

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



By Jared Sais

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

Lindsay

First, let's analyze one of Sean's micro-expressions. When speaking about the potential for Lindsay to be his future wife, Sean raised his eyebrows, meaning he was surprised about this possibility. I'm sure the raised eyebrows were related to Lindsay's first night in a wedding dress and how Sean thought

she was crazy (as did I). But now, to everyone's surprise, she's in the top three (two!).

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

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

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

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

As a side note, did anyone else want that sidecar motorcycle? I would also like to say that I'm in the bug club too. Yep, I've eaten a bug.

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

AshLee

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

When they were together and speaking on the couch back in the hotel, Sean showed micro-expressions of sadness. He got

emotional when speaking about his future with AshLee, revealing that he really likes her.

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

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

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

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

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

Catherine

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

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

and Catherine have crazy intense feelings for each other. Remember that sometimes the most meaningful and romantic touches are on the neck.

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

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

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

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

Conclusion

Honestly, I was leaning towards AshLee as the runner-up with Lindsay going home tonight. This is the second week that Sean’s non-verbal cues towards Lindsay have been strange and off-putting. But there can only be one winner, and my money is on Catherine – so I’m still in the game!

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

On a similar note, AshLee may have been a bit too intimidating

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

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

Kim Kardashian and Kanye West Are Expecting a Baby Girl



By Jessica

Conigliaro

Celebrity couple Kim Kardashian and Kanye West recently discovered they're having a baby girl—and couldn't be happier about the news. UsMagazine.com reports a good friend of the couple saying "They're over the moon... Kanye always wanted a girl." Back in January, Kardashian appeared on *Jimmy Kimmel Live* saying, "If anyone knows Kanye, they just know how into fashion he is, and I think he's going to have things specially made."

How do you prepare for a baby boy versus a girl?

Cupid's Advice:

You just heard the news that you're having a baby girl—what do you do now? Finding out the gender of your baby certainly makes everything feel more real. There's not just a growing baby inside you anymore; there's a growing baby girl. Cupid offers some tips on how to prepare:

1. Pink vs. Blue: One of the most exciting parts of pregnancy is nesting, which occurs when the mother-to-be prepares for her baby. Painting the baby room is a major step. Once you find out it's a girl, get ready to buy a lot of pink paint, furniture, and toys!

2. Dress shopping: What mother doesn't enjoy dressing up her baby? If you're having a girl, start shopping for those little dresses—what you've been waiting to do forever. If it's a boy, how can you resist those tiny dress shirts and ties? Buying baby clothes will get you excited to meet your new baby.

3. Gender parties: Finding out the sex of your child is such an exciting and memorable moment. Why not share the occasion with family and friends? 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 prepare for your baby girl? Share your experiences below.

Tiger Woods and Elin Nordegren Reunite for Sake of Children



By Jessica

Conigliaro

Tiger Woods and Elin Nordegren finalized their divorce back in the summer of 2010—and not on the best of terms. They have made the mature decision to stay on good terms for the sake of their children. [People](#) reports a member of Woods's crew saying, "He's not getting back with Elin. That's never going to happen. They are co-parenting the children. Like any other mature adults, they have set aside their differences and are striving to be the best parents they can possibly be."

What are some ways to set aside your differences for your children?

Cupid's Advice:

Divorce can be messy no matter what the circumstances are. The love you once shared with your spouse turns to hurt and resentment. Your kids will surely be affected by this drastic family feud. Cupid offers some advice on how to keep them from feeling the burden:

1. Let go of the past: Spending time with your ex is inevitable if you have kids. Your son has a baseball game that both of you will be attending; things like that will always come up. Don't rehash on old arguments—especially not in front of the kids. It's in the past and will only hurt everyone involved when brought up again.

2. Be friendly: We all know how intuitive children can be. They notice everything around them. When their parents are fighting, kids become upset as well. Befriending your ex husband will not only make it easier for you to be around them, but will also make your children feel comforted knowing their parents can act civil around each other.

3. Do things as a family: For their whole lives, your kids spent most of the time with both a mother and a father. Now that you are divorced, it is safe to say that will change for them—but it doesn't have to completely. Invite your ex to the park next time you go, or plan family dinners. Your child will be happy to have his/her family together again—even if just for a meal.

How did you stay close to your ex for the sake of the children? Share below.

Jessica Biel Praises Husband Justin Timberlake's

Performance at the Brit Awards



By Meghan

Fitzgerald

Love was in the air at Justin Timberlake's performance at The Brit Awards left many people anxiously waiting his new album release. [E! Online](#) reported that wife, Jessica Biel was able to go to the Brit Awards and watch hubby perform his new song, "Mirrors." Biel was so proud off her husband's performance, and his recent work, that she rushed right to Twitter. Saying "My huz just killed it on the Brits, and the London fans are the tits!" [UsMagazine.com](#) stated that Biel was "super excited for the show" and even danced around the VIP section to "SexyBack."

What are some ways to support your partner in his or her passion?

Cupid's Advice:

No matter how obscure your partners' passion is, it is your duty to support it. Being apart of a relationship is to love your mate entirely. If your beau loves to collect baseball cards, ask him about it. It will not only form a bond between the two of you. However, your partner will love you even more for wanting to know more about you. Putting a little more effort into one of your mate's passions will have unlimited rewards. Cupid has some more advice:

1. Praise: Did you beau just book a new venue for their British Pop band? Is their passion ripping away on the guitar at a way-too-old age? With any of the passions your mate might have, find an aspect of it you enjoy, the crowd of a concert. If your beau loves to jump off planes, love the plane ride, not the jump. In every passion, there is something you could love. Take this love and give it to your partner. Praise them on how well they have been doing, how proud you are of them. Even if you don't love their passion entirely, you love some of it.

2. Listen: With passion, most people enjoy telling others why they love it, how it makes their day, how it drives them crazy, how it makes them "them." Listen to your mate about his passion. Listen to how much they love their passion. Realize how much they express love. Love them for opening up to you. Be passionate with them. It does not have to be their passion too, but be passionate together.

3. Be apart of it: Attempt to be apart of their passion, if your beau wants you too. With most relationships, your partner will be completely ecstatic that you want to delve into their passion. Give them some guidance, or simply be there with them. Your mate will love having you just there with them. They will think you two are embracing their passion as one. Go with it.

Have you supported your partner's passion? Share your experiences below.

Hayden Panettiere and Wladimir Klitschko Reunite for a Taco Date



By Meghan

Fitzgerald

Could it be? Hayden Panettiere and Wladimir Klitschko are giving one another a second chance at love! An onlooker told [People](#), "The duo was spotted together enjoying lunch at Taco Beach Shack in Hollywood on Monday." The *Nashville* actress and Ukrainian heavyweight boxing champion have been seen together

since the beginning of January, reports UsMagazine.com. After their split in May of 2011, they never really lost contact. They held a steady courtship and is now giving love a second chance!

How do you know when to give an old flame a second chance?

Cupid's Advice:

Second chances are challenging for some people. They don't want to be hurt over again, they don't want to be in a vulnerable state by getting back together. In certain scenarios, it is okay to rekindle the flame. With these situations, you have to be completely sure that giving a second chance is the right thing to do. It is a strong possibility that you think you should give a second chance however, in reality it's not. Cupid has some advice:

1. They've changed: If the relationship ended because your partner ended up changing from when you first began to date, they can change again. Although you may not want to believe that they've changed because of past reasons, believe it! People change! If they change for the better, why not give them a second chance? If your relationship was golden before they changed, and you want that again, test the water and go for it.

2. Soul mate: If you believe that your ex-mate is your soul mate, give another chance. Many people believe that there is "the one" out there, just waiting for you to find them. If you have any suspicion that your ex is the only love of your life, shed out a second chance. Of course there is a large chance that you might get your heartbroken again, it is worth it! We promise you, it is worth the leap. Don't you want to know if your ex is "the one?"

3. Know the risks: With giving your ex a second chance, make sure you are aware of the circumstances which come along with

it. Be aware that you may bump into some obstacles and it may not work out. Know where your position is in the relationship and how your mate feels about getting back together. Ask your ex why he deserves a second chance and what he is going to do to make this time around better.

Have you given an old flame a second chance? Explain below!

LeAnn Rimes and Eddie Cibrian Purchase \$3 Million L.A. Mansion



Fitzgerald

By Meghan

Celebrity couple [LeAnn Rimes](#) and Eddie Cibrian have found

their latest investment—a 3 million dollar mansion in the [celebrity](#) filled area of Hidden Hills. [People](#) reported that the loving couple's new home “boasts six bedrooms, nine bathrooms, and 8,642 sq. ft. of space, which includes a swing set-filled backyard and gigantic outdoor pool.” [New York Daily News](#) states that “the house was originally listed for \$5.75, almost double what they bought it for.” The country singer and [husband](#) have their hands full for this mansion.

How do you compromise with your partner when you're buying a home?

Cupid's Advice:

Whether you are a newlywed or not, purchasing a home with your partner is mainly about compromising. You and your mate want to settle down, start a family, and decide on your ideal house you'll live in for the rest of your lives. Buying a home is a financial, emotional change in you and your spouse's lives. This being said, you both have to relatively agree on the home to be happy. Cupid has some more advice:

1. Prioritize: If your income doesn't allow a five-bedroom, four and a half bath, indoor and outdoor pool; do not buy it. You and your beau both have to realize what is realistic for your funds. Sit down with your spouse and discuss what you want, and what they want. Go from there. Look into homes that have something your [partner](#) wants, and another home that has something you want. Find an in between, and buy that home!

2. Listen: The most important part of this process is to listen to what your partner wants. You two will never come to a compromise if you blatantly ignore what your mate is saying. To reach an in between, you must listen intently to your partner's ideal home for the two of you. Even if you don't agree to what your mate has to say, you [love](#) them and it is your responsibility to listen.

3. Real estate agent: Having a great real estate agent will

save you a lot of time, stress, and in the end, money. Real estate agents know their business, they know what certain couples need and what they want. They are able to help with the compromise between you and your [beau](#). They know the ins and outs of the neighborhood, they can predict future problems and help the negotiation process.

Have you compromised with your partner about buying a home? Explain below!

Chelsea Handler Gushes to Ellen DeGeneres About Boyfriend Andre Balazs



By Andrea

Surujnauth

On February 18th Chelsea Handler made an appearance on the *Ellen DeGeneres* show. According to UsMagazine.com, Handler was excited to talk about her on-again boyfriend Andre Balazs. "We can talk about my boyfriend! I love him. He's the best." She told Ellen that although they've had a rocky relationship in the past, she really loves him. As Ellen showed a picture of these two lovebirds together Handler gave a big smile. "Isn't he handsome?" she asked the audience. Handler and Balazs have been dating on and off for two years. Handler was extremely tight-lipped about the relationship in the past, but is now open about her love for her man. Balazs is a 56-year-old hotelier with a 23-year-old daughter.

What are some reasons to keep your relationship under wraps at first?

Cupid's Advice:

When in love, you just want to shout it out from the rooftops. But sometimes it can be a good idea to keep your relationship a secret at first. Cupid is here to tell you why.

1. Make sure it is serious: Couples tend to keep their relationships under wraps at first because they want to make sure that it is serious enough to last a long time before they start telling people about it. Nothing is more embarrassing than having to tell everyone that you are no longer with your beau after only a week of spreading the news.

2. Publicity: When your relationship is public, there are many more pressures to endure. Your relationship seems to constantly be under microscope being examined by everyone you come into contact with. Every little fight is everyone's business. Keeping your relationship quiet until its ready to withstand those pressures will save you a lifetime of stress.

3. Jealousy: When your relationship is public, it can fall

victim to the jealousy of others. By keeping your relationship on the down low in the beginning, you and your sweetheart will have time to build up enough trust in each other so when you do go public, those jealous outsiders won't be able to mess up what you two have.

Why would you keep your relationship under wraps at first? Comment below and let us know!

Mario Lopez and Wife Courtney Are Expecting Baby #2



By **Andrea**

Surujnauth

Mario and Courtney Lopez are expecting their second baby in

late summer. The two announced the pregnancy on February 19th on the set of *Extra*. According to [People](#), Mario Lopez brought his wife and daughter onscreen to make the announcement. His daughter, 2, was the one to break the news by wearing a shirt that read "Big Sister Gia". Lopez has always wanted a big family. During his wedding he joked "We're working on that. Right after the wedding. We'll wait for the guests to leave and then we're getting right on that!"

How do you prepare for a second child versus your first?

Cupid's Advice:

Learning to care for your first child was not easy. Now you are expecting baby #2. How do you prepare for taking care of two children instead of only one? Cupid is here with some advice for you:

1. Prepare your first child: Get your first child excited about becoming a big brother or a big sister. Talk about playing and changing the new baby together. Make sure your first child feels involved and not left out. Show that you need your first-born to help you make them feel like an important part of the new baby's life. Make sure you show them love and appreciation for being the first born and now the older sibling.

2. Take classes: It is best to brush up on the labor and delivery procedures for the new bundle of joy. You may think that you remember everything but re-taking classes can be extremely beneficial the second time around.

3. Organize: Organization is key to making everything run smoothly. Having two kids can become hectic if you are not prepared. Make sure you and your partner schedule time for each child and time to rest.

How do you prepare for your second child versus your first?

Comment below and let us know!

Courtney Lopez: “Mario and I Are Over The Moon”



By Jenny

Schafer for Celebrity Baby Scoop

Already parents to 2-year-old daughter Gia, Mario Lopez and Courtney Lopez are expanding their family. The newlyweds announced on *Extra* Tuesday that their second child is on the way, while giving away beautiful bedding by Carousel Designs with Hollywood insider GG Benitez.

Courtney opens up to Celebrity Baby Scoop about feeling “wonderful” and “over the moon” about their baby on-the-way.

She goes on to talk about her pregnancy cravings, planning on a surprise delivery, and her prenatal fitness program.

CBS: Congratulations on your second pregnancy! How are you feeling? Any weird cravings?

CL: "Thank you so much. Mario and I are over the moon! I feel wonderful. I've been craving a lot of fruit and Captain Crunch cereal."

CBS: Were you pregnant at your December wedding? If so, were you feeling OK on your big day?

CL: "I was not pregnant at my wedding. Perhaps this is a honeymoon baby!"

CBS: When are you due? Are you going to find out the gender?

CL: "I'm due at the very end of summer. Hopefully the baby doesn't come on Gia's birthday (September 11). We are not finding out the gender of any of our babies – it's so much fun that way."

CBS: Tell us about doing the giveaway with Carousel Designs on *Extra*.

CL: "It was such an honor to have Carousel Designs do a giveaway at *Extra*. It was a perfect combination to announce our baby and give away a product I love."

CBS: Are you working on a prenatal fitness program?

CL: "I have a wonderful trainer, Angela Copland, who knows exactly what I need during this time. I work out with her 4 times a week and I try to take long walks on the other days."

CBS: Are you concerned about losing the baby weight quickly once the baby arrives?

CL: "I was pretty lucky losing the baby weight the first time."

I lost everything and a little more only 3 months after Gia was born. I hope and pray I'm as lucky the second time around."

CBS: With Earth Day coming up, what are some of the ways you teach Gia to be eco-friendly?

CL: "We are teaching Gia how important it is to recycle. We also just changed our whole house to LED lights."

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





By Whitney

Baker and Nicole Cavanagh

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

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

Speaking of red carpets, for the 2013 Academy Awards, Papworth hopes to see a lot of old school Hollywood glamour. To her, there is nothing better than a woman just being pretty. "No gimmicks or crazy blue eye shadow and insane hair. I just love beautiful looks and classy dresses. That's what the Oscars are all about!"

Related Link: [Marc Friedland Explains Why the Winner's](#)

Envelope is Now an Iconic Part of the Oscars

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



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

Papworth is also excited to see what Jennifer Lawrence, Quvenzhané Wallis and Jessica Chastain will be wearing. For Lawrence, she hopes to see a pretty, polished updo. As for Wallis, she always likes to see how the younger stars manage

to look beautiful while still being age-appropriate. Chastain should wear a color that complements her luscious red locks, such as emerald green or deep plum.

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

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

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

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

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

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

hair and makeup; Papworth has even fallen victim to this mistake.

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

As Papworth says, “It’s about finding that perfect marriage.”

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

Vin Diesel Sings Cover of Rihanna Song for Longtime Girlfriend





By Andrea

Surujnauth

Vin Diesel decided to give his longtime girlfriend, Paloma Jimenez, an original Valentine's Day present this year. *The Fast and The Furious* star recorded himself singing Rihanna's hit song "Stay" for Jimenez with the help of his daughter. According to [People](#), he dedicated the touching lyrics to her and took his fans by surprise with his performance. "People say 'I didn't know you were a Rihanna fan?' " he says. "How could you not be a fan of her voice, her gift?"

What are some vocal gifts you can give your partner in lieu of a present?

Cupid's Advice:

Flowers, chocolates, and stuffed animals, they are nice but they seem to be so commercial and unoriginal. You want to show your honey that they mean the world to you, but how can you do that without breaking the bank? No worries, Cupid can help you with that!

1. Sing a song: Pull a Vin Diesel and sing your sweetheart a touching song. Find a mic and pick a song that expresses just how much you love your partner. To make it even more romantic,

sing it to them in person.

2. Get creative: Write a song for your sweetie! Mention a romantic or funny moment you had with them or mention how you met in your song. Your honey will be very grateful and impressed by the time and energy you took to put this present together.

3. Cant sing?: Okay so you want to give your partner something romantic and original, similar to a song, but you do not have much of a singing voice. Write your beau a poem then read it to them in person. It is just as good as singing a song and reading it in person will make your partner feel special.

What kind of vocal gifts would you give your partner in lieu of a present? Comment below and let us know.

Rob Kardashian Defends Bashing Ex Rita Ora





By Meghan

Fitzgerald

Rob Kardashian is now defending his tweets against ex, Rita Ora, two months after posting the now-deleted tweet. According to UsMagazine.com, the last episode of *Kourtney & Kim Take Miami* was when Rob defended his actions. *PerezHilton* reports that Kardashian said, "I posted what I posted to keep myself from taking her back. Every time she messed up, I took her back for over a year now. I just had to do that to make her hate me...I don't want people to think I'm being a bitch." Kardashian assures that he is leaving the heartbreak behind him and moving on towards love.

What are some ways to make your ex know you're serious about breaking up?

Cupid's Advice:

With some couples, they can break up numerous times in one week. They are constantly on and off, never exactly knowing what they want. It is challenging to make your ex realize that you are completely serious about breaking up. They could breakdown in tears and you could chicken out. They may tell you that this isn't what you want, and you believe them. If

you are absolutely sure that you want to break up, you need to keep ground. Cupid has some more advice:

1. Say it in person: Breaking up with someone you spent time with, talked to, get to know-it's ridiculous. First off, it gives your partner zero amount of respect, and secondly, it will make them think you are not serious about the breakup. To ensure that your mate realizes that you are serious, break the tie in person. Look your beau straight in the eyes and tell them that you are breaking up with them, and you will not be persuaded nor will you change your mind.

2. Respect: This ties in with breaking up with your ex in person. Breaking up with your significant other in person is essential. It makes you respectful, and you are still respecting your mate. With regards to respect, inform your partner that you are breaking up with them. Along with this, include all the reasons why you feel like a break up is necessary. Explain everything you've been thinking, what you're going through, and why you're doing this. It will make your partner realize you are not joking around whatsoever, and they will take you seriously!

3. Hold your ground: Hold your head high and your feet firm darling! The hardest part in a breakup process is keeping what you said true. It is not easy to break up with another person, especially if that person is persuading you to not follow through with it. Make sure you keep your opinion and actions on line, know what you are going to say and stick to it. Don't leave the script unless necessary. Keep your chin up and this will all work through!

Have you been serious with breaking up with an ex? Explain below.

Fergie and Josh Duhamel Are Expecting



By Meghan

Fitzgerald

Fergie and Josh Duhamel are expecting! The couple confirmed their pregnancy via *Twitter* this past Monday, she tweeted "Josh & Me & BABY makes three!!!" [Huffington Post](#) reported that her rep released a statement to *Just Jared*, stating, "Yes, Fergie is pregnant!! We are pleased to confirm the news." This is the first child for Fergie and Duhamel since they wed in January 2009. The two were always certain that they wanted to start a family. Their time is now, so congrats to them!

What are some ways to prepare your relationship for a child?

Cupid's Advice:

With a child coming into you and your beau's life, you need to prepare your relationship. "A child changes everything" is more than accurate. Not only will your baby change the way you live however, it will change your relationship. Or at least try to. With having a child, you and your mate need to keep strong, especially strong together. Cupid has some advice:

1. Sleep deprivation: You and your partner will both realize what sleep deprivation really means when you have a child. Three-hour nights of sleep will be common to you two. With this being said, your need to prepare your relationship for possible fights over who gets up for the baby. You both will be completely exhausted however, one of you still need to get up. This ties in with score keeping also, no matter how many times you get up for your child-you're still the parent! And it is a parents job, so don't let it interfere with your relationship.

2. Score keeping: "I changed diapers twice today, now it's your turn." "I got up last night to rock the baby back to sleep, you do it tonight." Leave all of this entirely out of your relationship! Score keeping on what and what not you did with your child will end in chaos. It is both of your responsibilities to love your child more than anything on earth. Fighting does not tie in with love. You and your [mate](#) will drive one another crazy if you enforce a score keeping system in your life. Leave it out!

3. Sexual disconnect: Be prepared ladies and gentlemen for a strong disconnection from sex with your partner. With some, it may still be visible. However, with most couples, sexual disconnect is common. With the lack of sleep, excess of baby poop and puke, sex seems entirely unappealing. At the end of the day, you and your mate will be thinking of how your eyelids look, not how you look in the new La Perla lingerie you recently bought.

Have you prepared your relationship for a child? Explain

below.

'Bachelor' Star AshLee Says She Knew Sean Would Send Tierra Home



By Meghan

Fitzgerald

In an interview with [People](#), AshLee confesses to *Bachelor*, Sean Lowe that she was married before in high school. [Tierra](#), full of drama, mocked AshLee on her age. AshLee described Tierra's statement as a character difference between the two of them. AshLee also stated that [Lowe](#) would come and realize that Tierra wasn't "the one," and would send her home.

[Huffington Post](#) states, "Ash believes that she has a similar 'connection' with Sean. She thinks everything is '[magical](#)' and 'pixie dust everywhere' and a 'dream come true.'"

How do you have faith in your partner when others doubt him or her?

Cupid's Advice:

Keeping faith in your beau when all others around you doubt him/her is hard to do. They give you reasons to be suspicious, reason to doubt your partner, to no trust him, and question him. With this going in in your life, you must keep your relationship with only you and your partner. Do not let outside forces come in and tear down the walls of your love. Cupid has some more advice:

1. Communication: Communication is always key. It is essential to communicate directly and sharply with your partner as others are doubting them. It would also help if you talked to the people who doubt your mate. Ask them why they do? What is their reasoning behind the madness? Make sure your [partner](#) is filled in with what others are saying about them. Remember, communication is key!

2. Trust: If you trust your partner, don't let other people convince you that they're not trustworthy. Some people can be very persuasive with their opinions. However, you have to push their opinions aside and listen to your heart. Do not let outside forces you tell you what you need to do with your [relationship](#), and whether or not you should break up. That is entirely your decision and if you trust your beau, there is no reason to doubt them.

3. Love: Love is all you need. If you [love](#) your partner and your partner loves you, take a deep breath. If you have made it through all the time and obstacles to come to love with your mate, you should not doubt them entirely. For record,

there are always exceptions. Chances where the other were right and you should doubt them. However, these events are slim to none and you should only worry about how you can love your partner stronger and better.

Have you ever had faith in your partner when others haven't? Explain below.

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



By Amy Osmond

Cook

It was 10:00 p.m. when I dragged myself home and up the stairs of our SoCal suburban tract home. The kids were in bed, and I

was ready to relax. From our bedroom, I heard my husband Jeff's voice on the phone raised in alarm. "Can you believe it? That is terrible!" Adrenaline rushed through my body as my mind raced through the possible calamities that could have befallen him. As I walked into the bedroom, Jeff hung up the phone to greet me.

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

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

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

My husband, Jeff, is a *Bachelor* fan. Fanatic. We watch every episode, every season. At first, I protested, but now, I have been sucked into the reality show vortex from whence there is no return and am the one popping the popcorn. This season's bachelor, Sean Lowe, is one of my favorites. He seems like an honest guy trying everything he can to find his soul mate—and how can you fault that? Unfortunately, the bachelors don't have a very good track record when it comes to choosing that special someone. So, now that we're down to the top three contestants, here's what I would tell Sean if I were sitting in Chris Harrison's seat.

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

#2. Choose the one who makes you laugh. Dating is full of desire and passion. But it's inevitable that, over time, physical attraction wanes. In a recent study commissioned by Medicis Aesthetics, it was found that physical attraction

mattered more in the first seven years of a relationship than in later years. After that, predictors of long-term relationship satisfaction shifted more toward personality traits. So if you really do want a lasting relationship, choose the one you enjoy being with the most.

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

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

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

The Bachelor 17 Predictions: Who's the Best Fit for Sean?



By Jared Sais

Last night's *The Bachelor: Sean Tells All* special told us a lot about Sean Lowe's connections with the final three women, but did it reveal who he would propose to on the upcoming finale? After Desiree was sent home, it was tough to know who has Sean's heart. Based on his body language, here are my predictions.

Lindsay

It may come as a surprise, but I saw a micro-expression of hate when the bachelor spoke about Lindsay. He used words that indicated he didn't want her, so I say Lindsay is out.

That means Sean's final choice is between AshLee and

Catherine.

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

AshLee

I think AshLee would've been my number one, but maybe I'm just bias. I personally like her a lot. A problem with AshLee? Sean's a Christian boy. AshLee may be sweet, but Catherine's morals move her to my number one pick for Sean.

Catherine

I think Sean's into the total package of Catherine. Sexually, though, he likes AshLee more. The question is: Will Sean pick the girl who he feels the most chemistry with (AshLee) or the girl who may be a better overall fit (Catherine)? And I think the answer is Catherine.

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

In my opinion, the ranking for Sean's final picks are as follows:

#1 – Catherine

#2 – AshLee

#3 – Lindsay

We'll all have to tune in next week to see who makes it to the finale!

Who do you think will receive Sean's final rose – and an engagement ring ? Tell us in the comments below.

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

Beyonce and Jay-Z Sing Coldplay Song to Each Other in Her Documentary



By Andrea

Surujnauth

Beyonce and Jay-Z shared a romantic moment on-screen in Beyonce's *Life is But a Dream* documentary on HBO. According to UsMagazine.com, the film aired on February 16th and showed the two lovebirds cuddling together over dinner and singing Coldplay's "Yellow" to each other. This loving moment took place while the two were out celebrating Beyonce's pregnancy with their daughter Blue Ivy, who is now 1 year old, after having their heart broken from her previous miscarriage. During the film, Beyonce talks about the miscarriage "It was

the saddest thing I've ever been through. My life is a journey ... I had to go through the miscarriage, I believe I had to go through owning my company and managing myself ... ultimately your independence comes from knowing who you are and you being happy with yourself."

How do you use music to enhance your relationship?

Cupid's Advice:

Music is a big part of today's entertainment industry, but can you use music for more than just entertainment? Actually you can! Music can help you improve your relationship with your partner. Here's how:

1. Get rid of anger: Listening to music can be a huge stress reliever. When you are feeling angry at your partner, take a timeout to listen to music in order to calm down. When couple's argue, bad things are sometimes said out of anger. By using music to calm down, you can get rid of the anger so you can rationally work out a solution to the problem.

2. Express your thoughts: When you want to express your feelings for your partner but do not know how to say it, you can use music to express your feelings for you. Look through lyrics of songs and find one that explains how you feel and either play it or sing it for your sweetheart.

3. Romance time: After all the stress you go through during the day, you want to have some romantic time with your beau. Play some sweet love songs and slow dance together. This will bring the two of you close and put you in the perfect romantic mood.

How do you use music to enhance your relationship? Comment below and let us know.

Maya Rudolph Is Expecting Her Fourth Child



By Andrea

Surujnauth

Maya Rudolph and husband, Paul Thomas Anderson, are expecting their fourth child together. According to UsMagazine.com, a source spilled the beans to *The Hollywood Reporter* that the actress informed NBC that she is pregnant. The couple already have three children, Pearl, 7, Lucille, 3, and Jack, 19 months. Rudolph first became a mother in October 2005 while working on *Saturday Night Live*. She is also known for her movies *Grown Ups*, *Bridesmaids*, and *Friends with Kids*. Anderson, a writer/director, is known for his movies *Boogie Nights*, *The Master*, and *There Will Be Blood*.

What are some ways to keep the romance in your relationship alive with multiple children?

Cupid's Advice:

Parenthood is full of laughs, cries, and cartoons. But what the romance? Just because you are a parent does not mean that the romance has to disappear. Cupid is here with some advice on how to keep the romance alive despite being the parent of multiple kids:

1. Flirtatious messages: Send each other flirtatious emails or texts. It keeps the excitement going throughout the day and once the kids are asleep, you put the messages into action!

2. Date at home: Once the kids are asleep, you can create your own dates in the comfort of your own home. Set the table with some candles and have your dinner together. Put some music on in the background and enjoy some quiet time together.

3. Play some hooky: Take a little time off together from work and spend some time together while your kids are in school. You will enjoy the excitement of playing hooky while spending some time with each other. This is sure to keep the romance and excitement alive!

How do you keep your romance alive even after having multiple children? Share your ideas below.

Rihanna Is Attacked by Angry

Fan Upset with Chris Brown Reunion



By Andrea

Surujnauth

On February 16th, Rihanna was seen leaving a club called The Box in London with a bloody knee. According to UsMagazine.com, an angry fan threw a can of British energy drink, Lucozade, at the singer. The culprit was screaming at Rihanna about her relationship with Chris Brown. It seems as though some of Rihanna's fans are not too thrilled about her on-again, off-again relationship with Brown. Rihanna, however, did not seem to be bothered by the incident. The next morning she tweeted her reaction to seeing herself being compared to Princess Diana in a UK's *Sunday Times* paper. Her tweet stated, "Just so happens I came home drunk to this in a pile of papers outside my hotel room! My lil Bajan behind, never thought these many people would even know my name, now it's next to

Princess Diana's on the front of a newspaper! Life can be such a beautiful thing when you let it be #yourejealous."

What do you do if your friends don't support your relationship?

Cupid's Advice:

So your friends do not approve of your new beau. What should you do? Should you take sides? Don't worry, Cupid is here with some advice for you:

1. Have your friends explain: Ask your friends why they do not approve of your relationship. See if their reasoning is legitimate. They may have a point. Let them explain to you what problems and concerns they have with your relationship. They love you and they want to make sure you are happy. If you realize that their reasoning is legitimate, then you should re-evaluate your relationship.

2. Now you explain to them: After you listened to their reasoning and you don't find it to be fair or legitimate, then explain to them that although your relationship has ups and downs, you are happy. Tell them that if they love you then they should be happy for you too. If they continue to bash your beau, then it may be time to re-evaluate the friendship.

3. Get the two together: Once your friend has accepted the fact that you love your sweetie and you are happy, get your friend and your partner together. Let your friend see the amazing things about your sweetheart that made you fall in love in the first place. Show your friend how happy the two of you are together. After seeing this, your friend will realize how great your relationship is and won't have to worry anymore.

What would you do if your friends did not approve of your relationship? Comment below and let us know.

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



By Whitney

Baker

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

what Sean has to say about all of the ladies, especially Tierra.”

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

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



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

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

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

She’s also expanding her fan base on the Weekend Road Trip Tour with Scotty McCreery, which kicked off on Valentine’s Day. “This past week has been a dream come true. This is my

first national tour, and I could not be out with a better guy. Scotty is such a great artist, and we're having so much fun," Darling said of McCreery, whom she watched on *American Idol*. "The McCreerians have really welcomed me with open arms, and I'm loving this tour already!"

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

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

Hugh Grant Welcomes a Second Child





By Jessica

Conigliaro

Actor Hugh Grant announced the birth of his second child on Saturday, February 16th. Even though they are not married, having children has strengthened Grant's relationship with Hong. After their first child was born, UsMagazine.com reported, "He and the mother have discussed everything and are on very friendly terms." The two have certainly become more serious since having children together.

How does having children change your relationship?

Cupid's Advice:

Being a mother for the first time is a life-changing event. It is also a relationship-changing event; you and your partner will be starting a family together, so a lot of things will be different from here on out. Cupid gives you the heads up on what changes to expect in your relationship when expecting:

1. How you spend your time: It's safe to say your nights of partying and drinking at the bars have come to an end—for a while at least. Now, your big weekend plans will consist of naptimes and diaper changes. It's a big adjustment in

lifestyle, but a rewarding one at that. Your baby will bring so much happiness to your life; all you will want to do is spend time with your husband and new bundle of joy.

2. No time alone: Get used to car seats and baby booths, you have a new date now! You and your partner will be spending hardly any time alone from this point on; consider your baby the cutest third wheel you could have asked for. Now, spending time with the family you created for yourself is the most important aspect in life.

3. Teamwork: Between feedings, bath time, potty training and the handful of other responsibilities, you and your partner will need to work together. You will learn how to manage everything as a team, bringing you closer together.

How have your children changed your relationship? Share below.

The Bachelor 17, Episode 8: Home Sweet Home





By Jared Sais

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

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

AshLee

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

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

smile with crow's feet (wrinkles around her eyes).

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

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

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

Projected Ranking: #1

Family: A+

Sean's Lust Level: A+

Drama: 0 out of 10

Hometown Location: A

Catherine

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

Sean went in for a kiss, which would normally be a huge indicator of his attraction. Instead, I noticed a slight body

flinch from Catherine, meaning that she only intended to hug him. What many viewers saw as something big was nothing more than a non-verbal fake out.

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

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

Projected Ranking: #3

Family: B-

Sean's Lust Level: B+

Drama: 4 out of 10

Location: A-

Lindsay

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

He later said, "Lindsay could be the one who I could spend

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

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

Projected Ranking: #2

Family: A

Sean’s Lust Level: A+

Drama: 2 out of 10

Location: C+

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

Desiree

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

Of course, we have to analyze Des’s brother’s behavior. He called Sean out on liking other girls...and I can’t really blame

him. Sean might not have liked what he said, but you'd think he'd understand where he was coming from, right? Unfortunately, that's not the case, as Sean's non-verbal cues were very negative after their chat.

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

Projected Ranking: #4

Family: F

Sean's Lust Level: A+

Drama: 8 out of 10

Location: A

Rose Ceremony

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

Be sure to check back in tomorrow for my thoughts on tonight's *The Bachelor: Sean Tells All* special!

Jared Sais is co-author of the website The Non-Verbal Game. He

is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love. For more information and to download a free PDF of the speech he gave at NYC's Single In Stilettos, click [here](#).

Prince Harry Flirts with a Pussycat Doll at a Club in London



By Jessica

Conigliaro

Prince Harry returned home from his four-month tour of duty in Afghanistan—and celebrated the occasion. The 28-year-old was

spotted dancing at Bodos Schloss, a new ski chalet-style restaurant, bar and dance club. “Harry was having a great time drinking with his friends,” UsMagazine.com reports. “He had a good ol’ flirt with some cute girls, including Ashley Roberts from Pussycat Dolls...”

What are three important tips for flirting?

Cupid’s Advice:

The simple act of flirting can make or break a potential relationship. Too much flirting will leave them running for the door. At the same time, not enough will make them unaware of your feelings. Cupid offers some helpful tips for flirting:

1. Less is more: Before you get to the point of swapping numbers, there has to be a mutual attraction between both of you. Don’t over flirt; you will end up seeming desperate and clingy. Walk over to them and start a conversation, but make it short! If they’re interested, they will make their way back to you before the night is over.

2. Play hard to get: When meeting someone new at a party, try getting their number instead of giving yours out. Wait a few days to text or call him–this will make him more eager to hear from you. On your first date, lean in like you’re about to kiss him and pull away at the last second to say goodnight. This will leave him craving a second date with you.

3. Notice what he’s wearing: If he’s wearing a sports jersey of a team you are familiar with, point it out to him. This will start up an interesting conversation about your common interest in the team–guys love that. This can also be applied for band t-shirts or any type of shirt that expresses what they like.

How have you mastered the art of flirting? Let us know below.

Find Out the Scoop Behind Katy Perry's New Ring from John Mayer



By Jessica

Conigliaro

This Valentine's Day, singer-songwriter John Mayer showed girlfriend Katy Perry just how much he cared for her. The couple was seen leaving Vincenti, an Italian restaurant in Los Angeles Thursday night. Perry left wearing a red heart shaped ruby on her ring finger, [People](#) reports. Although it has not been confirmed to be an engagement ring, Mayer certainly went out of his way to make her feel special that night.

What are some ways to show your partner you're serious about a relationship?

Cupid's Advice:

Now that Valentines Day is over, you are left wondering how to continue making your partner feel loved. Getting them a box of chocolates last week was a good start! Cupid has some great ways to keep them feeling special:

1. Include them in your life: Although you spend a majority of your time together, there are days you don't see each other at all. Talk to your partner about the things you do when you are apart. Invite them to any sporting events you're involved in—they will cheer you on the entire time and feel important doing so.

2. Invite them to family functions: Bringing someone home to meet the family is not an easy task. They can be judgmental and over curious about the new person at the dinner table. In these instances, your boyfriend should be more nervous than you are—he's the one being interrogated by your uncle! Keep inviting him to family events so they can get to know and respect him—your boyfriend will appreciate that.

3. Talk about the future: Mentioning future plans and aspirations in any relationship can be tricky. You don't want to scare them away with talk of marriage and kids. Instead, discuss smaller steps; the possibility of moving in together may be a good start. By doing this, you will let your partner know how committed you are to the relationship and hopeful for your future together.

How did you let your boyfriend know things were serious? Share with us below.