

The Bachelor 17, Episode 8: Home Sweet Home



By

Jared Sais

Last night's episode of [The Bachelor](#) featured the four coveted hometown dates and there were a lot of tells when it came to body language. Based on Sean's behavior, it was obvious to me that he's attracted to these girls, but he isn't ready to move forward with anyone just yet. It looks like reality just hit him on the hometown dates that the goal of the show is marriage. He says he's excited for that next step, yet he's showing extreme signs of anxiety: heavy breathing, lack of eye contact and shrugging. Sean is more uncertain about his future

than ever before.

On that note, let's get started...

AshLee

If anything, Sean's extreme nervousness towards AshLee is telling of his strong feelings for her. However, he showed shame when kissing her by looking down right away. He also looked down and showed shame again when he said, "I'm so happy I'm here."

AshLee's really in love with Sean. She looks at him with admiring eyes (wide eyes that are paired with a strong gaze and slightly raised eyebrows). Of course, she also has a huge smile with crow's feet (wrinkles around her eyes).

Related Link: [The Bachelor 17, Episode 7: Victory in St. Croix!](#)

Now, let's move on to AshLee's parents. Her father and mother showed anger when hearing about the dates with Sean, especially the romantic comments, yet they were happy to see their daughter's reaction to the bachelor. They were trying to play bad cops, but you could see flashes of smiling beneath it all. Additionally, micro-expressions of sadness – a dimpled chin, lowering of his corner lips, raising of his inner eyebrows, loss of eye contact – came across AshLee's father's face when he was talking about the first time he saw her. It's easy to see that AshLee has a great family.

After asking about possibly proposing to AshLee, Sean took a deep breath, a sign of relief mixed with anxiety. He really likes her, and asking that question was a big step for him.

Projected Ranking: #1

Family: A+

Sean's Lust Level: A+

Drama: 0 out of 10

Hometown Location: A

Catherine

We heard a giggly laugh from Sean at the start of their date, so he was happy to see her. However, when he said, "When I am with Catherine, I can see my wife," he did a major shoulder shrug to non-verbally indicate his uncertainty about the statement.

Sean went in for a kiss, which would normally be a huge indicator of his attraction. Instead, I noticed a slight body flinch from Catherine, meaning that she only intended to hug him. What many viewers saw as something big was nothing more than a non-verbal fake out.

Maybe Catherine isn't quite sure of her relationship with Sean either. When she was chatting her sisters, she used the phrase "try it out" as she spoke about marriage. She couldn't give a definite yes. Her choice of words allowed her to dodge the question. Plus, when she said she was crazy about Sean, she shook her head no, which means she's either lying or she's not as crazy about him as she says. I think she likes him a lot, but isn't ready for marriage or mature enough to make such a big commitment just yet.

When speaking to Catherine's mother, Sean had his hand in his pocket, which is a sign of intimidation. He also had his feet/legs crossed and pointed at the door, indicating that he doesn't plan on leaving this conversation but would like to flee the room because he is very uncomfortable. Even his body is facing away from her. Still, as Sean was opening up to Catherine's mother, I could tell he was being genuine by his use of open hand gestures (talking with his hands with palms facing up or towards the other individual).

Projected Ranking: #3

Family: B-

Sean's Lust Level: B+

Drama: 4 out of 10

Location: A-

Lindsay

Sean ran to Lindsay for a hug when they first saw each other, a sign of strong affection and excitement.

He later said, "Lindsay could be the one who I could spend most of my life with." When saying "could be the one," he did a shoulder shrug, which is an accrete non-verbal cue meaning maybe...so his words align with his actions. However, when finishing that sentence with "spend most of my life with," Sean did a micro-expression of anger (lips pinched, eyes glaring, eyebrows lowered). I wish I could ask him why he felt anger at this moment, but it was either towards himself, Lindsay, or the situation. Also, let's focus on the word "most." He could've said "my whole life" or "forever," but instead, he used non-committal language.

We can't forget to discuss Lindsay's parents too. Her mom did a hand steeple, showing that she is the dominant one. Her dad might be a two-star general, but Sean was focused on pleasing the wrong person! Lucky for our 'Bachelor', Lindsay's mom used gestures of openness, showing that she really liked him.

Projected Ranking: #2

Family: A

Sean's Lust Level: A+

Drama: 2 out of 10

Location: C+

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

Desiree

I immediately knew that Des's ex-boyfriend was a fake. The actor never showed any real signs of anger or jealousy. He even flashed a smile during his encounter with Sean. The bachelor, though, definitely didn't know that it was prank, as he showed body language of anger (closed fists) and defensiveness (crossed arms).

Of course, we have to analyze Des's brother's behavior. He called Sean out on liking other girls...and I can't really blame him. Sean might not have liked what he said, but you'd think he'd understand where he was coming from, right? Unfortunately, that's not the case, as Sean's non-verbal cues were very negative after their chat.

Let's observe their facial expressions too. They were primarily those of anger, sadness and shame. I think Sean was truly hurt by Des's brother, mostly by the "playboy" comment. I wonder how much of Sean's actions on *The Bachelor* were his true self versus the producers directing him. I feel like he might not have wanted to be as much of a flirt as he actually was.

Projected Ranking: #4

Family: F

Sean's Lust Level: A+

Drama: 8 out of 10

Location: A

Rose Ceremony

At the end of the day, family drama was the deciding factor.

Des would have been in the top three if her brother would have just been quiet, but instead, he stole the spotlight and, in doing so, ruined his sister's chances with Sean. On one hand, I agree with the bachelor. On the other side, though, I think having an overprotective brother is better than feeling like you'll never fit in, as Sean stated about Catherine's family. After all, an overprotective brother may come around. Though I knew he would ultimately send Des home, I would've picked Catherine.

Be sure to check back in tomorrow for my thoughts on tonight's *The Bachelor: Sean Tells 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. For more information and to download a free PDF of the speech he gave at NYC's Single In Stilettos, click [here](#).

Making Valentine's Day Fun Again!





By

Eleanore Wells

When did Valentine's Day become such a BIG deal? At some point when I wasn't looking, it went from being a lighthearted, fun, semi-holiday to another over-the-top, loud, commercial holiday that comes with feelings of annoyance and angst for so many. It's not really about who you love anymore; instead, it's about gifts and lavish displays of...well, I'm not sure what.

As a kid, I loved this holiday. I got such a kick out of giving out cards with big red hearts on them to all the people who made me happy. I gave them to my parents, my teachers, my favorite classmates, my playmates and even my mailman. Back then, Valentine's Day was fun, and it was an excuse to tell the people who make you happy how much they mean to you. Romance had nothing to do with it when I was ten years old.

Years later, I received a beautiful bouquet of roses from a guy I'd broken up with about seven months earlier. We weren't really speaking, and he's not the sentimental type, so I was

more than a little suspect. I called the florist and learned that, back when we were still dating, he had set up an automatic “send her flowers on Valentine’s Day” thingy. So each Valentine’s Day, when I was so pleased with his thoughtfulness, he really hadn’t given it much thought at all. Well, maybe the first time...

Related Link: [How to Make Your Lady Feel Special This Valentine’s Day](#)

I laughed and said nothing. It took him another two or three years to remember that he had me on automatic delivery, and I continued to enjoy my flowers each year. It had nothing to do with him or the romantic day. I just like pretty flowers.

Then, there was the guy who “surprised” me with a ginormous ten-pound box of chocolates. It was a surprise because I don’t really like chocolate, and he certainly should have known that because we’d talked about it many times. I guess he only *pretended* to be listening.

Jennifer Lopez has been quoted as saying, “Love to me is someone telling me, ‘I want to be with you for the rest of my life, and if you needed me to, I’d jump out of a plane for you.’” Can you imagine the pressure her guy feels on Valentine’s Day?!

For too many single women, Valentine’s Day is a loud reminder that they have no man (or woman, in some cases) in their life to love. It’s a loud reminder of their sad, lonely lives...even though, on most days, their lives are not very sad and not that lonely. And the lead-up to it is fraught with anxiety because “whatever will she do” on this day when happy couples all over the country are celebrating? (Even though that isn’t really happening.)

Related Link: [5 Tips for Single Moms to Survive Valentine’s Day](#)

When I'm not in a relationship on Valentine's Day, I like to enjoy a dinner or some other outing with people who make me laugh. Not a gloomy, woeful dinner with whiny people who are miserable about being single, but a fun dinner with interesting and delightful people who happen to be single...single for now or single forever.

And that – or something on the list below – is what I recommend for everybody. I wish Valentine's Day were less about romance and more about an opportunity to remind people that you love them or tell them for the first time that you enjoy their company, that they matter to you. Let's reclaim Valentine's Day and experience it like we did when we were kids by injecting some much-needed lightheartedness into it.

1. Go bowling or plan some other group outing for people you know and enjoy but may not see as often as you'd like. It's a great excuse to reconnect!

2. Volunteer at a nursing home or children's organization and surprise them with Valentine's Day cards and trinkets so they can share in the day's fun too.

3. Treat yourself – and maybe even someone else – to flowers. Flowers can brighten anyone's day.

4. Buy a pack of Valentine's Day cards and give them to anybody and everybody you want.

Let's make Valentine's Day about love instead of romance: love of great people, love of laughter, love of life. And you don't need a date for that!

Giveaway: Take Your Relationship Out of the Box with Déjà mor



This post is sponsored by Déjà mor.

By Whitney Baker

In honor of Valentine's Day, we wanted to bring you a giveaway that is sure to enhance your love life! Déjà mor offers the first subscription service for couples that delivers romantic care packages right to your door. Each customizable shipment is filled with specific products and detailed instructions, separately designed for each individual's needs.

As CEO Rodrigo Fuentes says, “52 percent of Americans are dissatisfied with their love life. Children, work and busy lifestyles often don’t give couples the time, creativity or confidence to be their romantic self. That’s where Déjà mor comes in: we help couples easily and confidently express love through intimate experiences.”

The beautiful sample box includes directions for preparing a sensual bath and bubble bath, rose petals, a glass vial for a secret message and suggested romantic phrases to include in the vial. Add a bottle of wine, and you’ve got everything you need for a romantic evening with your partner.



Three types of subscriptions are available from Déjà mor: the yearly (\$29/month), the monthly (\$35/month) and the gift (\$136/three months). In addition to the personalized care package, each subscriber receives access to members-only content on the Déjà mor website, including romance tips and special content to improve your experience.

Lucky for you, one CupidsPulse.com reader will win a three-month gift subscription to Déjà mor – perfect for adding a little intimacy to your relationship!

~~GIVEAWAY ALERT: To enter for a chance to win a three-month gift subscription to Déjà mor, go to our Facebook page and click “like.” Leave a comment under our giveaway post letting us know that you want to enter the contest. We will contact the winner via Facebook when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is 5:00 p.m. EST on~~

~~Thursday, February 21st. Good luck!~~

This giveaway is now closed.

QuickieChick's Video Dating Tips: How to Have the BEST Valentine's Day Ever



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

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

Are you *still* wondering how to celebrate Valentine's Day this year? Dating mentor Laurel House admits that this holiday has always been stressful for her (even in elementary school!). In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House shares her tips for taking charge and overcoming the disappointment of past years' unmet expectations. Plus, the dating expert reveals how to have the best Valentine's Day ever, whether you're single or part of a couple. Listen up, and you're sure to discover the perfect idea for tomorrow's big day!

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

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

What are your Valentine's Day plans? Tell us in the comments below!

Q&A: How Can We Celebrate Valentine's Day In a Special Way If My Boyfriend and I Are Apart?



Question from Candace M.: *My boyfriend and I are both traveling for work on Valentine's Day, but we don't want to miss out on celebrating the romantic holiday. How can we share our love for each other in a unique and special way even though we're miles apart?*

Answer from Our Love Experts:

Tristan Coopersmith, Love Stylist: Valentine's Day is all about expressions of love that go outside of your normal handholding, "love ya's", dinner and a movie, etc. Valentine's Day is about passion! It is about over the top "I love you's!" It is about celebrating your unique love in a memorable way.

So when your love is distanced by miles and maybe even a time zone, your best bet is to use technology to your advantage.

Instead of sending a dozen roses, send a dozen love texts. Instead of a reservation-only prix-fixe dinner date, opt for a candlelit Skype dinner for two, complete with an Evite. Instead of a decadent dessert with one spoon, try sending a box of homemade goodies. And as for the naughty lingerie show, you can keep that one... thank you, FaceTime!

Happy Valentine's Day, lovers!

[Suzanne Oshima, Matchmaker](#): Trust me, with this unique idea, your boyfriend will have the best Valentine's Day ever! Starting two days before Valentine's Day, surprise him with a few teaser messages. Send him steamy text messages and take photos of you in sexy lingerie, giving him subtle hints about what you have in store for him on Valentine's Day.

Then, on the big day...

His first gift: Surprise him and have the hotel staff deliver him breakfast in bed with all his favorite foods.

His second gift: Send him some more sexy photos and messages in the morning and afternoon.

His third gift: This gift must be sent to the hotel in advance, just make sure they don't deliver it to him until that night. Give him a super sexy video of you, your hottest panties sprayed with your favorite perfume and a few aphrodisiac foods (like almonds, bananas and chocolate).

After he opens his third gift, end the night with a live Skype session with you.

Your boyfriend will be so excited to see you when you're both home again...so be sure to answer the door in a racy outfit. Your man will think you're the hottest woman ever!

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](#).

How have you celebrated a holiday when you and your loved one are apart? Tell us in the comments below!

Giveaway: Datevitation: A Valentine's Day Gift That Your Partner Will Never Forget





This post is sponsored by Datevitation.

By Whitney Baker

Whether you've been dating your man for a few weeks or a few years, planning a spontaneous and unique date is never easy. Not only do you have to think of something that you've never done before, but you have to find an activity that you'll both (hopefully) enjoy. And with holidays like Valentine's Day come an added pressure to please your partner.

[Datevitation](#) is here to help. Datevitation is the first and only fully customizable book of date coupons, allowing you to create a one-of-a-kind gift for your significant other. The library is full of hundreds of date ideas, ranging from simple gestures of love (like stargazing and cuddling) to adventurous activities (including skydiving and scuba-diving) to ways to reignite the romance in your relationship (like recreating your first date or enjoying a couples massage). You can change the text of each coupon to include a silly inside joke or

sweet reminder of your love. Plus, you can personalize your coupon book with a special cover and heartfelt message on the first page. Books start at \$20, which includes five date coupons.



Thanks to Datevitation, you'll never have to wonder about what to do on your next date night. Plus, your boyfriend or girlfriend will be touched by your thoughtfulness and excited for the dates to come! In honor of Valentine's Day, two lucky CupidsPulse.com readers will receive a code to create a Datevitation gift book worth \$50.

~~**GIVEAWAY ALERT: To enter for a chance to win a Datevitation gift book, go to our Facebook page and click "like." Leave a comment under our giveaway post letting us know that you want to enter the contest. We will contact the winners via Facebook when the giveaway is over, and they will have three days to respond back with their contact information. The deadline to enter is 5:00 p.m. EST on Wednesday, February 20. Good luck!**~~

Congratulations to Raz Kassam and Stacey Plapinger!

The Bachelor 17, Episode 7:

Victory in St. Croix!



By

Jared Sais

Since there were only six girls left on this week's episode, I really wanted to hone in on each of their non-verbal cues and micro-expressions to determine their true feelings for the bachelor. I also focused a lot on Sean's reaction to each of them to see how he really feels about the remaining ladies.

Let's start with the first one-on-one date...

AshLee

AshLee was the one girl brave enough to tell Sean the truth about Tierra. As she was talking to Sean about the drama, she

showed micro-expressions of anger: pinching her lips, lowering her eyebrows and glaring her eyes. She also revealed feelings of contempt when speaking about Tierra by moving only one side of her face.

In response, Sean said, “When she tells me something about Tierra, I believe it.” As he says it, Sean shakes his head no and shrugs, telling me that he doesn’t believe what he just said.

Even so, when he’s on the beach talking with Ashlee about Tierra, Sean puts his hand on his head with his thumb pointing down, meaning a thumbs down to Tierra. I think he’s really beginning to wake up, even if it is very slowly.

At the start of their dinner together, the bachelor asked her if there was anything else he needed to know before meeting her family, and when she replied “yes,” he gulped, which is a sign of fear. He also showed a micro-expression of surprise with his raised eyebrows and the widening of his eyes.

Sean smiled big enough to have crow’s feet (wrinkling at the corners of her eyes) when speaking with her, so he really likes AshLee. You don’t show that much emotion (the fear, the surprise and the genuine happiness) if you don’t like someone.

Of course, he shook his head no as he said, “I think you’re perfect the way you are,” meaning that he’s still not sold on her just yet. He also shrugged as he told her that he had no questions at this point, revealing that he’s either lying or not being 100 percent truthful.

As for AshLee’s feelings for Sean? She nodded to confirm that she was telling the truth when she said she loved him.

Related Link: [The Bachelor 17, Episode 6: Chemistry in Canada](#)

Tierra

It’s no surprise that Tierra showed feelings of contempt when

speaking about the other girls. What *is* surprising is that Sean also showed signs of contempt multiple times. I think (hope) her drama is finally getting to him.

Tierra totally fibbed and told Sean that she tried bonding with the other girls in the house. As soon as she stopped talking, she started licking her lips and put her hands up to pull back her hair on both sides of her face. Her body language showed that she's trying to manipulate Sean by lying to him about her feelings towards the girls and also about her feelings for him.

Of course, Tierra did her famous eyebrow raise. And when she said the above comment about the other girls and herself, her right eyebrow rose for a long period of time. This eyebrow raise is a sign of cynicism. The funny thing is she did this facial gesture after something she said, meaning that even *she* doesn't believe the words that just came out of her mouth.

The tone and pitch of Tierra's voice also gave away her true feelings. Both were very choppy as she spoke, revealing that her words were not actually true.

As she was speaking to "her boyfriend," Sean had his lips pinched, meaning he was bit angry with either her or the situation.

The drama queen revealed her own anxiety when she played with her straw throughout dinner. The body goes under a great deal of stress when lying, so it tries to cover that stress up by releasing it through agitated movements and fidgeting.

Related Link: [Tierra Causes Drama on 'The Bachelor,' Ladies Against Her](#)

Lindsay

Based on Sean's tone and pitch as he spoke about Lindsay, it was easy to see that he'd give her the group date rose. He

slowed down his speech and emphasized his feelings for her. He really is crazy about her. Although he has strong feelings for Desiree and Catherine as well.

Lesley

Her body language told me that she wants to feel more in love with Sean than she does. She really, truly likes him, but she may not be in love with him as she had hoped. When she talked about loving him, she did a lot of shrugs and other non-verbal gestures which mean "I don't know."

The sad thing is that I don't think the show revealed everything that happened between this couple. It seems a bit weird that they really got along last week, but then this week, there was a lack of...well, everything. Their connection was strained on both sides. I really thought she would make it to the top three, but after this date, I didn't know if she'd end up with a rose.

Sean, you did a great job by getting rid of dramatic Tierra and her "sparkle", but I have to say, I think you should have kept Lesley around. I think you guys would have been great for each other, but then again, we didn't really see what happened between you two. Still, I count this week as a major victory. Bye bye, Tierra!

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. For more information and to download a free PDF of the speech he gave at NYC's Single In Stilettos, click [here](#).

Giveaway: Embrace Your Feminine Self with fantasy twist and Couture La La



This post is sponsored by Elizabeth Arden.

By Whitney Baker

They say that scent is one of the primary forms of attraction. Lucky for you, in today's perfume world, there are so many fragrances to choose from that you're sure to find one that pleases your partner's senses. For those of you who have yet to discover a scent that screams (or smells like) "you," Valentine's Day is a wonderful time to continue your search.

Two fragrances that you must try are Britney Spears's *fantasy twist* and Juicy Couture's *Couture La La*.

fantasy twist gives you not one but two scents to make your own. Joining two of Spears's best-selling fragrances in one unique package, it includes *fantasy*, a potion of succulent fruits, white florals and creamy musk that results in a cupcake accord, and *MIDNIGHT fantasy*, an intoxicating blend of woody musks, vanilla and exotic fruits. As the pop star said, "I wanted to combine two of my favorite fragrances into a sophisticated bottle, giving my fans the power to choose the scent they desire at any given moment."

With *Couture La La*, Juicy Couture introduces their second fragrance, which reveals the daring and unexpected side of the well-known Juicy girl. "She's confident and fearless but at the same time flirty and feminine," LeAnn Nealz, President and Chief Creative Officer of Juicy Couture, explains. "*Couture La La* evokes her free spirit, and in turn, she makes a statement without even trying." If this woman sounds like you, this fragrance, which blends sparkling fruits, white florals and smooth wood, is the perfect one to spray.

And now for the fun part: we're giving away two bottles each of these two delightful fragrances. Four CupidsPulse.com readers will win a bottle of either Britney Spears's *fantasy twist* or Juicy Couture's *Couture La La* – just in time to impress your man after Valentine's Day!

~~GIVEAWAY ALERT: To enter for a chance to win a bottle of BRITNEY SPEARS's *fantasy twist* or Juicy Couture's *Couture La La*, go to our Facebook page and click "like." Leave a comment under our giveaway post letting us know that you want to enter the contest. We will contact the four winners via Facebook when the giveaway is over, and they will have three days to respond back with their contact information. The deadline to enter is 5:00 p.m. EST on Tuesday, February 19th. Good luck!~~

Congratulations to Ashley Elizabeth Gehm, Bryan Elfant, Amy Orvin and Lynette Barbieri!

Match.com Studies Singles in America





This is a sponsored post for Match.com.

By Nicole Cavanagh

[Match.com](https://www.match.com), the world's largest online dating site, has released findings from their Third Annual Comprehensive Study on the Single Population called 'Singles in America.' This study is the largest and most comprehensive nationwide look at the current 107 million single people in America and their romantic dating habits, sexual practices and lifestyles. Over 6,000 people (from a national and unbiased representative sample) were surveyed and polled. Both coupled and single men and women answered over 200 questions on just about everything: how they meet potential partners, what they want out of a relationship, how they view marriage and more. With help from world-renowned biological anthropologist Dr. Helen Fisher from Rutgers University, findings revealed common myths about both married people and singles and explained the misconceptions of singles' choices, all while taking into consideration the rise of technology in society and its impact on the dating world.

Although the media may portray commitment and long-term love as a thing of the past, the tech-savvy world we are living in today has actually created a dramatically new dating landscape. Turns out, most SinglesinUSA *do* want to marry and find their match, and 90 percent of them even believe that they can stay married to the same person forever. Single Americans are more interested than ever in finding fulfilling partnerships that will last forever. As Dr. Fisher explains,

“Even the bad economy can’t kill love...both sexes believe a relationship can last, and both continue their primordial drive to find and keep love.”

It probably comes as no surprise that the dating world has gone digital. Connecting online ranks as the number one place where singles meet potential partners. A historically unprecedented number of Americans are now turning to the Internet to find love: twenty percent of singles met their most recent first date online versus only seven percent who met at a bar.

Of course, some considerations must be made if singles want a lasting connection after meeting someone in the cyber world. Ladies, beware that your digital persona can hurt your dating chances and make sure to put your best “face(BOOK)” forward. Turns out 38 percent of single men do their social network homework on Facebook before a first date, and 27 percent of men end up canceling the date because of something they discovered.

And for all of the single female readers out there who spend hours getting ready for a date with a new guy, your hard work hasn’t gone unnoticed! Singles in America studies show that men judge women most commonly on three things: teeth, hair and grammar. So they are paying attention – not only to our physical appearance but to what we say as well.

To listen to a recording of the [Singles in America](#) data announced during the livestream event, please click [here](#). And to all of you who are single, keep up the good work and remember that love is still alive!

Giveaway: Pure Romance For This Valentine's Day



This post is sponsored by Pure Romance.

By Whitney Baker

If you're trying to plan the perfect Valentine's Day date for you and your man, you may be feeling a bit stressed as the holiday quickly approaches. Trying to keep the night low-key but romantic and special, you've decided to cook a gourmet meal – paired with a nice bottle of wine, of course – before the two of you enjoy a candle-lit dinner and some alone time at home. Perhaps you want to give your partner a sensual

massage as a calorie-free dessert. Wanting to look your best, you've also bought a new dress and some sexy heels. But what else can you do to let your love know how much you care?

For some much-needed help with the evening's plans, look no further than [Pure Romance](#) and its premiere line of relationship and intimacy products. The company's goal is to empower, educate and entertain women as they strengthen their relationships and marriages. Not only can you purchase these fabulous items for yourself, but you can also host a girls' night to introduce your friends to these products.

One lucky CupidsPulse.com reader will win a Pure Romance gift basket filled with the following goodies (totaling \$107 in value), sure to reignite the spark in your relationship – or perhaps even light a new one! – just in time for Valentine's Day.

- **Burning Desire:** To set the mood, light this soy massage oil candle and enjoy its sweet fragrance. Once it melts, the candle doubles as a warm, rich body balm that lasts up to 20 massages.
- **Pulsa Bath Ball:** This sponge, which requires two AA batteries, can be used to lather up in the shower or bath and doubles as a personal massager.
- **Body Dew:** A spritz of this moisturizer will leave your skin feeling soft and sexy.
- **Serenity:** This aromatherapy massage lotion will help you feel relaxed and confident, ensuring you a blissful night of romance.
- **Body Bling Brush:** Kissable Body Bling makes your skin appear to be a rich, shimmering gold and can be worn throughout the day and night.
- **Lip Locked:** Two tubes of Naughty and Nice flavored SPF 15 lip balm will help your kisses be better than ever before.

~~GIVEAWAY ALERT: To enter for a chance to win a gift basket from Pure Romance, go to our Facebook page and click "like." Leave a comment under our giveaway post letting us know that you want to enter the contest. We will contact the winners via our Facebook page when the giveaway is over, and they will have three days to respond back with their contact information. The deadline to enter is 5:00 p.m. EST on Monday, February 18. Good luck!~~

Congratulations to Sarah Northcutt! We hope you enjoy your prize package!

‘Big Brother’ Couple Jeff Schroeder and Jordan Lloyd Discuss Living Together, Dieting and Watching ‘The Bachelor’





By

Michelle Danzig and Rachael Moore

Jeff Schroeder and Jordan Lloyd instantly had chemistry when they met on the set of *Big Brother* in 2009. Building a strong friendship first, they formed an alliance on the show and became huge targets in the eyes of their competitors. "Being friends was our only option. We knew there were some romantic feelings, but we didn't express them because we wanted to win," said Schroeder.

But being just friends didn't last long. After Lloyd defeated the rest of her houseguests, walking away with the cash prize, and Schroeder was voted America's Favorite Houseguest, their relationship developed into something more intimate. This gradual shift from friends to lovers helped them with their communication skills. As she explained, "We are so open with each other and never hold anything back."

Two months later, CBS asked the pair to take part in *The Amazing Race*. Their diverse personalities were tested on the

show and their relationship certainly felt the pressure. “We wanted to strangle each other,” Lloyd shared. “We still needed to get to know each other better since we were newly dating.”

Related Link: [Ryan Danz and Abbie Ginsberg Tell Us How They Bonded on ‘The Amazing Race’](#)

After they were eliminated from the race, Schroeder and Lloyd returned to their separate homes in Chicago, Illinois and Charlotte, North Carolina respectively, pursuing a long-distance relationship. They tried to see each other two or three times a month and felt that, by putting forth an equal amount of effort, they could make their relationship work.

However, long-distance relationships are never easy, no matter how hard you try. Schroeder advises other couples to “be patient because everything happens for a reason.” Having a goal that you want to pursue with your significant other is also important. “We knew we were always going to move in together; we just didn’t know where because we are from two totally different places.”

“Having complete trust in one another made us worry less about where we were going and who we were seeing,” he added.

After dating and living apart for two and a half years, the couple moved in together in a small apartment in Los Angeles. By taking this next step, they discovered that they were complete opposites, not only competitively but also with food and television. “The way we eat is totally different. I like fried food, and Jeff likes seafood,” Lloyd said of her man.

As for their varying tastes in television, the DVR is a huge help. The adorable pair enjoys watching TV together, even though they like different shows. However, they do share CupidsPulse.com’s love of [The Bachelor](#) and have been hooked since the first episode. “Nobody ends up getting married, but we can’t stop watching,” she said.

Related Link: [The Bachelor 17, Episode 6: Chemistry in Canada](#)

"We think Tierra is so dramatic and we just can't wait to see what happens," Schroeder added.

With their relationship going strong, the *Big Brother* couple will be celebrating Valentine's Day in a really special way. They're both participating in DietBet, a nationwide dieting challenge where they promised to shed pounds as their gift to each other. Over 367 players are a part of the program, which will end just before the romantic holiday, and vying to win a portion of the \$18,350 pot of prize money; together, the participants have already lost a collective 1,170 pounds. Whoever reaches the goal of dropping four percent of his or her weight will split the pot.

Schroeder and Lloyd believe that DietBet is a great motivator because, with so many people watching and supporting you, you can't fail. To meet their goals, they often do yoga together. "I thought yoga was just stretching, but it's totally different. I didn't know it would help me so much," he revealed. While he also goes to the gym to lose weight, he inspired his girlfriend to run along the beach to get fit.

To stay healthy, the pair also goes food shopping together. They buy a lot of fruit and like to try new recipes to encourage each other's healthy eating habits. But if someone brings cheese in the house, all bets are off!

They've both found success with the program, losing around 10 pounds each. They are confident that they are going to win DietBet, and if they do, they will be giving their earnings to charity.

Next up for the active couple? Schroeder will be developing some projects for the summer, while Lloyd plans to return to school to get her cosmetology license. And, of course, they'll be tuning in to see who wins Sean Lowe's heart on *The Bachelor*!

Also follow them on Twitter: @jeffschroeder23 and @BBJordanLloyd.

Why Do High-Powered Men Like Dan Marino Cheat?



By
Lori Zaslow and Jennifer Zucher, founders of Project Soulmate [e](#)

In light of the recent reveal that Dan Marino, CBS football commentator and Miami Dolphins' quarterback legend, fathered a love child in 2005, we can't help but wonder...

Why do high-powered men cheat on their wives and father love children without thinking they'll get caught?

Related Link: [Single Life: To Play or Not to Play](#)

It's complicated and not a blanket statement issue. A lot of people (not just men) come into power and money, perhaps because they are very self-involved or are driven by a feeling of powerlessness – or they get sucked in by their ego and lose touch with their morals, especially in the heat moment. The entitlement that often stems from power and wealth triggers irresponsibility and lack of empathy for others who don't have it that way.

People also make decisions about cheating in the moment, not considering the future. After all, it's one of many exit strategies people take in relationships to avoid hurt, intimacy and struggle because it externally fills voids that their partners are not fulfilling. The person doing the cheating isn't thinking about getting caught because they aren't thinking about the future in that particular moment.

Some are just assholes. Some are sociopaths and enjoy it. Many think that they are above their vows, and they have either rationalized what they are doing and/or love the thrill of possibly getting caught. Some just make stupid, immature, out-of-control mistakes from emotional issues – and then fear the backlash of hurting their wives or losing control of their reputation, so they cover it up. Everyone is different.

Why do wives stay with their cheating husbands? And vice versa?

Some people stay with a cheating spouse because they still love their partner and feel that they can truly forgive them. Others don't leave because they are afraid to be alone. Some stay to give their kids the illusion of a happy family; because with kids involved, they feel that there is more

reason to fight for the relationship. Some have to stay financially. Then there are some partners who stay because *they* have cheated too.

Infidelity is a symptom of an underlying problem. When someone gets caught, there is an opportunity to dig deep and work through all the issues that need to be discussed – trust being the first one, obviously!

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

What damage will cheating have on the love child?

The love child will have his/her own issues with self-esteem, trust, role models and more, but no more damage than the other children involved. Anyone growing up with parents who don't do what's best for them can become hurt and resentful. Many follow in these footsteps, and many fall for these type of partners. Others swear off marriage completely.

Of course, those who go to therapy and keep working on themselves eventually can grow to be well-adjusted, happy adults in healthy relationships. But the relationship with the guilty parent often suffers long-term. Trust and abandonment will be the first of many damaging factors. The parent must clean up the mess of lies and have full disclosure to ever gain respect from the children. People forget that kids are very smart! Once you lose respect for a parent, it can change the way you view your life and your childhood – and the way you will potentially parent one day.

Even if you can forgive your partner for cheating, there are still repercussions, both immediate and in the future, that you both must face, especially if children are involved. Be sure to remember that as you work to recover from infidelity.

Lori Zaslow and Jennifer Zucher are the founders of Project Soulmate, Manhattan's premier matchmaking service for elite

singles. You can follow Project Soulmate on Twitter and Facebook.

The Bachelor 17, Episode 6: Chemistry in Canada



By

Jared Sais

Since this episode is the second one this week, let's jump right into it...

Catherine

So we finally got to see a one-on-one date with Sean and Catherine, and it looks like I need to add her to my top picks. I think Catherine has something no other girl has to offer. She is fun, cute and sexy – she's a triple threat. Or better yet, she's a quad threat since she also had a sad story to tell.

When Sean talked about her during his interviews, he really lit up. His eyes widened, and he had a smile from ear to ear. Also, remember from one of my previous articles that, when Sean is really, truly happy, his vein shows on his forehead, either near his eyes or above it. That happened again last night, so I know that he was very happy with his time with Catherine.

Related Link: [The Bachelor 17, Episode 5: Sean Lowe's Mistakes & Top Picks](#)

The Big Disaster Date

Tierra

Well, here we go again – Tierra's hurt – but this time, it's for real. I am reminded of the story of "The Boy Who Cried Wolf." There are only so many times that she can fake cry or "fall down the stairs." Now that she's really hurt, no one believed her.

I lived in Buffalo for about five years, where snow and freezing weather were the norm. I know what you can fake, and Tierra definitely didn't fake lips that blue and skin that pale. BUT (and trust me, there is a but) that doesn't mean she didn't play off the situation. Tierra had mild hypochondria – oh sorry, I mean hypothermia – and she acted like she had frostnip (the first stage of frostbite) or even frostbite. Just to give you a point of comparison: My good friend had

frostnip, and she couldn't walk for three days. She had crutches and stabbing pains in her feet and hands for a week.

So Tierra, you might have gotten cold, but you also got a cold shoulder from Sean when he gave the rose to Lesley. Ouch.

Even so, I knew she'd get a rose before the show was over, and I've narrowed it down to two explanations. The first reason is that the producers know we all love to hate her, and they, of course, want the highest ratings possible.

Second, Sean is a sap and really likes her and her drama. Some men are "care takers," meaning that they like taking [care](#) of women. Sean most likely falls into this category, seeing as he always gives roses to the girls who tell him stories about their difficult lives. "Care takers" want to feel like they are needed, so the more these girls cry and act dramatic, the more likely Sean is to give them a rose.

AshLee

As you know, I love giving real world examples of non-verbal facial expressions. When AshLee had to jump into the ice water, she presented a great non-verbal expression of fear: eyes wide-open, eyebrows raised and corner of lips pulled straight back towards the ears.

Selma

Selma and Sean had a great run. That kiss was where it went downhill though. It was the kiss of death. It was a peck with very little emotion behind it. Sometimes, a kiss is the true test of chemistry, and in this case, there wasn't much there.

As a side note, Selma's laugh may have been the cutest/weirdest laugh that I've ever heard.

Sarah

I really liked Sarah. Like I said in yesterday's post, she was

one of my top picks for Sean. So Sarah, if you come across this article, I'll help you find love. Come join me in my VIP non-verbal communication class!

Related Link: [QuickieChick's Video Dating Tips: Be the Only One on Your Man's Mind](#)

Desiree

Well, she got over her rough patch with an amazing date. If you're keeping track, she's been one of my favorites since day one, and she's still on my top five list. I think she has many of the qualities that the bachelor wants in a partner. If she wants to win that final rose, she must be herself and keep things fun and spontaneous for Sean.

In Montana, their body language was off, but this week, they re-kindled things big time. I want to point out how one bad comment about Tierra (in Sean's eyes, at least) negatively affected Desiree and Sean's chemistry, even if it was only for a week. I think this date brought her back in the spotlight.

Tune in next week to see what happens when Sean and the remaining ladies head to the magical island of St. Croix!

[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. For more information and to download a free PDF of the speech he gave at NYC's Single In Stilettos, click [here](#).

How Celebrity Couples Overcome Their Stressful Lives



By

Whitney Baker

While it's tempting to think that celebrity couples never experience the ups-and-downs of real life, that's not always the case. Like everyone else, they must survive personal heartbreak, career letdowns and various forms of rejection – and they must do it all in the public eye. Of course, being a Tinseltown twosome means that they have money and means to overcome their stressful lives, perhaps by doing one of the

activities below.

1. Learning something new: Although stars are often on set for long hours or traveling for various commitments, there is always downtime during their hectic schedules, giving them time to pick up a new hobby. For instance, Curtis Stone, who has a son with fiancée Lindsay Price, hopes that he and Price can learn how to speak Spanish and then teach their son the language.

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

2. Taking an extravagant vacation: Thanks to their hefty paychecks and flexible jobs, stars can jet off to Mexico or the Caribbean on a whim. Some of them even own their own private planes, making it extra easy to take a last-minute vacation. After co-hosting ABC's *New Year's Rockin' Eve* with Jenny McCarthy, Ryan Seacrest headed down to St. Barts for some fun in the sun with his long-time girlfriend Julianne Hough. This trip provided some much-needed R&R for the busy couple: Seacrest is gearing up for the twelfth season of *American Idol*, while Hough is promoting her upcoming movie *Safe Haven*. Likewise, Reese Witherspoon, Jim Toth and their three children spent the holidays in Hawaii.

3. Enjoying normal, domestic activities: Sometimes, just doing basic, everyday chores helps alleviate the pressure that comes with being rich and famous. When their schedules align and Carrie Underwood and husband Mike Fisher are both at their Nashville home, they like to keep things simple: they often spend time cooking and watching television together. Underwood likes to keep a similar routine when she's on tour, often doing her own laundry on her days off.

4. Donating to charities: While stardom certainly comes with stress, it also includes many wonderful perks. One way for stars to fully appreciate how blessed they are is by giving

back – and no couple does this better than the Duke and Duchess of Cambridge. Kate Middleton is making sure her charitable donations reflect on her pregnancy; in January, she gave both a hamper of new baby products and a package of baby clothes to one of her favorite causes, East Anglia Children's Hospices.

Related Link: [Recovering Neuroscientist Don Vaughn Talks About Finding Love and Changing the World With Music](#)

5. Adopting a puppy: Similarly, many celebrities show their goodwill by rescuing dogs from local shelters. These furry creatures provide them with constant companions despite their busy schedules. At the start of the New Year, Miley Cyrus and Liam Hemsworth adopted a Chihuahua-mix puppy, Bean, who joins their family of four other rescued dogs. Likewise, Katherine Heigl – who even started her own animal companion charity – and husband Josh Kelley have a full house: they're raising their two daughters alongside seven rescued dogs.

How do you and your partner handle stress? Tell us in the comments below!

The Bachelor 17, Episode 5: Sean Lowe's Mistakes & Top Picks





By

Jared Sais

I had a big problem with Sean this week. Maybe it started when he gave the rose to Tierra over Jackie. Did anyone else actually scream at the television? He's incredibly clueless to Tierra's true colors. Sean, wake up! You're a wreck, so you're picking a girl who is a wreck herself.

I really questioned the bachelor when he said, "I don't want to be naïve. I want people to tell me these things." Whenever someone tries to tell him something negative about someone else, he sends her home! In doing so, he's eliminating the girls who truly care for him and giving roses to the girls with a ton of issues. At least tell me that producers have a role in the eliminations to make me feel better.

Enough about Sean. Let's talk about the girls!

Lindsay

While kissing Lindsay, Sean had a limp arm, which tells us that he wasn't really into their kiss. When you really like a girl, your arms reach out for her.

Later in the date, Lindsay jumped into Sean's arms – a non-verbal cue of really strong attraction and very loving emotions towards someone. So she definitely likes him more than he likes her.

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

Desiree

After Sean announced that the blue team was coming back, Desiree revealed her anger by pinching her lips and licking her front teeth. In all fairness, the girl did drink fresh goat milk to earn her spot at dinner.

She showed surprise through her wide eyes and raised eyebrows when she didn't receive a rose on the group date. Honestly, I was surprised too. It seems like any negative news immediately makes Sean question the show's process. He needs to realize that nobody is perfect and that there are ups and downs in every relationship.

Overall, the body language between Sean and Des isn't as positive as it once was. For instance, when they were sitting on the couch, Sean's body was pointed away from her, which is the opposite of what you do when you like someone.

Before we move on to the next girl, let's consider this: Does Sean asking for the blue team to come back mean that he missed the company of someone on that team? Maybe Lesley, Catherine, Daniella or AshLee?

AshLee

When AshLee was talking about her time on the show so far, she reached for the back of her neck, a non-verbal sign for "pain

in my neck," frustration or annoyance. Even so, she was telling the truth about her positive feelings for Sean. She was implying that it's a pain for her to be competing for his heart (and who can really blame her?).

Tierra

One thing was clear: Sean did not like that Tierra crashed his date and surprised him. When speaking with her outside, his heavy breathing indicated that he was thinking "not again." Of course, it won't matter because she will manipulate Sean with yet another story, and Sean will give her yet another rose.

Related Link: [The Bachelor 17, Episode 4: Deception of Love](#)

Lesley M.

Lesley is the girl who Sean went to for wisdom. She has to make sure she doesn't fall into the "friend zone" next week. I expect a lot of touching and a big romantic scene with Sean and Lesley on an upcoming episode.

Top Picks

So who do I think Sean will pick as his top five ladies?

1. Lesley M.
2. Lindsay
3. AshLee
4. Selma
5. Desiree

Just for comparison, here are my top five picks for Sean:

1. AshLee
2. Lesley M.

3. Jackie
4. Desiree
5. Sarah

[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. For more information and to download a free PDF of the speech he gave at NYC's Single In Stilettos, visit www.thenonverbalgame.com.

Exclusive Interview: Sarah Darling Talks 'The Bachelor', Country Music and Her Top Pick for Sean Lowe!





By

Whitney Baker

Having been a longtime fan of [The Bachelor](#), rising star Sarah Darling loves when her fellow country music artists make special appearances on the show. As many of you saw last night, Darling was that lucky singer on Monday's episode, performing a surprise concert in Whitefish, Montana, on Sean Lowe's one-on-one date with Lindsay Yenter.

"It was an awesome experience to be a part of such a big show, especially with me being a new artist," Darling said. "Sean is just like he comes across on television: super down-to-earth and sweet, like a Southern boy."

Related Link: [The Bachelor Season 17, Episode 4: Deception of Love](#)

And what about the bachelor's date with Yenter? "It was so romantic and gorgeous. They were slow dancing in a crowd of people and looked like they were having the time of their

lives,” she shared. “It was definitely a magical moment.”



As for her song choice, ‘Home to Me,’ Darling’s most recent single, is a great fit for *The Bachelor*, a show that takes the search for love to the most unexpected place: reality television. Describing the song, Darling says home “isn’t necessarily a place but a feeling. A person can be home to you, no matter where you are – and even if the two of you are apart.”

That notion rings particularly true for Darling, who is currently in a long-distance relationship. With her boyfriend living in London, it’s important for them to spend time together even when they’re apart. “We like to have Skype cooking dates, which is really fun. And we make sure we always have something to look forward to.”

Related Link: [Tips for Making a Long-Distance Relationship Work](#)

Of course, being on *The Bachelor* wasn’t this country music star’s first experience with reality television. In 2003, shortly after moving to Nashville to pursue her music career, she traveled to Las Vegas to compete on *The Entertainer*, a show on E! hosted by Wayne Newton.

After landing in the top three, she returned to Nashville with a better idea of what was next for her. “It really taught me

what I wanted to do and what I didn't want to do," Darling said. "For me, I decided that I needed to focus on songwriting, so that's what I did."

Of her songwriting process, Darling explains that she tries to focus on what's going on in her life at that particular time. "I never know when I'm going to get inspired, but when I do, it's usually a really fast process. I feel like the best songs are written very quickly and very true to the moment."

Country music fans are already looking forward to hearing more of Darling's songwriting on her upcoming album, which will be released this summer. "This album represents how I've always wanted my music to be portrayed," she shared. "My producer, Dan Huff, listened to me, and we worked together on making an album that was really 'me.'"

"It really lets me be an artist and be different, which is really, really good," she adds.

As Darling puts the finishing touches on her album and prepares for the Valentine's Day opening of her Weekend Road Trip Tour with Scotty McCreery, she stills finds time to keep up *The Bachelor* and Lowe's search for love. So who is her favorite contestant this season? "I'm a big fan of Lesley M.!"

You can check out Darling's 'Home to Me' EP on iTunes and catch her on tour with Scotty McCreery. For more information, follow her on [Twitter](#) or visit www.sarahdarling.com.

Why Being Too Picky is

Ruining Your Relationship



By

Whitney Baker

When it comes to finding the love of your life, it's important to know what you want. Even so, having a checklist that you refuse to deviate from means you could miss out on meeting Mr. Right. And if you're already in a relationship, you may be looking past the good stuff about your man because you're too hung up on the not-so-right things that you wish you could change. Below are a few reasons why being too picky is ruining your relationship. Pay attention and think about what you need to do before you sabotage your chance for love.

1. **Demanding too much of your loved ones may drive them away.**

Smothering your sweetheart may lead to feelings of resentment and irritation, while constantly talking down to your cute coworker may make him see you as a nuisance instead of a potential partner. Whether you're developing a new friendship or trying to improve your romantic relationship, be understanding and open about other people's differences. See their unique personalities as a positive thing and help to foster their individuality.

Related Link: [Love Lessons from Holiday Movies](#)

2. Nagging can be as harmful to your relationship as infidelity. If your significant other isn't living up to your idea of an ideal mate, you may be tempted to ask him to make some changes. If he resists, this cycle could turn into nagging, the interaction in which one person makes a request over and over again, while the other person continually ignores it. According to an article in 'The Wall Street Journal,' every couple will face this issue at some point – and depending on how they deal with it, this form of toxic communication can be the end of a partnership.

3. Pointless arguments mean you spend a lot of wasted time being unhappy. By constantly wanting something different, something more, from your sweetheart, you're bound to cause a lot of unnecessary disagreements. One fight leads to another fight, and before you know it, you forgot why you were arguing in the first place. Rather than constantly quarreling, look past your pickiness and remember why he makes you laugh or how he surprised you on your birthday last year. If you can't think of anything good about your partner, you may be fussing over silly things to cover up a deeper issue.

4. You miss out on the great aspects of your relationship – or a great person who could be your perfect match. When you're too picky about the way your man folds his clothes or how your girlfriend chews her food, your mind becomes too crowded with negative thoughts to appreciate the happiness that your

partner brings you. When it comes to meeting someone new, you should be open-minded towards everyone. Who knows, you may even find the person of your dreams in the most unexpected place! And even if the fling is short-lived, you can use the experience to improve your next relationship.

How has being too picky affected your relationships? Share your answers in the comments below.

The Pros and Cons of a Long Engagement





By

Marni Battista

The latest news in Hollywood is Britney Spears and Jason Trawick's somewhat long-anticipated breakup. The couple met when Trawick was Brit-Brit's talent agent, and he gradually transitioned to her beau post-Keven Federline divorce. The two had been engaged for just over a year, and we presume one of their resolutions must have been to start off 2013 single.

They parted amicably, according to their reps, but could the lengthy engagement have caused the split? Or did it just make it clearer that they should call off the whole thing?

If you've already been divorced and are engaged to be married a second time – like Spears was – it's a good idea to discuss if you're setting a wedding date immediately or planning to take it slow.

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

A year-long engagement in the '50s and '60s would have seemed endless to a blushing future bride, but these days it seems to be more common. In fact, modern couples are holding their "I do's" for two, three, even five years before actually tying the knot. There are plenty of reasons: costs of a wedding, the pressure of daily life (it's hard to schedule a manicure, let alone pick a wedding date) and commitment anxiety. While it makes sense for some couples that are on a second or third marriage, is it really better to wait it out?

PRO: You get ample time to figure out if you're truly a match.

Although the core idea of being engaged is that you've both already decided you want to be together long-term, having a lengthy engagement can help ensure you're making the right choice. In Spears's case, it seems that this is exactly what happened: they weren't a great match.

When you're in a healthy, serious relationship, you're openly communicating about your values and goals...and by the time you get to an engagement, you hopefully have decided you're a good fit in multiple ways.

However, time will certainly tell. Being committed to each other on a higher level than being boyfriend and girlfriend should bring more conversations and actions that will help prove to you whether or not you're on the right path. Ideally, you'll be sure that you're both on the same page, and you'll be able to make the right decision *before* getting married.

In addition, a lengthy engagement can ensure that children from previous marriages have time to adjust to a new person in the parent role, which can ultimately create a better transition from mom's boyfriend to stepdad.

CON: Lack of marriage can indicate to the other person a lack of commitment.

Related Link: [5 Signs He's Not Ready to Commit](#)

A lengthy engagement can certainly be interpreted by one person that the other person isn't fully invested in the relationship. If you choose to have a long engagement period, make sure you're clear as to why you're choosing to wait and that the items on the "when this happens, we'll be ready" list are specific and measurable. Communicate consistently regarding how those benchmarks are going to be hit and be open to shifting them if the results take longer than anticipated.

When you're fighting with your fiancé, you can simply decide to leave...whereas when you're in a marriage, people seem more likely to want to work out the issues to save their relationship. Additionally, there is data that supports the fact that modern society may be growing indifferent about the institution of marriage. It's an important issue to discuss with your fiancé. Together, you should decide a realistic time period for your engagement; being open about it will help give clarity to your individual feelings and can also bring you closer.

There are both pros and cons to a lengthy engagement; you will just have to decide for yourself what time frame is best for you.

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.

QuickieChick's Video Dating

Tips: Be the Only One on Your Man's Mind



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

Dating Advice from E!'s *Famously Single* Laurel House on Staying on the Top of His Mind

Even if you're not on *The Bachelor*, there's a good chance that your new man is already dating another girl – or maybe even a few other girls. How can you stand out in a crowd and capture

his heart? In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, Laurel House tells us the do's and don'ts of making him think about you when you're not together...and even when he's with someone else.

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

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

How do you make sure that your man is thinking about you? Tell us in the comments below!

The Bachelor 17, Episode 4: Deception of Love





By

Jared Sais

For this week's analysis of [The Bachelor](#), I focus on identifying lies and true feelings rather than my top picks for Sean. Read on to see if you agree with my assessments of Selma, Tierra, Amanda, Sarah and Leslie H.

Selma

Throughout her one-on-one date with Sean, Selma was incredibly close to the bachelor: they locked their hands together and wrapped their arms around each other. She was literally draping herself over him. Proxemics, or the study of space, indicates closeness, and there was definitely a strong attraction between these two.

When Sean asked her if she was okay with rock climbing, Selma replied, "Alright." But based on her non-verbal cues, she was thinking, "Heck no!" First, her pitch and tone went down to almost a whisper, a sign of extreme fear and anxiety. Second,

her body revealed the truth: as she was replying, she shook her head “no.”

Additionally, the phrase “alright” is a way to say no. It’s the same as “sure,” which is not a decisive yes and more of an “I don’t know.” If you ever say something to your loved ones, and they respond with an “alright” or “sure,” they aren’t completely on board with whatever you asked. They might even go back on their word later.

As for Sean and Selma’s date night...no kiss? No problem! Ladies, I’m going to share a little secret with you: if you hold back and your man gets mad and calls things off, he’s not worth dating. If he really likes you, holding back will actually make him subconsciously try even harder to get what he didn’t originally receive. In this case, I know for a fact Sean will give Selma a rose. And boom, I typed it, and it happened. Men want what they can’t have. Psychology wins once again.

Related Link: [The Bachelor 17, Episode 3: The Good, The Bad and The Ugly](#)

Tierra

Let’s talk about the non-verbal cues associated with real and fake tears. During real tears, the inner eye brows will go up towards the forehead; a bulge will be created in the middle of the eyebrows; and the corners of your lips will curl down. Your chin might also dimple. Of course, there are usually tears, and your nose may drip (tears don’t only drain through your eyes; they also come from your nose). Additionally, there is a lack of eye contact and a dazed look.

It’s easy to fake the bulge in between your eyebrows; it’s easy to fake the lowering of your corner lips; and it’s easy to fake the chin dimple. It’s a bit harder to fake the inner brows rising towards your forehead, and it’s really hard to fake tears and a runny nose. It’s also really hard to get

your eyes to look as they do when you're truly upset. But what is almost impossible to do is all of these actions at once. It takes a ton of practice to get it right, and Tierra just doesn't have that much skill.

So are Tierra's tears real or fake? 100 percent fake. The giveaway is her smirk at the end.

Amanda

Amanda's nail biting may just be a habit, but it's also a sign of anxiety. So when she said that she had done roller derby before, I could easily tell she was lying – even though her words were very confident. One of the main ways to tell if someone is lying is by identifying deviations within his or her story. Similar to Selma, Amanda lied with a deviation between her non-verbal behavior and her verbal communication.

As a side note, I liked that Amanda actually confessed and told the truth about playing the sympathy card.

Sarah

Sarah shrugged when she said she was "so happy." Shrugging is a non-verbal cue that indicates that you don't mean exactly what you're saying, which is different from lying. If I said that I loved a movie but shrugged, I may have hated the movie, but I could've just liked it as well.

Related Link: [The Bachelor 17, Episode 2: Love or Lies?](#)

Leslie H.

Did you notice the tears in her eyes? Sure, she was upset, but it wasn't all sadness. The majority of what she felt was anger. That's right, she had all the signs of being pissed off, including pinching her lips and licking her front teeth. I bet her hands were making fists because she was furious. There was no hiding how she felt.

Conclusion

The information in this article can be used to counter the lies that people tell us everyday. In the game of love, people are very good at making us feel loved or special. Some people, though, try to manipulate our emotions and make us feel how they want us to feel (like Tierra with her fake crying). So remember this as you search for love: it's not about finding just any guy or girl; it's about finding a quality person who is worthy of your affection. These tips will help you read others and figure out if they truly love you or are just deceiving you.

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. For more information and to download a free PDF of the speech he gave at NYC's Single In Stilettos, visit www.thenonverbalgame.com.

Impress Your Date & Use blu eCigs, An Alternative to Cigarettes





This post is sponsored by bluCigs.

Your best friend introduced you to a cute guy last week, and he asked you out to dinner on Friday night. Since you haven't spent much time with him yet, you're not sure what he'll think about your constant trips outside for a cigarette. You definitely don't want to interrupt your night together...but it is almost impossible for you to refrain from smoking for more than an hour, and it's silly to do it for someone you hardly know.

Rather than feel anxious throughout your first date, why not try out blu electronic cigarettes for the evening? blu eCigs offer smokers the freedom to smoke when and where they want because they have no ash and no smell. Plus, blu eCigs have more flavor varieties than regular cigarettes. Flavors include: Vivid Vanilla, Cherry Crush, Classic Tobacco, Magnificent Menthol, Pina Colada, Java Jolt & Peach Schnapps. Even better, you can find blu electronic cigarettes in over 60,000 locations just by going to blu's store locator.



We gave blu eCigs to a trusted mother of two who has been smoking on and off for more than 20 years. Here is what she had to say:

Personally, I think blu eCigs are great alternative to smokers when they are in a place that they cannot smoke or if they want to quit and use an alternative method to relieve cravings when they are trying to quit. The packaging is very sleek. However, no matter what the cigarette or package looks like, I know that no cigarette real or fake can really look good. However, this is a great alternative. The package came with approximately eight or so flavors, some better than others. Personally, I preferred the Cherry.

When taking a drag, it felt like a real cigarette, and the smoke that came out also appeared to be very similar to the real thing. When I inhaled, it did bring instant relief of a craving just as a real cigarette does.

She adds, "It's a great alternative that'll help you survive a craving when you're unable to smoke a regular cigarette. Plus, I really like the blu case.

As Stephen Dorff shares, "blu lets me enjoy smoking without it affecting the people around me because it's vapor, not tobacco smoke. That means no ash and, best of all, no effects of odor."

Starter kits start at \$69.95. bluCigs are the perfect alternative to cigarettes.

Giveaway: Spend Valentine's Day in a Champagne Bubble Battle



This post is sponsored by Wine Bottles.

By [Whitney Baker](#)

There isn't much time left before Valentine's Day, and if you're anything like the staff here at CupidsPulse.com, we are always looking for unique ideas to celebrate the holiday.

Recently, we stumbled upon a very cool way to have a memorable night with your significant other or best girlfriends. It's called [Wine Battles](#), and we have a feeling it's going to be a hit once more people hear about it.

Wine Battles is a tournament-style wine-tasting competition that provides you with the chance to taste amazing wines in the comfort of your own home while enjoying a great bonding experience. Every Battle is designed for a specific period of time, either three or seven weeks, and focuses on a specific varietal or theme. Each week during your Battle, you will receive two naturally contrasting wines as well as educational materials to help you improve upon your wine tasting skills and understand your individual palate. The wines are voted on each week until a winner is declared based on the popular vote of the tournament's battlers. This experience allows you to enjoy wines outside of your comfort zone and improve your wine-tasting skills. To make the battles even more fun, you can post your scores and notes online and also share on Facebook and Twitter. By the end of the tournament, you're sure to be a more knowledgeable wine enthusiast.

Just in time for the most romantic day of the year, Wine Battles is hosting what they call a [Champagne Bubble Battle](#), a special, one-night event featuring Laurent Perrier Brut L-P and Alfred Gratien Brut Classique. You and your lucky partner can sip the finest wines from the Champagne region of France as you enjoy spending time together. The Bubble Battle is packaged in a handcrafted, wooden wine box and includes an assortment of premium chocolates as well as your choice of Valentine's Day card. It also contains the Wine Battles Getting Started Guide and professional tasting notes for each of the competing vintages.

If the Bubble Battle sounds like just what you had in mind for February 14th, don't miss our giveaway! One CupidsPulse.com reader will win a Champagne Bubble Battle to enjoy on with

their sweetheart! Now, this is a unique idea we really like!

~~GIVEAWAY ALERT: To enter for a chance to win a Champagne Bubble Battle, go to our [Facebook](#) page and click "like." Leave a comment under our giveaway post letting us know that you want to enter the contest. We will contact the winner via [Facebook](#) when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is 5:00 p.m. EST on Tuesday, February 5th. Good luck!~~

Congratulations to Bari Rubin for winning a Champagne Bubble Battle!

Kate Beckinsale's High Fashion Charm





By

[Ann Csincsak](#)

If I had to admit my celebrity fashion crushes, [Kate Beckinsale](#) would be at the top of the list. Not only does this [mother](#) have amazing fashion sense, but her effortless beauty is a showstopper in every weekly magazine.

This first look (image above) is perfect for a day [date](#) in the city. A simple tee and vintage-washed jeans will make you appear simple and chic, while some great gold accessories and dark polish will help you catch his eye.

1. [Michael Kors Oversized Watch](#) \$275
2. [Sol Angeles Sugar Sugar Tee](#) \$58
3. Essie Licorice Nail Polish \$8
4. [Ray Ban Classic Wayfarer](#) \$200
5. [Joe's Jeans Skinny Vintage](#) \$165

The next outfit shows off the best of spring fashion with a muted print blazer, cropped jeans and dark accessories. Take a cue from Kate's street style, and pair our favorite spring blazer (below) with your comfortable cropped skinny jeans to step out for a great [spring date](#).



1. [Hudson Collin Skinny in Westwood](#) \$205
2. [D&G Oversized Sunglasses](#) \$160
3. [Chica Nova Rainbow Stripe Blazer](#) \$82
4. [Vintage Chanel Xl Jumbo Quilted Bag](#) *actual bag shown in picture

For more style tips and tricks, follow me on www.cashmereandcoco.com or on twitter at [@anncsincsak](#)!

Guys Edition: How To Behave Like A Gentleman



By

David Wygant

What qualities does a woman desire most in a man? Confidence? Humor? Good looks? No, what a woman wants from the man she is dating is for him to behave like a gentleman.

Men, here is what a woman wants:

She wants you to open the car door when you pick her up. She wants you to pull out her chair when you're having dinner. At the end of a date, she wants you to walk her to the door and

give her a sweet kiss. She wants you to compliment her, but not go over the top like you've never complimented a woman before. When she sleeps at your house for the very, very first time, she wants a new toothbrush along with clean sheets and towels.

Related Link: [QuickieChick's Video Dating Tips: How to Get a First Impression Rose](#)

Women want good old-fashioned romance. That's why they want you to *call* them instead of *text* them. They like you to reconfirm a date instead of just showing up. And one of the most important things is...**don't ever ask them what they want to do**. Instead, just take them somewhere; plan a date, figure out who they are and what they're all about, and then take them on a journey.

If a woman says no to you when you're pursuing a physical relationship with her, respect her and say, "Hey, I understand. We don't know each other well enough yet, and that's cool. I'll take things at your pace."

It's about being a gentleman, and a lot of men just don't understand that. When you behave like a gentleman, you'll actually get a lot more out of a relationship than you ever imagined.

But instead, most men behave like Captain Cavemen. They don't plan; they don't let her walk through a door first; and they battle their way through a restaurant, competing for the same spot at the table. Most men have no clue how to lead. They just act like aggressive buffoons.

Related Link: [No More Excuses: 10 Ways to Ditch Bad Dating Habits](#)

Don't be that guy.

The next time that you're out with a woman, when you're

sitting across from her at dinner, look at her, and make sure that she's happy and content. More importantly, make sure you're acting like a gentleman and you're allowing her to actually get to know you.

Remember that when you act like a gentleman, you actually get the girl and everything else that you want.