBS: Do you celebrate Earth Day in your home? Tell us some of the ways you teach your boys to be eco-friendly. Is this important to you?

MJH: "I have been hyper aware of our footprint on the environment for a long time, since my days in Nickelodeon studios as a teen when I helped launch a recycling program.

The boys understand about waste, about not letting the water run (it uses up all the snowflakes is what we tell them) and about recycling. We also find times to ride our bikes instead of take the car."

CBS: Please weigh in on the media's obsession with celebrity moms and their post-baby bodies. Do you feel the pressure to lose the baby weight quickly? How do you manage to keep a

strong sense of self-esteem in image-obsessed Hollywood?

MJH: "I do feel the pressure to be back in fighting shape after baby, but that's pressure I put on myself to work hard and not be complacent. I don't let other people pressure my decisions but I also know that in my industry, keeping in shape is key to getting good jobs."

Relationship Advice: Can an On-Again, Off-Again Relationship End in the Real Deal?





By Melanie Mar

Happy endings happen in all different ways. So, when someone asks me if a relationship has staying potential when it's constantly on-again, off-again, the answer is "yes." Contrary to popular belief, on-again, off-again relationships can be the real deal.

All relationships, at some point, go through turbulent and challenging times, which may result in a breakup or even breakups, plural. Even so, that doesn't necessarily mean that you won't one day be walking down the aisle together. Case in point: Jessica Biel and Justin Timberlake. If the reason for the split is not of an immoral, unethical or a very serious nature but instead due to timing, immaturity, financial stresses, etc., and the two of you have a deep, emotional and mental connection, there is a good chance that you will reconnect again physically.

If, however, the relationship is volatile and unstable with high-highs and low-lows, it's not healthy. I wouldn't

recommend anybody committing to a long-term relationship of this type. If you have a steady, calm relationship that has gotten off track because of a small matter, then resolution may be achieved.

I understand you may be missing your [ex](#) and feel the need to contact him or her, but before you repeat previous behavior patterns, ask yourself these questions: What is the fundamental issue that is causing your breakup(s)? And what can you do to stop it from happening again? Maybe consider some outside assistance from a therapist. If you do make a plan to see each other again, come with a solid idea of what you're willing to commit to with regards to establishing a solution moving forward.

Related Link: [Can You Be Friends With an Ex?](#)

Don't call someone just to say, "I miss you." This action will lead to you both falling back into a dysfunctional relationship and making the same mistakes.

Don't jump into bed and have make-up sex either. It's tempting to do when high chemistry is present but will only mask the underlying problems temporarily.

If your relationship is consistently on and off with someone who breaks up with you at his or her whim, then you will eventually have to up the ante. You cannot allow your ex to keep coming back into the relationship at the same level. You must stay strong and insist they commit to something deeper (i.e. from dating to girlfriend, girlfriend to fiancé, fiancé to wife). Otherwise, you have the potential to remain in this back-and-forth relationship for years with no intent of a full commitment from your partner.

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

Ultimately, if the pull between the two of you keeps bringing you back together, there is a real reason for that. Finding

someone with whom you have a deep connection is very difficult. Think about how many people you have been on one date with – even just a coffee – and the number is probably quite high. Now, think about how many people you have told you love, and it most likely drops dramatically. And now, think about how many people in your life who you have really been in love with, and my guess is maybe one or two.

So, with this thought in mind, if you have found a special someone that you have a true love connection with, iron out the kinks and commit 100 percent to the relationship. When two people are destined to be together, it will be, regardless of what obstacles get in your way.

Hofstra University Publishing Panel Event





Earlier this spring, on Wednesday, March 6, 2013, CupidsPulse.com Executive Editor and Founder [Lori Bizzoco](#) participated in the Publishing Panel Event at Hofstra University. The esteemed group of panelists also included Joy Betran, head recruiter of Simon and Schuster; Karen Bonnet, children's author and marketing manager; Linda Frank, young adult author; Sonia Lynaugh, recruiter at Penguin Group; Dina Santorelli, freelance writer and author; Samantha Swank, publishing studies major and intern; and Becca Worthington, Association of American Publishers. The panelists were from diverse publishing backgrounds, making the event ideal for English and publishing majors. Following the presentations, students praised the panelists for the knowledge as well as the overall experience.

Celebrity Mom: Holly Madison Discusses Baby Names – Right Before She Heads to the Hospital!



By Whitney Baker

Holly Madison first stole our hearts as Hugh Hefner's number one bunny on E!'s reality show *Girls Next Door*. Since the show ended in 2010, Madison has made quite a name for herself, appearing on the eighth season of *Dancing with the Stars*, headlining *Peepshow* at Planet Hollywood in Las Vegas and starring in her own television show, *Holly's World*. Of course, in recent months, her focus has shifted: in August 2012, she

announced that she was expecting her first child with boyfriend Pasquale Rotella.

"I've finally met the man of my dreams and am ecstatic to be starting a family," Madison shared. "But I'm really grateful that I had several years of working hard as a single woman before diving into being a mom. I feel like I needed that for my identity."

The *Playboy* model and husband Rotella, a club promoter, have been prepping for their daughter's fast-approaching arrival, and the mom-to-be has been sharing her pregnancy experience with fans via her blog and Twitter. As open as she's been, there's one thing that the couple is keeping under wraps: the baby's unique name. "We have a pretty unusual name picked out. So unusual that we aren't telling anyone what it is until the deed is done!"

Related Link: [Kim Kardashian and Kanye West Are Expecting a Baby Girl](#)

In the past few weeks, pregnancy has certainly slowed Madison down a bit. "I've started getting a little uncomfortable – it's hard to even reach my feet to tie my shoes!" she said. "I've kind of been in nesting and hibernating mode."

Still, she continues to make headlines. Just last week, Madison revealed that she plans to ingest her placenta after the birth of her little girl. When asked about her decision to do so, the reality star said, "A baby nurse I met with suggested I have my placenta made into pills because it can help prevent postpartum depression. I figured why not! It can't be bad for me."

As busy as they've been in anticipation of their baby's due date (tomorrow!), Madison and Rotella have still made time to focus on their relationship. "I feel like we're getting to know each other because we've only been together for a little

over a year,” the Vegas performer said. “We’re learning so much about each other just from trying to agree on little things when it comes to renovating our new home, so I can only imagine what we will learn from raising our daughter.”

Madison has already learned a thing or two from her pregnancy. “My only advice so far is to let yourself know that it’s okay to not be quite as ambitious as you were before you were pregnant,” she explained. “Creating a child is a huge responsibility, and you have to make time for that, maybe sacrifice some things that don’t fit into your life anymore.”

As for her relationship with Rotella, Madison thinks that communication is most important when it comes to keeping the romance alive. “Sometimes, other people don’t understand how uncomfortable pregnancy can be, how occupied your mind can get and how you just don’t feel sexy. You don’t want your significant other to get the wrong idea and assume you aren’t attracted to him anymore.”

“Our relationship is great,” she adds.

So great, in fact, that Madison has started to plan their wedding. “I’m trying to secure a really unique and special venue and choose a date. I’m hoping for some time in August.”

Related Link: [QuickieChick’s Video Dating Tips: Are You the Marrying Kind?](#)

As excited as she is to become both wife and a mom, there’s one thing that Madison is still figuring out. How will she tell her baby about her life as a Playboy Playmate? “I’ll be really honest with her and let her know that it wasn’t all unicorns and rainbows like you see on television,” she shared. “You kind of have to be damaged and have low self-esteem to put yourself in a situation like that.”

So what’s next for the soon-to-be mom? “Besides learning how to be a mom and getting back into shape, I would love to

return to the stage – but in a musical this time. I’ve been concentrating on my singing lessons during my pregnancy.” Given her impressive career, we’re confident that Madison will excel at whatever she does next – especially when it comes to raising her little girl.

You can keep up with Madison by visiting her [blog](#) or following her on [Twitter](#).

QuickieChick’s Video Dating Tips: Are You the Marrying Kind?





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 reveals the top eight characteristics that make a woman wife material.

Dating Advice from E!'s *Famosly Single* Laurel House on Marriage Material

If you've been following *The Bachelor* this season, you know Sean Lowe has narrowed it down to two lucky ladies. On this week's episode, he told host Chris Harrison that he was ready to propose...although he didn't know who would receive that sparkly ring just yet. So what makes a woman the marrying kind? Why are Lindsay and Catherine more marriage-worthy than the women who have already been sent home?

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

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

What do you think makes a woman the marrying kind? Tell us in the comments below!

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



By Jared Sais

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

Lindsay

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

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

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

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

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

As a side note, did anyone else want that sidecar motorcycle?

I would also like to say that I'm in the bug club too. Yep, I've eaten a bug.

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

AshLee

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

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

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

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

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

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

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

[for Sean?](#)

Catherine

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

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

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

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

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

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

Conclusion

Honestly, I was leaning towards AshLee as the runner-up with Lindsay going home tonight. This is the second week that

Sean's non-verbal cues towards Lindsay have been strange and off-putting. But there can only be one winner, and my money is on Catherine – so I'm still in the game!

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

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

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

Celebrity Hair & Makeup Artist Predicts Anne Hathaway Will Steal The Red Carpet at The Oscars



By Whitney Baker and Nicole Cavanagh

Celebrity hair and makeup artist Julia Papworth finds her inspiration just about everywhere: from fashion magazines or local newspapers to sites like Pinterest and Vine, she's always looking for new looks to try. "It's important to find an image you love and then take it and make it your own," she said. By making a few small changes, you can create a unique style that will represent your particular personality and specific style.

Although Papworth focuses on hair and makeup, she often collaborates with stylists to ensure that, together, they're creating "a full package." Fashion and jewelry must align with hair and makeup to invent a character, whether it's for a red carpet, a work meeting or even a first date.

Speaking of red carpets, for the 2013 Academy Awards, Papworth

hopes to see a lot of old school Hollywood glamour. To her, there is nothing better than a woman just being pretty. “No gimmicks or crazy blue eye shadow and insane hair. I just love beautiful looks and classy dresses. That’s what the Oscars are all about!”

Related Link: [Marc Friedland Explains Why the Winner’s Envelope is Now an Iconic Part of the Oscars](#)

Two great examples of this style from the 2012 Oscars are Emma Stone and Penelope Cruz. Stone took a risk by wearing red, a color that redheads often avoid. Her polished updo paired perfectly with the dramatic neck of the Giambattista Valli gown, making for a very sophisticated look on the young starlet. Cruz, on the other hand, opted for a romantic and flowing periwinkle dress by Armani Prive, which was both “stunning and super vintage.”



So who will steal the show this year? Anne Hathaway, according to Papworth. “She has been on point all year long and has been more adventurous with her pixie cut,” the stylist shared. Many women with short hair think they can’t be stylish or feminine, but Hathaway is a prime example of how to do it right. She keeps her look fresh and varied, mainly by “playing with color.” Changing your lip color or even your nail color

will give your style a bit more edge when you have a short and simple haircut.

Papworth is also excited to see what Jennifer Lawrence, Quvenzhané Wallis and Jessica Chastain will be wearing. For Lawrence, she hopes to see a pretty, polished updo. As for Wallis, she always likes to see how the younger stars manage to look beautiful while still being age-appropriate. Chastain should wear a color that complements her luscious red locks, such as emerald green or deep plum.

Related Link: [Get the Latest Fashion Style from 'Hunger Games' Star Jennifer Lawrence](#)

This classic style holds true for men and even couples too. Papworth is a big fan of the clean, classy look that Justin Timberlake has been rocking lately. In terms of couples, "it's nice to have a picture where you look like you go together." You and your man – famous or not – should complement one another and support each other's style. In addition to predicting the looks for this Sunday's big show, Papworth is also a go-to source for everyday style, something that comes in handy if you're getting ready for a first date.

Take a look at her three tips below and keep them in mind as you're primping and hoping to impress that new guy.

1. Be comfortable. "If your uncomfortable in anything you're wearing or how you look, all your going to do is think about that. If you're wearing uncomfortable shoes, you're not going to be able to hear a word your date is saying because you're just going to think about how your toes hurt."

2. Keep it simple. Simplicity is always best when it comes to date. You may be "super wound up and excited and want to make a big splash when meeting someone for the first time, but honestly, people want to see you and hear you and what you have to say." Something simple, classy and chic is the best way to translate your personality to fashion and beauty.

3. Don't experiment. A first date isn't the time to try anything new. You always want to put your best face forward, so stick to something that works rather than something that *might* work. Don't test run a new hair color or makeup product. Of course, experimenting isn't always a bad thing. It's easy to get stuck in a style rut and do the same thing with your hair and makeup; Papworth has even fallen victim to this mistake.

Stepping out of your comfort zone may be challenging, but you have to give yourself some "tough love" and just do it. It's also helpful to turn to those around you for their opinions. "Confide in your girlfriends. They'll give you that extra push." You should chat with your stylist too: he or she can help you find something new that you can recreate at home.

As Papworth says, "It's about finding that perfect marriage."

You can catch Papworth's work on 'Legit,' an FX comedy on Thursdays at 10:30 p.m. EST.

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





By Amy Osmond Cook

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

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

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

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

My husband, Jeff, is a *Bachelor* fan. Fanatic. We watch every episode, every season. At first, I protested, but now, I have been sucked into the reality show vortex from whence there is

no return and am the one popping the popcorn. This season's bachelor, Sean Lowe, is one of my favorites. He seems like an honest guy trying everything he can to find his soul mate—and how can you fault that? Unfortunately, the bachelors don't have a very good track record when it comes to choosing that special someone. So, now that we're down to the top three contestants, here's what I would tell Sean if I were sitting in Chris Harrison's seat.

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

#2. Choose the one who makes you laugh. Dating is full of desire and passion. But it's inevitable that, over time, physical attraction wanes. In a recent study commissioned by Medicis Aesthetics, it was found that physical attraction mattered more in the first seven years of a relationship than in later years. After that, predictors of long-term relationship satisfaction shifted more toward personality traits. So if you really do want a lasting relationship, choose the one you enjoy being with the most.

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

us for our uniqueness, not in spite of it.

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

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

QuickieChick’s Video Dating Tips: This Video Could Save Your Relationship





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

Dating Advice from E!'s *Famosly Single* Laurel House on Saving Your Relationship

In this week's [dating advice](#) video, relationship expert and E!'s *Famosly Single* dating coach, Laurel House read this blog post by Single Dad Laughing, titled "16 Ways I Blew My Marriage," and immediately knew it was worth a video. Thanks to hindsight, we all have lessons learned when we look back on mistakes we've made, especially when it comes to past relationships and broken hearts. Perhaps, the most surprising point made in both the post and the dating expert's video is just how easy it is to stop putting effort into your marriage. Listen up, and we guarantee you'll learn a thing or two that will improve your own love life.

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

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



By Whitney Baker

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

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

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



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

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

really thankful for that opportunity.”

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

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

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

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