

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



By [Lori Bizzoco](#)

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

to keep it off," he says.

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

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Celebrity Mom Jillian Michaels Admits It's Hard to Balance Workouts and Motherhood





By Meghan Fitzgerald

Jillian Michaels and girlfriend, Heidi Rhoades, are busy balancing their two kids, daughter Lukensia, 3, and son Phoenix, 10 months. Jillian Michaels spoke with [People](#) and said, "I get up at 7 a.m. – after being up all night with the baby – and run around trying to get both kids diaper-changed, dressed and fed. Finally I'll shower, and before I know it, I've got 50 emails to answer, and I need to leave for work." She told [Fitness Magazine](#) that women need to workout whenever they can ... and realize that every decision counts.

What are some ways to balance being a parent and staying healthy?

Cupid's Advice:

Being a parent requires the majority of your efforts, sanity, and time. Staying healthy is challenging to balance with all the duties of being a parent. Teetering weight watchers meetings and diet plans as you organize your child's lunch and school plan is hard! It is not in any sense easy to do. Cupid

has some advice on how to balance this:

1. Schedule: Scheduling is fun ladies and gentleman! It may be stressful planning out, organizing your events and divvying up your time however, the inevitable return is great. Scheduling your weeks, or months out will give you a stressful life in the end. If you schedule out your time, you will be able to schedule gym time, meals for the upcoming weeks. It is easier to stay healthy if you schedule out your life.

2. Communication: Staying healthy requires to give yourself some time. Obviously this time was once devoted to your child or children so you need to communicate with your partner about your temporary absence. Your mate will have to fill in your spot as you attend dieting meetings or spending time at the gym. If you are working out at home, this will not be a problem. However, as most people go to the gym, you will need to talk to your beau.

3. Discipline: Discipline ladies and gentlemen is more than important to stay healthy when you're a parent. If you have plans to go to the gym with your girlfriends, yet don't want to go, make yourself go! You need to make sure you stick to your decision because you may not get that time again. Your children requires a lot of time from you and you can't waste your time already planned.

How do you balance being a parent and staying healthy? Explain below.

Audrina Patridge Says A Guy

Must Have “Loyalty, Integrity and Respect” To Get Her Attention



By [Whitney Baker Johnson](#)

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

Spending the day on the beach, she mingled with party-goers in the Maxim cabana before hosting and judging a Booty Shake

Dance Contest. “Just get up there and dance! Let loose and have a good time,” she offers to those who’ll be participating in the contest. “Last year, a guy won, so it’s not just for girls,” she adds. “Just because it’s a booty shaking contest doesn’t mean you have to have a booty.”

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

But it’s not all about booty shaking and spring break. After leaving *The Hills*, Patridge focused on a career in acting with movies like *Sorority Row*, *Into The Blue 2: The Reef* and *Honey 2*. Next, she’ll appear in *Scary Movie 5*, in theaters on April 12th. “I had a little cameo. It’s such a fun movie, and I loved being on set.”

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

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

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

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

As much as she enjoys the aroma of curve appeal, her number one beauty tip has more to do with what’s on the inside than

the outside. "If you feel confident and beautiful, it's really going to show," she says. "It all really comes from within." Equally important as having confidence is being comfortable. For Patridge, wearing something that makes her feel uncomfortable can easily ruin her day.

So what does it take to get this California girl's attention? Patridge, who is rumored to be dating on-again, off-again boyfriend Corey Bohan, says the three most important qualities in a guy are "loyalty, integrity and respect." As for how to tell if a crush has these traits, she believes it's "about how he acts around his family, how he treats his mom. That's going to give you an idea of how he'll be with you."

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

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

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

Celebrity Divorce: Tom Cruise and Katie Holmes Are 'Incredibly Happy' Post-

Divorce



By Andrea Surujnauth

Katie Holmes and Tom Cruise seem to be having a very happy post-divorce period. The ex-couple's infamous divorce was finalized last year and since then, everything seems to be running smoothly. Adam Shankman told UsMagazine.com that the ex-couple is doing very well living separate lives. "Katie seems really happy. You just fight through all the noise. And it's noisy!" he said. The couple's daughter, Suri, is still getting to spend time with both mom and dad. Shankman said of Cruise, "I've just been emailing with him. He's coming back. He's shooting [*All You Need Is Kill*] in London and seems as happy as a clam. I know he sees his daughter." Another source also told *E! News*, 'She spent five days with him. He has been working quite long hours on the set, but he was able to have some time off to be with her. They had a really lovely time.'

What are some ways in which divorce can be a good thing?

Cupid's Advice:

Divorce can be a very difficult thing to go through, especially when you have kids. But what is the bright side of divorce? How can divorce be a good thing? Here are some ways:

1. No more tension: Before divorce, there is always tension in the house from fighting and being unhappy. Once you decide on having a divorce, the tension is gone! Getting rid of tension is good for you, your partner, and your kids. When there is stress and tension in the house, kids can pick up on that and it can make them depressed.

2. No more fighting: Fighting in a relationship is one of the biggest causes of stress. You go to work upset and stressed out which causes you to not be able to concentrate. When you are fighting with your partner everyday, it is difficult to find peace in any part of your day.

3. Chance at happiness: You were very unhappy in your relationship, that is what caused the divorce. Now you have the chance to find happiness and live the life you have been wanting to live. Divorce does not have to always be a sad time. Look at it as a new chance at life.

In what ways do you think divorce can be good? Comment below and let us know!

Celebrity Mom Melissa Joan

Hart Says Her Husband Is Worse Than Her Kids When Sick



By Andrea Surujnauth

Melissa Joan Hart, star of the hit show *Melissa and Joey*, had a house full of sick patients this month. Her three sons Mason, 7, Brady, 5, Tucker, 5 months, and her husband all had the flu. According to [People](#), Hart admitted that her husband, Mark Wilkerson, was the hardest patient to deal with. "Kids bounce back like that. Men ... not. You'd think that no one had ever been sick before!" said Hart. Surprisingly, Hart did not get sick at all. "You're the mom. You gotta clean it up and keep going. You're not allowed to get sick. You do not get sick. Especially when you're working, too."

How do you show you care when your partner is sick?

Cupid's Advice:

So your sweetheart is sick. What should you do? How do you show your beau that you care about them and want them to get better? Cupid has some advice for you:

1. Be their doctor: When your honey is sick, be their doctor. Tuck your partner into bed and give them their medicine. Check their temperature and make sure they get their rest. They will not only get better faster but they will love the attention that they get from you.

2. Make some home-made soup: When your beau is sick, a great way to help them feel better is to make them some home-made soup. Your partner will appreciate all the effort you put into helping them feel better and when sick, what could possibly be better than a big bowl of hot soup?

3. Keep the kids quiet: If you have kids, the best thing you can do for your sick partner is to keep the kids from bouncing off the walls. This way your sweetie will be able to get all the rest they need and they will definitely appreciate you for that!

How do you show your partner that you care when they are sick? Comment below and let us know!

Jennie Finch: Paisley Faye "Fits Like a Glove"





By Lisa Weber for Celebrity Baby Scoop

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

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

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

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

Why 'The Bachelor' Sean Lowe and Bride-to-Be Catherine Giudici Are Waiting for Marriage



By Andrea Surujnauth

The Bachelor's Sean Lowe and Catherine Giudici are excited to finally be public about their love for one another. "I'm just so excited that the secret is out," says Lowe. After having a romantic proposal in Thailand on national television, Guidici is happy to get the chance to be in a normal relationship with her man. "Now, we can be a normal couple and hold hands in public!" she exclaims. However, as excited as they are to be together at last, [People](#) reported that the two are waiting

until after they are married to be intimate with one another. "From my perspective, I've lived life kind of selfishly for a long time. Now, I'm going to try to live it the way I know to be right." says Lowe who is a born-again virgin and a conservative Christian. How does Giudici feel about this? "I honor him," she says. The two will be tying the knot on national television for an ABC special.

What are some ways to know your values match with your partner's?

Cupid's Advice:

Having the same values as your partner is a good sign that the two of you will have a long lasting relationship together. But how are you supposed to know whether the two of you have the same values? Cupid is here to tell you:

1. Religion: Having a partner that has the same religious beliefs as you is a good way of being sure that they have the same values as you. Even if the two of you do not have the same exact religion, you and your beau could still have the same values if you both hold your religions close to your heart or if you both don't believe in religion at all.

2. Family: How your partner treats his family is a great way of knowing whether or not the two of you have similar values. If your sweetheart loves their parents and keeps them close, then you have a family person on your hands. Are you the same way? Then you two have similar family values which is important if your planning on getting married.

3. Money: Do you and your sweetie have the same values when it comes to money? If your beau buys whatever makes them happy at the moment or spends paychecks on luxury items, be sure that you have the same lifestyle. If you are a big money saver, then you two do not have the same financial values. Be careful, you do not want to spend your lifetime fighting with

your partner over money.

How do you tell whether or not you and your partner have similar values? Comment below and let us know!

Celebrity Couple: Scott Disick Upsets Kourtney Kardashian with Comments About Post-Baby Weight



By Meghan Fitzgerald

Scott Disick is up to his usual nonsense yet again. While the beautiful Kourtney Kardashian is shaping herself up for this summer's bikini season, boyfriend Disick, is attempting to speed up the process. On the latest episode of *Kourtney and Khloe Take Miami*, Kourtney stepped on the scale weighing a tiny amount of 115 pounds. UsMagazine.com reported that Disick continued to say "Do you know what you're supposed to weigh for your average weight for your height?" [Los Angeles Times](http://LosAngelesTimes.com) describes how Disick told Kourtney 93 pounds is the "dream" weight. She then broke down to tears, saying she wanted to do it the healthy way. Good for you Kourtney, stick up for yourself in this relationship!

What are some ways to stay in shape as a couple?

Cupid's Advice:

Staying in shape as a couple is both a physical and a mental obstacle. It is essential to keep healthy, diet, and keep the communication strong as you continue on with your relationship. Although it may be challenging to stay in shape due to you and your mate's schedules however, it is manageable. Cupid has some advice on how to do this:

1. Yoga: Yoga is a mental and physical activity. It obviously exercising your body, leaving you in shape, toned, and leaving happy. It also keeps your mind aligned. Keeping you in balance with the nature and your thoughts. Doing this activity together as a couple will keep you both synced together in the relationship. It also assures that the two of you will stay in shape both physically and mentally.

2. Dieting: Keeping your diet healthy obviously keeps you healthy. Not only does it keep your body in tuned however, you mind becomes clearer, more sharp and alert. By fueling your body with healthy items, you overall become healthy. Dieting is a great thing to do when you're in a relationship, the two of you can keep watch on each other. Also, it gives you slight

motivation on who can get fit the quickest, or whose losing the most weight. Go on and buy those veggies!

3. Outdoors: Going outdoors, whether it be hiking, fitness walking, or what not; it kicks your butt in shape. Hiking especially keeps your mind body, and spirit aligned. It tones your legs, your arms. It decreases your stress and anxiety, it strengthens your skill and ability. Fitness walking is more for the average person. Hiking requires strong endurance, and motivation. Fitness walking can be kicked up with hills, pushing around a stroller if you have kids. Either way you and your partner are getting in shape!

How do you and your couple stay in shape? Explain below!

Desiree Hartsock Is the New 'Bachelorette'!





By Meghan Fitzgerald

Starting out as one of the 26 girls in *The Bachelor*, Desiree Hartsock was fan-favorited as the new *Bachelorette*. [People](#) reports on the *After the Final Rose* special, Hartsock stated, "Just can't even believe I'm here. With the support of everyone, it's just such a blessing." [Entertainment Weekly](#) reports that Hartsock shocked many when she sported a no bangs look, especially the *Women Tell All*. Hartsock will continue to shock many with drama, love, and passion on this summer's ninth edition of [The Bachelorette](#).

What are some out of the box ways to find love?

Cupid's Advice:

Finding love is a relatively hard thing to do. Love does not usually spring itself at you, some effort is required to find the love of your life. The ways to find love seem to be around the same thing; going to bars, blind dates, online dating, and what not. Are you tired of the same pattern over and over again to try and find love? You deserve a different,

out of the box way to find love. Cupid has some advice on this:

1. Yoga class: Yoga class is great for many things in life. Obviously it is a form of exercise, resulting in happiness. Which inevitably leads to a boost of confidence, and gives you more courage to talk to people of the opposite sex. It also balances your inner self with the natures of the world and others around you. Meeting new people at yoga will give you a look into people who are practicing the same life as you, relatively. Which will make finding love easier!

2. Volunteering: Would you ever suspect to meet the love of your life while volunteering? Most likely not. However, volunteering is full of generous, kind-hearted people looking to help the world. Looking for someone to love. Spark up a conversation with an opposite sex at the food pantry, or clothe drive, or helping out with the local blood drive. You never know what will come of the new interaction. So go out and do some good ladies and gentleman!

3. Friends: Scratch a blind date, hang out with your friends and converse with someone you don't know. If they're hanging out with your friends, you both must have something in common. If you two hit things off, it could loom into a full blown relationship. Also, if a date occurs from your meeting, it won't be strange because you two will already know each other. Go ahead and be social!

Have you ever found love in an out of the box way? Explain below!

'The Bachelor' Sean Lowe Chooses His Bride-to-Be



By Meghan Fitzgerald

This past Monday, *The Bachelor* hunk, Sean Lowe, proposed to the goofy yet beautiful graphic designer, Catherine Giudici, 26. [People](#) reports that the last episode took place in Thailand filled with romantic dates and the final two both meeting Lowe's parents. The emotional season came down to one girl, Catherine. [E! Online](#) announced that very shortly after Lowe proposed, Giudici jumped to Instagram to post a picture of the 3 carat Neil Lane engagement ring. The couple have not set a date, but plan on marrying very soon!

How do you know if your partner is 'the one'?

Cupid's Advice:

In many relationship cases, you may think 'the one' appears. There are numerous ways to determine whether or not your partner is 'the one.' Although this process can be excruciating it is worth it in the end to determine if you have found the person you will spend the rest of your life with. Cupid has some advice on your partner being 'the one':

1. Love: Are you willing to jump in front of a bus for your partner? Put aside the exaggeration, and focus on the things you are willing to do for your partner because you love them. Love is one of the easiest ways to determine if your partner is 'the one' or not. Depending on what type of love it is, it could be for the long haul. This 'the one' love needs to be constant, painful, hopeful, passionate, frustrating love. It needs to make you want to rip your hair out because you love your mate so much.

2. Treats you right: It is necessary for you partner to treat you right in general. It is especially important for your beau to treat you like a princess if you consider him 'the one.' Ask yourself a few questions on how your partner treats you. Do they kiss you gently, tell you how much you mean to them, do they do chores, celebrate anniversaries birthdays, sacrifice their weekends for family events? You need to make sure the relationship is filled with your mate treating you more than right.

3. Makes you feel special: Does your mate make you feel like you are the only one in their world? Do you see them as if they're the only one around? No matter the circumstance does your beau make you feel special? Like you're the luckiest person in the world because you're with them? If all the answers to these are yes than you may have 'the one' on your hands. Tie this rule in with the other one and determine if you have found the love of your life!

How did you know your partner was 'the one'? Share your comments below!

Celebrity Couple: Elle Macpherson Is Engaged to Billionaire Jeffrey Soffer



By Andrea Surujnauth

Elle Macpherson and billionaire real estate developer, Jeffrey Soffer, are engaged. According to UsMagazine.com, the couple dated in the past, but split up in March 2012. While the two

were broken up, Macpherson briefly dated financier Roger Jenkin. Macpherson and Soffer rekindled their relationship in November when he got into a helicopter accident and injured his vertebrae. News of their engagement was first announced on *Access Hollywood*. This will be Macpherson's second marriage. She was previously married to fashion photographer Gilles Bensimon. Macpherson also has two sons with ex-boyfriend Arpad Busson, 15-year-old Arpad Flynn and 10-year-old Aurelius Cy.

How do you keep money issues from affecting your relationship?

Cupid's Advice:

Money seems to be the center of many marital issues. How can you avoid having money issues mess up your relationship? Cupid is here with some advice:

1. Compatibility: When choosing a life partner, be sure to choose someone that has the same type of lifestyle as you. This does not mean that if you are wealthy, you should only go after a wealthy partner. Choosing someone with the same lifestyle as you means that if you are someone who enjoys living a luxurious lifestyle, you should choose someone who feels that same. If you like to spend your money on cars and vacations, being in a relationship with someone who rather save money can cause issues between the two of you. You need to choose someone that has similar values about money as you do.

2. Budget: When planning your budget, this should definitely not be done by only one person. The two of you should come together to do the budget. You are in a relationship so finances are something that needs to be done by both of you.

3. Emergency fund: Create an emergency fund together. When financial problems arise, that's when relationships tend to get rocky. If there is an emergency fund, you two lovebirds

will be able to avoid fighting over money if any problem occurs that calls for some extra cash.

How do you keep money issues from affecting your relationship? Share your ideas below.

Celebrity Couple: Nikki Reed and Paul McDonald Put Children On Hold for Music Career



By Andrea Surujnauth

Nikki Reed recently talked to [People](#) about her relationship with husband Paul McDonald and their plans for their future. Reed said that the key to a successful relationship is to spend time with one another. "I feel like it's really important to just be with each other and make the other person a priority," she tells *People*. She mentions that she and her hubby have been spending extra time with each other collaborating on music. "We're actually writing a full-length [album] and we should be releasing that in the next couple of months and hopefully doing some touring in Europe. We're playing a few shows at SXSW." says Reed. When it comes to expanding their family, Reed is in no rush to have kids. "Right now we're just so focused on what we're doing together musically and where we're at in our careers," Reed says. "I can't try to predict what life has in store for us because obviously at a certain point, you throw your hands up and say what's meant to happen will happen. But right now at this moment, I don't feel like I'm insistent on that. I just feel really content."

How do you know when it's time to have kids?

Cupid's Advice:

How do you know when you and your partner are ready to have a baby? Cupid is here with a few key signs to help you figure out whether or not you are ready to bring a baby into your life:

1. Relationship: Be sure that you are in a stable relationship before you and your partner attempt to get pregnant. If your relationship is on the rocks or barely hanging on a string, a baby will not help the situation. It might make the situation worse. You do not want to bring a baby into a home that has a lot of fighting or negative energy.

2. Finances: Be sure that you and your partner are financially prepared for a baby. Keep in mind that women have to go on

maternity leave after giving birth. Be sure you and your partner are stable enough to afford this along with all the expenses that goes along with a child. Remember, babies are not a one time expense, money will be needed to take care of that child until they become an adult.

3. Space: Babies take up room. If you and your partner are living in a tiny apartment, it will be difficult to fit a crib and a play pen for your bundle of joy. Be sure you have room for your baby to grow, play, and sleep. If you have all of this prepared, then you are ready to bring a beautiful baby into your life.

How did you know you were ready to have a baby? Share your thoughts below.

Celebrity Breakup: Josh Brolin Hits the Town with the Boys Post-Split With Diane Lane





By Andrea Surujnauth

Actor Josh Brolin was seen enjoying a guys night out only a few weeks after announcing his split from his wife of eight years, Diane Lane. The group consisted of Brolin's buds Bradley Cooper, Benicio Del Toro and Michael Fassbender, who were all seen hanging out by Skybar at the Mondrian Los Angeles together. An onlooker told [People](#) that Fassbender ordered a round of drinks for the group. The source goes on to add that the guy's night out lasted well past closing time. "They were in good spirits having fun! It looked like a very relaxed night out." the source told *People*. Brolin and Lane's split was said to be mutual by both parties.

What are some ways to help your friend move on after a breakup?

Cupid's Advice:

Your friend just went through a painful breakup and it hurts you to see your buddy hurt. How do you help your friend great through this heart breaking time? Cupid is here with some

advice for you:

1. Listen: Listen to your friend talk about their feelings. Let them tell you how hurt they are over the breakup. During this time the most important thing your friend needs is an ear to complain to and a shoulder to cry on. So be there for your friend and let them talk as much as they want to.

2. Go out: Going out does not necessarily mean going to the club or bar and hunting for a new relationship. Actually, do just the opposite. Take your friend out for the day and go for a walk, go out for lunch, go to the beach, or go to the gym. Your friend needs quality “friends only” time so go out, do some physical activity, and have fun!

3. Do not preach or lecture: This is a huge DONT when trying to help your friend get over a break up. Never say “I told you so”. Your friend already knows that the relationship was a flop and they do not need you to rub it in or pretend to be the all knowing relationship god. Just be there for your friend, don’t make them feel like they should have known better.

How do you help your friends get over breakups? Comment below and let us know!

Celebrity Baby News: Jessica Simpson Accidentally Reveals Baby-to-Be’s Gender



By Jessica Conigliaro

Pregnant Jessica Simpson accidentally broke news of her baby-to-be's gender on *Jimmy Kimmel Live* on Wednesday, March 6, UsMagazine.com reports. "The crazy thing is I never knew a wiener could make me nauseous," the *Fashion Star* mentor quipped. "...Well, I guess I just told the world that I'm having a boy!" Although it was unplanned, Simpson's televised reveal was certainly an exciting one.

What are some creative ways to reveal the gender of your unborn child to family and friends?

Cupid's Advice:

Finding out the sex of your baby is one of the most exciting parts of your pregnancy. Now, you get to share the excitement with your loved ones. Cupid's here to make sharing the news exciting and memorable:

1. Make it fun: Now that you know the sex of your baby, you get to share the good news with friends and family. Make the occasion fun by mailing jigsaw puzzles that spell out 'it's a girl' or 'it's a boy' when finished. This is a creative way to spread the news—and is sure to get your loved ones excited!

2. Pink or Blue: If you have kids already, surprise them by making an entire meal with either pink or blue food coloring. If you're having a girl, make pink colored pancakes with strawberries on top. Serve pink lemonade and don't forget the pink napkins and utensils! If they don't catch onto your gender reveal, spell out the sex of the baby on their waffles with chocolate syrup—they will love the fun surprise, and will create a lasting memory for all of you.

3. Gender parties: Share the moment you find out the sex of your baby with everyone close to you. Let one of your friends learn the sex of the baby before you and your partner; have them buy a cake with either pink or blue frosting inside—depending on the baby's gender. At the party, the soon to be parents get to discover the sex of their child in front of all their loved ones after slicing the cake. You get to celebrate your baby before he/she even arrives.

How did you tell your family the sex of your baby? Share your experiences below.

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



By Jared Sais

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

Catherine

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

After their one-on-one-date, as they said goodbye, they shared a long, loving hug, and both were wrapped around each other

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

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

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

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

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

It's important to note that both ladies showed real tears when

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

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

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

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

Lindsay

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

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

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

We saw a great example of a non-verbal lie when Lindsay told Sean that she was okay after he didn't propose to her. At

first, she nods her head yes but then shakes it no. This behavior was one of the things that I used throughout the season to identify any lies that Sean or the girls told. Still, Lindsay handled the bachelor's rejection with a lot of grace.

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

Sean & His Family

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

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

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

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

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

Conclusion

As a side note, **Lesley M.** and the host, Chris Harrison, had some sexual tension! She looked into his eyes as she pushed her hair back over her ears. They also reach out and touch

each other on the back and arms. Lesley then bites her lower lip. Definitely some flirting going on!

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

Good luck in your search for love!

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

Celebrity News: Liam Hemsworth Hangs in Australia While Miley Cyrus Parties Without Engagement Ring





By Jessica Conigliaro

Miley Cyrus was spotted without her engagement ring on Wednesday, March 6. She was heading to her recording studio in an all-black outfit without her bauble, which caused murmurs of a troubled engagement, UsMagazine.com reports. Two nights in a row, *Hunger Games* star Liam Hemsworth was spotted several thousand miles away in Australia. The soon-to-be married couple have been portrayed in the media as going through a rough patch.

What are some ways to keep rumors and gossip from affecting your relationship?

Cupid's Advice:

When it comes to dating, all of your friends seem to be overly curious about your relationship. This curiosity often leads to false truths and rumors about you and your partner. Cupid offers some advice on how to save the relationship from the lies:

1. Talk it through: A nasty rumor is going around that you and your boyfriend might break up; confront him about it first. Address the rumor and find out why it started. It may have

started because you two were arguing in front of your friends. If your disputes are causing people to think there's a problem in your relationship, make sure there aren't any. Talking out your problems will create a solution for both of you, and will put an end to the rumors of a breakup.

2. Verify the lies: Sometimes, you hear rumors about your partner and wonder if they're true or not. Before worrying if your boyfriend actually cheated on you, tell him about the rumor. This way, you are not getting your facts from unreliable sources. If the rumor is not true, he will probably laugh at how ridiculous it all sounds. If you choose not to bring it to his attention, you will always be wondering if it is the truth—which may drive you a little crazy.

3. Remember the good: In any relationship, there are good qualities and bad ones as well. People tend to only see the bad ones, and let them stick out in their minds. If you tell your friends your partner snores in his sleep and has gross toenails, that's all they will talk about, making the situation sound a lot worse. Little nuisances such as these are no reason to end the relationship. Keep in mind all of the reasons you fell in love with your man—you already accepted his flaws, don't let your friend's opinions get to you now.

How did you and your partner ignore hurtful rumors? Share in the comments below.

Celebrity Mom Holly Madison Defends Her Name Choice for

Daughter



By Jessica Conigliaro

Holly Madison, the former *Girls Next Door* star, recently named her daughter Rainbow Aurora. Madison chose to name her after a former schoolmate, [People](#) reports. “She was a perfectly normal, well-adjusted, sporty girl, by the way, so I’m not worried about my daughter being ‘traumatized’ by having an unusual name,” Madison, 33, writes on her website. The proud new mother honored the birth of her new daughter by painting her nails in rainbow colors.

What are some important factors to consider when you’re naming your child?

Cupid’s Advice:

Naming your child is a special occasion you get to share with your partner. You have been thinking of potential names for your future kids since you were eight years old, playing with your dolls. Now, you get to do it for real! Cupid's here to help make the process easier:

1. Name them after someone: You just found out you are having a baby boy—your husband's very first thought is to name him after himself. This is a great way to show your future son how important family is and will create a special bond between him and his father. You may also decide to name him after his grandfather that passed away, or a close friend. Either way, he will take comfort one day knowing he is named after someone important to the family.

2. What to avoid: Throughout our lives, we encounter difficult people. Your old boss, Joanne always gave you a hard time and made the workday terrible. Avoid naming your baby after anyone that you have negative feelings towards—even if you like the name. You will constantly be reminded of the bad memories with that person. Cross Joanne off the list of baby names!

3. Agree on a name: You and your partner are likely to disagree on baby names, which is a common dispute between expecting couples. Don't force your spouse to like a name he doesn't —the right name will be one you both love instantly. However, if you absolutely love a baby name and he isn't too sure about it, give your husband some time to think it over before dismissing it completely. At the end of the day, you both should love the name you chose.

What factors did you consider when naming your children? Share below.

Celebrity News: Miley Cyrus Says She Did Not Call Off Her Engagement to Liam Hemsworth



By Meghan Fitzgerald

We will still be expecting a wedding from celebrity couple, Miley Cyrus and Liam Hemsworth? Rumors have been flying that Miley Cyrus called off her engagement to her Australian hunk. Although the duo may have some problems, doesn't everyone? [ABCNews](#) states that the couple have very different personalities, which make the relationship challenging, however, the love is present which is all that matters. [People](#) reports that the two are working out their problems while planning for their wedding.

How do you keep rumors from ruining your relationship?

Cupid's Advice:

Relationships are hard in the first place, and then rumors are thrown into the equation. It is bound to get messy. Depending on how close you and your partner are, you may have to work harder to prevent rumors from wedging their way into your relationship. Social media stirs up this rumor-relationship pot even more, sometimes making it bubble over. Cupid has some advice on how to keep rumors out:

1. Truth: Truth is essential to have when you are in a relationship, especially if rumors are present. For example, say your partner saw a member of the opposite sex text you. This could be a no-big-deal, so your mate asks you if 'Jamie' texted you, you say no. This then erupts into a spiral of accusations, yelling, and a whole lot of mess. Even if it is a serious matter and you don't wish to tell your beau, tell them anyways. Truth will always triumph.

2. Communication: You know what people say, communication is key? Well they are more than right. It is necessary to communicate sharply with your partner. If rumors are present, it is even more important that you both talk about everything going on. Doing this will wash the rumors out, and leave you both with a loving and happy relationship. If you don't communicate, and let all your emotions bottle up inside, they will inevitably explode out and cause catastrophe.

3. Respect: You need to respect your partner, and your partner needs to respect you. If you or they don't, leave the relationship as soon as possible. With respect, even if you don't believe what your mate is saying, you need to go by them. If they say it is true, and the rumors are false, respect their honesty in confronting them and push the rumors away. Respect is the easiest way to get rid of the rumors for good.

Has rumors ever ruined your relationship? Share below!

New Celebrity Couple: Jake Gyllenhaal Is Dating 'Sports Illustrated' Model Emily DiDonato



By Meghan Fitzgerald

UsMagazine.com reports that steamy *End of Watch* actor, Jake Gyllenhaal, met a beautiful young model, Emily DiDonato at SoulCycle in New York City last fall. The two have been dating

for about a month or two, according to sources. [Huffington Post](#) reports that the young beauty, 22, has a lot on her plate. Her first job with Ralph Lauren, modeling bikinis in *Sports Illustrated*, beauty campaigns with Armani Acqua di Gioia, and numerous other fashion campaigns take up a lot of her time. Good luck to the native New Yorker and the classic Hollywood boy!

How can working out help you meet the man of your dreams?

Cupid's Advice:

Unless you are a fitness junkie, working out typically isn't on the top of many peoples lists. Working out doesn't always feel like the greatest idea, nor is it appealing at most. Getting all sweaty to have to shower another time afterwards, who would want that? Well ladies and gentlemen, working out could lead to the love of your life, the man of your dreams. Cupid has some more advice:

1. Feel better: It is essential in life to feel better than yesterday. Or to feel great in the first place. It is not always easy to feel great all the time. With work, bills, family, it comes piling in. Working out however, can temporarily make you forget about all these dilemmas in your life. Not only will your worries fade away, but you will feel better that man realize your glow, your aura and want to talk to you. This is a great thing, ladies, just go with it!

2. Gain confidence: Working out will eventually get you a better body, you may not expect it or want it, but it will happen. This will shoot your confidence through the rough, feeling like an entirely different person. With all this extra confidence, you will become more confident with man. Going up to them and talking to them, giving out your number, flirting, it will all come easier. You are way more likely to find the man of your dreams if your confidence is high. So, get on those ellipticals ladies!

3. Happiness: It is proven that working out makes you happier, it releases endorphins which subsequently make you happy. Being a happier person will also give you confidence, it will make you want to do more in life. Conquer more, meet more people, and achieve more. If you are happy, you genuinely would go out. You don't know if the man of your dreams is sitting by himself at a bar, just waiting for you. Go and find out!

Has working out helped you find your dream man? Share below!

Celebrity Baby News: Kate Middleton Embraces Her Pregnant Body





By Meghan Fitzgerald

The past few weeks, Duchess of Cambridge, 31, has been flaunting her growing and glorious baby bump. The royal mom-to-be has sported her belly under sports coats, and dresses, according to UsMagazine.com. A family friend reported that Middleton is content with her changes. Entertainmentwise.com reports that her posture has changed, instead of her hands on her hips, she rests her hand under her belly. The royal couple are embracing the constant changes as they come by.

What are some ways to make your pregnant partner feel beautiful?

Cupid's Advice:

Being pregnant leaves you with a lot of extra weight on your feet and on your shoulders. Your self-esteem and confidence drops, your hormones increase, and you feel your world changing. This is a emotional whirlwind for a pregnant person. Your pregnant partner may not feel as beautiful as they used

to. Cupid has some advice on how to change this:

1. Express love: Love makes you feel, well, loved. It makes your insides twirl and giggle. It simply makes you feel beauty, If your pregnant mate is not feeling beautiful, tell them how much you love them. Express it through different ways. Do some chores, make them a card, kiss their forehead and whisper in their ears, get them their favorite craving at the moment, love them! Your beau will feel beautiful if you show them how much love you have for them.

2. Do chores: Chores are a pain, no matter what the task, they simply are not welcoming nor wanted. The last thing your pregnant partner wants to do is chores, they're tired, hormonal, cramped, sore. They should be able to focus on preparing for the child they are about to push out, and the family they will soon have. This bring said, do your pregnant mate's chores! It again shows them how much you love them, which in return, shows them that they're beautiful.

3. Massage: Honestly though, who doesn't enjoy a massage? Your worries fade out, you relax done, plus they're enjoyable. This feeling multiplies when you're pregnant, the feeling of all your problems fading away. So give your pregnant love a nice, hearty massage. Take time from your phone, your job, social media and what not. Focus thirty minutes of your time to the love of your life. Your mate will appreciate this immensely, plus it will make them feel beautiful again!

Have you ever made a pregnant woman happy, or your partner make you happy when you were pregnant? Explain below.

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



By Jenny Schafer for Celebrity Baby Scoop

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

Melissa opens up to Celebrity Baby Scoop about her three sons – **Mason**, 7, **Brady**, nearly 4, and **Tucker**, 5 months – the end of her maternity leave, and her return to work at *Melissa & Joey*. She also weighs in on the media's obsession for women to lose

the baby weight quickly. Continue reading below...

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

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

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

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

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

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

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

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

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

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

The Bachelor's Sean Lowe Blogs About Women Tell All



By Andrea Surujnauth

The Bachelor's Sean Lowe blogged about his experience with the *Women Tell All* special on [People](#). The women who were sent

home in *The Bachelor* came back to discuss what happened in the show with Lowe. "Walking out and taking a seat in front of the women was such a surreal experience. Having 20-plus 'exes' in the same room is a bit daunting, but I was happy to see them nonetheless," blogged Lowe. He goes on to discuss the love he felt for Desiree, although their relationship did not work out and he mentions the sadness he felt when he sent Sarah home. Lowe then begins to blog about his reunion with AshLee. When Ashlee came over to sit on the couch, she told Lowe that she always viewed him as a southern gentleman, and she was very disappointed that he didn't come check on her after he sent her home. "This totally caught me off guard," blogged Lowe. "I wanted to be as nice as possible, but I also wanted to tell her that once you don't receive a rose, you know you only get a brief moment to talk it over before going home. She wasted that moment by not saying a word. That's why Chris Harrison says, 'Take a moment and say your goodbyes.' I don't want to sound unsympathetic, but that's how the show works." Lowe continues to express his confusion as to why Ashlee felt this way about him. "I don't know what I may have said that would have given AshLee the impression she got, but I am sorry if I said anything at all that misled her because that was truly not my intention."

How can you stick up for yourself when someone says something untrue about you?

Cupid's Advice:

When someone says something untrue about you, your first reaction is to stick up for yourself. But how can you stick up for yourself without seeming defensive? You want to tell them that they are wrong but you do not want to create a scene otherwise it will look what the other person is saying is probably true since you are making such a big deal about it. Cupid is here to help you figure out the right way to stick up for yourself:

1. No personal digs: Do not get personal or attack the person that is saying untrue things about you. Defending yourself does not have to mean putting down anyone else or stooping down to anyone's level. If you attack someone, you will be no better than them.

2. Speak calmly: Yelling or screaming will not help you make your point. As a matter of fact, it will make you look guilty. Speak as calmly as possible while still getting your point across. Tell them they are wrong and say why they are wrong. Calmly tell them that it is hurtful when they say untrue things about you.

3. Be understanding: Once you tell the person that they are wrong and why, do not expect them to apologize or believe you. Do not force anyone to change their attitude. If you spend your time trying to do so, you will just be putting stress on yourself. It is not worth it. Everyone has their own opinion and not everyone will like you. Just accept it and move on.

How do you stick up for yourself when someone says something untrue about you? Comment below.

Celebrity News: Kristin Cavallari Is Planning Summer Wedding to Jay Cutler





By Andrea Surujnauth

Kristin Cavallari and fiancé Jay Cutler are planning their wedding for the second time together. According to [People](#), the two were previously engaged, but split up in July 2011. The lovebirds got engaged for the second time in November 2011. The couple are registered at Williams-Sonoma and their list contains about 70-items all adding up to over \$4,000. The pair has not announced their wedding date, but their registry has July 13th as their big day. The couple has a son, Camden Jack, who was born in August 2012.

How can you decide what is the best time of year for your wedding?

Cupid's Advice:

When choosing a date for your wedding, it may be difficult to find a day that will be perfect for both you and your guests. You want nice weather for your wedding and you want everyone to show up. How can you choose the perfect date? Cupid has some ideas that you should consider:

1. Important events: When choosing when to have your wedding, you should consider which days need to be off the table. You do not want your wedding on Superbowl weekend or the weekend before Christmas otherwise many of your guest will not show up. Consider what holidays and sporting events might be important to your guests because you want as many people as possible to come celebrate your big day with you!

2. Superstitious days: If you are superstitious, you may want to shy away from having your wedding on the 13th of any month. Think about the future, do you really want your anniversary to land on friday the 13th?

3. Seasons: Consider if you want a winter wonderland themed wedding, winter would be perfect for you. Do you want a hot summer weather? Flowers and breezy spring weather? Or the colorful scenery of the fall? Think of what weather would go with your wedding the best.

How did you choose a date for your wedding? Comment below and let us know.

Celebrity Taylor Swift on relationships: I'm Not a "Clingy, Insane, Desperate Girlfriend"





By Andrea Surujnauth

Taylor Swift finally decided to address all the rumors about her crazy love life. Rumors have circulated that the 23-year-old has had multiple boyfriends and every time she breaks up with one, she writes a song to bash him. According to UsMagazine.com, Taylor told *Vanity Fair*, "If you want some big revelation, since 2010 I have dated exactly two people." These two people were Conor Kennedy and One Direction singer, Harry Styles. Swift's list of alleged celebrity beaus include Jake Gyllenhaal, John Mayer, Joe Jonas and Taylor Lautner – many of whom she has apparently written break up songs about. Swift addresses this issue by stating, "The fact that there are slide shows of a dozen guys that I either hugged on a red carpet or met for lunch or wrote a song with. . . it's just kind of ridiculous." In regards to the songs that she in fact did write based on a relationship she says, "For a female to write about her feelings, and then be portrayed as some clingy, insane, desperate girlfriend in need of making you marry her and have kids with her, I think that's taking something that potentially should be celebrated – a woman writing about her feelings in a confessional way –that's

taking it and turning it and twisting it into something that is frankly a little sexist.”

What are some qualities that make someone a good girlfriend?

Cupid's Advice:

What do guys look for in a girlfriend? What traits are the most important in a good girlfriend? What's most important is to be yourself. Cupid is here with a few traits that most guys find irresistible:

1. Independent: Being independent does not mean that you have to be the tough guy in your relationship but guys don't like a girl that acts like she can't function without him around. Acting needy tends to chase guys away. Show that you can take care of yourself and be a big girl. No guy wants to baby-sit their girlfriend.

2. No nagging: Guys don't want a girlfriend that will create an argument over the most miniscule issues. Leaving clothes on the floor is not a reason to cause a big blow-out argument. Save your anger for when there is actually a reason to be angry. Choose your battles wisely and don't treat your man like a child.

3. Intelligence: No guy wants a girl that does not know up from down. He wants to be able to hold a conversation with his sweetheart. Guys don't just want a girl that is nice to look at, they want one that they can be proud of. If you act like a dunce, he will be too embarrassed to bring you around his friends and family.

What qualities do you think make a good girlfriend? Comment below and let us know.