

'Bachelorette' Contestant Kalon McMahon Apologizes to Emily Maynard



On the June 11 episode of *The Bachelorette*, Kalon McMahon called Emily Maynard's daughter "baggage," greatly insulting the single mother. As reported by UsMagazine.com, McMahon apologized for his actions this week on the *Men Tell All* show. McMahon says he's glad that Maynard seems happy now, although he's sorry that things didn't work out between them. "I'm trying to use it as a growing experience in my future relationships and I really wish the best for you," he said to her. That said, Maynard does not seem satisfied with his apology. She still doesn't believe him, and seems to stand by her prior statement that she loves her daughter so much that she wants to "rip [McMahon's] limbs off and beat him with them" for insulting her.

What are some ways to tell that your partner is truly sorry about an incident?

Cupid's Advice:

No matter how much you love your partner, you're bound to get upset with them every now and then. However, it's important that when they've made you angry, they're genuinely sorry about it. Here are some ways to tell if your partner is really apologetic for what they've done:

1. They discuss what happened: Just saying "sorry" and continuing with your lives isn't enough for either of you to happily move past the issue. Encourage a discussion about what went wrong and how you feel your beau should act in the future. If they seem willing to have this talk, they probably feel genuine remorse.

2. They're understanding: Make sure that your partner understands why you feel the way you do. If they realize why what they did was wrong, they'll not only be able to give a true apology but they also won't make the same mistakes again. This will make your partnership stronger in the future.

3. They make a change: You're not going to notice this right away, but the best way to be sure that your partner was really sorry for an incident is to see if they ever do it again. Don't expect immediate perfection, but look to see if they at least seem on the right path. If they're not working towards improvement, they probably were never really sorry to begin with.

How do you know when your partner is genuinely sorry? Tell us below.

Sources Say Miley Cyrus Wants a Baby 'Quickly'



After getting engaged just last month, power couple Miley Cyrus and Liam Hemsworth are already talking babies. After being highly criticized for their premature engagement, a Cyrus family source tells UsMagazine.com that "Miley and Liam really want to have a baby *quickly*." The rush to start a family may have been sparked by Hemsworth's brother Chris Hemsworth, who just had a baby girl named India in May. Hemsworth, 22, and Cyrus, 19, were dating on and off for three years before he popped the question.

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

Cupid's Advice:

Everyone dreams of starting a family, but the appropriate

timing may not always be clear. Here are some surefire ways to know you're that you're ready to have a baby:

1. You've had enough alone time: Many people get married and try to start their family right away. However, this can sometimes be a mistake. Be sure to enjoy some romantic alone time in your marriage before you get ready for a larger family.

2. Your friends are having children: There's no better way to experience parenthood than along with your friends. Since being a parent is a learning process, getting advice from people you trust who are going through it too can be helpful.

3. You're financially secure: Having children can be a dream come true, but don't let your excitement hinder reality. If you don't have the money to support a family, don't try to start one. You want your child to have the life they deserve, so if you aren't able to make that, it's best to wait.

How would you decide when it's the right time to have kids? Tell us below.

Find Out What Joshua Jackson and Diane Kruger Like Most About Paris





Longtime

couple Diane Kruger and *Dawson Creek*'s Joshua Jackson have been busy promoting Kruger's new movie *Farewell, My Queen*. However, they still managed to set aside time to enjoy the beauty of Paris, where they share an apartment together. Jackson tells [People](#) that the pair finds romance by "just walking around and being immersed in the city." He adds "the most romantic part of our day is waking up in our own neighborhood and going down to a café and just having breakfast." The couple has been mixing business with pleasure in the City of Lights, as Kruger has been taking this time to further promote her new film.

What are some of the most romantic things to do in Paris?

Cupid's Advice:

Paris is one of the most romantic cities in the world, so a visit with your significant other is definitely something to try. Here are some romantic things to do on your stay:

1. A couple's chocolate massage: Yes, you read that right. At the Four Seasons George V Hotel, you and your partner can enjoy an "All About Chocolate" spa treatment. A chocolate-mint body scrub is followed by a Swiss chocolate and toffee body

wrap, and completed with a deep tissue massage using cocoa oil. It's sure to be a unique and romantic experience you and your beau will never forget.

2. Take a walk: As simple as it sounds, a walk around Paris is unlike any other. The Luxembourg Gardens is an ideal walking area at only about a mile long with beautiful scenery and rentable toy boats along the pond. After your walk you can stop by any nearby café for some wine and lunch to maximize your romantic day.

3. Tour of Paris by boat: Touring Paris via the Seine River is one of the most romantic things to do in Paris. After all, even Audrey Hepburn and Carey Grant did it. You'll see the city's most beautiful monuments and buildings while cuddling with your partner and lazily gliding down the river.

Do you know of any romantic things to do in Paris? Tell us below.

Aaron Paul Gives His Fiancée a Glowing Compliment





Breaking Bad's

Aaron Paul is one lucky guy... and not because he is the star of one of the most talked-about shows on television. According to [People](#), The recently engaged actor makes a big statement in *GQ*'s August issue regarding his fiancée Lauren Parsekian, saying "She's the greatest woman that has ever existed. No offense to other women on the planet, but she is hands down the best." Paul's 24-year old perfect lady is the founder of a non-profit anti-bullying organization, Kind Campaign. The couple has been engaged since New Year's Eve, but have yet to announce a wedding date.

What are some ways to make your partner feel special?

Cupid's Advice:

Making your significant other feel special is a great way to keep them happy in your relationship. Here are some great ways to show them just how special they are:

- 1. Use your words:** Simply telling someone how special they are to you is the easiest way to get your point across. Words hold much more power than you think.
- 2. Quality time:** Spending one-on-one time with your love not

only makes them feel special, but it shows how much you cherish their presence.

3. Kind acts: Taking the time to do small things for the one you love almost always warms their heart. Breakfast-in-bed or even a massage goes a long way.

How do you make your partner feel special? Share your stories with us.

Celebrity Stylist June Ambrose Tells Us How Women Can “Find Their Fabulous”



By Daniela Agurcia

Celebrity stylist June Ambrose has worked with A-listers including Alicia Keys and her husband Swizz Beatz, Jay-Z and Sean Combs, and now, she's sharing her fashion tips with CupidsPulse.com. "Fashion is your voice, your expression. It's how one exudes confidence from the inside out," she explains. Watch our video interview with Ambrose to learn more about her personal style advice, her go-to date night outfit and her role as a Caress Fabulista.

For more videos from CupidsPulse.com, check out our YouTube channel.

Miss Advised: Yoga...An Aphrodisiac Gone Wrong





Monday, July 16th @

10/9c – Miss Advised

Matchmaker Julia takes matters into her own hands and plans her dream date. Meanwhile, Amy goes casual on her third date with Lewis but is surprised when she realizes the tables have now turned. Emily tries to get in touch with her sexual side by doing acrobatic yoga on a blind date, but things just get too weird for her liking...

Watch: Is Emily a good kisser?

BONUS: The first episode is available FREE on iTunes!

Find Out How Nicole Kidman Helped Katie Holmes With Her

Split from Tom Cruise



As Tom Cruise's third marriage comes to an end, Katie Holmes surprisingly reached out to ex-wife number two, Nicole Kidman, for advice and guidance in her effort to divorce Cruise, sources told [Us Weekly](#). It's not extremely common to become friends with your partner's ex, but in Holmes's case, the 45-year-old Kidman, "has been supportive, saying she's been through it too and to hang in there." The *Dawson's Creek* star apparently even contacted Kidman via a disposable cell phone in order to keep Cruise from catching on. The ladies' relationship is what really gave Holmes the edge she needed against her ex-husband, because she ultimately gained everything she hoped for in their rapid one-week settlement.

How can you be supportive of a friend going through a divorce?

Cupids Advice:

No one can go through their life without a friend to be there for them, especially when going through something as devastating as a divorce. Here are some ways to be a great friend in this situation:

1. Call first: Instead of waiting for your friend to come to you for help, reach out to him or her. They'll appreciate the effort, even if they're not exactly ready to talk about it. You never know if they've needed to talk to someone the whole time, but didn't want to be a burden.

2. Take them out: If your friend is upset, try taking them on a weekend road trip or host a movie-marathon sleepover at your place. Getting your buddy out of that negative atmosphere will free their mind from their ex, letting them handle their problems more easily.

3. Give advice: Whether you've been through your own split or not, there's still always some suggestions or influence to provide. Maybe you know a great divorce lawyer or have a relative who's a therapist. You can always give some assistance.

What are some ways to help a friend who's going through a divorce?

RHONY: Prosthetic Leg Shocks Ramona





Monday, July 16th

@ 9/8c – The Real Housewives of New York City

It's down to the ladies' last days in London, and the built-up tension between Carole, LuAnn and Heather turns into an all-out "royal war." Back in NYC, Aviva's concerns with Sonja's lack of effort in her party planning continues to escalate, and Ramona steps in to "check" on Sonja's progress. (Ramona sticking her head in Sonja's business is sure to end smoothly, right?!)

Watch: Ramona's second child...?

Watch: Ramona discovers how Aviva goes shoe shopping (sans leg).

J.R. Martinez Says His Girlfriend's Chest Is for Function, Not Fun Post-Baby



J.R. Martinez is putting his new baby, Lauryn Anabelle, before himself when it comes to his girlfriend, Diana Gonzalez-Jones. His wants and needs have been turned to a new focus, the baby. According to [People](#), the *Dancing with the Stars* champion commented, "It's not even about me. It's about her. Feed her!" Having this new precious baby in his life has also made Martinez question why his father left him as a baby. "How could you leave this? That's so hard." The couple seems happy together and feels blessed to have welcomed a healthy baby into their lives.

What are some ways to support your partner soon after pregnancy?

Cupid's Advice:

You've struggled through dealing with a pregnant partner for nine months, but that doesn't end once the baby arrives. Here are some ways to support your couple after they have given birth:

1. Help out with the baby: Even though there are some things you won't be able to help out with, such as breast feeding, there's still so much you can do. Be hands on and take any opportunity to take care of the baby to give your partner a rest.

2. Give your partner little surprises: It doesn't all have to be about the baby. Surprise your partner every now and then with some flowers, take them on a date or even give them the day off to relax at the spa.

3. Spend some time together as a family: Having a child can be hectic, so don't forget about the important things. Spending some quality time all together will keep you all sane and happy.

What are some ways you think can help support your partner after pregnancy? Share your thoughts below.

Jessica Simpson Celebrates Her Birthday With Eric Johnson and Daughter



Jessica

Simpson and her family (fiancé Eric Johnson and daughter Maxwell) shared her birthday at an outdoor lunch. According to UsMagazine.com, The 32-year-old *Fashion Star* judge sipped champagne, and her family and friends sang “Happy Birthday” to her. After Johnson gave her a \$15,000 Birkin bag on her last birthday, we can’t help, but think that baby Maxwell Drew Johnson is what made her birthday perfect this year. Happy Birthday, Jessica!

What are some romantic birthday surprises for your partner?

Cupid’s Advice:

Birthdays are super important, and it can be hard to surprise your partner with a gift that will top last year’s present. Here are some romantic birthday surprises for your partner:

1. Birthday suit: If a birthday lunch or dinner is planned, have your partner get ready a bit early and surprise them with a hot bath and massage before you two get dressed.

2. Birthday getaway: There is nothing more surprising and romantic than a last minute trip. Plan ahead of time, or pick a place on the morning of your partner's birthday for a fun vacation.

4. Birthday melody: In what year was your partner born? Make a CD with the music hits that came out the year he or she was born. Pop it in and serenade them.

What romantic birthday surprises have you given your partner? Share for comments below.

Christina Aguilera and Matt Rutler Enjoy Five-Course Dinner Date With Her Son Max





This weekend, Christina Aguilera was spotted at dinner with her husband, Matt Rutler. According to [People](#), the couple also brought along their 4-year old son, Max. The party of three enjoyed a five-course meal at Restaurant 1833, paying over \$65 a person. A source who was also dining out tells *People*, “Christina was very kind to the staff and incredibly attentive to Max.”

How can you include your kids in date night?

Cupid’s Advice:

If you can’t find a babysitter, there’s no need to panic. There are plenty of ways to include your children on your date night. Consider these simple and romantic ideas:

1. Have a picnic at home: Prepare some food in a basket and lay out a blanket on the living room floor for your whole family. Even though you’re still at home, changing where you eat can spark new conversations and create lasting memories.

2. Make your home a movie theater: Set up blankets and pillows on the floor for your kids while you and your beau take over

the couch. This will give you and him some time together while still involving the whole family.

3) Take your kids to the park: Allow your kids to have fun together, running around and playing on the swings. Meanwhile, you and your partner can enjoy some time alone sitting on a bench as you watch them from afar.

How do you include your kids in a date night? Tell us below.

Rumor: Is Sofia Vergara Engaged?



After breaking up almost two months ago, it seems that Sofia Vergara and Nick Loeb are back on, perhaps for good. Just recently, Loeb

surprised Vergara with a beautiful diamond ring for her fortieth birthday. While one source tells [People](#) that the couple is engaged, others say Vergara wouldn't say that they are. Although the couple got back together in June, a source tells *People* that there are still "compromises to work out on both sides."

What are some ways to know it's time for marriage?



Cupid's Advice:

No matter how long you've been with your man, it can be difficult to decide whether it's time to get married. Here are some ways to know you're ready for a life together:

- 1. You have complete trust in your partner:** In order to have a successful marriage, you and your partner must have complete trust in each other. If you have no worries or doubts in his words or actions, it may be time to tie the knot.
- 2. You understand that people change:** Make sure you are mature enough to accept that over time, people grow and change. Although it's unlikely that your beau will grow to be someone completely different, their views and opinions may begin to alter after a few years. Be prepared for this possibility.
- 3. You have similar goals for the future:** Have you both communicated your expectations for the future? If you understand and are open to each other's ideas about family, finances and living situations, you may be ready to say "I do."

How did you know that it was time to get married? Tell us below!

Tom Cruise Heads Back to Work Post-Divorce Deal



It's all work and no play for Tom Cruise following his Monday morning divorce settlement. He has been continuing to film his new movie *Oblivion*. However, he isn't on location in Iceland any longer, as he was when the paparazzi first snapped pictures of him after news broke of Katie Holmes' divorce file. Now the superstar is in California's High Sierras, where the sci-fi flick will film for another week. Cruise can go back to work so quickly because the divorce settlement was reached after mere days. [People](#) reports that Holmes' lawyers simply said, "The case has been settled and the agreement has been signed."

What are some things to take your mind off of a split?

Cupid's Advice:

Whether it's mutual or it came unexpectedly, no split is easy. However, it's important to try to move on, not to just isolate yourself while watching sad romantic movies. Following these helpful tips can make coping with a breakup a little more manageable:

1. Throw yourself into work: Vacation time after a split can often just give you more time to think about your newfound loneliness and the stresses that come with it. Throwing yourself back into work will let you feel accomplished and satisfied.

2. Surround yourself with friends: Being around your family may be a reminder of your breakup. After all, your ex was once a part of the family. Instead, hang out with all of your best friends, who will surely make you laugh, cry and just be yourself again.

3. Start dating again: After a split, you'll need time to find and rediscover yourself as an independent person. However, you should also try to find out what you may or may not like in others by dating. Plus, this will help you forget about your split. Although you don't want to find your next long term relationship right away, it's always a healthy experience to realize that your ex isn't the only person out there for you.

How would you take your mind off of a split? Tell us below.

Jef Holm Refuses Fantasy

Suite With Emily Maynard on 'The Bachelorette'



The Bachelorette

is finally wrapping its summer season with the pretty, prim and proper Emily Maynard and her two remaining candidates. One of the men is Jef Holms, who shockingly denied the opportunity to stay the night with the seemingly-perfect Maynard in a luxurious suite in Curacao on Monday's episode. According to UsMagazine.com, Maynard said on the pre-finale, "It was very sweet, but he turned me down and I wanted to turn him down!" The 27-year old beauty will definitely have her chance to turn one of the men down for the whole world to see as she chooses her prince charming on the upcoming season finale.

How do you know when it's time to get intimate with your partner?

Cupid's Advice:

Intimacy opens the door to a new, exciting world in a relationship that comes with more emotions and responsibility. Here are some ways to know when to take your relationship to the next level:

1. Exchanging 'I love you's': 'I love you' is an important phrase to share right before getting intimate with someone. Make sure they truly care for you before giving them the privilege of being intimate with you.

2. Meeting families: Your relationship is most likely at a pretty deep level if you are introducing them to your family and vice-versa. After you've done this, getting intimate is the next step.

3. Simply being ready: A lot of times people jump into intimacy before they are ready. Avoid overlooking your true feelings. Your desire to be intimate will come as your relationship grows.

What are some things you look for in a relationship before getting intimate? Share your thoughts with us.

Jessica Biel Had No Say In Her Engagement Ring





Jessica Biel

relies on Justin Timberlake for more than love. The newly engaged actress looks to Timberlake for style advice, according to [People](#), and says she had no say in her engagement ring. Biel's ring, a chunky, square-cut diamond, was picked out solely by her fiancé. Says Biel of the ring, "I had no say whatsoever [in the ring]. I don't micromanage."

What are some ways to choose your partner's engagement ring?

Cupid's Advice:

Choosing an engagement ring is one of the most important things you can do before you propose. Here are some ways to pick out the perfect ring:

- 1. Trust yourself:** You love your partner, and you know them inside and out. If you love the ring, they'll love it, too.
- 2. Pay attention:** Does your significant other wear a lot of silver? Gold might not be your best choice. Pay attention to their style and make a choice based on that.
- 3. Relax:** The ring isn't going to make the decision for your love. Recognize that if your partner loves you and is ready to spend the rest of their life with you, they couldn't care less

what the ring looks like, just as long as you're the one giving it to them.

What are some ways to choose your partner's engagement ring? Tell us in the comments below.

Blake Lively and Ryan Reynolds Partake in PDA at Pool Party



On Independence Day, actors Ryan Reynolds and Blake Lively were spotted in New York at a pool party with Lively's family. According to [People](#), the two relaxed by the pool in their swimsuits. They didn't shy away from showing some PDA, as they held each

other close and shared intimate kisses. Reynolds and Lively have been dating since last fall and appear to be spending more and more time together.

What are some appropriate times to display your affection for your partner?

Cupid's Advice:

When you and your partner are very close, it's understandable that you want to be affectionate whenever you can. However, there are times and places where PDA just isn't appropriate. Here are some good times to show that you care:

1. Date night: If you're out at a restaurant or a bar without any other friends, you can certainly give your partner some sweet kisses and be generally affectionate. Dates are the perfect time for romance, so it makes sense to show it.

2. At the beach: Everyone looks sexier in the summer sun, so you shouldn't be afraid to show your love for your partner with some PDA when you're at the seashore. Even simple displays can make your beach date more romantic than it already is.

3. At a party: If you're in a crowd at a party, try to find a quiet, secluded corner where you can spend some time alone with your partner. Cuddling together for a bit can make you feel like you're the only ones around, even if you're among many people.

When do you like to show public displays of affection? Tell us below.

Sienna Miller and Tom Sturridge Welcome Their First Child



Sienna Miller and fiancée Tom Sturridge had much more to celebrate this past week than Independence Day. According to UsMagazine.com, the couple welcomed a new baby girl into their world over the weekend in London. The *G.I. Joe* star and her future husband kept quiet about her pregnancy up until April, just two months after publicly acknowledging their engagement. The talented acting duo has been dating for over a year.

What are some reasons to keep your pregnancy quiet at first?

Cupid's Advice:

Pregnancy is a beautiful, exciting thing for everyone

involved, but it can also be very complicated. Here are some reasons to remain silent about your baby news for a little while longer:

1. Check with doctor: Home pregnancy tests are not always accurate. Before you spread the word, book an appointment with your doctor to be sure the test you used didn't mislead you.

2. Tell family first: Avoid telling associates about this relationship step right away. Your family and close friends won't want to find out such big news from others, so be sure to let them know first.

3. Guarantee your baby is healthy: Ensure there are no complications with your pregnancy before spreading the news. If a complication occurs, it will make your experience even harder if you have to explain it to others.

What are some reasons you would stay quiet about your pregnancy? Share your thoughts with us.

Kourtney Kardashian and Scott Disick Welcome a Baby Girl





Early Sunday

morning, Kourtney Kardashian and Scott Disick were overjoyed to welcome their new baby girl, Penelope Scotland Disick, and it's about time. Their second child was born in the Los Angeles Cedars-Sinai Medical Center, and according to [People](#), everyone was thrilled. The new mommy of two released a statement: "Scott and I are overjoyed to welcome our precious angel Penelope Scotland Disick into our lives. We are forever blessed. Mommy and baby are resting comfortably." And it wouldn't be a celebration without the rest of the Kardashian clan, as they have all expressed their excitement via their blogs. Kourtney and Disick have a strong support system behind them.

What changes can you expect during your second pregnancy?

Cupid's Advice:

Once you've already gone through the first pregnancy, you would think that the second one would be easier. That said, you have to deal with a big belly and another child around the house again. There are some changes you should expect during your second pregnancy:

1. More work: You may know how to react during certain

situations when you are pregnant, but it will still most likely be more work. On top of dealing with the symptoms of being pregnant and maintaining your health, you have another little one running around the house to take care of.

2. Less worried: Even though it might be more work, you will become less worried over the little things. You know what you should and should not be feeling since you've already gone through it once.

3. Time will go by slower: Since you do already know what to expect, the pregnancy will most likely go by slower. The first time, everything is new so your sense of time is skewed.

What changes do you think occur during a second pregnancy? Share your thoughts below.

Judge Lynn Toler of 'Divorce Court' Says Katie Holmes and Tom Cruise Had "Too Much to Lose By Dragging Out Their Divorce"





By [Whitney Baker](#)

Earlier this week, Katie Holmes and Tom Cruise signed their divorce settlement, reaching an agreement faster than most Hollywood couples. While details of the arrangement remain private, sources say that Suri, the couple's six-year-old daughter, will live in New York with her mother, while her father will have generous visitation rights.

In order to better understand the ins-and-outs of this process, we spoke with Judge Lynn Toler, who hosts 'Divorce Court,' the longest-running court show on television. Since 2006, Judge Toler has brought both tenacity and compassion to the courtroom, focusing on the relationship at hand and dispensing helpful advice to real litigants.

The media has paid much attention to the role of Scientology in Holmes's decision to divorce Cruise. And for good reason, according to Judge Toler. While it's not something that she sees frequently in her courtroom, she understands why it's very intense when it does happen. "Religion doesn't often have a role in divorce cases, but when it does, it is very difficult to deal with because people's beliefs aren't something you can really compromise on."

Another point of interest in this divorce case is Holmes's

request for full-custody of Suri. Judge Toler, though, isn't surprised by her bold approach. "She knew what she wanted, and she moved quickly and decisively. I think that she asked for what she wanted because of the concerns that she had for her daughter."

She adds, "After all, isn't that a mother's job?"

Related: [Find Out How Katie Holmes Felt in Her Marriage to Tom Cruise](#)

In a joint statement, Holmes and Cruise said that they are doing whatever they can to keep Suri's best interests in mind. By agreeing to the terms of their divorce in such a rapid manner, Judge Toler believes that they already did a tremendous thing for their daughter. "Sometimes, the best thing you can do for your children is to *not* get everything you want. Tom gave up legal custody but settled for generous visitation rights."

While it may seem like Cruise should fight for more time with his daughter, Judge Toler supports the resolution to their custody battle. "You have to ask yourself if dividing their time between you and your ex is the best thing for you or the best thing for your kids," she explains. "Children need a stable environment, some place they can call home where the rules are always the same."

Perhaps the most surprising part of this celebrity divorce is the swiftness of their settlement. "I believe that both of them had too much to lose by dragging it out," Judge Toler explains. "I also believe that the church of Scientology didn't want to get involved with it, which certainly would've happened. Tom didn't want to expose himself or his church to that kind of scrutiny."

Related: ['Miss Advised' Star Amy Laurent Says, "I've Always Seen Katie Holmes With Somebody Who Is More Mellow and Chill"](#)

Next up for Holmes and Cruise: They will present their settlement to the courts and wait for it to be approved before they'll be granted a divorce decree. Judge Toler doesn't foresee any future issues though, explaining that "the courts love when couples settle as quickly and amicably as these two. They really like the parties to come to a resolution on their own."

As for any advice for the pair as their divorce continues to play out, Judge Toler says she has none. "I think they're doing it right! They didn't let their emotions get ahead of what they needed to do. I say continue on and good luck."

Visit DivorceCourt.com for local listings of 'Divorce Court,' which is currently airing its thirteenth season in syndication nationwide. Keep your eyes open for Judge Toler's new book, 'Making Marriage Work: New Rules for an Old Institution,' set to be released later this summer.

'The Bachelorette' Season 8, Episode 9: The Dos and Don'ts of Masculinity





By Marni

Kinrys, of WingGirlMethod.com

OMG I was totally shocked last night when Emily Maynard did not pick Sean Lowe. I totally thought that Jef Holm was going to be sent packing. My husband and I were watching the show (he will deny it if ever asked), and both of us thought that it was going to be Arie Luyendyk and Sean for sure. I actually think my husband has a crush on Sean based on how disappointed he was that this “solid man” was not selected.

After the show ended, my husband and I got into a discussion about masculinity and what it means. The conversation was sparked from my husband commenting on Sean being so solid and then telling me how his exit speech would go. Strange, I know.

In the past, most people would define masculinity as being the Alpha Male: strong, aggressive, fearless, dominant. Today, though, the definition is a little different. And thank goodness for that. Today’s modern masculinity includes balanced men. Men that can listen but also speak. They can be assertive and not aggressive. They can express emotion without being emotional. I like to call these men “nice guys with an edge.”

Related: [The Bachelorette Season 8, Episode 7: How to Express](#)

Your Love

During last night's episode, I have never seen more amazing examples of the modern masculinity – especially when dealing with the whole “forgo your fantasy suite” scenario.

Jef

I loved it when Jef literally took the words out of Emily's mouth and nobly said, “Out of respect for our families, I don't think it's a good idea to use this key.” It was not a tactic to get Emily to want him more. It was genuine and real and masculine. A non-masculine man would have had his sex goggles on, unable to think about the full picture. But Jef is a solid, good man that knows what's important and is willing to wait so that everyone is comfortable. Amazing!

Related: [Bachelorette Season 8, Episode 6: The Dos and Don'ts of Trusting Your Gut](#)

Sean

Sean also displayed his modern masculinity on his date when he opened up to Emily about what he wants and what he envisions for their future together. He had the perfect balance of being vulnerable and strong. His words were precise and real. You could tell that he had actually put serious thought into the potential scenario. In fact, he even stated that he did in his exit ride.

Arie

Now, I know Arie didn't get a chance to turn down his fantasy suite offer, but his statements on how to form relationships with children won me over last night. Again, a man who has taken the time to think about the full picture. He is not just thinking about getting the girl. He's thinking about starting a life together as a family.

Seeing these three guys makes me even happier that guys like

Ryan are no longer suitors on 'The Bachelorette.' Emily has landed herself two solid and strong options for a future husband, and I know this final decision will be especially tough for her.

For all the men that are reading this blog, watch the next episode of the show and take note of the two finalists. These guys are examples of modern masculine men – they're what all women want!

Katie Holmes Goes Back to Work on Film About Single Mom



Katie Holmes is taking no time after her split from Tom Cruise to get back to her career. Holmes, who filed for divorce from Cruise last

week, is set to work on a new film, *Molly*, about a single mother and her daughter, according to [People](#). Holmes co-wrote and is co-producing the film, which will be filming in New York City, where Holmes lives with her daughter Suri.

How can going back to work help you cope with a split?

Cupid's Advice:

Breaking up is tough stuff. Sometimes finding yourself deep in your work can help you out. Here are some ways going back to work can help you cope with a split:

1. Distractions: You can't be constantly moping about and missing your partner if you're focusing on projects and business. Use your work as a distraction, and you may find yourself not even thinking about the breakup after work.

2. Catharsis: Just like exercising when you're angry, working hard after a split can be relieving. You'll feel accomplished and important, and won't care about what your ex thinks of you.

3. Opportunities: Being single gives you the chance to be selfish for the first time in a while. Got a chance to move across the country for a promotion? No one's holding you back now. Go ahead and take it.

What are some ways going back to work can help you cope with a split? Let us know below.

Kanye West Serenades Kim Kardashian at His Concert



Kimye is at it again. Bad-boy Kanye West held a solo concert in Atlantic City this weekend in which Ms. Kardashian attended. The rapper performed for thousands as the reality star sang and danced in the V.I.P. box. According to UsMagazine.com, West sang directly to his equally famous girlfriend as he performed his hit song "Way too Cold," in which Kanye sings "I admit I fell in love with Kim." The musician later yelled to the crowd, "If you love someone tonight... hold on real tight!" Although the pair weren't side-by-side, it is clear the rapper is taking his own advice when it comes to his love for Kim K.

What are some ways to publicly show you care about your partner?

Cupid's Advice:

Showing your significant other you care is important in every relationship because words are not always enough. Here are some great ways to express how you feel in more active ways:

1. PDA: Showing affection to your love is the simplest yet sweetest gesture to show you care. Simply holding their hand or kissing their forehead can go a long way.

2. Recite a poem: Bring your honey to an open mic night and surprise them with your poem. Share your deepest feelings for them in front of a crowd of strangers.

3. Invite them to a special event: Take them to an awards show or a fancy business dinner. Sharing a special moment with them really shows how important they are and how much you want to show them off.

What does your partner do that shows they care about you? Share your experiences with us.

Source Says Tom Cruise Is in 'Major Crisis' Mode Post-Split from Katie Holmes





Since Katie Holmes filed for divorce from her husband of five years, Tom Cruise, the award-winning actor and father to their daughter Suri, is in “major crisis mode,” according to [UsMagazine.com](https://www.usmagazine.com). Sources say that “Tom’s whole life is being [torn apart](#),” which was something he never saw coming. While Cruise is constantly consulting with lawyers in an effort to deal with custody of the six-year-old and division of their properties, he tries to remain as private as possible because he “doesn’t want his entire life laid out for everyone to dissect anymore.”

How do you remain private in the midst of a divorce?

Cupid’s Advice:

Celebrities may be used to the spotlight, but when it comes to divorce no one wants their failed marriage to be the center of attention. Famous or not, here are some ways to have control over your privacy in the midst of a divorce:

1. Don’t make a scene: If you want things to go as smoothly as possible, it’s important not to give people a reason to talk. Go about your business in the most mature manner, which means refraining from throwing your spouse’s clothes and belongings all over the front lawn.

2. Stay away from gossip: Venting is healthy during a divorce, but make sure to only go to the people you trust for advice. Don't dish out the details to anyone who's willing to listen, because you never know who's going to repeat something you may have already regretted saying.

3. Keep mutual friends out of it: You and your husband probably have a lot of the same [friends](#), and if this is the case, don't make them pick sides. By making sure your friends don't find their way into the crossfire, it will give you and your husband more [control](#) over what you're both going through, instead of allowing others to meddle.

How do you keep your divorce from being the talk of the town? Share your experiences below.

'The Bachelorette' Contestant Sean Lowe Struggles to Say 'I Love You'





Most things are easier said than done. This is not that case for *The Bachelorette* contestant Sean Lowe when it comes to saying “I love you” to Emily Maynard. According to [People](#), Lowe said, “So desperately I just want to open up and tell her how I really feel which is ‘I love you.’ It’s hard to say those words and it’s always been hard.” Luckily, Maynard still senses that Lowe cares for her, even though he can’t seem to find his words on the most recent episode in Curacao. “Sean does a million things a day to tell me that he’s the one for me,” Emily says in an exclusive preview of the episode. “But I need to know more. I can’t go through this and fall in love and have it not work again.” Hopefully Lowe will find the courage to say those three little words before Maynard questions his affection.

What are some ways to get over your fear of saying ‘I love you’?

Cupid’s Advice:

It may be just three little words, but “I love you” has a lot of impact and implied commitment behind it. If you know you are ready to say it, but can’t seem to find the words, follow these guidelines to overcome your fear:

1. Plan it out: If you plan an extravagant date night and prepare exactly how you want to phrase your expression of feelings, you'll feel less pressure and won't fear getting it wrong.

2. Say it out loud when no one is around: Thinking about it is much different than saying it for your loved one to hear. Say it out loud several times so that when the time comes, it will sound effortless just as love should be. Practice makes perfect.

3. Remember why you love your partner: The pressure of saying 'I love you' can cause you to forget about the reasons you love your partner and focus more on the theatrics of it. Take a moment to reflect on all the things you love about your significant other, and then it will just come naturally.

How did you get over your fear of saying "I love you"? Tell us below.