

'The Bachelor' Alum Tierra LiCausi Ends Engagement



By Kristyn Schwiep

Reality TV star Tierra LiCausi's mystery engagement has ended, [People](#) reports. LiCausi, a villain from Season 17 of *The Bachelor*, flaunted a huge diamond ring on the Women Tell All reunion. According to sources, the break-up happened a few months ago. Unlike LiCausi, the most recent *Bachelor*, Sean Lowe, said to expect a celebrity wedding date announcement for him and fiancée Catherine Giudici.

'The Bachelor' alum Tierra LiCausi wasn't destined for a celebrity wedding. How do you know when it's time to call off your engagement?

Cupid's Advice:

Getting nervous and having last minute questions about getting married arises in all engaged couples, but these aren't reasons to call off an engagement. Here are some signs that will help you know what it's time to call things off:

1. Avoidance: If you're looking for excuses to avoid your fiancée you probably want out of your relationship and love life. If you start to find yourself doing things to spend time away from your soon to be husband or wife it's probably a good sign to call off your engagement.

2. Fights: Fighting in a relationship is normal and planning a wedding can be stressful, but if you are fighting more than you are happy its time to call it quits.

3. Gut feelings: We all have gut feelings for a reason, so if you have that gut feeling that something isn't right in your relationship, it's probably a good idea to call off your engagement.

How did you know when it was time to call off your engagement? Share your stories below.

'The Bachelor' Celebrity Couple Jesse and Ann Csincsak Are Expecting a "Play Friend" for Son Noah





This week, our favorite celebrity couple from *The Bachelor* and CupidsPulse.com contributors, Jesse Csincsak and his wife Ann, announced their celebrity pregnancy: They're expecting a second child in March! The famous couple, who married in 2010, are excited to give their son Noah a brother or sister. "He is pumped to have a play friend," Jesse says with a laugh. Noah will turn three right before their [celebrity baby](#) is born.

Jesse and Ann Csincsak Open Up About Their Celebrity Pregnancy

As excited as the family is about the new addition, Ann has had some difficulties with her pregnancy so far and has been sick 24 hours a day. "We had to call in her parents to help out," Jesse shares. "Someone has to take care of Ann, while someone else runs our businesses and takes care of our son." The mom-to-be experienced some discomfort with their first child, but the celebrity couple says that it's completely different this time. "She had morning sickness during her pregnancy with Noah but only in the mornings. This is constant and has been from the start," he tells us. "Not fun!"

Related Link: [Jesse Csincsak Rescues Mother and Son From Same Area as First Date with His Wife](#)

Could all this mean that a little girl is on the way? Jesse told FOX411's Pop Tarts column that Ann was "secretly hoping for a girl to one day take over the fashion business she is building."

For right now, the Csincsak's don't know the sex of the baby and hasn't decided on any names yet. They'll find out if they're having a boy or girl in the next couple of weeks (Ann is in her second trimester), and they plan on filling us in as soon as they know.



Noah Csincsak holding a sonogram of his new sibling.

Of course, they can't escape their *Bachelor* roots. The first-ever *Bachelorette* celebrity couple, Ryan and Trista Sutter, live one neighborhood away and have remained close with the Csincsak's. "They've been amazing," Jesse and Ann reveal. "They helped us move into the area and gave us advice on what doctors to use."

Related Link: ['Bachelor' Alumni Ann Csincsak and Partner Katie Meyer Open Vintage Sweet & Chic Boutique](#)

When the foursome get together, they never really talk about

their reality TV past. Instead, they focus on real-life happenings. “Ryan and I are always talking about our kids or good hiking spots. Trista loves shopping at Ann’s store, Cashmere & Coco, in Vail Village, so they talk fashion and whatever else it is that girls talk about,” Jesse says.

Could this be the makings of a *Bachelor to Babies* spin-off?

Stay tuned for more Bachelor news!

Former ‘Bachelorette’ Emily Maynard Says There’s No Pressure to Find a Guy



By April Littleton

According to [People](#), Emily Maynard is in no rush to find love again. The former *Bachelorette* star got engaged twice on TV.

Her first engagement to Brad Womack ended in 2011 and her most recent relationship with Jeff Holm ended last October. "Right now, I am under no pressure to find a guy," Maynard told the [Huffington Post](#).

What are three main positives about living the single life?

Cupid's Advice:

Everyone loves to have a special someone to spend lonely nights with, but it's not the end of the world when you find yourself to be "alone." After the end of a relationship, every person needs time to regroup and enjoy the single life for awhile. While you're spending some time going solo, it's important to look on the positive side of things. Cupid has some advice:

1. Less stress: Relationships are stressful and can cause you to feel mentally, spiritually and physically exhausted. When you're single, you can enjoy time alone, hang out with close friends and stay out as long as you want without having to worry about telling another person your whereabouts.

2. More time for yourself: A lot of couples lose sight of who they are as individuals because they get too wrapped up in each other. Flying solo means you have more time to do what you want to do. You can pick up new hobbies or get back to some of your old ones. Instead of moping around the house, take all of the extra time you have to develop some new skills and interests. Take a cooking class, finish reading that book you never managed to finish while you were dating your ex or pamper yourself with a day at the spa.

3. Friends: People in love tend to forget about their friends throughout their relationship. Once you're back on the market, get some of your friends together for a night out and get reacquainted with each other. You may have momentarily forgotten about them, but they have always been there for you

and it's guaranteed they'll help you get over your recent heartbreak.

What are some other positives about the single life? Comment below.

'Bachelorette' Desiree Hartsock Says 'Love Can Be Unpredictable'



By April Littleton

Desiree Hartsock took to her blog on [People](#) to thank everyone who watched her journey to find love on the latest season of *The Bachelorette*. " I appreciate the encouraging words from many and the understanding that love can be unpredictable." Ultimately, Hartsock chose Chris over Drew because she felt

her relationship with him “didn’t move forward” after their date in Antigua.

How do you roll with the ups and downs of a relationship?

Cupid’s Advice:

Dealing with the ups and downs of a relationship can be complicated, but love isn’t perfect. In order for you and your partner to be happy you must learn how to properly handle any bumps in the roads that you’re bound to hit. Cupid has some tips:

1. Don’t ignore the issue: When you realize that you may have a problem, confront it head on. Some couples choose to neglect the problem, but this will only make matters worse. You may even end up breaking up because of it. Take the time to sort out why the two of you may be having issues. The sooner you talk about what’s bothering you, the quicker you can find a way to solve the problem and get back to being the happy couple you once were.

2. Don’t bring up the past: Once you decide to forgive each other for whatever wrongdoing may have occurred, leave that issue in the past. Constantly bringing up problems that aren’t relevant to your relationship anymore is immature. Of course, couples fight, but that doesn’t mean you have to bring up conflicts that occurred months ago. Let the past be the past.

3. Stay positive: When you and your honey are on the outs, think about all of the positive things the two of you have done together and how much the both of you have overcome. Don’t focus on the negative. Rather than obsessing over the things your partner may do wrong, draw your attention to all of the things he/she does right. Your relationship will be better for it.

How do you roll with the ups and down of your relationship?

Comment below.

'The Bachelor' Stars Jason Mesnick and Molly Malaney Share New Picture of Daughter Riley



By Kristyn Schwiep

It's hard to believe that Jason and Molly Mesnick's little girl is already four months old! *The Bachelor* celebrity couple shared an adorable picture of their celebrity baby Riley Anne in a blog post on Monday, Aug. 5. According to UsMagazine.com, Jason, 37, and Molly, 28, hosted a Country Time Lemonade Stand for the "Great American Lemonade Stand-tacular" campaign to raise money for Alex's Lemonade Stand Foundation, which helps

fight childhood cancer. “Having a new baby is one of the hardest jobs in the world, but it has made us love each other so much more,” the new celebrity mom explains. “We have given each other the greatest gift in the world with Riley, and for that alone, we have a stronger love than ever before.”

Jason and Molly Mesnick showed off their celebrity baby Riley at a lemonade stand. How do you introduce your new child to friends and family?

Cupid’s Advice:

Having a baby is such an exciting time! So what are some ways you can introduce your new child to friends and family? Take a cue from this celebrity couple and consider one of these methods:

1. Take the traditional route: Send out announcements and let your family and friends know that you’re proud new parents. You can make your own card on sites like Minted.com or enlist the help of a photographer and graphic designer.

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

2. Use Facebook: If you updated your Facebook throughout your pregnancy, the social network is the perfect way to introduce your new baby to family and friends. Update your status with a picture of your new baby and include details like your son or daughter’s birthday, weight, and length.

Related Link: [‘Bachelor’ Couple Jason and Molly Mesnick Renew Vows in Vegas](#)

3. Make a holiday card: If you give birth towards the end of the year, a holiday card is the perfect way to introduce your baby to your loved ones and let them know that you received the greatest gift of all this year!

What are some ways you can introduce your new baby to friends and family? Share your thoughts below.

The New 'Bachelor' Is Juan Pablo Galavis!



By Kerri Sheehan

With the wrap up of the most recent season of [The Bachelorette](#), ABC has announced its newest star in search of a relationship and love: Juan Pablo Galavis! You may recognize Galavis as one of Desiree Hartsock's suitors on *The Bachelorette* season 9. The 32-year-old single dad and former

Venezuelan soccer player is hoping to find the perfect person for him and his daughter. According to People.com, this reality TV star and new *Bachelor* said he is looking for “a mom for [my daughter] Camila and someone I can spend many years [with] together.”

The new star of *The Bachelor* has some Venezuelan roots that make most girls swoon. What are some things to consider when you're dating someone from a different culture?

Cupid's Advice:

Meeting people from other cultures can be shocking, but can you imagine dating someone with a different background? Cupid has some dating advice about what to consider when you're falling for someone from a different culture:

1. Embrace your differences: You were likely raised differently, so don't be too shocked when the two of you do things a bit differently. Don't pressure your partner into doing things your way, as that may feel unnatural to them.

Related Link: [‘The Bachelorette’ Star Desiree Hartsock Says Confidence is Key to Finding Mr. Right](#)

2. Learn something new: Learning about another culture can be quite exciting, so soak up every moment of it! Don't stress too much about your differences, as the two of you can find common ground if you work together.

Related Link: [‘Bachelorette’ Andi Dorfman's Promo Poster Mocks Juan Pablo](#)

3. Take up cooking: Cooking is a great way to dive into your significant other's culture! Just make sure to run the ingredients by each other. For instance, snails and frog legs are a delicacy in France, but here in the States, they're considered adventurous meals.

Have you ever dated someone from a different culture? Share below!

'Bachelorette' Desiree Hartsock Chooses Chris Siegfried



By Kerri Sheehan

This season's *Bachelorette* was not exactly a cookie cutter love story. Desiree Hartsock was blindsided when her

frontrunner, Brooks Forester, decided to bow out of the competition leaving her with the last two contestants, Drew Kenney and Chris Siegfried. Rather than abandon her search for love, Hartsock decided to give each of the remaining bachelors a rose and a chance at her love. In the end, Chris Siegfried won her heart and had her feeling, "Like the luckiest girl alive," according to [People](#).

What are some ways to choose between two potential partners?

Cupid's Advice:

Not everybody's love story is straight out of a Nicholas Sparks novel. Sometimes you may be forced to choose between two love interests and the decision will be one of the hardest of your life. Cupid has some advice about how to deal:

1. Ask what you want out of life: Take time to really think about what you find most important and consider which partner can help you attain that. Most of the times you'll want to achieve these things yourself. If that's the case then consider who is most likely to give you an emotional boost when you're feeling down.

2. Long-term happiness: In the end you have to put your long-term happiness above all else. Think of whom you can see yourself growing old with and stick with them. You live your life for you, not for anyone else.

3. Think of what draws you to each partner: The human mind can do this really neat thing where it builds people up on its own accord. This means that part of the guy you're falling for can be partially in your head. Think about each guy separately and what you love about them. This should include the good, the bad, the ugly, and the pretty.

How would you choose between two potential partners? Share below.

'RHONJ' Star Jacqueline Laurita: "I Try My Best to Get Along With Everyone"



By Kerri Sheehan

You may know the sassy and fiercely protective Jacqueline Laurita from Bravo's hit reality show *The Real Housewives of New Jersey*, but that's not her only claim to fame.

Before we delve into this season's drama and last night's episode, let's focus on a few things you may *not* know about Laurita, starting with the fact that this 43-year-old mother of three has her own beauty website, AltruisticBeauty.com, with publicist Suzanne Summers. The two began working on the site together after first developing a friendship. "I told her about my idea, and we decided to turn our love affair for beauty into a business. Since I am a licensed cosmetologist

with years of experience and Suzanne is a beauty publicist, we make a great pair. We bring our years of knowledge to the site and also handpicked a team of other beauty and health professionals to blog with us.”

Inspiration for Laurita’s company came from her days as a cosmetologist. “I had this vision for a beauty website a long time ago. I’ve spent several years educating people about cosmetics, skincare and everything beauty. I have literally tried it all.” *Real Housewives* viewers were an impetus as well. “Fans of my show would tweet me beauty questions constantly, so I created a platform to get all of their beauty questions answered. I get all sorts of questions from what plastic surgery procedures I recommend to how to make treatments from items in your refrigerator. I love sharing beauty secrets!” she exclaims.

Related Link: [RHONJ’s Teresa Giudice Debunks Divorce Rumors](#)

Inner beauty is just as important as outer beauty, and one thing that shines most about Laurita is her dedication to raising awareness about autism. She has become a strong voice in the community since her youngest son, Nicholas, was diagnosed. On one episode, viewers saw Laurita encourage Nicholas to try out a hyperbaric oxygen chamber, which is thought to help children on the autism spectrum. Family is the most important thing to Laurita and she says that she stays on the show (despite the drama) because it gives her a platform to bring attention to the cause.

If you tuned into the *The Real Housewives of New Jersey* last night, you know that things didn’t go as planned during Laurita’s reunion with Teresa. “I try my best to get along with everyone,” she says. “I really don’t need the extra aggravation of fighting over nonsense when I’m fighting for my child’s recovery at home. I really don’t like fighting.” At the same time, this Jersey mom is not afraid to hold her own

when challenged. "If a certain situation presents itself to me, I just roll with it by responding organically, and I always have hope for a resolution in the future. This season you may see more "mysteries from last season reveal themselves," she says.

Related Link: [10 New Celebrity Moms](#)

Despite the fighting and feuding, the beauty guru's relationship with her husband has remained as strong as ever. She says that their secret is acting as though they just met each other and adds, "We always make sure we schedule in regular date nights. We like to go out with other couples too. It's fun and entertaining." Their typical date night involves good food, good conversation and a glass of good wine.

You can catch Jacqueline and the other Real Housewives of New Jersey every Sunday at 8/7c on Bravo. To keep up with Laurita, follow her on Twitter @JacLaurita or facebook.com/jacquelinelaurita. Head over to AltruisticBeauty.com for some beauty tips and tricks.

'Bachelorette' Desiree Hartsock Speaks Out at 'Men Tell All'





By April Littleton

The bridal stylist blogged on [People](#) about the ups and downs she went through while getting the chance to see all of the men she dated on *The Bachelorette* again. She talked about her unresolved feelings for some of the contestants and how it felt to see some of the men who manipulated her. “It was exciting and fun to to see everyone at *Men Tell All* and to hear what they had to say after watching the episodes,” Hartsock said.

What are some ways to tell your partner something difficult?

Cupid’s Advice:

Sometimes it’s hard to tell your loved one something important depending on how they usually react to surprising news. The more difficult the situation is, the harder your partner may take it. Unresolved issues can escalate into a fight, so whatever the problem is, don’t keep quiet. Cupid is here to help:

1. Practice: Before you bring the issue up with your partner, it’s best to prepare what you want to say first. If you’re nervous or unsure of how to bring the subject up, this tactic might help you. Practice in front of the mirror or ask one of your friends to sit in as your love.

2. Don't get defensive: When you do tell your significant other the bad news, try not to place any blame where it doesn't belong. It may be hard for you to do so, but consider your partner's feelings in the situation. Be kind while still remaining honest. Both of you need to be responsible for whatever is going on in the relationship. One of you shouldn't feel worse than the other.

3. Write it down: Sometimes the best way to say something is by not saying anything at all. If you don't have the heart to tell your loved one bad news vocally, try writing it down instead. Write down all of your feelings in a letter and give it to your partner when you feel ready.

How do you tell your partner something difficult? Comment below.

Ali Fedotowsky Tells Us How to “Attract More Love and Happiness” Into Our Lives





By Kristin Mattern

Ali Fedotowsky is no stranger to ABC's *The Bachelor* and *The Bachelorette*. She was a contestant vying for Jake Pavelka's affection in season 14 of *The Bachelor* and later starred on season 6 of *The Bachelorette*. Well-versed in love, relationships and reality television, Fedotowsky is now putting her dating and media expertise to work on a new blog for *E!* about the popular dating competition show. Additionally, she has continued her foray into the world of the small screen as the host of *1st Look*, the Emmy Award-winning travel show from NBC. In an exclusive interview, this adorable TV personality opens up about the current season of *The Bachelorette*, moving on after heartbreak and her happy relationship with Kevin Manno, host of *Abby's Ultimate Dance Competition*.

The bubbly blonde has a unique point of view to share with readers of her *E!* blog. "I kind of feel like my time as the bachelorette was a lifetime ago, so I don't have any emotional connection to the show," she explains, "but I do enjoy watching with my girlfriends. And I definitely have a different perspective on what it's like for Desiree. I know firsthand that it's not easy!" Fedotowsky remembers her time on the reality series as one the most stressful and emotional times of her life but says that being a contestant on *The*

Bachelor was “just fun!” She enjoyed her time hanging out with the girls and talking about boys. The big life lesson she learned from her experience on the shows is to be honest with yourself: “I don’t think it changed the way I date. It just made me trust my instincts more.”

Related Link: [Bachelorette 9, Episode 7: Confession in Madeira](#)

Given their similar circumstances, Fedotowsky has become friends with the current bachelorette, Desiree Hartsock. The two hit it off while filming a special that will air during tonight’s *Men Tell All* episode. “Desiree is as sweet and down to earth in person as she is on the show. I really have nothing but wonderful things to say about her,” the television personality remarks. Wondering if they shared secrets about the end of this season? “When we hung out, I told her to please *not* tell me anything. I didn’t want her to think I would try to pressure her for those details. I’m there as a friend, not to interrogate her!” However, Fedotowsky did tell us that she is rooting for Chris but that she “will be happy with whoever she [Desiree] picks because she’s happy! She’ll pick the guy she falls for; that’s not for me to judge.”

Fedotowsky is no stranger to love and heartbreak. She was lucky enough to find her happy ending on *The Bachelorette* with Roberto Martinez, but the couple called it quits after an 18-month engagement. When it comes to moving forward after a broken heart, she suggests staying as busy possible. With this thought in mind, she’s thankful for her role as host of the travel show *1st Look*. “It was good timing for me since I was in a transitional period of my life.” Of course, this adventure-filled opportunity doesn’t come along for everyone. “Volunteer,” she advises. “I’ve done that in the past, and it not only keeps you busy but makes you feel good.”

Related Link: [Lessons from Justin and Selena: Should You Get Back with Your Ex?](#)

It's no secret that the Los Angeles native has jumped back into the dating scene. She confirmed her relationship with Manno in April, and the pair was recently spotted celebrating his 30th birthday in Nuevo Vallarta, Mexico. When they're not soaking up the sun south of the border, the twosome enjoys playing "darts or any sort of game, like Bingo or bowling."

And for those of you just dipping your toes into the water after a split, the starlet shares this sage wisdom: "Get out there and do what makes you happy! I really feel that, when you show everyone that you love and respect yourself, you attract more [love](#) and happiness into your life."

Be sure to tune in for tonight's Men Tell All episode on ABC at 8/7 pm c. To learn more about Fedotowsky, you can connect with her on [facebook.com/MissAliElaine](https://www.facebook.com/MissAliElaine) or Twitter [@AliFedotowsky](https://twitter.com/AliFedotowsky). You can also check out her blog for E! and her travel show, 1st Look.

Bachelorette 9, Episode 8: Meeting the Families





By [Jared Sais](#)

This week's episode of [The Bachelorette](#) hit close to home...literally. Desiree toured the country, visiting all of the guys' hometowns and meeting their families. She seemed to take this opportunity to reaffirm how she feels about each contestant, and luckily, each family was welcoming to her.

Her only somewhat-negative experience was with Zak's family, as they may have come across to her as a bit campy. She made an "aw face" while they were singing to her, which is characterized by:

- Raising the inner corner of the eyebrows
- Lowering the outer corners of the mouth
- Swelling of the lips
- Occasionally tilt of the head

It can seem like a look of sadness, but it's really more akin to the expression someone makes when looking at a cute dog or baby. This non-verbal cue could mean that Des was genuinely touched by the gesture, or she could've been trying to be nice. It could also have been a look of pity. It didn't matter in the long run, though, since she sent Zak packing at the end of the episode.

Related Link: [Bachelorette 9, Episode 7: Confession in Madeira](#)

Ultimately, though, I believe that all Desiree wanted was proof that Drew's family is fun and loving, which she definitely got. She made it clear last week that she's made up her mind about who she's going to choose, and to me, the hometown dates only confirmed that fact.

This episode, perhaps more than any other episode of *The Bachelorette*, is applicable to our own lives. When you meet your significant's other's family, how do you think they feel about you? Here are some cues to consider.

Signs That Your Partner's Family Likes You

- **They give you real hugs.** Real hugs are tight and last a long time. If it concludes with the rubbing of the back of your neck, you know it's a real hug.
- **Their smiles are genuine.** When someone offers you a genuine smile, crow's feet appear in the corner of the eyes, the cheeks are pushed up and the corner of the lips rise.
- **They stay close to you.** Family members will sit next to you and position you in the middle of the group. They invite you into their personal space, which is less than four feet from them according to Edward T. Hall.
- **They want to get to know you.** They ask you about your interests, your likes and your dislikes.
- **They invite you to future events.** Such invitations are a clear indication that they like you and want to see you more.
- **They're eager to serve you food and beverages.** People who like you want to make sure you're taken care of and happy.
- **The ex isn't mentioned.** They rarely discuss your partner's ex, and when they do, it's to comment on your superiority.

- **They give thorough answers to your questions.** People who like you will take their time in responding to you. They may even seem to ramble when they tell stories because they enjoy your company and want to maximize the amount of time that they spend with you. Tedious as it can be, try to think of it as a type of initiation.
- **You're a part of family stories.** They start telling anecdotes about things that occurred while you were in their company, which really indicates that they consider you to be "one of them."
- **They treat you as a member of the family.** If your significant other's mother or father asks you to set the table or perform a different household chore, it's another indication that they view you as a member of the family.
- **They offer compliments.** Take it as a good sign that your partner's family showers you with praise.
- **You feel wanted.** Trust your gut. Stay attuned to the vibes – good or bad – that you pick up.
- **They stretch out their goodbyes.** It's hard to say goodbye to people you like or love. When leaving your partner's family, look for signs of sadness. For example, their voices might lower. They might also give you multiple hugs and kisses.

Related Link: [Bachelorette 9, Episode 6: Drama in Barcelona](#)

Signs That the Family Doesn't Like You

- **They give you fake hugs.** When someone gives a fake hug, their butt is pointed out. The hug is quick and may consist of only a single or double tap on the back.
- **Their smiles aren't sincere.** Fake smiles only engage the lower half of the face. There is a total lack of eye movement.
- **They keep their distance.** They maintain space between

themselves and you. Perhaps they scoot their seats away from you, lean back in their chair, choose a seat that's far away from you or find tasks to perform to avoid speaking to you.

- **They're uninterested.** They don't ask you questions about yourself or perhaps they simply exclude you from the conversation.

- **They exclude you from family events.** You notice that they never include you in their plans for family activities.

- **They glorify your partner's ex.** They speak very highly about your partner's previous relationships yet never compliment you.

- **They're not conversational.** They offer short responses to your questions.

- **They're reluctant to compliment you.** They rarely say nice things about you.

- **They have private conversations.** They often take your partner aside to have private conversations that are most likely about you.

- **It's impacting your partner negatively.** Notice your partner's mood. If they seem upset or angry, it may be because they are frustrated by having to defend you to their family.

- **Your partner emphasizes your strengths.** If your significant other starts describing you as the funniest, most brilliant person in the world, it's probably his attempt to ingratiate you to his family.

- **They say an unemotional goodbye.** When you leave them, they use casual phrases like "take care" or "see ya." They may also say goodbye in a silly or high-pitched tone.

Meeting the family can be a daunting next step in your relationship. With these non-verbal and verbal signs in mind,

however, you can determine how they feel about you and respond accordingly. Good luck!

After watching this week's episode of *The Bachelorette*, how do you think meeting the families will impact Desiree's final decision?

Bachelorette 9, Episode 7: Confession in Madeira



By [Jared Sais](#)

As the ninth season edges closer to its finale, Desiree opens up about her true feelings. Read on to find out who I think will ultimately win her heart...

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One-on-One Date with Brooks

Desiree and Brooks certainly have a lot to talk about! They tend to get so engrossed in conversation with each other that they block out the rest of the world – a significant sign of compatibility. Their non-verbal communication is equally telling. Their body language mirrored each other as they chatted, something found in couples who are truly in love. Furthermore, when Desiree discussed her feelings for Brooks, she nodded to confirm what she was saying. If she had been lying, she would have shaken her head “no” when she said that she was “at the finish line.”

They are a perfect couple, and it’s clear that Brooks is going to be the winner. The best indication of that is the contrast between her interaction with Brooks and her interaction with the others guys. When she’s with Brooks, her smiles last longer, and her eyes widen more. Plus, she goes in for kisses more frequently.

One-on-One Date with Chris

It looks like Chris is going to be the runner-up. The bachelorette definitely cares about the Oregon native. She was truly touched by his poetry and is attracted to his blatant masculinity. They have some chemistry, but there’s still something missing. Desiree doesn’t latch onto Chris the way she does to Brooks. She kisses Chris the way one would kiss a best friend rather than a lover. It’s no secret that Chris is more interested in the brunette than she is in him. If Brooks weren’t on the show, though, I think Chris would be the winner.

On a scale of one to ten (one being friendship, ten being love), Brooks comes in at nine, and Chris ranks at seven. Brooks is in the lead, but the score is extremely close. Things could change drastically when Des meets their families next week.

Two-on-One Date with Drew and Zak

I thought from the beginning of this date that whoever wins the go-kart race will get a rose – either on the date or at the rose ceremony. Desiree isn't likely to decide who stays and who goes based on looks but by personal connection. Drew lacks confidence and kept looking downward during their time together. There is something about him that I find very off-putting. Based on the beauty's unenthusiastic reaction, I doubt that either of them will come close to beating the front runners.

Related Link: [Bachelorette 9, Episode 5: Finding Love in Germany](#)

Ranking

My order remains: Brooks, Chris, Zak and Drew. These last two could easily be switched, but I listed Drew last because I feel that his intangible "off" quality will impact Desiree's decision.

What do you think about our expert's predictions? Share your thoughts in the comments below!

Bachelorette 9, Episode 6: Drama in Barcelona





By [Jared Sais](#)

This week's episode of [The Bachelorette](#) was certainly eventful! James' off-camera comments cast suspicion on his motivations for being on the show and his true feelings for Desiree, causing emotions to run high and loyalties to be questioned. Here we go...

Related Link: [Bachelorette 9, Episode 5: Finding Love In Germany](#)

Drew's One-on-One Date

The constant kissing was cute at first, but after a while, it just started getting tedious. That said, there's a noticeable contrast between the first kiss that Drew and Des shared (at the start of their date) and their kiss when he stole the bachelorette away from dinner. The first one lacked intimacy, while the other one was very passionate. At first, it almost seemed as if Drew was kissing Desiree in order to prove his worth as a contestant, making me think that he doesn't really like her as much as he wants to let on.

However, I love that he waited to get the rose before talking about James – it was a smart move.

Drama with James

James caused a lot of trouble when he pointed out that if he makes it to the top four, he'll have a chance to be the next [Bachelor](#). Although he made this comment during a private conversation off-camera and didn't expect for Casey and Drew to expose his true intentions, there was still some dishonesty and covering up on his part. Ultimately, though, I don't think that he's a bad person; I think his words were taken out of context.

Even so, James did exhibit a lot of signs associated with lying when he was explaining to Desiree what he actually said during that controversial conversation. The following non-verbal cues could indicate that he wasn't being truthful:

- He kept his hands in his pockets, suggesting that he was defensive.
- He took long pauses.
- He was overly argumentative.
- He stood up and behaved like a bully.
- He licked his lips before speaking. When you lie, your mouth gets very dry because lying puts a lot of stress on the body.
- He said, "No, ma'am," which suggests that he was trying to further the distance between himself and the story he was telling. Hearing James say this phrase to Desiree set off my alarm and hinted that, perhaps, he really *did* say something detrimental during that private conversation.

To be fair, though, James also exhibited some non-verbal communication that indicated honesty, including:

- Bulges formed on top of his inner eyebrows as he was speaking, which is an indication of true sadness. He was truly contrite about the situation.
- He didn't use too much eye contact. Often, experienced liars will maintain eye contact in order to see if the person they are speaking to believes them. His steady eye contact suggested that he was truly apologetic.

Related Link: [Bachelorette 9, Episode 4: Atlantic City](#)

Now that I have thoroughly analyzed James' non-verbal cues, I can say that, regardless of his true feelings for Desiree, he would make an excellent salesman. His last conversation with Desiree was, essentially, a sales pitch to keep himself on the show. He played it perfectly – although I believe that about 85 percent of what he said was a lie. I have to credit him for his perspective: if he doesn't end up marrying Desiree, he could very well end up as the next bachelor.

On another note, the rest of the guys are trying to pass themselves off as a bunch of goody two-shoes. Their thoughts may only be on Desiree, but that isn't practical; after all, only one of them will end up winning her heart. They don't have the same realistic expectations as James, but with that said, just because James is logical doesn't mean that he's honest.

Additionally, I think that the guys' argument that "if you love Desiree, you won't think about any other girl" is unfair. I agree that if you love someone, you shouldn't be thinking about anyone else, but I think it's wrong for these men to be applying their own emotions to James. Maybe he just isn't in love with the brunette beauty just yet.

Stay tuned for next week's romantic dates in Madeira!

What do you think about Desiree's remaining guys? Share your thoughts in the comments below!

Bachelorette 9, Episode 5: Finding Love in Germany



By Jared Sais

Things got intense in this week's episode of [The Bachelorette](#)! Get the skinny on what was really going on in the minds of the [bachelors](#) as passions became more apparent and rivalries heated up.

Related Link: [Bachelorette 9, Episode 4: Atlantic City](#)

Chris' One-on-One Date

There's no doubt about it: Chris is head over heels for Desiree. Even if you missed him saying that he was falling "slowly but surely" in love, there were plenty of non-verbal signs that he's into her. His eyes widen when he sees her; his smile stretches from ear to ear; and when his voice lowers into a whisper and his eyes lose focus, you can tell that he's thinking only of her. Smiling with a wrinkled nose is another indication of playfulness. Other cues of trust and affection

to look for include: leaning in close to one another, cuddling, nuzzling against the chest or shoulder, the ability to act goofy and maintaining eye contact.

The Oregon native clearly loves Desiree, and the bubbly brunette is into him too. When she kissed him, she put both of her hands behind his head and – almost forcefully – pulled him towards her. It was very passionate and sexual non-verbal communication. It looks to me like Des might already like Chris more than she ever liked Sean Lowe on last season's *The Bachelor*. But is it love? I'm not sure yet.

It's important to note that she got a bit tipsy during dinner. She tripped; her speech slowed; and her pupils were dilated. It seems like she gets emotional when she's drunk, and she showed micro-expressions of sadness throughout the date.

Bryden's Exit

It turns out that my instincts about Bryden were spot on – almost. In my Quote Me Now article, I mentioned that his non-verbal cues suggested that he was trying to distance himself from the bachelorette. While my suspicion that he had a girlfriend back home proved incorrect, Bryden did leave the show. Oh well. Goodbye and good luck, Bryden!

Group Date

Brooks definitely stood out the most on the group date. These two hugged and kissed as if they were magnetically attracted to each other. As they kissed, Des grabbed the arm of his jacket, suggesting that she truly missed him and wanted to be with him again. There were some serious fireworks between them! Though she has definite chemistry with Chris, her reaction to Brooks is much stronger.

Related Link: [The Bachelorette 9, Episode 3, Dangerous Dodgeball Date](#)

Two-on-One Date

This date with Michael, Ben and Desiree was certainly a spectacle. The two men were battling for the bachelorette the only way that men know how: by trying to prove their dominance. Their attempts backfired though, as their target was clearly uncomfortable. During the date, both men were pinching their lips, and Michael even made a fist at one point, a very strong indication of anger. He was ready to hit Ben (no surprise there – he's made his feelings about the single dad very apparent). I thought the funniest part of the date, though, was seeing Des drinking to avoid having to speak. The date turned out to be more about the guys than about star of the show.

At one point, the bridal stylist leaned back in her chair to give them space to duel it out. Her body position was very expressive. When people are attracted to someone, their bodies usually tilt *towards* the individual. Desiree, however, kept her shoulders, body and feet pointed straight ahead and didn't lean towards either man, suggesting that she's not interested in either of them.

Overall, this was a disastrous date. Honestly, it didn't matter who got the rose at the end of the night – neither of guys will be end up with her heart.

Join me next week to further analyze the non-verbal communication between Desiree and her men as the competition grows more intense and the number of contestants continues to dwindle.

Let me know your thoughts on the men so far and who you think will be Desiree's future husband!

Bachelorette 9, Episode 4: Atlantic City



By [Jared Sais](#)

Now that season 9 of [The Bachelorette](#) is well underway, some of the contestants' true natures are coming out. Furthermore, we're learning that Des doesn't necessarily see a future with a guy just because they share one romantic date together. So let's get started...

Related Link: [Bachelorette 9, Episode 1: The Animal Kingdom](#)

Brad's One-on-One Date

Desiree emphasized the word "great" when she was describing her day with Brad, saying, "We are having a *great* time." This emphasis indicates sincerity – she really did have a blast with him. Think about when you're describing a delicious meal to someone. You emphasize the adjectives. For example, you might say, "I just had the most *amazing* sushi. So *fresh*! You have to try it." It's an easy way to decipher someone's true

opinion.

However, just because the bachelorette said that they had a “great time” doesn’t mean that she felt any chemistry. You don’t have to be a body language expert to know that this date wasn’t going well for Brad. Even so, let’s analyze the most common nonverbal indications of discomfort that Desiree and Brad exhibited during dinner:

- Silence and long pauses
- Nervous laughs
- Concentration on food or other objects
- Short conversations and abrupt endings
- Awkward looks with rolled eyes and pinched lips with a forced smile
- Lack of eye contact

It’s no surprise that this single dad didn’t receive a rose at the end of the night.

Group Date

Now on to the Bachelorette Mr. America Pageant! Only one person with actual talent managed to make Des blush, and that was Zak W. with his guitar and sweet lyrics. All of the other men tried their best but ended up treating the talent competition as more of a joke. Though Zak didn’t win the competition with his song, his performance was the one that stood out the most to me. I always say that, in the dating world, it’s important to stand out by taking a creative approach. If you play the game the same as everyone else, you’ll blend in. If you’re brave enough to express your individuality – like Zak W. was – then you’ll win the heart and mind of that special someone.

Chris also had a successful week, solidifying my confidence that he'll make it to the top five.

Let's take a look at Bryden's body language too. In my [Quote Me Now](#) article, I said that he was "not feeling" Desiree. Sure enough, in this week's episode, Bryden came out and admitted that he wasn't into the brunette beauty as much as he wanted to be at this point in the show. I think Bryden will leave soon, and I still get the feeling that he isn't there for the right reasons. There was one non-verbal cue in particular that proves my prediction correct: During the rose ceremony, when Desiree called his name, Bryden showed shame by lowering his head. Even more interesting was when Bryden gave her the "I got you" look, which is given when someone either lies or manipulates another person and gets away with it. In short, he is manipulating Desiree and isn't who he claims to be. A big warning to Desiree: stay away from Bryden!

Related Link: [Bachelorette 9, Episode 3: Dangerous Dodgeball Date](#)

James' One-on-One Date

James definitely likes our leading lady more than she likes him, but they still had a solid date. I didn't see any sparks fly when he received the rose, and even though Desiree leaned for the kiss, there was no passion in it for either of them. I don't see James making it too much longer. He's a good guy, but he has no real connection with Desiree.

This week's episode was certainly an eventful one! Here's my current top five with one slot still open: number one is Brooks, number two is Chris, number three is Zak W. and number four is Drew. What will happen next is a mystery, but I'm already excited to see if my predictions are proven correct when the gang heads to Germany next week.

Let me know your thoughts on what men you like so far and who you think will be Desiree's future husband!

Bachelorette 9, Episode 3: Dangerous Dodgeball Date



By [Jared Sais](#)

They called it right in the trailers when they said “drama” was about to go down on last night’s episode of ‘[The Bachelorette](#)’! There were dangerous games of dodgeball and one mad ex-girlfriend who came out of the woodwork.

Desiree has quite a cast of men vying for her attention. All of these guys were flexing and puffing their chests out, showing nonverbal portrayals of dominance.

Guys usually do this when they see a girl they like; men will take up more space to show how big and strong they are to impress the girl in question. It’s right out of the rules of animal kingdom, and not much different than gorillas beating their chests.

Related Link: [Bachelorette 9, Episode 1: The Animal Kingdom](#)

Brooks

When Brooks injured himself while playing dodgeball he held Des's hand and she did a comforting rub both on his hand and back. The tone and pitch of her voice changed and you could tell that she really cared. She also toasted Brooks while all the other guys were surrounding her. He remained on her mind and at the end of the night, the kiss between them was full of romance and passion.

Body Language of Chris and Des

There was a lot of leaning in happening with Chris and Des and the two weren't shy about caressing each other. This is one of the easiest ways to identify if someone likes you or not. They also rested their heads on one other which is a big tell of how comfortable they feel together. I am very comfortable with moving Chris into my top 5. Although I am not sure I would put him over Brooks. As of right now, I am still predicting a Brooks win and Chris in 2nd place.

Brian's Ex-Girlfriend

During the whole Brian's ex-girlfriend fiasco I started asking myself if Des was truly upset? I have to say it was a bit staged and I am sure she got the news before going on camera. Des had responses that appeared forced and she did more acting than naturally caring about what was happening. Des also had pinched lips which is a tell-tale sign that she was angry about the situation, but I don't think she was all that into Brian anyway. She acted angry but my guess is that she was probably feeling more awkward.

Tears were not real from Brian's ex-girlfriend and though she was screaming a lot I didn't see much anger. I think Brian was guilty of something but not everything. Did Brian sleep with his ex before he left for the show? Yes, but they truly could

have been broken up before the show started. You could actually see Brian's ex-girlfriend smile as she got back in the limo. I think she was purposely trying to get Brian kicked off the show. I also want to point out her facial expressions didn't even show 50% sadness nor anger. When trying to portray sadness the inner corners of her eyebrows barely rose up and though her voice seemed sad there were no tears or dimples in her chin. As for anger, she was good at screaming but other than that she only had a hint of glaring eyes, which are a telltale for anger. There were a lot of facial expressions that were lacking, maybe she had Botox before coming on the show. The full story was not told and I know Brian was telling the truth about his feelings not being there for his ex-girlfriend.

Casey

I think Casey and Des are better friends than lovers. I didn't really see crazy romance. Not to mention that although they shared a crazy experience together, their date never really did heat up due to the Hurricane that was taking form when they were on top of the roof.

Related Link: [Bachelorette 9, Episode 2: Quote Me Now](#)

The one-on-one with Juan

Who Juan? Juan Pablo won. Well he won the contest but I didn't see any nonverbal cues that told me they were so romantically crazy about each other. Their date was cute but not steamy. Des never dropped her hand full of popcorn as they kissed. Either their kiss was not the kiss of a soulmate or that popcorn was unbelievably amazing.

On to Bryden

Des stated that he is "reserved" and "doesn't make the first move." Bryden reserved? Doesn't make the first move? Hmmm hmmmm please tell me more about how he's in this to win Des's heart. This guy is definitely seeing someone at home or is not

feeling Des. When he stated, "When we kiss it's awesome," he closes his eyes and actually shakes his head no. This tells me it's not as awesome as he wants to portray. He also does a shoulder shrug which is usually a nonverbal tell of a lie.

Ben and his evolving game

Ben took the words right from my post that I wrote last week. I stated he would have to stop playing the single dad card and play a different game to show he's a bachelor and fun, just as he did this week. I guess I know just as much about the game of dating, as I know about reading people's body language, micro expressions, and lie deception.

So lets recap the big news of this week. Chris will definitely be in the top 5, I have him going number two overall, maybe number three if Drew picks up his game. So far three guys made it into my top 5: Brooks, Chris, and Drew. With two spots left we will see within the next week or two who fills the full list of top 5 bachelors.

Let me know your thoughts on what men you like so far and who you think will be Desiree's future husband.

'Ready for Love' Exclusive: Winner Angela Zatopek Shares Her Emotional Journey





By Angela Zatopek

Yesterday was quite an emotional day for me. As I watched the finale with loved ones, I relived the love I found last summer with Ben and the amazing moment we shared at the vineyard. Thinking back to the beginning, I realized that we came a long way given the circumstances of “group dating.” Now, I find myself in the final two.

Throughout the season I cannot help but question the way certain things were edited, leaving key parts out that were important steps to what took us to the vineyard on that day. As I wrote in the last blog, I was so unsure if it was to be me or Allie, but no matter what the outcome I knew I had learned so many life lessons.

Related Link: [Ready for Love, Episode 8; Home in Houston](#)

After going to Dallas, I got to see his world and meet some of his friends to get a look at what life would be like together. It was so ironic, because he actually lives two miles from some of my best college girlfriends near Uptown Dallas. Going there I was so tempted to sneak away and see them because I had missed all of my friends so much after being away filming!

During the hometown date in Dallas, it was also my birthday so I was really excited to spend it there with him. We spent the

day going around town, I met some of his friends and then we took a stroll by the lake. What I was shocked about was the skeet shooting scene?? That actually took place in Houston. It was something that I thought of for us to do...had to show him my true Texan side! Luckily, Ben and I were spot on that day and had so much fun. I realized in Dallas that I had fallen hard for him. After filming ended that day, we actually went out for my birthday. It was great going out on the town together while not being filmed. We got to be real. At this point, I felt pretty confident in our connection but I also knew Allie was going to be seeing him the next day.

Related Link: [Ready for Love, Episode 7: Meeting the Family](#)

A side note not many people know (don't be mad at me producers!!!)-but after I was dropped off at the Hotel I was definitely not ready to end my birthday celebration. After spending my summer cooped up in a house for 10 weeks, I got back to my room and thought "freedom!" The hotel was completely empty, I couldn't sleep and was in celebration mode for my birthday, so what did I do? I snuck down to the lobby and played pool with the security guard on the night shift named Randall until 3 am! HA HA! It was probably the most hilarious and random birthday I have had so far, but I won't ever forget it.

On a more serious note, moving along to what everyone has been asking me about...The Finale. Not only is my birthday a cherished memory, but so is how Ben and I ended our journey filming 'Ready For Love.' I have never been so blunt to say "I love you" in an unsure situation but figured the time was right when I first saw him in the garden. When he took me away in the helicopter, I had no idea where we were going since I was blindfolded. I was completely shocked when we landed and I saw the vineyard, which we called "our spot." When Ben got on one knee, I was absolutely blown away with tears streaming down my face. I thought to myself "this is a crazy thing, but I don't care, there is no handbook on love!" He told me he had

another surprise for me and turned me around where I saw both my family and his running at us. Words cannot describe the feeling I had at that moment...Happiness, joy, love, you name it, I was on cloud 9. I had all of the people I cared for most in the world all in one place, and I was loving how our families were so supportive of it.

Related Link: [Ready for Love, Episode 6: Finding Love in Paradise](#)

After the show wrapped it was as if we were thrown back into 'real' reality, but could not tell anyone. We had fake names for one another in our phones, just in case friends were next to us, I had crazy colored wigs (I will never have jet black hair by the way), and the list goes on with what we did to hide our romance. We were on such a high after the show, that to be back in reality with our old lives while completely living a new one at the same time was an interesting adjustment.

The first few months were bearable, however we needed to be together to really build a foundation. It wasn't something we could do with 11 other women in the picture. It was frustrating that we couldn't really be in each other's lives like a normal couple. It saddens me, that he doesn't even know most of my friends or family, yet he was my fiancé at one point? We have been together most of the time since filming wrapped in August, but decided about halfway through the show airing that there were a lot of hardships being apart/in hiding for so long and that maybe it was best if we went separate ways.

I am not sure what the future holds, but I wouldn't take back the adventure I went on by putting my heart out on the line last summer. I learned so much about myself, love, what I want in life/a partner and also gained amazing friendships with cast and production. I see it as my "Ready For Love" family. I will forever cherish the memories I made cooped up in that

house with all the girls, the fascinating people I got to know from all different backgrounds and most of all having a taste of what the love will feel like when I do finally find my “prince charming” as I said in the garden to Ben.

Related Link: [Ready for Love, Episode 5; Drama in Vegas](#)

I can't help but go back to my faith when it comes to hardship, which is exactly why I want to preserve my heart 100% completely for the day I walk down the aisle. Love is a magical thing we all strive to find, even if it doesn't last a lifetime like we all can hope for...it makes us better for when we do meet that special one. Reflecting back on this entire process, I cannot dismiss the impact this has had on me. I was so inspired on the show when a little girl ran up to me in the audience telling me how much she looked up to my message. I was absolutely humbled and thought “I am just a normal girl!”, but then thought of how awesome it would be to create something that would be a legacy of my story and journey of where I am today.

I am currently creating and soon launching OneLove Collection, a faith inspired jewelry line for women and men. OneLove Collection will have a variety of necklaces, bracelets and rings, over time. I am not a jeweler by trade, but I feel very called to do this and also offer young trendy jewelry for people of faith! These pieces can have multifaceted meanings whether it be purity, commitment to your significant other, or a reminder of God's love. I also am finishing a book about my upbringing, dating experiences, 'Ready For Love', and what God can promise for a relationship when you put him as your first, “OneLove.” I can't help but infuse my quirky humor and include a chapter of some hilarious dating stories I have to share.

I am so blessed and humbled by this entire experience and although my journey on 'Ready For Love' ended last night, my journey in life continues where I hope to make a positive difference in whatever God calls me to do. Thank you for

reading this and stay tuned for more to come. ☐

Blessings,
Angela

To keep in touch please follow me on Twitter @AngelaZatopek and facebook.com/Angela-Zatopek-359219517524621/?fref=ts

Bachelorette 9, Episode 2: Quote Me Now



By [Jared Sais](#)

The episode last night was very insightful. Before you read this post and the non-verbal communication cues that I saw on last night's episode, I want to clarify that I am a fan of Desiree! I know it may not seem that way given what I am observing, but I am just calling it what it is from my years of training in body language. Please note, that I like Desiree a lot! My head is shaking "yes" and my hands and feet are NOT

crossed! So on to the analysis:

Last night, I focused on three specific competitors as I was watching the show, these were the guys that caught my attention when it came to reading their physical cues. I think you would agree:

Ben

If you read my first post, I was a bit iffy on Ben using his kid to get an advantage with Desiree. Though brilliant, I thought it was sneaky when it came to playing this dating game. It appears that my first impression was correct! I am not saying that Ben is a bad guy. What I'm saying is that he's sneaky. I feel that he's looking at this as a competition and game. He might be genuine when it comes to winning Desiree's heart but, in doing so, he will play all angles and win at any cost.

One thing is for sure, he will need to change up his approach soon. This means that he can't use his kid anymore. "Why," you may ask am I saying that? Well, though Ben's kid came to the rescue again in this episode, I noticed that Desiree pulled back a bit. Desiree showed signs that she was open to the idea that he had a kid but pulling out this card every time is going to hurt him.

It's simple, "If I say 'yes' but I shake my head 'no,' this should send a signal to you that I am not being honest, as my body is contradicting my words." When Desiree said, "I am very open" –referring to the idea of Ben having a child–her body language was very closed off. Her hands, though under a blanket, were interlocked and her body was pulled in tight. Though Desiree is always cold, I have studied her body language enough to determine when she's cold vs. when she is defensive and not open to the situation. I know for a fact that if Ben keeps talking more about his kid, Desiree will soon find issue with it. Right now it's cute, but soon reality

will sink in and Desiree will be turned off. For Ben to make it to my top 5, he has to make himself a bachelor and move away from being labeled as the single father.

Related: [Bachelorette 9, Episode 1: The Animal Kingdom](#)

Additionally, Desiree said about Ben's son, "he is your love and your joy." Then she pinched her lips, which usually is a sign of anger or disapproval. She also disconnected her eye contact, meaning she lost some interest in what he was saying on the topic. Finally, she rolled her eyes. All of this equals anger or jealousy. Her nonverbal language stated that she wants to be the love, the joy of the man she chooses to be with for the rest of her life. She wants to be the center of attention, not number two. And for a young girl, I think that's more than fair. Right now, Desiree hasn't come to grasp the reality surrounding the responsibility of entering a relationship with a man that she won't really get to know as well as she should when marrying someone with a child. Not to mention that she will have to be the stepmom of his child which creates a lot of added responsibility. This is probably more than she bargained for initially. Ben knows that he is playing a different ball game and it is most likely why he is playing dirty and pulling out all the stops to keep this reality from Desiree.

Desiree will eliminate Ben but it won't be for another few episodes.

Bryden

From ever lasting smiles to their double arm hold, you might think he's your pick to be Desiree's husband! But, I noticed that he wasn't fully enjoying himself. He was a bit disconnected at times and not willing to commit. In fact, the big nonverbal cue that gave me the impression he was not feeling Desiree (and I will go as far as saying he might have a girlfriend back at home) was during the pool scene. Bryden's

arm was relaxing on the side of the pool as his forearm came right in-between him and Desiree, he was creating space and putting up a barrier. What probably seemed to come off as shy, came off to me as defensive and pulling back. Bryden seemed to show contempt when speaking to Desiree, telling me he wasn't feeling it as much as he was trying to portray. Also, he showed a lot of fake smiles, meaning he would smile only with half of his face, usually the mouth region.

From my past articles, I have written about the difference between a genuine smile and a fake smile, but an easy way to know the difference between the two is by thinking of a forced smile when taking a picture. You smile with only your mouth, but when you really find something funny or are really happy, you smile with your entire face, mouth, cheeks and eyes. So when Bryden was only smiling with his mouth, I knew he was faking this emotion. Finally, I think Desiree likes him more than he likes her. I am looking forward to seeing how this plays out, all I know is that he is not into her as of now. Feelings can change and you can start to like someone more as time goes on but I just don't think this is the case with him. I just don't see him going to the end.

Related: [Desiree Hartsock is the New 'Bachelorette!'](#)

Brooks

The second guy that I am picking for my top 5 is Brooks! My first was Drew. I think both of them will easily make it to the hometown episodes, though I don't have the other picks just yet. Let's talk about Brooks...

There were long looks of passion and genuine smiles. Both were sincerely laughing and having so much fun. What really popped out to me was the double kiss. That's something people who have been in relationships for a long time tend to do, not something you see on a first date. This was a very telling sign to me, as it should be to anyone reading this column.

If Brooks is just himself and the genuine, caring man he has portrayed to be so far, he will be Desiree's husband. I know this is a wild prediction as it is so early in the season but they held each other like they were soulmates and looked into each others eyes like they never wanted to look anywhere else. They danced the same way and the vibe was totally different with them than anyone else so far. Yes, I know, "so far," but I have been studying flirtation for about a decade now and I know when something is real, and this was 100% real and passionate and, most importantly, telling. They showed their hands and I am sure Brooks will be in the top 5 if not her husband by the end of the show.

Here is a side nonverbal fun fact on tonight's episode. When Desiree was "lost" driving, I knew she wasn't really scared or lost. The nonverbal micro expression of being scared includes:

- eyebrows raise
- eyes widened
- lips stretch back towards the ears

Desiree did a micro expression of fear in episode one when interacting with the guy who kept wanting to take her to the room alone. So, When I didn't see any of these signals of her being scared, I knew she knew exactly what she was doing and where she was going.

Let me know your thoughts, on what men you like so far and who you think will be Desiree's future husband.

Ready for Love, Episode 8: Home in Houston



By [Angela Zatopek](#)

This week on *Ready For Love*, Ben came to Houston to finally meet my family! I was missing them like crazy and knew that, by meeting them, he would get a better look at who I was as a person.

Rather than a quiet date, I thought I'd show him another side of me and brought him to a skeet shooting range. I am so sad to see that our date didn't make the edit – it was so fun! You can tell that we were there because when they interviewed me for this episode, I have clear glasses on my head that we had to wear for protective reasons. Just wanted to clear up that I'm not usually sporting those lovely glasses!

My twin brothers also didn't make the cut during the episode, but everyone was there, and the date couldn't have gone better. First, we went skeet shooting, and to spice it up, we

decided to make different bets based on who would shoot the targets. We had a blast, and it was a close call, but I think Ben may have beaten me by a few shots. I couldn't totally school him!

After that, we headed to my parents' house where my hilarious stepfather John greeted us at the door. You can clearly see his Italian roots and his dry sense of humor. It's so funny to watch because I had no idea what took place in the study that day until now. Even though he comes off harsh, it definitely was his way of having fun with the process and being protective of me. It is a big step for me to introduce someone to my family in that way, and it definitely created a stronger bond between us.

Related Link: [Ready for Love, Episode 7: Meeting the Family](#)

My parents actually got Ben a few Texas-themed gifts that day to welcome him. One that I loved was a Texas Longhorn polo since my family are all Texas alums. Although Ben went to Penn, my mom said he was officially inaugurated into the "burnt orange cult" as we jokingly call it. My birthday was coming up, so my mom made my favorite, red velvet cake, to celebrate. The *real* celebration, though, was coming up that next week when I got to spend it with Ben in Dallas.

It was so nice to be out of California and back home in Texas. After having him come to Houston to meet my family, I was nervous but excited to head to Dallas to see what life could be like after *Ready for Love*. At this point in the process, you're so emotionally invested, but you've also come to realize you could be sent home. Being in the final two, I knew that him and Allie also had a strong connection, but I continued to open my heart to him.

Speaking of Allie, as I mentioned in my last blog, the two of us have been close since the first day of production. Now, we were at the end of this process, and ironically, I found

myself competing against her. It was such a weird dynamic to be close friends but also have an invisible wall that separated us at the end of the day, knowing one of us would go home eventually. Before we got to the end, we spoke about the scenario and how we would be happy for the other no matter what. It was important to me that we kept things positive.

During that last week, things were so different than the previous weeks. We moved out of the house and into a hotel where we all were completely separated from everyone. Allie had lent me a bag that needed to be returned, so I decided to write her a note and slipped it into the bag before production gave it back to her. At this point, I didn't know if I would see her again.

Related Link: [Ready for Love, Episode 6: Finding Love in Paradise](#)

I spent a lot of time writing that letter. We had shared all of our past relationship stories with one another, and knowing our love lives were about to change after the finale, I felt that it was the appropriate thing to do. Just like me, she'd been with boyfriends who weren't right for her. I told her if she was the final choice, I was happy she could be with someone like Ben. If I was the one in the end, I wrote for her to promise me to never settle and wait for God's best when it comes to love. I had no idea what to expect for the finale, but woman-to-woman, I genuinely meant what I wrote.

I was thankful for our friendship, and regardless of what happened in the end, I hoped that we could be friends later in life. Knowing that it'd be an awkward situation with us both "dating" the same guy all summer, we understood that we most likely wouldn't talk for a while after the show ended. After I put the note in her bag, I only saw her once more, which was the night of the finale.

Tune in for next week's finale to see what happens...!

Bachelorette 9, Episode 1: The Animal Kingdom



By [Jared Sais](#)

You may remember my recaps from season 17 of [The Bachelor](#) with Sean Lowe. Well, I'm back to analyze Desiree Hartsock and her suitors on season 9 of *The Bachelorette*. To get ready for last night's premiere, I brushed up on my notes from last season and examined Desiree's past non-verbal cues (her baseline) to help me determine what man will be the last one standing. Join me for another amazing, shocking and addictive season of [The Bachelorette](#)!

First, let's take a look at the men worth talking about.

When Desiree first met **Drew**, her eyes widened; she smiled from mouth to eyes; and she even did a little "mmm" sound when he

walked inside. The attraction is there, but will he be a winning personality? I would say that, with his dashing smile, he'll be around for a while.

Tone and pitch are two of the most important ways to tell if someone is attracted to someone else, and when **Robert** started to speak to the lovely bachelorette, his voice went lower, and her voice shot up. These two definitely have chemistry. Another non-verbal cue was Desiree widening her eyes. When someone likes what they see, their eyes widened to let more light in.

Related Link: [Desiree Hartsock Is the New 'Bachelorette!'](#)

I can't decide what I think about Ben bringing his son with him, but I know one thing for sure: Desiree was melting. Her inner eyebrows rose; her eyes got a bit wet; her lips puckered; and her head did a side tilt. These are four non-verbal cues that signify the "aww" reaction. After she showed these quick facial expressions, I knew that all Desiree wanted to do was hug Ben and his little boy. *She* even asked for a hug, whereas the first 24 guys went in for the hug. Desiree was eager to find similarities during her one-on-one time with Ben, and once she did, he got the first rose. He definitely has some tough competition though.

And then there was "ab man." Desiree was attracted to Zak W., which was his saving grace because it's a risky move to make a first impression like that. So why didn't he wear a shirt? Because it's like *Animal House*. Some guys are peacocks and dress up to showcase themselves, while other men are bulls and clash it out.

I think Juan Pablo is the most interesting man in the world. The only thing he's missing is a Dos Equis, but he made up for that with what he first said to Desiree, "Who's Juan? Juan Pablo." Yeah, he has a catch phrase. Very smooth. He also has a relaxing way of speaking; his voice is soft, slow and

charming. It's not always what you say but how you say it, and whatever that guys says sounds good. There will be plenty of non-verbal information on him to come, but sadly, his time was cut short due to a random soccer game. Of course, a competition broke out to prove to Desiree that they could kick a ball well. Very animalistic, right?

Now, let's take a look at the men who will make an early exit. Knights, magicians and bad dancers – oh my! What the heck was going on? #youarenotgettingarose

Will won't stick around for long, but I'll take a high five on the way out.

Related Link: [Who Is Your #PerfectBachelor? Tell Us and Enter to Win a Pair of Brilliance Diamond Earrings!](#)

As for **Jonathan**, I have no words other than wow. He has no game and no class. During their time together, the brunette bachelorette showed extreme non-verbal cues of fear and stress: the corners of her mouth stretched straight back to the ears; her eyes widened; and her eyebrows raised. She showed these micro-expression a lot and was also very defensive around him, tightening her body and pulling herself a way from him.

When you're in extreme stress, your body goes into alert mode as you try to put space between you and the stressful object or person. Desiree put her hands in front of her as he was leading her away. In other situations, people may do the following non-verbal signs: arms folded across their chest, leaning away to create space, hands clutched in front of themselves and/or an object (like a purse or glass) held directly in front of themselves. Given Desiree's response to Jonathan, I knew he would be eliminated.

Diogo came out in a full suit of armor, which is worse then coming out in a wedding dress. Need I say more?

And finally, there was Larry, who reminded me of Superman: bad dancer by day (with his glasses on) and superhero doctor by night (with his glasses off). If you also want to see a great expression of awkwardness/fear, take a look at their introduction scene: Larry rips Desiree's dress while teaching her a dance move, and then he curses as he walks into the house. The camera pans to a quick shot of Des, and you see the corners of her lips pulled back to ears and her eyes widened as they roll down. *That* is a fearful, awkward look.

Jared Sais is co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love.

Celebrity News: Jef Holm Says He and Emily Maynard Haven't Spoken in 'Months'





By Petra Halbur

Jef Holm and Emily Maynard may have called off their engagement in October 2012, but Holm says that he has nothing but love for his former fiancée. “We haven’t talked in the past few months. Last time we talked, things were in good spirits,” Holm told UsMagazine.com of Maynard, whom he met on the *Bachelorette* last spring. He explained that Maynard, who has a 7 year old daughter, is a homebody, while he is looking for a more outgoing partner. “I hope the best for her. She’s an amazing girl. She’s just not the person I’m gonna spend the rest of my life with. I think she’ll make somebody happy,” he said.

How do you truly move on after a broken engagement?

Cupid’s Advice:

Breaking off an engagement can be devastating. Your short term and long term plans have both been drastically changed and, perhaps, you’re unsure of how to face your new and uncertain future. Cupid has some advice to help you move on:

1. It’s okay to be single: Finding yourself without a partner again is probably the hardest part of breaking off an engagement. While the transition may be difficult, know that you have friends and family who love you. Being single does

not mean that you are not alone.

2. New goals: Your plans for married life have been put on the back burner (for now) so write yourself a list of new things that you want to accomplish. Remember, there are advantages to being single.

3. Love is still out there: It might be hard to believe right now, but “the One” is still out there. The end of your engagement does not mark the end of your love life.

How did you cope after your engagement was called off? Tell us below.

Ready For Love, Episode 7: Meeting the Family



By [Angela Zatopek](#)

One of the biggest steps in a relationship is when you meet your partner's family for the first time. I believe there is truth to the saying "you not only marry the person but also into their family." This week on *Ready For Love*, Ben's family visited from Texas to meet all of us, and I couldn't have been more impressed with how sweet and genuine they were. Being the first girl to meet them, I'd be lying if I said I wasn't nervous, but I felt like I would have a lot in common with them based on my conversations with Ben.

We spoke a lot about both of us being from Texas since that is a huge factor in having something real after this process. I joked saying Ben was "geographically desirable" since Houston and Dallas aren't far apart. I immediately clicked with his sister JoJo and his mother Soroya; they reminded me a lot of my own mother and sister.

I've obviously shared my choice to wait until marriage for sex, and I feel it's something primarily focused on during the show. I've never told someone's family about my decision, but it was almost as if his mom was indirectly asking me about my beliefs. I thought it was important to be real with them, to show my intentions and how much I value an honest relationship. All things aside, though, there is so much more that defines me as a woman. That's a choice I made, not a characteristic, and I definitely want to make that clear to viewers. In my real life, I barely even talk about it.

Another thing: Has anyone else noticed I seem pretty serious on stage nights? Editing certainly has a way of portraying me as a bit stiff, and all the girls on the cast, my family and my friends would definitely attest to that not being true. With so many different scenarios going on, I guess the more serious content is making the cut!

Related Link: [Ready For Love, Episode 6: Finding Love in Paradise](#)

Back to this week's episode. Ben told me he was very close with his mother, and I too am extremely close with mine. My mom is from New York originally, and she's a strong woman with a cut-to-the-chase attitude. Right away, I could tell that Ben's mother had those same qualities. I knew it was important to convey to her and JoJo that I was there for the right reasons. Given that my own mother is so important to me, I had a lot of respect for Soroya. I was definitely missing my family after this date, but as you'll see next week, I'm finally reunited with them in Houston.

At this point on *Ready for Love*, our huge mansion in the hills seemed even bigger since there were only four of us left. It was a tough week for me when the girls brought up Allie not being there for the right reasons. I was in between a rock and a hard place since Allie was one of my closest friends. She was the very first girl I talked to – before I even knew that she was there for Ben and we were competing against each other. In a weird way, we were each other's biggest support since we were away from our family and friends. Trust me, you need someone to talk to all day!

I tried to stay out of the drama, but feelings were also rising for Ben at the point, and as I previously said about Keri, I had to ask myself: Was I there to make best friends or see if I had something with Ben? When Giuliana asked me my opinion, I didn't want to lie and say I disagreed with Renae and Tarryn. I knew it was the matchmakers decision, so I wanted to leave it at that. Things clearly escalated, and that was probably one of the most awkward car rides back to the house after stage night. After that, I felt like the middle man because I got along great with both Tarryn and Allie.

Related Link: [Ready For Love, Episode 5: Angela Zatopek Discusses the Drama in Vegas](#)

Ready to get away from the drama, I was excited to finally go back to Texas and introduce Ben to my family. Here's a rundown

of the gang you'll meet on next week's episode: My mom is an amazing mother to me and my siblings. I'm basically her clone, and she's more like my best friend than my mom. John is my Italian stepfather. He loves Roman history and has a collection of swords and shields – he isn't afraid to bring them out if someone messes with his daughters! My dad is a spiritual leader in my life; he's a great man of God who is always so supportive. Still, he definitely had a hard time understanding why I was going through this process. Audrey is my younger sister who has artistic talents like you wouldn't believe. She taught herself how to play three instruments (guitar, mandolin and ukulele); she sings; she's fluent in Spanish – and she's only 21 years old! My identical twin brothers, Josh and Chris, are 20 years old and absolute studs. They're athletic and smart and have bright futures ahead of them. I should add that they're heartbreakers, but I get the final say on who gets by since I am the protective older sister.

Hope everyone can tune in to see my amazing family! Until then...

For 'American Idol' Winner Candice Glover, Third Time's A Charm





By [Whitney Baker](#)

[Johnson](#)

Soul singer Candice Glover has been a frontrunner since the start of season 12 of *American Idol*, so it wasn't surprising when she took home the crown on last night's finale. Glover, though, was sure to take things slow. "My goal was to make it to the top 20. If I got that far, I knew I'd have a fan base that would keep voting for me," she shares. "Then, I made it to the top ten, the top five, and finally the top two. That's when I knew I could win this whole thing."

Of course, the 23-year-old had judges Nicki Minaj and Mariah Carey in her corner from the beginning. "Nicki told me at my original audition that if I didn't make it to the finale, something was wrong with the competition. That really stuck with me. And Mariah asked for a mix-tape."

Related Link: [Janelle Arthur Talks About Her "Incredible Journey" on 'American Idol'](#)

Glover's journey wasn't always such smooth sailing though. This year was her third-time to audition; the best she'd done previously was end up in the top 60. So what did she do differently this time around? "I definitely increased my musical knowledge – I listened to every genre of music," she explains. "I was more confident too. I really focused on being

myself and being different.”

“I was hurt and broken-hearted when I got cut. I kept saying that I wasn’t going to come back, but I always thought it may work next time,” the songstress adds. “I’m so glad I was right this year!”

When Ryan Seacrest announced her name, Glover immediately thought of her upcoming album, out on July 16th, and the *American Idol* summer tour, which begins on June 29th. She says that she “really connects” to the lyrics of her first single “I Am Beautiful” and even likes “the touch of pop.” In fact, she wants to keep that unexpectedness going when it comes to her entire album.

As for her career, she hopes to model it after the likes of Minaj, Carey and Jennifer Hudson, who she sang with on last night’s show. “I was so nervous to do a duet with Jennifer – I didn’t think I was good enough to be up there,” she shares of the experience. “She’s so phenomenal, and I look up to her.”

Related Link: [‘American Idol’ Runner-Up Kree Harrison Has “The World in Her Hands”](#)

Glover is walking away from the *Idol* stage with more than just a title; she made lifelong friends too, including runner-up Kree Harrison. They may have been competing for the coveted crown, but that doesn’t mean there’s any animosity between the two talents. “Kree’s amazing!” the winner exclaims. “While we were waiting for the results to be called, we were both saying, ‘You won!’ and ‘No, you won!’”

Given her unique path to the top, the commanding singer is in the perfect position to offer advice to future contestants and says, “Just pace yourself and take it one day at a time. Always be yourself.” It’s important that Glover keeps these words of wisdom in mind as she takes her own next steps as well.

Be sure to catch Glover on the American Idol [tour](#) this summer! You can also follow her on [Twitter](#).

‘American Idol’ Runner-Up Kree Harrison Has “The World in Her Hands”



By Kerri Sheehan

After a long season of strained vocal cords and sad goodbyes, we finally have a new *American Idol*, Candice Glover. But she's not the only one headed for stardom: runner-up Kree Harrison has a bright future ahead of her as well. Viewers first became acquainted with the songstress when she performed with three other country crooners during Hollywood week. During the *Idol* segment, "Kree Harrison Comes Home," fans learned that the 22-year-old singer lost both parents, her mother to an accident

at age 19 and her father to a plane crash at age 12. Many found it refreshing to see the stunning brunette return to her roots in Texas.

It makes sense, then, that judge Keith Urban is a fan of Harrison. His critiques on her performances weren't always positive; even so, she took the criticism with stride. "I respect the four judges so much, especially Keith because we're both country singers. Whenever he gave me feedback, I took it as constructive criticism. At the end of the day, you can't really grow if you're not listening and learning from your peers."

Related Link: [Angie Miller's "Amazing Journey" on 'American Idol'](#)

She believes that being on *Idol* helped her in other ways as well. "I always had a problem at the beginning of my career with letting the wall down and being able to connect emotionally," she explains. "It's a hard thing to do, but I feel like through this process, it's really happened for me. I feel so good about it."

Although she didn't win the competition, Harrison's excited for what comes next. "I think that we were all in it to win it, but at the end of the day, I still was able to create a following." She's already released her first single too: "All Cried Out" is currently on iTunes. Plus, she'll be making her debut on the Grand Ole Opry stage on Tuesday, June 4th. As for the very near future, she says she is looking forward to some well-earned rest. "We've been working our butts off!"

Related Link: [Amber Holcomb Bids a Sad Farewell to the 'American Idol' Stage](#)

She's not really sure where she's going from here, but she's not worried. As she shares, "I feel like I have the world in my hands right now. As soon as I can, I'm going to start

writing and collaborating with other singer-songwriters, and we'll see what happens. I will definitely let y'all know because I can't wait to share it."

As for her feelings about winner Glover, Harrison says that she could not be prouder of the soul singer. "Go get both of our singles!"

Be sure to catch Harrison on the American Idol [tour](#) this summer! You can also follow her on [Twitter](#).