

The Bachelor 17, Episode 3: The Good, The Bad and The Ugly



By Jared Sais and

Erika Nitz

The Bachelor was action-packed and filled with a lot of underlying emotions that presented themselves nonverbally. No clear winner is coming out of the pack just yet, but let's touch on the the good, the bad and the ugly of last night's episode...

The Good

Lesley M.

Sean looks at Lesley like she's the eighth Wonder of the World, and they are definitely hitting it off. After all, their first kiss broke the Guinness record for the longest on-

camera kiss. It started out cute with both of them blushing and smirking a lot, but it quickly became awkward. Leslie's hand in the middle of his chest seemed to have a slight hint of "pushing away." There was no real emotion, which is to be expected when you have a large audience cheering for you.

Their second kiss made up in emotion what the first one lacked. While rubbing Sean's head (her favorite move), her entire body and legs are fully facing her guy. This girl is falling hard! That second kiss could have easily escalated into something more.

Remember that important things get held close to the body. When Lesley and Sean kissed on the rooftop, she had a tight grasp on Sean but a light grasp on the rose, as it's tilted away from her. This indicates that Lesley's priority is the man and *not* the rose.

On a psychological note, it's worth pointing out that Lesley has a lot of similarities with Emily Maynard, who dumped Sean in season eight of *The Bachelorette*. It will be interesting to see if he picks someone similar to a woman who rejected him in the past.

AshLee

When Sean is truly happy, his veins show above his eyes and on his forehead. If you don't see them, he's putting on a show. During Sean's interaction with AshLee, this was happening constantly, and he can't stop smiling when they're together. What does that mean? It means Sean had a *really* good time with AshLee, and Lesley M. might have some serious competition. No way of telling if AshLee is The One yet, but she is getting a lot of positive non-verbal cues from Sean.

Related Link: [Host Chris Harrison Says New 'Bachelor' Sean Lowe Is "So Sincere"](#)

The Bad

Desiree

Desiree called out Amanda, and a lot was revealed in the fight for the rose. It is clear that having a rose is more important to Amanda than having Sean. In this scenario, however, Desiree is the bad one. Even though she got Sean's last rose, there is something a bit off about Desiree. When talking to Sean, she gives weird looks and has a creepy tone to her voice. Sean, beware! You might want to steer clear...that is unless you like your women a little bit crazy (see Lindsay below).

The Ugly

Kacie

Kacie went from golden girl to bottom of the barrel in one conversation. She would have had the upper hand, landing in the top five, if it wasn't for the story she had shared with Sean. When Kacie told him about the drama between Desiree and Amanda, she unknowingly removed her halo and associated herself with the negativity of the other two ladies. In the past, blameless bearers of bad news were forever associated with the messages they reported. The origins of the age old phrase "don't shoot the messenger!" came about because of this negative psychological association.

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

Lindsay

Kacie's unintentional downgrade of herself as well as Desiree and Amanda left Lindsay unscathed. Subsequently, she received the rose on the group date.

Dear, sweet, and slightly crazy Lindsay showed up on the first night in a wedding dress and regularly brings up marriage in conversation. The average person would run for the hills in this scenario, but Sean seems to be sticking around, leaving us to think that he might like his girls a little too close to

the deep end.

It's a good thing that *The Bachelor* series allows Sean to have multiple dates. A girl can only hide her true self for a short period of time before cracks start to appear. Between Lindsay, Kacie and Desiree, the plot thickens as true colors begin to emerge.

On a final note, Sean is playing his own psychological game. For example, while AshLee was sharing a deeply emotional story about her adoption with him, he chimed in with a perfectly timed comment about how he would like to adopt. Additionally, in one moment, we'll hear him say, "I could be falling for her," and in the very next moment, he's kissing a different girl. Sean is toying with these women and showing that the person who's playing the game of *The Bachelor* the best...is the bachelor himself!

Jared Sais is co-author of the website The Non-Verbal Game along with Passport To Love TV Host Erika Nitz. He is an expert in nonverbal communications, body language and micro-expressions as they relate to life and love. For more information and to download a free PDF of the speech they gave at NYC's Single In Stilettos, visit www.thenonverbalgame.com.

Jessica Alba's Sexy Sweet Style





By Ann Csincsak

From a hero in *The Fantastic Four* to a stay-at-home mom to her two daughters, this woman knows how to steal the spotlight with every outfit she wears. Her chic style is the envy of every shopper at the Target checkout counter since she graces the cover of *InStyle*'s February issue.

Jessica has the perfect balance of sexy and smart in this street-savvy black ensemble and denim-on-denim outfit. She perfectly transitions from winter to spring with a vest and open-toed heels. **STYLE TIP: Keep your accessories light and dainty for the upcoming season!**

Get The Look



1. MinkPink Motorcycle Diaries Vest, \$69
2. J Brand Low Rise Leggings, \$150
3. Essie Chinchilly Nail Polish, \$8
4. Kate Spade Mini Bow Ring, \$48 *TREND ALERT!



1. Wildfox Couture Peacock Feather, \$59

2. Missoni Maki Skirt, \$450

3. Chicnova Denim Vest, \$39

4. Baublebar Arrow Ring, \$24

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

Can You Be Friends With an Ex?



By Melanie Mar

Lovers cannot be friends until both parties have a new lover. Many factors come into play with regards as to whether you can remain friends with a former loved one.

Did the relationship end on good or bad terms? If the two of you merely grew apart and perhaps the physical intimacy died in the relationship, then you may have already started developing a friendship within the relationship. It is far easier to continue an already-established friendship post-breakup. However, if one of the parties did something immoral or unethical and hurt the other one deeply, the chances are certainly much slimmer.

Does one of you not have the ability to remain friends mentally or emotionally? One's life experiences and role models (i.e. if you are a product of divorced parents, did they maintain a friendship post-breakup?) will dictate one's emotional ability and openness to establishing a future friendship.

Is it in your nature to remain friendly after an intimate relationship? I have clients who literally go into relationships telling their partner that, if this doesn't work out, there will not be a friendship afterward, which makes your desire to maintain a friendship impossible, however disheartening this truth may be to you. I have other clients who are friends with most everyone they have dated and would feel sad at the thought of losing that person from their lives.

If you're currently in a relationship that you know has a limited shelf-life, but you desire to eventually have some form of friendship post-breakup, here are some things to consider:

Related Link: [How to Break Up Without Breaking Down](#)

1. Why is the relationship breaking down, and is it mutual? A lot of relationships fade to grey.
2. Were you friends before you became lovers, and had you put in the foundations of friendship before you became intimate?

3. What will this person positively bring to you and your life as a friend, and vice versa?

After asking yourself these questions and writing down the answers, you'll have a clearer vision of whether or not a friendship is something viable. Here are a few more points to remember:

1. If you want to end this relationship, and your partner is unprepared, unaware, or wanting to continue the relationship, it is unrealistic to think he or she would want a friendship with you.

2. If you had a secured friendship prior to becoming intimate, the chances of you establishing a friendship are higher. If you became intimate sooner rather than later, having not gotten to know the other person as an individual, and your connection was short-term and sexually driven, then it could be less likely.

3. Are your lives better by having each other in it? Can you rely on this person? If you're in need in any way, is this person going to be there for you? If the answer is yes, that is a true friend. Nobody needs another type of friend, so make sure the ones you choose to have in your life are worthy.

Related Link: [Falling Out of Love and Back into Life](#)

Now, if your relationship has already expired and you hope for a friendship with an ex, the only thing that you can do is lay yourself bare. Put yourself out there and ask your ex if enough time has passed for feelings to heal and if he or she is willing and wanting to be your friend. There are many famous faces that have achieved a post-split friendship; examples include Demi Moore and Bruce Willis, Reese Witherspoon and Ryan Phillippe, and, most recently, Courteney Cox and David Arquette. And some relationships actually work better as friends. Engaging in a friendship with someone who knows the most intimate parts of your life and accepts you

despite them means that the friendship will be stronger and much more successful than any romantic relationship could have been for the two of you.

Ultimately, there are no hard and fast rules on whether or not you can be friends with your ex. Each split is the same as each relationship: completely different. The most important thing to consider is...do you both really want it?

QuickieChick's Video Dating Tips: How to Get a First Impression Rose



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

If you're anything like the staff here at CupidsPulse.com, then you're wildly addicted to *The Bachelor*, anxiously awaiting the Rose Ceremony that will conclude your Monday evening. Dallas native Sean Lowe has already captured the hearts of the viewers, and now, he's hoping to find love on the eighteenth season of the popular show. Watching the drama unfold in last week's season premiere, we couldn't help but wonder: How does Sean choose what girls to send home after only one evening of interaction? And more importantly, how did he hand out that first impression rose after only a few minutes?

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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House tells us just what it takes to make a lasting first impression – both on *The Bachelor* and in real life. After all, we're all hoping to be our best selves on every great first date. The dating expert shares her tips to help ensure that you get that first impression rose when starting a new relationship.

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

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

How do you make a memorable impression on a first date? Tell us in the comments below!

Sabra Ricci Couples Astrology with Food in 'Sexy Star Sign Cooking'



By Whitney Baker

Learning your sweetheart's favorite foods is something that takes a lot of trial and error – and it may even involve throwing your hard work in the trash. However, celebrity chef and acclaimed astrologist Sabra Ricci knows a secret: if you pay attention to your partner's astrology sign, you'll have a better chance of pleasing his or her picky palate. Her newest book, *Sexy Star Sign Cooking*, which was released on January 8, 2013, is the perfect guide if you're hoping to impress your girlfriend or boyfriend and make your next date night unforgettable. As Jenny McCarthy said of the book, "Sabra Ricci's passion for cooking for Hollywood stars and her lifelong fascination with astrology come together."

Ricci took some time out of her busy schedule to share why

astrology and cooking go hand in hand as well as her tips for cooking a romantic meal.

Your first book, *Lobster for Leos, Cookies for Capricorns*, told readers how to use star signs to prepare delicious and healthy meals. Why is your new book, *Sexy Star Sign Cooking*, a logical follow-up?

While health is important, everyone is interested in improving his or her love life. So I wanted to provide a fun and entertaining guide to help people find their perfect match.

Can you define “foodstrology” for our readers?

“Foodstrology” is a word I coined for combining food and astrology. Each sign rules different parts of the body, so I created recipes based upon foods that support each part.

How do you determine the “romantic foods” for each sign?

The romantic foods are aphrodisiacs. I chose aphrodisiacs that support each part of the body – brain, heart, immune system, etc. – to put any sign in the mood for love.

Are there any astrological signs that are most compatible when cooking together?

Generically speaking, like attracts like, so all three fire, water, earth, and air signs are compatible with each other. Opposites also attract, but if you really want the magic formula for compatibility, have your chart done by a professional.

Related Link: [Wolfgang Puck of ‘Top Chef: Seattle’ Says Taste Is the Most Important Part of Cooking for Your Loved Ones](#)

Let’s say a couple is on their second date – what’s the safest bet if the man decides to cook for the woman? Is it important that he know her sign before determining the night’s menu?

We've been playing it by ear for most of our lives, sticking with the following formulas: candlelit dinners of steak and champagne, lasagna and wine or some other delicious meal. If he knows her sign beforehand, he will be more assured of cooking what she will love, but it is not crucial.

What about a woman who is hoping her long-term boyfriend proposes? What should she cook for dinner?

They always say the way to a man's heart is through his stomach. So by choosing the right aphrodisiacs for his sign, he will be putty in her hands, and she will soon have a big rock on her ring finger!

What's your all-time favorite meal to cook for your husband?

Ossobuco, a Milanese specialty of cross-cut veal shanks braised with vegetables, white wine and broth.

Related Link: [Celebrity Nutritionist and Trainer Jackie Keller Says, "Those Who Exercise With Support From Their Partners Do Better Overall"](#)

Have you ever been a chef for celebrity couples (like Julia Roberts and Danny Moder or Jenny McCarthy and Jim Carrey before they split)? Any fun stories to share?

I've actually worked for both couples several times. They are amazing, and it's always a memorable experience. One occasion that comes to mind was Julia and Danny's third anniversary party with twins in tow and 10 of their best friends for a tropical extravaganza.

And finally, do you have any plans for future books?

Yes, there will be additional books as part of the series. In conjunction with the cookbooks, there will be an exciting announcement too, so stay tuned!

To purchase 'Sexy Star Sign Cooking,' visit Amazon. For more

information on Ricci, visit her cookinproductions.com or follow her on Twitter.

How Celebrity Moms Keep an Active Dating Life



By [Whitney Baker](#)

[Johnson](#)

Dating as a single mom is never easy, especially if you're trying to balance a busy career with raising your children. Even for celebrities, who have luxuries that not all single moms can afford, it's still a tricky thing to manage. The famous faces below have figured out a few ways to find love while still playing the most important role of their lives:

1. Make It a Family Affair: Before she got hitched, Reese

Witherspoon was often seen with Jim Toth and her kids from her marriage to Ryan Phillippe. Rather than try to make time for romance *and* family, she simply included Ava and Deacon on her dates. The newlyweds even took her children on their honeymoon to Belize!

Michelle Williams has taken a similar approach in her relationship with Jason Segel. The couple is constantly seen with Matilda, Williams' daughter with Heath Ledger, and they even split their time on both coasts based on the little girl's school schedule.

Related: [Three Tips to Stress Free Holiday Dating](#)

2. Date a Blast From Your Past: Sometimes, it's easier to date a guy from your past instead of searching for someone new. Denise Richards, mom to three girls, took this route, dating Heather Locklear's ex Richie Sambora. While it may have ruined her friendship with Locklear, she is still in an on-and-off relationship with the rocker.

Perhaps taking a cue from her former friend, Locklear, who has a daughter with Sambora, dated Jack Wagner, her costar from *Melrose Place*, for over four years before ending their engagement.

3. Meet Your Match on Reality TV: Emily Maynard, single mom to daughter Ricki Hendrick, has tried not once but *twice* to find love on reality television. First, she won the heart of *Bachelor* Brad Womack, only to end their engagement a few months later.

Rather than give up, Maynard tried again, becoming the most recent *Bachelorette*. She accepted Jef Holm's proposal, but they too broke up less than three months after the show ended. Despite this double dose of heartbreak, she has no regrets because she says she did fall in love with both men.

Related: [5 Bachelor and Bachelorette Couples We Can Learn From](#)

4. Stay In Your Inner Circle: Dating someone who your kids already know eliminates the need for awkward introductions and potential tension. Heidi Klum, who split from Seal after almost seven years of marriage, is now in a relationship with her bodyguard, Martin Kirsten. Luckily, her four children are already comfortable with him and are used to him being around.

Similarly, Courteney Cox has been rumored to be dating her *Cougartown* costar, Josh Hopkins. Coco, her daughter with David Arquette, knows Hopkins from her time spent on set, making the transition easier for her mom.

5. Depend On Your Ex: Staying on friendly terms with your ex can help your dating life as well. Jennie Garth, who recently split from her husband of 11 years, Peter Facinelli, has already been spotted with three different men. Thanks to her co-parenting routine with Facinelli, she has time to date while her three daughters hang out with their dad.

Likewise, Ashlee Simpson and Pete Wentz split time with their four-year-old son, Bronx. They both are frequently seen out and about with their significant others and even reunited recently to celebrate their little boy's birthday.

What's the best dating lesson you learned from celebrity moms? Tell us in the comments below!

Jessica Alba: My Husband & I Are "Kindred Spirits"



By Jenny Schafer for

Celebrity Baby Scoop

Mom-of-two Jessica Alba, 31, covers the February issue of [InStyle](#) and opens up about life with husband **Cash Warren** and their two daughters **Honor**, 4½, and **Haven**, 16 months.

On her connection with Cash: “I just knew when I met him that I was going to know him forever. It was weird; he instantly felt like family. I’d never felt like that with anyone. We got each other. We’re kindred spirits. On a weekend Cash might say, ‘Go get your nails done with a girlfriend. Haven is down for a nap and Honor and I will play. I know you work hard. You deserve some time for yourself.’ That, to me, is romantic. He’s saying, ‘You matter,’ and that I’m more than just the mother of the kids or the wife who goes out to events with him.”

On celebrating their ancestry: “When Cash and I moved into our family house, we collected hundreds of pictures of our aunties, great aunties, moms and dads, grandmas and grandpas,

and sisters and brothers. Then we mounted them in the foyer of our home, covering the wall from top to bottom. Our daughters are continually reminded of where they come from.”

On multitasking: “Sometimes I can take multitasking to a level of insanity. Then all of a sudden the bath is too high and I’ve forgotten to give my daughter the thing she needs for school.”

On being a perfectionist: “Before I had kids, I was very responsible and serious. I used to be all about controlling my environment; Everything had to be just so. Now my idea of perfection is different. You can label bins and have a place for stuff, but when the kids go into the playroom, you’re not going to say, ‘We can’t paint because how are we going to clean it up?’”

Dating after Divorce: Lessons We Can Learn from Taylor Swift, Queen of Heartbreak





By Marni Battista

Taylor Swift has been splashed across almost every magazine in the past few weeks, telling story after story about yet another failed relationship and her tendency to get over someone by getting “under” someone new. The twenty-something country crooner is beautiful and successful, but it seems she can’t break the three-month relationship cycle.

Perhaps it’s because she has a “broken picker,” or maybe it’s just that she’s 22 years old and has no idea what she really wants. Whatever the case, Swift is repeating the same mistakes in each and every relationship. Her romantic trysts are unable to move past the infant stage. With actors and boy-banders alike (even a Kennedy!), the songstress dives in head-first each time – and comes out like a drowned rat within a few months.

When you begin dating after divorce, you’re actually in a similar position to Swift. You might not know what you want; you might be jumping in too fast; or you might believe that someone new can take away the heartache of a failed relationship. And, unlike Swift, you are most certainly very out of practice. So what lessons might we be able to learn from the Queen of Heartbreak herself?

Related Link: [How to Find Love Amidst Holiday Crazyness](#)

1. Don't jump into a relationship too quickly. After a relationship's gone wrong, take time to assess what you learned and how it can inform future choices. We call this the "Dating Fast" at Dating with Dignity because a "cleanse" from a relationship can help you reconnect to who you are outside of that relationship, help you refine your relationship goals, and aide you in making adjustments to your "picker."

Once you're in a space where you want a partner rather than need or crave companionship, you're most likely ready to return to the dating pool. When you're dating, take time to get to know someone fairly well before either of you decides you want to take it to the next level. This phase of "data dating" (collecting data about him/her while simultaneously having fun and creating new shared experiences) can last somewhere between one and three months, which is generally a good time frame for figuring out if this new person meets your needs.

Deciding after one coffee date that you're madly in love, that you should spend every minute together for the next five days, and that you're in a serious, committed relationship is almost always a recipe for disaster. Be conscious of the pacing of the relationship and strive to really get to know the other person, based not on who you want him/her to be but rather on how he/she shows up consistently over time!

2. Have clarity about what you want. If you find yourself confused about what you really want to create in your next relationship after a recent divorce or breakup, take comfort in the knowledge you're not alone. A great idea is to take an hour or two and create a list of what it is you're looking for based on what you were *not* getting from your marriage or last relationship. Also include a list of your values and the traits you admire in other relationships. Combine the lists and choose five characteristics to be your ultimate non-negotiables. By choosing just five, you can ensure you're selective but not too picky.

Check in with yourself periodically and confirm that what you were looking for two weeks ago is the same thing you're looking for today. If you're not looking to get into a serious relationship right at the moment, date casually to your heart's content and practice the art of setting boundaries, flirting, courting, and having fun. If a long-term relationship is your end goal, then date with that intention. Just be sure you know what you truly want.

Related Link: [5 Bachelor and Bachelorette Couples We Can Learn From](#)

3. Give relationships time to evolve. When you get comfortable in a relationship too soon, you often find out things about your partner that you didn't know before you started seriously dating. What happens, then, is that you begin to ignore or rationalize the importance of these possible red flags.

Ignoring the "quiet voice within" is not a smart move. Instead, communicate your concerns while remembering that your perfect match will want to work through speed bumps to come to a real win-win. If it's not something that's appropriate to share with your partner, make sure you have a coach or therapist (not your best friend) who can help guide you in making informed relationship choices.

When you don't let relationships progress at an organic, natural speed, you may skip over important characteristics of your guy, or he may miss something important about you that's a deal breaker. So be yourself and let the getting-to-know-you part last, and then make that decision for a full commitment in a conscious way. Choosing someone just because he/she chose you is a Mr. Right Now move rather than a move toward finding Mr. Right.

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.

Is Kim Kardashian Still Upset that Kanye West Shared Their Pregnancy News? What Their Body Language Tells Us



By Jared Sais

When Kanye West recently publicized that he and his girlfriend Kim Kardashian are expecting their first child at his concert in Atlantic City, some reports indicated that Kim wasn't thrilled with her beau's impromptu announcement. But after ringing in the New Year together and with their bundle of joy arriving in only a few months, our celebrity detective

analyzed some recent photos to see if Kanye is still in the doghouse and if he will be keeping up with this Kardashian for the long haul.

Related Link: [Kim Kardashian Steps Out and Embraces Pregnancy Curves](#)

Picture #1: Holding Hands (moving clockwise from the top left)

From the time we are children, we learn that holding hands is not only a way to show comfort and unity, but it's a form of affection as well. Since we get pleasure simply from the act of touching, holding hands naturally feels right, especially when it's with those we genuinely care about. That's why I always tell students in my seminars that frequent massages are one of the keys to a healthy relationship. In this photo, it's easy to see that Kimye are definitely feeling secure and strong in their love for each other. Kanye leads his girlfriend in the traditionally dominant position with open body language and a broad, slightly puffed out chest.

Kanye has his other hand in his pocket (usually a defense mechanism designed to shield one's self from discomfort) and is sporting a half-full smile (possible sign of preoccupation or worry). Even so, it could be nothing more than an indication that, unlike his bombastic stage persona, the rapper is still unaccustomed to having his personal life – especially his relationship – on display for all to see.

Picture #2: A Genuine Gesture of True Love

If you thought holding hands was cute, look how Kanye and Kim exchange two of the most frequently used non-verbal signs for attraction: Kanye with his arm wrapped around Kim, pulling her close, and Kim with her hand literally latching on to Kanye. This is certainly a common display of affection for Kim, who employed the same clothing grasp on her (not yet ex) husband Kris Humphries. This expression of fondness is at least consistent, if not genuine.

Kanye's left hand is still in his pocket, and he's continuing to exhibit his uneasiness with his surroundings (bizarre as it might seem for someone as brash as Kanye). Just because he is a performer doesn't mean he is immune to wanting to shy away or hide from time to time. But since celebrities don't always have that luxury, the most frequently employed non-verbal is to place your hand as close to yourself as possible in a comforting, defensive position.

It's what he is doing with his right hand that tells me that Kanye genuinely loves Kim. He embraces her with an open hand, showing that he is open to her love and is allowing himself to be a little vulnerable.

More importantly, Kim and Kanye employ two of the distinct signs of non-verbal flirtation by smiling while gazing into each other's eyes (despite him getting caught mid-blink) and tilting their bodies towards each other. As we learned in my previous article about J. Lo and Casper Smart, closeness implies closeness, and once again, these two are inseparable.

Related Link: [Pregnant Kim Kardashian and Baby Daddy Kanye West Spend NYE in Vegas](#)

Picture #3: A Perfectly Posed Photo

Despite the fact that this photo features a posed Kanye and Kim (meaning they both had time to prepare themselves), it is nonetheless revealing. A picture does say a thousand words, and in this case, the picture says adorable, as it perfectly captures their feelings for each other. Their arms and hands are interlocked, but like everything, the devil is in the details. Time to break out the trusty magnifying glass! Zoom in on their hands, and you will see that Kim's left thumb is positioned directly on Kanye's left hand in an almost-caressing manner, an obvious and revealing sign of love and affection.

Kim is absolutely glowing, and even though a Lance Bass look-

a-like is giving a more natural smile in the background, it is clear that she is very much in love with Kanye, evidenced by her tilted head that is gently nuzzled into Kanye's. As for Kanye, though he is not smiling, his chin is up and his right eyebrow is raised just a bit, displaying how proud he feels about his relationship with Kim.

Conclusion

Kim is head-over-heels in love with Kanye and has definitely forgiven him for letting their pregnancy news slip. While Kanye might be in more of the lust phase now, by the time their child is born, I suspect that he 'll prove that this relationship can only be "made in America." It's a love that will last much longer than many people expected.

Mario Lopez Wants "At Least 4 More" Children





By Jenny Schafer for

Celebrity Baby Scoop

Newlyweds Mario Lopez and **Courtney Mazza** teamed up with NIVEA for its “Kiss of the Year” contest on Facebook in search for America’s greatest love story. The winning couple rang in the new year with Mario and Courtney – parents to 2-year-old daughter **Gia** – in New York City’s Times Square.

The *Extra* hunk opens up to Celebrity Baby Scoop about his favorite family recipe at the holidays and his hopes for “at least 4 more” children.

CBS: Did you practice your kiss for your recent nuptials?

ML: “No, we’ve had plenty of practice.”

CBS: Are you hoping to have a big family? How many children are you planning on? Do you want a mix of boys and girls?

ML: “Yes, at least 4 more. Either boys or girls would be great.”

CBS: Happy Holidays! Do you have a favorite family recipes you can share with us?

ML: “My nana’s tamales....they’re a secret family recipe though.”

Q&A: Is It Okay If My Boyfriend and I Text Each Other to Stay in Touch?



Question from Ashley

G.: My boyfriend and I live about 100 miles apart. We're both really busy people, so most days, the most we talk is just a text saying "Hi, I love you and hope you had a good day." My roommate thinks this is ridiculous and says we're not in a real relationship. Is it okay if my boyfriend and I only text each other instead of calling?

Answer from Our Love Experts:

Tristan Coopersmith, Love Stylist: First off, only YOU can determine if your relationship is a real relationship. What

works for you may or may not be the same thing as what works for your roommate.

Secondly, no matter who you are, there are TWO questions that you can ask to measure your relationship potential by: 1) Are you getting your needs met? Is the texting satisfying enough to you or do you crave more?, and 2) Is your relationship on a growth path? Is the way that you two connect moving your relationship forward, or is it just hanging out collecting dust? If you answer "YES" to both of these questions, your relationship is working for you, making it oh so very real. But if you answered "NO" to one or both questions, it may be time to re-examine the value of this relationship. Good luck!

Suzanne Oshima, Matchmaker: A long-distance relationship actually takes a lot more work and effort than a relationship where you both live in the same city. Because you can't see your boyfriend in person, your only option to connect with him is through virtual forms of communication.

Texting is great for a quick flirt or to let him know you're thinking of him during your busy workday. However, texting should never be the full premise of a long-distance relationship. To keep your love going, phone calls and Skype are much better for connecting on a more intimate level.

And the truth of the matter is...when it comes to a relationship, no matter how "busy" you both are, you will make time for those things that are important to you.

Paige Wyatt, Reality Star: The relationship between you and your boyfriend is whatever you want it to be. If just texting occasionally makes you both happy, then what's wrong with that? Being busy makes it really hard to keep a relationship strong, especially a long-distance one since it requires a lot more time on your phone or computer. Your relationship seems low-maintenance and easy to be in with a busy schedule. If this type of relationship is working for you, then don't

change a thing.

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

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

Tell us: How have you made a long-distance relationship work?

QuickieChick's Video Dating Tips: Your New Year's Resolution to Find Mr. Right



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

Dating Advice from E!'s *Famously Single* Laurel House on New Year's Resolutions

If you're hoping to find a new man in the New Year, listen up! In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House tells us what rules to follow and what rules to break, helping us discover a new approach to dating that will finally lead to love. It's time to stop playing games and be enthusiastic and confident when it comes to looking for Mr. Right. According to the dating expert, the most important thing to remember is quite simple: "Just be you. Be wholly and completely you."

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

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

What dating rules will you break as you're looking for love in 2013? Tell us in the comments below!

Dr. Brandy Engler Says, “‘The Men on My Couch’ Taught Me That Love Is Hard and Complicated”



By Whitney Baker

When Dr. Brandy Engler opened her sex therapy practice for women in New York City, she was shocked that it was mostly men reaching out for her help. As she began working through their heartache, she discovered that she had her own issues to face as well. In *The Men on My Couch: True Stories of Sex, Love and Psychotherapy*, Dr. Engler, along with David Rensin, weave together her personal story and her patients' journeys, sharing the lessons both learned and taught throughout her first year as a psychologist. We chatted with the first-time author about her new book and what she has coming up next.

Why were you surprised that more men than women came to you after you opened your practice?

Traditionally, men tend to seek psychotherapy less than women for issues like depression or anxiety. Similarly, I hadn't seen any statistics that showed that men were more interested than women in sex therapy.

What question about love and relationships do you find your

clients asking most often?

The question that they tend to come to therapy with is: Should I break up with my significant other? They feel confused about a decision, which drives them to therapy. The second thing that most often brings people to me is feeling broken-hearted and wanting to know how to stop hurting.

Once in a while, couples that are about to get married or are newly married come in as well. They want to know how to communicate or understand each other better. They're usually in pretty healthy relationships but are just looking for guidance.

What motivated you to write a book about your experiences during that first year?

Because of my time spent with these men, I gained a lot of new insights that really excited me. The more I sat with them and explored their true motivations for being there, I felt like I was uncovering answers that went far beyond the simple and conventional conclusions that we draw about men – things like men just want to have sex, men want sex more than women or men are less emotional about sex. The more I listened to them, the more I saw how vulnerable they were.

The first chapter of *The Men on My Couch* talks about a guy named David, who was a relatively happy guy. He recognized that he was cheating a lot, which led him to the question, "Am I even capable of love?" I thought that was such an interesting question. It ended up becoming a theme in the book, which is why I put it in chapter one.

Can you tell our readers a bit of your personal story, as discussed in *The Men on My Couch*?

Originally, I wasn't going to include my personal story; I just wanted to focus on what was happening during my sessions with the men. But I realized that I was learning a great deal,

which I thought would be important, particularly for female readers.

Initially, I felt taken aback by some of the men's behavior. Like the guys who were total womanizers. They made me nervous, and I started to become super jealous and unsure of myself. I had to start working through my own anxiety. I started looking at my relationship and asking myself, "Is this really love?" I had to assess my own notions about love.

Related Link: [Top 10 Dating Dos and Don'ts](#)

What lessons learned during your therapy sessions most impacted your own life?

Psychologists are necessarily trained on "what is love" – that's more of a social or philosophical question than it is psychological. So I had to really examine that idea, and throughout the book, that's really what I'm learning. I learned that love is much more of a skill and that it's actually kind of hard and complicated.

I had to learn to be patient and understanding with each of my male clients even when it was hard for me. It felt amazing when I was actually able to be very loving towards my clients. My ability to do so became very healing for them; instead of me just reaching them in a cognitive way, I was now fully present and invested in helping them.

If you had one piece of advice to share with our readers, what would it be?

This is another theme of the book: to truly understand your own motivation. You need to become more conscious about the way that you love. Instead of really loving each other, a lot of people bring fear and deficit to a relationship. They're trying to get a need met instead of bringing fullness to the relationship. People don't realize that though; they feel some sort of want, and they go after gratifying it, so they're

basically using the other person. When people become more aware of what's driving them, they become very full and happy and satisfied in their relationships.

We understand that ABC recently optioned your book for a TV series – anything else you can share with us about this deal?

Yes! We have an amazing writer – she worked on 'Will and Grace' and 'Ugly Betty' – who wrote the pilot. In January, the networks will decide what shows to pick up, and ABC is interested this year. It was a contender this past January as well, and it made it to the final round.

And finally, you're already working on another book called *Libido*. We'd love to know more about this project!

Libido will be all about women and how they get in touch with their desire, which was the original focus of my work. It'll be conversational in tone (as was *The Men on My Couch*) and include some history as well. In the past, women were viewed as very sexual – even more sexual than men. So this narrative that we have that men are more sexual than women is only a couple of hundred years old. It's a totally manufactured story that a lot of people buy into, but it's not true.

To purchase 'The Men on My Couch,' click here. You can also learn more about the book by visiting her site or following her Twitter.

Best of 2012: Celebrity Babies Of The Year



By Jenny Schafer for

Celebrity Baby Scoop

There's always reason to celebrate a baby's birth. But when our favorite celebrities add to their families, we can get downright giddy!

As we look back at the high-profile arrivals of 2012, we are overjoyed for new parents like Jessica Simpson and Eric Johnson. And we couldn't be happier for Uma Thurman who welcomed her third child – **Rosalind Arusha Arkadina Altalune Florence Thurman-Busson** – this past year. Look through our list of 2012's celebrity babies of the year.

Blue Ivy Carter: R&B royalty **Jay-Z** and **Beyoncé** welcomed daughter Blue Ivy on January 7, 2012. The superstar couple released a touching statement to announce the birth of their first child.

"Hello Hello Baby Blue!" they stated. "We are happy to announce the arrival of our beautiful daughter, Blue Ivy Carter, born on Saturday, January 7, 2012. Her birth was emotional and extremely peaceful, we are in heaven. She was

delivered naturally at a healthy 7 lbs and it was the best experience of both of our lives. We are thankful to everyone for all your prayers, well wishes, love and support."

India Rose Hemsworth: The Avengers star **Chris Hemsworth** welcomed first child, daughter India Rose, with his wife **Elsa Pataky** on May 11, 2012. The Snow White and the Huntsman actor said fatherhood has been smooth sailing so far.

"She's been great," Chris gushed of his newborn daughter. "She sleeps very well. Not out of any skill on my behalf, but my wife has been amazing." The Aussie actor adds that fatherhood has already shifted his perspective: "Just her being here. It's certainly taken all my focus and attention away from work – or what have you – but that's the main thing on my brain right now. It's wonderful."

Samuel Garner Affleck: Already parents to daughters Violet, 7, and Seraphina, nearly 4, **Jennifer Garner** and **Ben Affleck** finally welcomed a son, Samuel Garner, on February, 27, 2012. The proud mom-of-three opened up about their newest family member.

"He is so chill... He reaches when he sees me and he laughs a lot," Jennifer said. "He thinks I'm super funny. What more do you want?"

Olive Barrymore Kopelman: E.T. star **Drew Barrymore** and husband **Will Kopelman** welcomed their first child, daughter Olive, on September 26, 2012. "We are proud to announce the birth of our daughter," the newlyweds announced.

"I can't wait until I have my children," Drew said just weeks before welcoming baby Olive. "I love the idea that they don't have to do something that they have no interest in, that they can do something completely opposite if they want to. I will be so surprised if they don't want to do something involving food or wine or art, but I'll be OK with it. I just want to build fun, great things for my family."

Maxwell Drew Johnson: Singer-turned-entrepreneur **Jessica Simpson** and fiancé **Eric Johnson** welcomed their first child, daughter Maxwell Drew, on May 1, 2012. And by all accounts, it seems the Fashion Starmentor has taken to motherhood like a duck to water.

“I am so in love with baby Maxwell,” the new mom gushed. “I want to cry every time I look at her. Motherhood is by far the best thing I’ve ever experienced.”

To read the rest of this article, click [here](#).

CelebrityBabyScoop.com is one of the most popular blogs on the topic and the foremost provider of everything celebrity-baby, featuring baby fashion, baby names, baby trends and up-to-the-minute celebrity baby gossip and pics. Get all the latest news, updates, and photos about Hollywood’s most beloved celebrity moms, dads and their babies.

Dating Someone New During the Holidays





By Lori Zaslow and Jennifer Zucher, founders of Project Soulmate

How should you approach the holidays when you're dating someone new? Or what if you're single and looking for love? Here are three questions that are frequently asked during this festive time of year.

1. What sort of present should I buy someone who I just started dating? The holidays are a time to do something special for the people you care about. Whether you're in a three-year or three-month relationship, it's important to show your significant other that you care.

Think about their hobbies. If your guy likes music, get him a new pair of headphones and an iTunes gift card. If your girl is a foodie, sign her up for a cooking class and buy a new cookbook that the two of you can use on your next date night. Or consider getting your partner something that you can do together, like a private yoga class or tickets to a show. This type of gift shows that you're looking forward to the future and making new memories as a couple.

Related Link: [A Present is Worth a Thousand Words: What a Gift Says About Your Relationship](#)

Remember that your present doesn't have to be expensive. In

fact, things like diamonds or a gold watch can be a turn off when dating someone new. Most people would rather receive something more personal and thoughtful.

2. Should we plan to spend New Year's Eve together? New Year's Eve is a romantic holiday that focuses on celebrating the New Year ahead, having fun with friends and, if you're lucky, getting a kiss at midnight from your special someone. If you're dating someone new, spending this night together is a good test to see how serious the other person is about the relationship.

It's also one of the only holidays that isn't typically spent with family, so it's a great chance to enjoy the time you have together. Integrate your sweetheart into your friend circle, but make sure to give them some one-on-one time with you too.

3. Is it possible to find love on New Year's Eve? New Year's Eve may seem like it's a holiday for couples to dance the night away, but it's still possible to meet someone worth dating. Most celebrations consist of parties or dinners with friends, which is a prime opportunity to meet new people. Tell whoever is hosting the party or planning the evening to invite some single friends that you haven't met yet. If possible, make sure that the party you go to includes people of similar ages and with similar interests. It is important that you feel comfortable so that you will be outgoing and talk to unfamiliar faces.

Related Link: [5 Resolutions That Can Help You Find "The One"](#)

Be sure to avoid going home with a random person to make yourself feel better though. When you wake up the next day, you will feel even lonelier than the night before, and that isn't a great way to start the New Year. Don't overthink the night and feel like you have to do something over the top. Enjoy yourself and remember that it's just another day.

Lori Zaslow and Jennifer Zucher are the founders of Project

Soulmate, Manhattan's premier matchmaking service for elite singles.

LeAnn Rimes Discusses Her Affair with Eddie Cibrian: What Her Non-Verbal Cues Tell Us



By Jared Sais

It's been a tumultuous three years for LeAnn Rimes, a timeframe that includes her divorce from ex-husband Dean Sheremet and her very public affair with – and subsequent marriage to – *Northern Lights* co-star, Eddie Cibrian. Despite the fact that Rimes and Cibrian will celebrate their two-year

anniversary in April, questions still persist as to what really happened during one of the most epic celebrity cheating scandals of the decade. But never fear: CupidsPulse.com's very own celebrity detective is here to analyze [this clip](#) from a recent interview with Rimes and E!'s Giuliana Rancic.

**Author's Note: The video begins with an often overlooked aspect of television interviews: music. Music can be a very powerful instrument and one that greatly affects the emotional experience of a visual event (that's why the best soundtracks are inseparable in our minds with great moments in television, film and, of course, music videos). It's crucial to ignore the music and focus only on Rimes's non-verbal expressions and body language, which are quite revealing on their own.*

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

(0:09) After Rimes is asked, "Why act on it when you're both married and you both have families?," she responds by saying that it's a "huge question" and flashing a masking smile, which differs from a fake smile in that its purpose is to mask a different emotion – in this case, sadness.

(0:10) A second later, a melancholy Rimes shoots her head down, exhibiting the number one sign of shame as she thinks about her role in the scandal and the after effects that she and Cibrian might still be experiencing.

(0:13) With her head still down, Rimes shows a micro-expression of fear: lips parted and the corners of her mouth widen. She's most likely worried about how she will look if she is not careful in her response to this difficult and personal question.

(0:15) Before she raises her head to answer the question, she licks her lips, which can be an indication that a person is about to tell a lie. When we lie, our body is forcing itself to do something unnatural, so it goes into a state of stress;

one's mouth will often dry up, which is usually countered by licking the lips. Keep this in mind because the next thing Rimes says is "I never, ever in my heart want to hurt anyone." Immediately after answering, she looks to Rancic to see if what she said has been positively received. This is a key giveaway that either what she just said wasn't true or it was prepared since she needs to gauge whether or not it was accepted.

(0:26) Hand gestures can mean many things, but Rimes mainly uses her hands to tell us a story about her and her ex. By bringing her hands far apart when she says "separate," she indicates both emotional and physical distance with Sheremet. Her hands then become interlocked when she says "super-connected," which tells us that she did not feel that way in her first marriage.

(0:44) Rimes's hands continue to tell the story of her relationship to Sheremet, even doing a folding or "breaking" motion when she says the word "break." She believes what she is saying, making a confirming head nod and moving her hands up and down when she says, "You can't break what's broken."

(1:00) Rimes starts to cry, and if you look at her left hand, it remains in the "break" position. This action could be her remembering a specific instance of something negative that transpired in their relationship, or it could represent what she is feeling at this moment.

Related Link: [LeAnn Rimes Breaks Down Over the Ending of Her First Marriage](#)

(1:02) Certain non-verbal cues have crossed-over into the general consciousness of people to the point where it is essentially part of our known behavioral language, and "the raised index finger" is one we all know. It means, "Wait, I need a moment," and Rimes uses it as she gathers herself. She then tell us that nobody could possibly know how much anguish

they all experienced throughout this process – something that she seems to regret.

(1:03) Here, Rimes exhibits the prototypical facial expression for sadness: inner eyelids are raised, a little bulge appears in the middle of her eyebrows, lip corners are pulled down, and the chin is a bit dimpled. This look is followed by Rimes putting her hand in front of her face with her fingers pointing upwards. This gesture is commonly thought to be an indication of lying, but to be more accurate, it is both a blocking mechanism – she physically uses her hand to mask what her face can no longer hide (sadness) – and a gesture to muffle whatever is about to come out of her mouth.

Conclusion

Rimes is clearly upset, but her lack of actual tears makes the exact reason why unclear. It seems like she is more upset at the result of the scandal (her rocky relationships with her ex-husband, Cibrian's ex-wife and perhaps even Cibrian). In the end, I think she might be a little broken herself and is simply trying to cope with the situation as best she can. Ultimately, if she is truly happy with Cibrian, all this strife will have been worth it. However, if she isn't and their relationship goes sour, her theory that "only unbreakable relationships are unbreakable" may have unfortunately been proven right again.

**Do you think LeAnn Rimes and Eddie Cibrian are meant to be?
Tell us in the comments below!**

Celebrity Nutritionist and Trainer Jackie Keller Says, “Those Who Exercise With Support From Their Partners Do Better Overall”



By Whitney Baker

You may have heard the saying, “The couple that exercises together, stays together.” But is it really true? We turned to celebrity trainer, nutritionist and NutriFit co-founder Jackie Keller to find out how to exercise with your honey, what’s it’s *really* like to work with the stars and how to avoid that dreaded holiday weight gain.

When it comes to working out with your sweetheart, Keller believes that success varies from couple to couple. There are numerous ways to approach your joint workout routine. “Some

strength training requires that couples work together: one lifts, while the other spots,” she says. “Additionally, many runners prefer to run with company to make the time pass more easily. There are also a lot of stretches that are better done with assistance.”

She adds, “One thing we know for sure is that those who exercise with support and encouragement from significant others – friends, family or lovers – do better overall in achieving their goals.”

Of course, if you exercise with your boyfriend or girlfriend, it’s important to remember that men and women should train differently. Even if you have the same objectives, your bodies will respond to cardio work and toning moves in unique ways. Of this dissimilarity, Keller shares, “With women, I will usually work on the process as much as the result. With men, it’s usually the result that overrides any concerns about the process.”

Related Link: [QuickieChick’s Video Dating Tips: Why Hating Your Body is Destroying Your Love Life](#)

Keller, a licensed and certified wellness coach, nutrition educator and Le Cordon-Bleu-trained culinary expert, has worked with celebrities such as Angelina Jolie, Charlize Theron and Penelope Cruz. She has also trained celebrity couples including Zach Braff and Taylor Bagley, Eric Winter and Roselyn Sanchez, and Jake Gyllenhaal and Reese Witherspoon (before they split). Speaking about her experiences working with these famous twosomes, she says, “I have no complaints about our couples. They have been uniformly delightful. I think that having the support and participation from their significant other helps both of them with the process.”

Given that celebrities need to look good for their job, they can tap into a deep level of determination that everyday people have a harder time grasping. “The public does not cut

celebrities any slack, and they knew it when they chose that professional path,” Keller explains. ‘They don’t fight the need to look good – they accept it and embrace it as part of the package.’”

Lately, we’ve all taken note of Matthew McConaughey’s extreme weight loss for the upcoming film ‘The Dallas Buyer’s Club.’ According to a recent news spot on ‘Good Morning America,’ he has lost nearly 25 percent of his total body weight. Despite the medical risks that come with this drastic weight loss, Keller believes that there is a healthy way to make these changes. She cites Anne Hathaway, who trimmed up for ‘The Dark Knight Rises’ by eating NutriFit meals three times a day for nearly a year, as an example. “She looked fantastic!,” Keller says. “It can be done without compromising health or delicious meals.”

Perhaps we can avoid any unwanted holiday weight gain by taking a cue from the stars. Keller recommends that you look to exercise as one of your must-do daily tasks, like brushing your teeth and showering. As far as diet is concerned, she says to eat a good breakfast, no matter what your dinner plans entail. “There is no such thing as ‘saving’ calories to enjoy later,” she says.

Related Link: [How to Find Love Amidst Holiday Crazy](#)

Keller also suggests that you wear snug-fitting clothes, especially at events with a buffet meal, because you’ll eat less if your waistband is tight. And, of course, Keller says you should be aware of how much alcohol you consume, as “drinking uses up calories in a non-nutritive way and loosens up your inhibitions so that you’re far more likely to eat badly.”

When asked what food she *does* enjoy during the holidays, Keller says that she is a fan of “seasonal favorites,” like persimmons, tangerines, oranges, spinach, swiss chard, collard

greens and grapefruit. For specific ideas, you can check out the recipe section of Keller's blog at www.Nutrifit.wordpress.com/recipes/.

For more information on Jackie, go to www.JackieKeller.com. You can also keep up with her on Facebook and Twitter.

Hugh Jackman On Wife's Miscarriages, The Joys Of Adoption



By Jenny Schafer for

Celebrity Baby Scoop

The road to parenthood wasn't easy for *Wolverine* star Hugh Jackman and wife **Deborra-Lee Furness**.

During a Tuesday appearance on [Katie](#), the *Les Misérables* star opened up about adopting their two children – son **Oscar**, 12, and daughter **Ava**, 7.

“To be clear, Deb and I always wanted to adopt. So that was always in our plan,” the Australian actor, 44, said.

“We didn’t know where in the process that would happen but biologically obviously we tried and it was not happening for us and it is a difficult time,” he added. “We did IVF and Deb had a couple of miscarriages. I’ll never forget it the miscarriage thing – it happens to one in three pregnancies, but it’s very very rarely talked about.”

“It’s almost secretive, so I hope Deb doesn’t mind me bringing it up now,” he continued. “It’s a good thing to talk about it. It’s more common, and it is tough. There’s a grieving that you have to go through.”

But as soon as Oscar was born, “all the heartache just melted away,” the proud papa said.

“Many of you are parents, you guys know you can’t prepare for that moment. Nothing can prepare you,” he shared. “You can’t even explain how incredible it is and that avalanche of emotion that comes and how it opens up your heart, how it frustrates you, how it angers you, how everything is just all the sudden how alive you are as a parent.”

**Jane Krakowski Talks
Motherhood, Christmas Plans,**

“Sad Goodbye” on 30 Rock



By Jenny Schafer for

Celebrity Baby Scoop

30 Rock star Jane Krakowski recently partnered with Bank Of America to raise thousands for Feeding America. The mom-of-one says that “giving back is such a big part of the holidays and Christmas.”

Jane opens up to Celebrity Baby Scoop about her son **Bennett**, 20 months, and hosting Christmas this year in his honor. She goes on to talk about the “sad goodbye” on *30 Rock* that will finish just days before Christmas. “They did a really great job” with the series finale and gave the “characters a beautiful send-off,” she says.

CBS: How is Bennett doing?

JK: “He is doing really well. It is so awesome to be a new mom; it’s absolutely great. Obviously this holiday time is a crazy time, because we’re juggling getting Christmas ready and

wrapping up *30 Rock*, and being a new mom and wanting to make it all special for Bennett."

CBS: Can you tell us all about the recent charity event you attended for Bank of America?

JK: "I'm was happy to work at Bank of America and have access to all these mobile apps and online tools that help me get everything done, and also make donations to charity as well. It's a great time to be giving to people who are in need.

Bank of America very generously donated a lot of money to the charity Feeding America. Through the very easy mobile app and online banking system, we had people come to the Bank of America, put a Christmas ornament on the tree, and by the touch of a button on their iPhone, iPad, or tablet, donate \$250 each.

Bank of America donated \$25,000 just on the day of the event, which was a larger part of a \$2.5 million dollar donation to Feeding America over the whole holiday season."

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

JK: "I do it through organization, multi-tasking, being able to do a lot of things at once. It takes a village with lots of friends and family to help along the way. We're really lucky; Bennett is a great kid and he brings us so much joy every single day. We feel blessed every day that we have all these things to juggle at the moment."

CBS: What are your upcoming holiday plans? Is Bennett showing signs of excitement for the holidays?

JK: "This holiday season, we are hosting Christmas at our house for the first time in Bennett's honor. He is the youngest child now, and I figured that the person who has the youngest child gets to throw the holiday get-together, because that is where all of the spirit of Christmas is. Christmas is,

like, three days after we finish wrapping *30 Rock*, so it is all a bit crazy right now.

We had fun getting the Christmas tree and we recently brought Bennett to Santa and got the classic screaming photo on Santa's lap [laughs]. I also plan to get all of my Christmas shopping done. I am very excited about the mobile transfers, because I have nephews who at this point really just want cash. I am excited that I can just send them cash wherever they are, because they are all grown and at college or touring America with bands. There comes a point where they really don't want the pajamas anymore, or the perfume they haven't worn since they were twelve [laughs]. They would really just like to receive cash.

In regard to whether Bennett is showing signs of excitement for the holidays, I think he is. I think he is not sure what all the festive decorations in the house mean."

4 Tips To Reduce New Year's Eve Dating Anxiety





By Dr. Tranquility –

[Lydia Belton](#), PhD, Ct. H.A.

We have all experienced an [New Year's Eve](#) that we look back on with regrets. This is largely due to the fact that we invest too much into trying to make this one day the most perfect of the year – when in truth, it's really no different than the other 364 days. Here are some tips to help you have an anxiety-free New Year's Eve this year.

1. Plan Ahead. Lots of restaurants, clubs and various event venues book up early, so make certain that you make reservations or purchase tickets ahead of time. You can always bring a friend with you, which is a great idea and certainly guarantees a much better evening than a forced [date](#). Regardless of whom you decide to celebrate with, have a discussion about what you both would enjoy doing and make a plan.

If you need some ideas, search online for New Year's Eve activities for adults and children in your town. If you like to travel, take a cue from the stars: Brad Pitt & Angelina Jolie will be traveling with the kids, while [J. Lo](#), Casper Smart & the twins will be in Melbourne, Australia. Or you could plan a [party](#) of your own. If finances are tight, make it a BYOB and/or a potluck get-together.

Related Link: [Three Steps to Stress Free Holiday Dating](#)

2. Why Accept A Date Simply For The Sake Of Having One? This is a common mistake made on both this holiday and Valentine's Day. If you have no [significant other](#) in your life, it's a great time to simply hang out with friends. We often feel that we have to have a great date, but usually, this just creates a lot of pressure that leads to us choosing the wrong partner.

Another mistake that can often be made is going back to an [old lover](#). Set healthy boundaries. If this person was physically, mentally abusive or even inconsiderate, DO NOT ever give them a chance again. It can be easy to think that it will be different this time, but 99 percent of the time, it won't be. Remember: this is a holiday to move forward, and if the wrong lover is clogging your path, there isn't room for the new one to come along.

3. Go Forward, Not Backward. Rather than spend the [holidays](#) with a negative and abusive partner, who I allowed into my life longer than I should have because he was tied into my companies, I checked my boundaries to make sure they were set correctly. I discovered that I was tolerating too much, so I reset them. As I have said before, you must let go of what doesn't work so that the right people can come into your life. In a couple of days, I had a new backer with massive funding for the New Year. He became a friend and a life [partner](#), and I have never been happier. Give this story some thought before backtracking again!

Related Link: [Get Back In the Dating Game This New Year](#)

4. Be Proactive! Don't wait for the phone to ring. Instead, get out there and set your action plan. I recommend a plan A & plan B; then, determine how much time you will allow for plan A to kick in before you move to plan B. You should make your plans at least two weeks before New Year's Eve. If someone doesn't want to make plans in advance, he or she is "shelving"

you, and we all deserve better than [mistreatment](#).

Allowing yourself to have fun with friends can be a much better launch to your new year than forcing that [dream date](#) to occur. No matter what you do on New Year's Eve, take a moment during this time to visualize your goals and hopes for the next year. See yourself living the life you want!

Enjoy some holiday freebies from your [Drtranquility.com](#) goodie bag and schedule your free session by simply mentioning this post. Developed by Lydia Belton PhD, Ct.H.A., [Date Therapy®](#) is an effective protocol that helps people get in touch with their criteria for an ideal mate. DrTranquility's protocols® have been featured most recently on Forbes.com & Yahoo, ABCNEWS.com, ABC's the View, KISS FM, CupidsPulse.com, Metromix for the Chicago Tribune, British Glamour, REDBOOK, Cosmopolitan Magazine & promoted by Match.com.

QuickieChick's Video Dating Tips: How to Celebrate New Year's Eve If You're Single





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

Dating Advice from E!'s *Famously Single* Laurel House on New Year's Eve

New Year's Eve is a holiday that comes with a lot of stress and pressure to have fun. How do you decide where to go, who to invite and what to wear? If you're single and don't have that special someone to kiss at midnight, it's even harder to plan the perfect evening. In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, Laurel House shares three fantastic ways for singles to celebrate the holiday. Listen up to make sure that you make the most of your night and kick off the New Year in style!

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 celebrate New Year's Eve this year? Tell us in the comments below!

Andy Puddicombe, Author of 'Get Some Headspace,' Shares the Ingredients for a Perfect Relationship



By Whitney Baker

As a former Buddhist monk, Andy Puddicombe knows a thing or two about meditation. Considered to be the United Kingdom's foremost expert on mindfulness, he founded the Headspace organization in an attempt to demystify the practice of meditation. To further this goal, Puddicombe wrote *Get Some Headspace: How Mindfulness Can Change Your Life in 10 Minutes a Day*; he was inspired by his "desire to make meditation

accessible, practical and relevant to modern-day living.” CupidsPulse.com had a chance to interview Puddicombe about the importance of meditation and how finding balance can lead to greater happiness and improved relationships.

Can you define “headspace” or “mindfulness” for our readers?

Mindfulness is the ability to be present and in the moment. Most of us have experienced this at some time, perhaps whilst watching a sunset or listening to music. The problem is that it seems to pass quite quickly, and before long, we are caught up in lots of thinking or struggling with difficult emotions.

So we need some way of training the mind to be more familiar with the state of being present and engaged with what is happening now. This is where meditation comes in. It is simply a technique that allows us to become more familiar with this quality.

And headspace is the result of both. When we are present in life, there is a sense of being grounded; we are not easily put off balance by challenging emotions, and at the same time, we are fully aware that our thoughts do not control us. When we have a sense of headspace, we are at ease with our thoughts, our emotions and our body; perhaps just as importantly, we are at ease with those around us as well.

For people interested in finding more balance, what is the number one technique you recommend using to clear the clutter in their heads?

I always recommend starting with something simple. Go to www.getsomeheadspace.com or download the Headspace App, and you can learn a classic mindfulness technique for free. It takes just 10 minutes a day, and it provides all the essential elements for learning how to step back from thought and to experience a greater sense of calm, clarity and balance in the mind.

What areas of our lives will be enriched by daily meditation?

When we meditate, we are fine-tuning the mind. It doesn't just change our relationship to one or two particular things; it changes our relationship to everything in life. It fundamentally changes our perception of everyone and everything. It allows us to stop projecting what we think and instead see the world for what it really is.

Related Link: [Get Back In the Dating Game This New Year](#)

When it comes to love, how can mindfulness help us be our best selves and thus attract our best matches?

Mindfulness has been shown to reduce stress, worry and anger, whilst increasing the qualities of happiness, openness and empathy. Needless to say, when we are looking for love, we want the very best of us to shine. We want to be able to let go of our impatience, nervousness and maybe even our desperation. At the same time, we want to be able to connect with our partner, to meet them where they are in life, to see them for who they are and not what we want them to be. That is the starting place for any healthy relationship.

For someone who is still nervous and unsure about a new relationship, can mindfulness help calm their fears and give them confidence? How so?

Absolutely. In fact, a study at University of California-Los Angeles showed that, by learning to be more aware of our emotions through the practice of mindfulness, we can reduce the intensity of anxiety by up to 50 percent.

But perhaps more importantly still, as we get to know ourselves better through the practice of mindfulness, we're able to recognize the tendency to run away from difficult situations or to get very defensive when we feel unsure or insecure. This is replaced by the ability and willingness to just stay with that uncertainty, to embrace it and allow it to

be part of the journey. There is a certain feeling of freedom that comes from the certainty that nothing is certain. This, in turns, tends to have a very positive effect on the relationship.

Related Link: [Three Steps to Stress Free Holiday Dating](#)

And finally, how can mindfulness help us get the most of our current relationships?

Mindfulness helps us to be present. This means that, when we are with others, we are actually with them rather than simply being there in person but elsewhere in our mind. It allows us the space of mind to listen to others, to understand others, to be less critical and judgmental of others. At the same time, it encourages the qualities of openness, flexibility and empathy. Most of all, it allows us to give others the opportunity to be themselves, which is the only way either person is ever going to be truly happy. If you were putting a mix together to make the perfect relationship, it is difficult to imagine a better list of ingredients.

To purchase Andy Puddicombe's 'Get Some Headspace,' visit Amazon. You can also follow him on Twitter, Facebook and his site at www.GetSomeHeadSpace.com.

Giveaway: The Best Celebrity Fragrances of 2012





This post is sponsored by Elizabeth Arden.

By Whitney Baker

While the season of gift giving is upon us, it is also the season of stress and crowded malls and last minute shopping. With the endless options of presents, how do you ever decide what to get your sister, best friend and co-worker? One idea – something that is unique and smells good to boot – is purchasing a new perfume. With that thought in mind, we decided to round up the best celebrity fragrances of 2012 – and hopefully help you out with some of your holiday shopping. Plus, two lucky CupidsPulse.com readers will win a bottle of Wonderstruck by Taylor Swift!

1. Girlfriend by Justin Bieber: It's no surprise that the pop superstar's first scent, Someday, was the biggest celebrity fragrance launch in history. The name of his second fragrance, which debuted in June of this year, captures a dream-come-true for so many of his fans: to be Justin Bieber's girlfriend. Perfect for the Belieber in your life, Girlfriend combines fruity notes of mandarin and blackberry with exotic scents of pink freesia and star jasmine, topped off with vanilla orchid and luminous musk.

Related Link: [Extravagant Celebrity Gifts Within Reach of Your Budget](#)

2. FAME by Lady Gaga: Of course, this musical sensation makes sure everything she does is one notch above the rest – and the development of her first fragrance was no different. FAME is the first-of-its-kind black Eau de Parfum: using fluid technology, it is black in the bottle but invisible once airborne. Created with her little monsters in mind, it smells of belladonna, incense and apricot and empowers its wearer with its mysterious scent.

3. Pink Friday by Nicki Minaj: Nicki Minaj partnered with Elizabeth Arden for her debut fragrance, named after her ‘Pink Friday’ album and world tour. Building off of her signature sound and style, she wanted this scent to be a celebration of her life and a reflection of herself. The fragrance includes mouth-watering fruits, pink foral petals and the warmth of vanilla, musk and woods. If the smell isn’t enough to grab the attention of Minaj’s Barbz, the outrageous bottle design will surely do the trick.

4. Nude by Rihanna: Described as “sassy and feminine” by the songstress herself, this fragrance – the third one by Rihanna – is a sweet floral and fruity scent with a vanilla background. With a base of sandalwood, orchid and “second skin” musk, the fragrance offers a feeling of intimacy and bare skin to its wearer. The simple yet beautiful bottle design adds a touch of sophistication to the scent as well. As Rihanna said at the fragrance’s launch, “It’s subtle but makes a statement no matter what.”

Related Link: [Top 3 Pre-Date Primping Rituals](#)

5. Wonderstruck Enchanted by Taylor Swift: The newest scent in this country crooner’s Wonderstruck fragrance collection, this perfume smells of creamy flowers, like peonies and white freesia, mixed berries and vanilla musk. Of Wonderstruck

Enchanted, Swift says, “Wonderstruck is about that moment when you instantly feel a connection to someone, but then there’s that feeling of being completely enamored – enchanted – when you know a little more about that someone.” It’s a perfect present for anyone who loves Swift’s honest and heartfelt lyrics.

~~GIVEAWAY ALERT: To enter for a chance to win a bottle of Wonderstruck by Taylor Swift, 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 Monday, December 24. Good luck!~~

Congratulations to Jessica Wroblewski & Shannon Pacella!

Relationship Expert Kailen Rosenberg Shares Dating Advice for Finding the Love We Deserve





By Whitney Baker

You may recognize relationship expert Kailen Rosenberg as “the love guru,” “the love whisperer” or, as Oprah Winfrey recently named her, the official “ambassador of love.” With her starring role on *Lovetown, USA* from the Oprah Winfrey Network/BBC Worldwide, she put her education and experience to the test: Oprah asked Rosenberg and Paul Carrick Brunson to transform Kingsland, Georgia, into a town filled with grace, kindness and open hearts. Of how she helped the community with her dating advice, she says, “What I look for isn’t necessarily what *is* working, but what is not. I seek out what is broken, the areas that sabotage relationships and love, and help each person to work through their pain and heal, so that they can experience the love and the partner they truly deserve.”

Relationship Expert Shares Personal Beliefs on Love and Dating Advice

While fans await news of season two of the hit show, Rosenberg is hopeful, recognizing that viewers and critics alike enjoyed the first season. “Oprah’s heart and intentions are completely pure. *Lovetown, USA* was meant to be a social experiment on love,” she shares. “And it worked! It proved that, when one

focuses on nothing but love, healing in the most broken places can take place.”

Related Link: [How to Find Love Amidst Holiday Crazy](#)

Of course, some heartaches are easier to mend than others. As viewers saw on *Lovetown, USA*, the relationship expert was tasked with helping two single dads find love. She approached it much like any other match. “What matters most is this: Is the person kind? Is he emotionally healthy and ready for love?”

Drawing from her own marriage, Rosenberg understands how tricky it is to find a partner that is a good fit for both you and your children. “My husband (who had never been married and had no children) is an amazing stepfather. We have a blessed family because of his genuine care for himself, me and my sons,” she says. “It all depends on the values of the two people coming together.”

As for how to know when you’ve found a relationship to last lifetime, Rosenberg believes that it’s just a feeling. She elaborates on this love advice and shares, “When you meet your soul mate, there’s something inside of you that’s different; you can’t explain it. There’s a piece of your new partner that challenges you to become a better human being. You grow and love more deeply because of that experience with each other.”

Rosenberg, a master’s-level certified life and love coach, is a successful matchmaker both on and off the show. She’s helped over 400 couples find each other and credits this accomplishment to “teaching people to love and know themselves authentically and to heal what needs to be healed *before* getting into a relationship.” Expanding on this idea further, she explains, “When people are able to listen to their inner voices and are fully aware, they make for better partners and create better relationships and better marriages.”

Related Link: [E!’s Newly-Engaged Ashlan Gorse May Head Back to](#)

Kailen Rosenberg Talks Relationships and Love and Her Next Project

While Rosenberg's impressive success rate may suggest otherwise, many people are choosing to remain single rather than look for love. In fact, the Census Bureau statistics show that more than 44 percent of adults 18 and over are unattached. Even so, she isn't deterred; she even views this number as a positive thing. "Younger people want to take their time and are more sincere about love and marriage, wanting something different than generations before," she says. "As much as people want to believe in marriage, I think they are more afraid."

She then adds, "The good news is that they rarely give up on love, wanting to believe that it can still be real and wonderful."

As for what's next, Rosenberg doesn't plan to slow down anytime soon. She is currently working on a book, which will be released by Simon & Schuster in fall 2013, and tells us, "It will focus on teaching both singles and couples how to find and experience real love." Additionally, she has received offers to do her own television show to further teach people about love.

Even with her credentials, the dating expert knows just how difficult it can be to find love. For single women and men looking for a relationship, she offers this advice: "Know what is absolutely amazing about yourself, but don't be afraid to look at what isn't so lovely and great. Work on healing it and getting to a great place from within, so that when you find love, you can give and receive it at its fullest."

*For more information about Kailen, please visit
TheLoveArchitects.com. You can also follow her on Twitter
at @KailenRosenberg.*