

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



By Jared Sais and

Erika Nitz

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

The Good

Lesley M.

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

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

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

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

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

AshLee

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

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

The Bad

Desiree

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

The Ugly

Kacie

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

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

Lindsay

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

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

the deep end.

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

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

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

The Bachelor 17, Episode 2: Love or Lies?





By Jared Sais

We can't help but wonder about the girls when watching this (and every) season of [The Bachelor](#). Who is genuinely nice? And who is a wolf in sheep's clothing? Who's in it for love, and who just wants fame? Of course, the biggest question we ask ourselves is: who is Sean's future wife?

So in the spirit of *The Bachelor*, I will give out fives roses to the girls whose body language and non-verbal cues—for better or worse—most captured my attention in last night's episode. Do you know who's falling in love and who's lying to get what she wants?

Related: [Sean Lowe Hopes to Find a Wife and Mother on 'The Bachelor'](#)

Kristy

It is quite obvious to viewers that Kristy has an ulterior motive for being on the show. If you haven't caught on to this, maybe this quote will help: "I am getting the rose and books, and we are sailing away."

Don't be fooled by her good looks, charm and natural ability in front of the camera. This girl has one thing on her mind: fame. Let me ask a question: Are you bringing Sean on a ship

that is sailing away with you, your book deal and your rose? You might be saying that she intends for the rose to represent Sean. Why not just say Sean then? When anyone uses an object to represent a person, it's never a good sign. People are not objects, and it's clear that Kristy thinks of Sean as just that: an object.

Sarah

Let's start from the helicopter. There was the obvious non-verbal cue of Sean putting his arm around Sarah's back. As many of you know, that's a sign of sexual attraction. If you're at a bar or a club, you might be victim to this move. As many of you will notice someone attractive, do a walk by and gently place your hand on their back to carefully get by them. What you're actually doing is showing that you're interested.

Sarah plays with her hair a lot, which is something that girls do both out of habit and when they flirt. So, how do I know the difference? When Sarah plays with her hair out of habit, she does it sparingly. When she starts talking to Sean alone, the amount of times that she touches her hair increases. With almost every sentence she says, she's moving her hair away from her face and revealing a very sexy part of her body, her neck.

A big sign that Sarah is genuinely into Sean is a simple facial expression. If you look closely, you might see Sarah's nose wrinkle and eyes widen as she smiles at Sean. If there was no sign of a smile or widening of her eyes and just a solo nose wrinkling, I would say that's more disgust and a big negative. But that's not the case here. Sarah is flirting with him and clearly very interested.

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

Though there is a lot more to consider from Sarah's date, I leave you with this idea: Sarah is not as innocent as she is

portraying herself to be. Even so, there is definitely some chemistry between her and Sean. But the girl I focus on next may have more of an edge.

Lesley M.

She said it the best when she said, "Something must have been wrong with my body language." Lesley, you're absolutely right – there were four major reasons why that kiss never took place.

–Lesley never tilted her body fully toward Sean; she only looked at him with the majority of her body still facing the table. This positioning did two things: it blocked her off and made her less approachable, and it also confused Sean and made him second-guess himself.

–The second thing I noticed was a lack of touch. There was never an escalation of touching. They stayed holding hands. However, as Sean looked for definite approval and an "it's okay to kiss me" sign, he never saw it.

–The third thing Lesley did wrong was her hand remained in front of her. This body language is the same as crossing your arms or holding a purse in front of you. She blocked herself off without meaning to do so.

–The fourth thing is there was no obvious sign of flirting. Okay ladies, if you get one thing out of this article, it should be this: guys are not the best at picking up your flirting cues. If you think you are sending out an obvious sign that you like us, chances are we didn't notice it or we convinced ourselves that we're crazy and a pretty girl like you would never flirt with us. So flirt hard until we get the hint.

Now, what did Lesley do right that made her second chance with Sean end with a kiss? Her body was fully facing Sean, and she had more open body language when speaking with him. She made

her intentions fully known when she put her hands on his shirt and went in for the kiss. As they parted ways, Sean reached for her hands. You might have noticed that Sean's thumbs were on top of Lesley's hands, his way of giving thumbs up to her (in this case, two thumbs up).

Desiree

If every week were just like this week, Desiree would be the last woman standing. They could not keep their hands off each other from the moment they stepped out of the limo; the chemistry of these two is through the roof. You can see it and hear it in their voices. But the biggest cue of how much they like each other came from two nonverbal cues and one big verbal statement.

When Desiree and Sean were talking, Desiree did a very flirtatious facial expression: she smiled as her eyes widened and her nose wrinkled (just like Sarah). This positive facial expression indicates a very strong liking for Sean.

Related: [Is Kim Kardashian Still Upset that Kanye West Shared their Pregnancy News? What Their Body Language Tells Us](#)

The other nonverbal cue was the pitch and tone of her voice. As they talked more and opened up with each other, Desiree's voice went into whisper and sounded more loving. This shift only happens when you are extremely interested in someone. Also, if someone whispers, you naturally move closer to hear him or her better, a perfect tactic to draw Sean closer for a kiss. Sneaky, isn't it?

Lastly, the most revealing verbal statement was that Sean mentioned multiple times that he wants to be married to someone who can be his best friend. After Desiree talked about her relationship with her family and the connection that her father and mother have with each other, Sean was quick to add that he "is working on making Desiree his best friend."

Plus, Sean already has a nickname for her: Dez. It's definitely the start of something special for these two!

Kacie

Both seemed to have crushes on each other when they first met. Can this be fate? The attraction is still there, and once again, we get a first hand look at how easy it is to communicate a false impression. Sean left their initial meeting feeling like Kacie was not interested in him, so he thought of her as a friend. The good news is that they talked it out and both revealed that they have feelings for each other.

This relationship marks trouble for Dez, as Kacie already knew Sean and proved to be a good friend. There is a theory that states the more times you see something or someone, the more you will like them. Because Sean knew Kacie before the season started, she already is one step ahead of the rest of the girls.

I think this could turn into the battle of Dez versus Kacie. But it's a long road to love, and something tells me we haven't seen anything yet.

Honorable Mentions:

My roses are gone, but there are two more women that I must mention.

I could write a book about **Tierra**, but let's just focus on this quote: "I feel like this is not a competition. I am not going to let any girl stop me from getting the rose." Fantastic – well, I am glad this isn't a competitive game for you. Now that you have let the world know you're here for the rose, how do you feel about Sean? Notice anything in common with Kristy?

At the end of the show, when Sean didn't give a rose to **Diana**,

he said he didn't want to keep her away from her kids if he didn't see any potential for love. I have a soft spot for single mothers looking for love, so Diana, I would love to find you a genuine man to be with for the rest of your life. I thought you were amazing, and if there are any single mothers out there, you all deserve roses in this world.

I hope I answered some of your questions, but if I didn't, please leave them in the comments below. I shared my top picks for Sean – **who do you hope he gives a rose to next week? Share your thoughts below.**

How Celebrity Moms Keep an Active Dating Life





By [Whitney Baker](#)

[Johnson](#)

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

1. Make It a Family Affair: Before she got hitched, Reese Witherspoon was often seen with Jim Toth and her kids from her marriage to Ryan Phillippe. Rather than try to make time for romance *and* family, she simply included Ava and Deacon on her dates. The newlyweds even took her children on their honeymoon to Belize!

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

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

2. Date a Blast From Your Past: Sometimes, it's easier to date

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

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

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

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

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

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

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

5. Depend On Your Ex: Staying on friendly terms with your ex can help your dating life as well. Jennie Garth, who recently

split from her husband of 11 years, Peter Facinelli, has already been spotted with three different men. Thanks to her co-parenting routine with Facinelli, she has time to date while her three daughters hang out with their dad.

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

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

Sean Lowe Hopes to Find a Wife and Mother on 'The Bachelor'





By Nic Baird

Season 17 star of *The Bachelor* Sean Lowe is looking for a woman to start his family, UsMagazine.com reports. Lowe originally tried to woo Emily Maynard on *The Bachelorette*, but now he's hoping to find the future mother of his children. "I want to start a family and just have a house that's full of love and laughter," the 29-year-old Dallas insurance agent said. Lowe enjoys being an uncle to his sisters' kids, but said he can only imagine how much it will intensify when he has his own.

What are some unconventional ways to find your perfect partner?

Cupid's Advice:

Some people are waiting to fall in love, but others can't stand idle. If you're on the hunt for the perfect partner, then here are some unconventional tips to make your search more aggressive:

1. Take risks: If you have a sudden urge to ask for someone's number you saw in a coffee shop or spoke to on a bus, then do it. The worst that can happen is that they'll say no. Don't get your hopes up, but don't be ashamed for giving it a shot.

If you meet someone with the qualities you're looking for, don't let them slip by.

2. Go on blind dates: When you're looking for potential partners, you might have to do some thorough dating to find the perfect candidate. Go on blind dates recommended by friends. It will at least give your search some filtration. You can always sweat the middle-man/woman for details on your date.

3. Online dating: There are a lot of quality people looking for love on the internet, and many healthy relationships have grown from the virtual field. You will have the chance to peruse potential dates, as well as weed out the weirder ones, all from the comfort of your home.

Did you find your partner in an unconventional way? Share your comments below!

'Bachelorette' Stars J.P. Rosenbaum and Ashley Hebert Tie the Knot





By Nic Baird

Season seven *Bachelorette* Ashley Herbert and fiancé J.P. Rosenbaum got hitched Saturday in Pasadena, Calif., according to [People](#). The couple are only the second in the franchise's 24 seasons to tie the knot after the finale. *Bachelor* and *Bachelorette* alumni Ali Fedowsky, Emily Maynard, and Jason and Molly Mesnick were in attendance, and franchise host Chris Harrison officiated the ceremony. "Today is all about our friends and family," Herbert said.

What are some ways to celebrate your love without getting married?

Cupid's Advice:

It might not be the right time to get married, or maybe you're not that concerned with the institution. Either way, there are many ways you can deepen your love with your partner. Follow your heart, and prioritize your happiness:

1. Moving forward: Both of you should want to see your relationship develop. Finding ways to spend more time together, and bringing your lives closer are benefits you can find without marriage. Make time for your partner and find new ways to enjoy their company.

2. Children: A child is a huge commitment, and shouldn't be considered lightly. Many times a baby can pop into your life unexpectedly. No matter how it happens, a child is a celebration of your love. You might feel pressure to get hitched, but giving a baby the significance it deserves is most important.

3. Special occasions: Spending the holidays with your loved ones shows their importance in your life. Making Valentine's Day and anniversaries special with thoughtful celebrations will reflect the love you share.

How does your partner remind you of their love? Share your experiences below!

How Famous Couple Ashley Hebert and J.P. Rosenbaum Prepared for Their Celebrity Wedding





By Jennifer Ross

The time came for a celebration in Pasadena, California. *The Bachelorette* famous couple [Ashley Hebert](#) and [J.P. Rosenbaum](#) were so excited for their December 1st [celebrity wedding](#). With a beautiful ceremony planned by wedding planner Mindy Weiss, invitees included reality TV show alums Emily Maynard, Trista and Ryan Sutter, and Ali Fedotowsky and Roberto Martinez. Both bride and groom were ready to walk down the aisle, after each having their last “single” party in Scottsdale, Arizona. “The girls had quite the party! They had a stripper for Ashley, and everyone got spa treatments. The guys hung out and went out for a steak dinner,” a source revealed. Besides becoming Mrs. Rosenbaum, Hebert was most excited about finally putting on her wedding dress: “Ashley can’t wait for people to see it!”

Famous couple Hebert and Rosenbaum had fun while celebrating the night before their celebrity wedding. What are some unique ways to spend your bachelor/bachelorette party?

Cupid’s Advice:

You don't need to be a famous couple to throw a fun bachelor or bachelorette party! With a little creativity and help, here are three party ideas anyone can enjoy before walking down the aisle:

1. Road trip: Surprise the bride or groom, and plan a road trip to their favorite destination. To make it extra special, you can "kidnap" them, keeping them completely out of the loop until you near the destination. All you need is a great group of friends, a road map, snacks, and a full tank of gas.

Related Link: ['The Bachelorette' Star J.P. Rosenbaum Talks Celebrity Baby News, 'Dad-chelor' Party, and Moving to Miami!](#)

2. All in: What better way to prepare the bride or groom to go "all in" with marriage than organizing a poker tournament in their honor! This game is just for fun, although there should be a jackpot to claim in the end. Consider reserving a room at an upscale restaurant, club, or cigar lounge. Be sure to make festive shirts and hats for the party goers.

Related Link: [Famous Couple Jason Aldean and Brittany Kerr Have Celebrity Wedding](#)

3. Go extreme: Want to make plunging into marriage seem like a piece of cake? Plan a skydiving party for the bachelor or bachelorette! If jumping out of a plane at 10,000 feet doesn't sound like fun, try surfing, bungee jumping, rock climbing, or scuba diving instead. Plus, defying death with friends will always create great bonding memories for the future.

How did you celebrate your bachelor/bachelorette party uniquely? Share your story below.

5 Bachelor and Bachelorette Couples We Can Learn From



By Sara Dawkins

It has been announced that the most recent couple from *The Bachelor* series has split. Shocking. You mean to tell us that finding love in three weeks in front of cameras, a herd of people and being thrown into extravagant romantic dates didn't really build the solid foundation that a couple needs to work out? You could have fooled me. Now that Emily Maynard and Jef 'with one F' Helms are over, we can take a minute to look and learn from other *Bachelor* couples:

Trista and Ryan Sutter: That's right they have the same name ... because they actually got married! And two kids later, they boast of a happy and healthy relationship together. This is rare in Bachelor history. They proved that you can find love, but only if you work hard on it and get past all the fame that comes with reality TV. Congrats to them and we look forward to

them being the only successful couple for many more years!

Lesson learned: Barrel through the muck.

Related Link: [‘Hope Springs’ Is This Summer’s Guide to a Healthy Relationship](#)

Jake Pavelka and Vienna Girardi: Who doesn’t love a good train wreck? This couple was doomed from the start. Way-too-sweet-for-his-own-good Jake chose bad girl Vienna to be his [bride](#). It didn’t take long before there were rumors that Vienna cheated on him, and the next thing you know, both were destined to hang on to their 15 minutes of fame by going to the media. It was very messy, much like Byron Velvick and Mary Delgado’s breakup. Police were involved, so enough said. **Lesson: Don’t go for the bad guy/gal and be mature in a break up or you will end up looking like a train wreck.**

Related Link: [Five Reasons Men Are Attracted to Celebrity Bad Girls](#)

Jason Mesnick and Melissa...errr...Molly Malaney: Another successful *Bachelor* couple, but this marriage happened in the round about away. Jason was originally smitten with the bubbly and beautiful Melissa Rycroft only to dump her on national television for doe-eyed runner up Molly. Despite the outrage from fans and the media, this couple managed to make it through and get married. They just recently announced they are expecting their first child together! **Lesson: Go with your gut and make the right decision first.**

Ali Fedotowsky and Roberto Martinez: Ugh. This one was a tough one to get over. Not only were Ali and Roberto cute together, but they actually seemed to be happy in front of cameras. After 18 months they decided to call off the engagement and end their relationship. **Lesson: Pretty people break up, too. Also as much as you want it to work out, sometimes it just doesn’t.**

Charlie O’Connell and Sarah Brice: This is an oldie, but a

goodie. And yes, Charlie is bro's with actor Jerry. Charlie chose blonde bombshell Sarah way back in 2006 and they broke up in 2007. They got back together in 2008 and then after 5 years, called it off again. It was a mutual break up, as they were both citing they fought over the same things the first and second time around. Who knows, maybe the third time's the charm? **Lesson: You break up the first time for a reason, don't forget why.**

Sara is an active nanny as well as an active freelance writer. She is a frequent contributor of <http://www.nannypro.com/>. Learn more about her <http://www.nannypro.com/blog/sara-dawkins/>.

Emily Maynard Is Spotted Rebounding with Nascar Driver Jason White





By Nicole Weintraub

Bachelorette's Emily Maynard has moved on from her former fiancé Jef Holm with Nascar racer Jason White, according to UsMagazine.com. The single mom has denied her rebound with White, though recent photos have been revealed showing Maynard and White getting cozy. The pair went to a Carrie Underwood concert and then they ventured to a club together. "They were all over each other," said an observer who noticed the two. Maynard has a six-year-old daughter with Ricky Hendrick who was also a Nascar racer, so this is not Maynard's first racing beau. She was also, back in 2006, with Dale Earnhardt Jr.

How do you know if someone you meet right after a relationship ended is a rebound?

Cupid's Advice:

It can be very enticing to start dating right after a relationship ends – especially if you miss being in a relationship period. Here are some ways to know if you are rebounding:

1. Slow it down: There is no need to jump into another relationship after just getting out of one. Take your time before deciding to get involved with another person. You need

to get over your past relationship before starting a new one.

2. Get to know each other: When you're rebounding, you want to jump into what you know. Though, before you decide whether or not you truly have feelings for someone, get to know them. Go out as friends for a few times first.

3. Be careful: No one wants to admit when they're rebounding with someone. Just make sure to be honest with yourself. You want to be fair to both your new love interest and yourself.

What are some signs when someone is rebounding? Share your thoughts with us in the comments below!

Host Chris Harrison Says New 'Bachelor' Sean Lowe Is 'So Sincere'





By Jennifer Ross

As ABC's new *Bachelor*, Sean Lowe is currently shooting their 17th Season, host Chris Harrison reports to UsMagazine.com, "Sean's doing great." Last seen on TV just three months ago when Emily Maynard dumped Lowe on the *Bachelorette*, this southern man seems to have moved on and recovered quickly. As to whether Lowe's, 28, love choices will be worth watching, Harrison states, "I think people are really going to like him because he's so sincere. He really is looking for that someone and that makes it fun for everyone... when you get to know the guy, he's very well read, very intelligent, a very smart guy." With the show three-quarters of the way finished in filming, it sounds like this season's *Bachelor* will be a must see for all.

What are some ways to tell the person you're dating is sincere?

Cupid's Advice:

Dating has its challenges and the process in choosing the right person can be endlessly frustrating. However, it doesn't have to be this difficult. While you may not be able to measure their sincerity on the first date, there are ways to see if they are genuinely interested in you. For

clues, here are a few things to focus on when meeting up for your next date:

1. First impressions: From the moment you meet up with your potential partner, ask yourself, is he/she dressed well? Also, does he/she have social manners? Not dressing well is a sign that he/she is not interested in your opinion. Lacking social manners, such talking too much about themselves rather than getting to know you, is a sign that they are self-absorbed. Both issues state you need to look elsewhere for love.

2. Open or closed: When conversing, ask questions about his/her family or personal life. Whether your date is open or closed about the topic says a lot. When your potential mate's personal life and family is a closed subject, he/she is hiding something. Secrets so soon into the relationship only cause obstacles that set you two up for failure.

3. Listening skills: Also as important, does your date listen to you speak when discussing your personal life? If he/she focuses more on the environment and/or your physical features rather than your story of losing your favorite dog as a child, you are more than likely wasting your time. Not being able to find interest in listening to you shows that they genuinely are not interested in you.

What signs does your partner show that says he/she is sincere? Tell us below.

‘Bachelorette’ Couple Emily

Maynard and Jef Holm Break Up



By Jennifer Ross

It looks like there won't be the sound of wedding bells in the near future for Emily Maynard and Jef Holm. The *Bachelorette* couple confirmed last week's rumors that they are splitting up in exclusive statements given to [People](#). "I have nothing but respect and love for Jef and his family, but ultimately we are just at different points in our lives, Maynard, 26, said about Holm. Neither one of them regrets any part of their journey together. In Holm's, 28, statement, he hopes that they will remain life-long friends. "Emily and I are great friends and I hope we can continue to be friends forever... I will always love her."

How do you know if you're in the same place in your life as a potential partner?

Cupid's Advice:

There are many bad reasons why a relationship doesn't work.

However, ending a relationship because the two of you are not in the same place in life can be one of the most difficult to handle. Your friends may not understand the decision; yet, you know it is the right one. To help you in the next relationship, here are a few things to consider when looking for someone on your same path:

1. Old relationships are closed: In order to be ready for the next relationship, both of you must have closure in your hearts with previous relationships. Holding on to any negative thoughts or unfinished business with an ex will only become an obstacle in the future. Clearing the air from the past will allow each of you to be independently available to each other.

2. Know thyself: To know thyself and what each of you want and need in life is the only way to reduce any future confusion or unexpected arguments. Each person is able to come to the table with an honest plan for the future as a couple. If you don't know yourself, then you cannot expect your potential partner to know you.

3. You've had the discussion: To be on the same path means you and your future partner have had the discussion, or several discussions, about what each other want and expects in this relationship. It is not about your list of demands. Rather, it is about the joining of two people to live together in harmony and in love.

Are you and your new partner in the same place in life? Tell us your story below.

Jef Holm Unwinds with Golf Post-Split from Emily Maynard



By Nicole Weintraub

The day after it was publicly known that Jef Holm and fiancée Emily Maynard were calling it quits, Holm was seen out golfing, according to [People](#). “Just what I needed,” Holm announced via his Twitter account on Tuesday – a day after announcing his split from fiancée *Bachelorette* Maynard. His golfing buddy ironically was Arie Luyendyk who was the runner-up on the *Bachelorette*. In response to calling off his engagement with Maynard, he commented that the two remain “great friends” and he hopes to continue his friendship with her. The duo “tried our hardest to make it work”, but it looks like the two will remain friends for now.

What are some ways to keep yourself busy after a breakup?

Cupid's Pulse

The first few days after a breakup are the hardest from coping with the loss of a valued relationship to dealing with the sudden amount of free time. Here are some ways to busy yourself:

1. Catch up with old friends: When we are in a relationship we tend to replace the time that we would spend with friends with time spent with a partner. Go out for a drink with a few friends or take an old pal to lunch to catch up. Reunite with an old classmate or friend that you lost in touch with.

2. Cross that item off your bucket list: Never had time to take those dance classes? How about that movie you've been dying to see? Go see it and cross it off your to do list! While you have the time, do all of the things you had wanted to do but never got around to do yet.

3. Avoid the computer: Whatever you do avoid the computer including Facebook. Nothing good can come out of seeing your ex and his current whereabouts. Plus, you don't need to log your daily activities on the computer for your ex and his friends to see.

How do you keep yourself busy after a breakup? Share your ideas with us.

'Bachelor' Winner Courtney Robertson Makes Out with 'Bachelorette' Runner-Up Arie

Luyendyk Jr.



By Nicole Weintraub

Rumor has it that Courtney Robertson shared a smooch with Arie Luyendyk just after ending her engagement to Ben Flajnik a week ago, according to [People](#). Robertson ended her engagement to *Bachelor* star Flajnik who confirmed it on Friday, though no details have been shared regarding the split. Regardless, the *Bachelor* winner locked lips with *Bachelorette* runner-up Luyendyk. It seems that Robertson is keeping it within the same franchise. Her former fiancé seemed bewildered regarding the turn of events. Robertson and Luyendyk went out for a dinner date that ended off with a goodnight kiss at the same restaurant that Robertson went to with her former fiancé during her home visit on the television show.

How long after a broken engagement should you wait before kissing someone else?

Cupid's Advice:

It's difficult trying to recover from a broken engagement, but some recover more quickly than others. So what is the appropriate amount of time before moving on to someone new? Cupid has some advice:

1. There is no exact timeline: There is no masterful equation of when the appropriate amount of time is to kiss someone other than your former fiancé/fiancée. Though, there is a courtesy time period. Kissing anyone within two-three weeks is immediate grounds for violation and disrespectful.

2. Respect your former beau: You may be ready to live up your newly singlehood, but your partner may still be reeling from the broken engagement. If you are going out and meeting new people, try not to boast about it to mutual friends, to your former beau directly or on the Internet.

3. Check yourself: Rebounds are not good for anyone – especially you. Make sure that if you do meet a new person that you are interested in them for the right reasons. Move on when you are ready, not when you are lonely.

How long did you wait to move on from a broken engagement? How long would you wait? Let us know!

Courtney Robertson Speaks Out About Split with Ben Flajnik





By Jennifer Ross

The two 'Bachelor' Season 16 lovebirds, Ben Flajnik and Courtney Robertson have finally admitted to calling it quits. Courtney removed her engagement ring, and decided to speak out via Twitter. The Bachelor winner had brief and positive words to say regarding their break up, which Flajnik, 28, confirmed on October 5. "Thank you all so much for the kind words and for believing in us," the model tweeted. Her ex-fiancé also tweeted his thanks as well, saying he is "blessed to have amazing friends/fam." Even before the official split, the two had admitted to wanting to take a break before getting married. They had concerns that they may have been moving too fast due to public pressure. It appears that their instincts were correct.

How do you know when you've done all you can to make a relationship work?

Cupid's Advice:

As odd as it may seem, it is actually possible to find a partner that checks all the boxes on your list but doesn't work in your real-life. Here are some common situations:

1. The Spark Dies: The initial infatuation fades and you

notice that the love for your partner doesn't continue to grow. You rationalize your initial feelings. After all, everything looks great on paper. If the attraction was once there, you convince yourself it was real. You try and try but your attempts at love end up empty. Love cannot be forced when it simply doesn't exist.

2. Professional Help Fails: You used to get along with your partner. You both supported one another and did whatever it took to make each other happy. Somewhere along the way, the bickering began, the stubbornness kicked in and the fighting took over. You tried to solve it on your own, you even went to counseling, but it didn't work. You both realized that two people are sometimes better off alone. It takes a strong couple to let go.

3. Damage is too Great to Repair: Throughout the relationship, you both were completely honest with each other-or so you thought. Then, you find out he has been having an affair, doing drugs, or gambling his money away. None of these need to be dealbreakers in the relationship. Perhaps your partner has a problem and needs help. If your partner keeps repeating the same mistakes, that's when it's time to decide if it's better for you to move on to a happier place.

What steps did you take to make your relationship work? Tell us below.

Courtney Robertson Is Spotted Without Engagement Ring



By Jennifer Ross

Nothing spells a breakup any clearer than when a woman takes off her engagement ring, as is the case with *Bachelor* couple Ben Flajnik and his ex-fiancée Courtney Robertson. This Monday, Robertson, 29, was spotted out wearing workout gear minus an engagement ring just a mere few days after Flajnik, 30, had confirmed to [People](#) that the two had split up. As if this was not enough confirmation, Flajnik then posted online, “Welp, another weekend ahead and there is so much going on in San Francisco. I can’t even begin to tell you how crazy of a weekend it’s going to be.” Will Flajnik be the next second-time Bachelor? Stay tuned.

How do you know when to call off your engagement?

Cupid’s Advice:

Thankfully, most of us do not have to deal with a breakup while being constantly followed by the media. However, this does not make ending an engagement any easier for you. Before you walk down the aisle, here are a few signs leading towards

ending your engagement:

1. Infidelity: Without a doubt, if someone is cheating in your relationship, this is a major sign that the engagement needs to be called off; at the very least, the wedding needs to be postponed. Infidelity is a usually symptom, and not the cause, that someone is not 100 percent on board with a union between two people. Without full commitment from both parties, your future marriage will not last long.

2. Too many missing links: By the time you are engaged, certain fundamental questions should be agreed upon by you and your partner. Where will you two live? How many children will you have? What, if any, religion will the children learn? Who will stay home with them? Not agreeing or compromising to these questions will set your relationship up for future surprises and high risk failure.

3. Instincts are loud: If on the outside everything in your relationship seems perfect but your internal instincts are screaming “run,” feeding it cookies will not do you any good. Never let a perfect, albeit false, image of your love life prevent you and your partner from having true happiness, even if it’s separately. Like all other challenges in life, you will survive a breakup and be stronger for it.

What made you decide to call off your engagement? Share with us below.

‘Bachelor’ Stars Ben Flajnik

and Courtney Robertson Call It Quits



By Nic Baird

Ben Flajnik, the *Bachelor* from the show's 16th season, and his final rose recipient, Courtney Robertson, have ended their eleven month relationship, according to UsMagazine.com. The couple explored Baker Beach, San Francisco in August, and Flajnik even commented on Twitter that it'd be an ideal location for their wedding ceremony. The pair seemed in love this summer, despite Flajnik's rumored indiscretions four months after their November 2011 engagement. Before this recent split, the California winemaker's proposal to *Bachelorette* Ashley Herbert was turned down in favor of competitor J.P. Rosenbaum.

How do you know when it's time to call it quits?

Cupid's Advice:

It's always good to be optimistic about love. Being in a healthy relationship means fostering a connection, allowing growth, and maintaining trust. Looking for a way out is different than examining the strengths and weaknesses of being together. That being said, recognizing these important fundamentals will save you from picking up the pieces of your heart with the boxes of clothes you left behind:

1. Friendship: All relationships are based on the enjoyment you have spending time as a couple. Like any friendship there can be rocky moments and tension. But in spite of this, both parties should still care for each other. This means building a comfortable foundation and finding new ways to spend time together. A relationship includes intimacy, but if it doesn't feel like you're friends than how could you be more?

2. Future: Most people enter a relationship with the idea that it could progress further. Unless otherwise stated, it's reasonably assumed that your partner is a candidate for marriage. You're stalling if you've already dismissed this in your head. Your partner's life, may have no room for you. If they're unwilling to ever compromise on solutions to develop your partnership, then remember to prioritize your relationship needs. Decide on an appropriate time to put down the candle.

3. Trust: Some broken hearts can't be mended. Second chances are great, but not always realistic. Even with forgiveness, baggage can still tear your relationship apart. Establishing trust is hard, but repairing it is even harder. If there's no hope of trust with this person than don't torture yourself. Confront issues head-on, talk with your partner, and make a final decision.

What are signs that told you to call it quits? Share your experiences below!

Patti Stanger Has Three Tips for Making Up After a Break Up



By Nicole Weintraub

Relationship expert, Patti Stanger recently revealed some tips on how to make up after a break up, especially if infidelity is involved, according to [People](#). Focusing on the recent breakup and cheating scandal of Rob Pattinson and Kristen Stewart, Stanger shares three tips on how to move forward in a relationship. First, you have to ignore your heart and trust what your brain is telling you. The second step is to get comfortable again. You will have to renegotiate boundaries and sort out what makes the two of you comfortable around each other once more. Once you are comfortable, you will be able to start to trust one another again. The *Millionaire*

Matchmaker's third and final step is to talk to an expert – a therapist that both partners trust. An unbiased third party will help to reconcile any issues that the couple may have.

What are some ways to be friends after a split?

Cupid's Advice:

Is it possible? Can you be friends with an ex after a breakup? Here are some tips on how to make it happen:

1. Let bygones by bygones: What may have happened in your relationship are no longer bounds in your new friendship. One of the toughest things is transitioning from lovers to friends. Be careful not to cross the line between friends and lovers.

2. Tread lightly: It may be difficult at first to decide what is appropriate behavior and conversation in your new friendship. Monitor how open you are with your ex because there may still be some hard feelings there.

3. Patience is a virtue: You will become better friends and more emotionally connected in due time. At first, it may be a rocky friendship but it will become easier in time.

Are you friends with an ex? Share your stories with us below.

Sean Lowe Signs On As the Next 'Bachelor'



By Jennifer Ross

The decision is out! *ABC* has announced to [People](#) that Sean Lowe will star in the upcoming season of *The Bachelor*. In last season's *The Bachelorette*, the insurance salesman from Dallas only made it to second runner-up when Emily Maynard, 26, cut him from the final three. During his wait for the official decision of the next Bachelor, Lowe was quoted as saying he is "an open-minded optimist" and believes "it would be worth it." Will Lowe find his true love? The next season of *The Bachelor* is already in productions and will air in January 2013.

What are some unique ways to find love?

Cupid's Advice:

No matter where you turn, love is all around us. Sooner or later, you will want one of your very own. Sometimes the problem may be which area to begin looking. Therefore, when you cannot decide where to start, we can help with a few ideas:

1. Network: Networking is not only just for your career anymore. Talk to all your friends and acquaintances, asking them if they know of a single man that could be right for you. Also ask them to ask their friends for help. It is one of the best tools to finding a potential love.

2. Visit your local hardware store: Why waste your time searching for men at a club where the men-to-women ratio works against you? Instead, try your local hardware store, computer store, or even a sporting goods store. Make sure to pick a place where the men tend to outnumber the women in order to better your odds.

3. By train or subway: Next time you need to go somewhere, opt for taking a subway or train. Many single men travel this way, and it gives you a moment to start up a conversation. Plus, it literally gives you a way out should you not find any good prospects; you can always change cars or get off at the next stop.

Where did you find love? Was it unusual? Tell us below.

‘Bachelor Pad’ Star Chris Bukowski Says He Still Has Feelings for Emily Maynard





By Jennifer Ross

Even though time has passed since Emily Maynard, 28, dumped Chris Bukowski earlier this year on *The Bachelorette*, Bukowski says he's still not over her. Bukowski, 25, has since moved on to ABC's *the Bachelor Pad*, and has found a new love interest, Sarah Newlon. On a date together, he admitted to Newlon, 28, that being dumped by Maynard was probably one of "the worst things I've ever experienced...it's heartbreaking." A good thing he has going for him is how Newlon is willing to lend a shoulder to his pain.

What do you do if you're having a hard time getting over an ex?

Cupid's Advice:

One of the hardest things to go through in life is a break-up, especially when you were the one that was dumped. Many questions arise and the pain can seem unbearable. However, there is light at the end of the tunnel. Here are a few tips to getting over that heartbreak:

1. Get your ex off that pedestal: You may want to remember all the funny or loving moments your ex created, but keep in mind, your ex also created many, many horrible ones too. There's a

good reason why this break-up happened, even if you cannot see this right away.

2. Get rid of the reminders: The way to ensure you do not relapse into despair is to remove anything that reminds you of the relationship. Trash those cute pictures of you two or that stuffed puppy dog holding a heart that you received at last Valentine's Day dinner. While you are at it, clean your space of your ex's personal belongings fast!

3. Dust off those hobbies: Chances are you have let many of your hobbies go while you were in a relationship. What better way to get over your ex than by getting back your swag? Exercising, whether indoors or out, is a great way to relieve emotional pain, along with extra pounds. An added bonus is you'll start to feel better about yourself. If physical activity is not your style, then find something else.

How do you spend your time forgetting your ex? What hobbies have you rekindled? Tell us below!

Amy Laurent Tells Us How to Navigate a New Relationship and Go From '8 Weeks to Everlasting'





By Whitney Baker

Matchmaker and reality star Amy Laurent didn't realize how much she needed her own help until she began filming Bravo's 'Miss Advised.' As viewers saw throughout the first season, she quickly learned how hard it was to be open to love and how scary it was to feel vulnerable. That was the catalyst she needed to write her book, which she began working on two-thirds through filming. *8 Weeks to Everlasting: A Step-by-Step Guide to Getting (and Keeping!) the Guy You Want* isn't about getting the ring or getting to the altar; it's about building a strong foundation for a lasting relationship with your perfect person. "This book offers simple guidelines that every woman needs to follow when they first meet someone they like," Laurent explains. "It's about how to change your approach to dating so you don't lose yourself in it." No one knows the importance of these parameters better than the author. We had a chance to chat with her about what rules to follow, what lies men tell and what she's learned in her search for love.

How did you develop your dating philosophy?

I found that women kept asking the same questions when it came to men and the early stages of dating. I've been giving women solid advice on how to handle these situations, and they've

come back to me and thanked me for everything I said. But here I am, getting back into dating myself, and I'm totally stinking at it. During the course of filming 'Miss Advised,' I realized that I needed my own coaching. Talk about a sense of urgency! It was like, "Oh my god, I need to take everything that I've been telling women to do and turn it into a handbook so I can find a guy for myself!"

No matter who we are, whether we're the expert or not, we really need rules that are clearly laid out, week-by-week, about how to date men. It's the first eight weeks that are the most torturous for women!

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

In the introduction of your book, you tell women that they're in charge of their fate and they can have any kind of relationship they want. What is preventing women from finding their ideal relationship?

Accepting less than what we deserve. There are boundaries that teach a new guy in your life what is acceptable and if you are a relationship girl or a casual dater. Your actions towards him define how he looks at you; you teach people how you want to be treated.

How many of us get excited about a guy and then start to cancel our plans with girlfriends because he suddenly calls and asks us out? That's the complete opposite of what you're supposed to do, but we've all been there. We're so emotionally invested in this guy that we've only been out with a handful of times that he has an affect on whether we have a good day or not. As women, we need to remember that we're in control. If someone isn't respecting you or treating you how you want to be treated, you get to choose to write that person off.

You banish women from making the first move, yet so many of

our male readers tells us they *want* a woman to approach them first. What are your thoughts on that?

One of the biggest points in my book is that women should *never* initiate. You don't call or text a guy first; you don't suggest that you get together on a Friday night. You have to let the man take the male role. If you become aggressive, he's going to lose interest very quickly.

As a matchmaker, I work very closely with men, and they tell me things that I wish they would say to more women's faces. If a guy says he loves when a women takes the initiative and asks him out, he's lying to you. Any man will say that it's cool at first – it's less work when the woman comes to him. But he'll also tell you that he's never dated that girl for longer than two weeks. That's the truth.

Related Link: [Subtle Ways to Get a Second Date](#)

What love lessons did you learn from filming 'Miss Advised' and writing this book?

First, I gained a newfound respect for my clients. It had been so long since I put my heart out there, and I realized that my clients do it everyday. It's not easy!

I also learned that dating is about enjoying the process, weeding out the jerks, finding your perfect person and having fun along the way because you're in control. One of the keys is balance: you need to stay open enough but also hold the reins and pace yourself.

Lastly, if there were one piece of advice you could give women looking for love, what would it be?

One thing I said repetitively is that, if a guy genuinely cares about you and wants to get to know you, he is going to try to impress you – and you should let him. You really have to communicate what kind of relationship you want, and you

have to stick to that.

And buy my book, of course!

You can buy '8 Weeks to Everlasting: A Step-By-Step Guide to Getting (and Keeping!) the Guy You Want' on Amazon. Be sure to keep up with Laurent on Facebook, Twitter and her personal site at www.AmyLaurent.com.

Season Finale of Miss Advised: Love and Loneliness



Monday, August 6th @

10/9c – Miss Advised *SEASON FINALE*

In the season finale, Amy discusses how her prom-disaster date may be the last time she puts herself out there for love. While one love expert still struggles to find a match,

another's future in love looks pretty solid. Emily's trip to Napa with David takes a sudden turn and morphs their relationship forever.

Watch: Julia breaks down after a bad date

Watch: Emily and David take their relationship to the new level

RHONY: Sonja Attacks LuAnn's Beau



Monday, August 6th @

9/8c – The Real Housewives New York

Over lunch, LuAnn confides in Sonja that she's trying to have a baby with Jacques. Sonja worries whether or not Jacques'

intentions with LuAnn are pure, and drunkenly confronts him at the housewife holiday party. Her attack on Jacques seems to hit too close to home, leaving most of the housewives wondering if Sonja is really just taking her own issues out on him instead.

Watch: Sonja drunkenly lets loose on Jacques

Watch: LuAnn offends Carole with 'racist' slur

'Miss Advised' Star Emily Morse Says, "I'm Not Choosing Monogamy; I'm Choosing to Date"





By Jessica Nappi

Radio show host, author and reality star – what can't Emily Morse do? If you haven't seen Emily navigate her dating life on the new hit show 'Miss Advised,' produced by Disney darling Ashley Tisdale, read her book, 'Hot Sex: Over 200 Things You Can Try Tonight!,' or listened to her radio show, 'Sex with Emily,' no doubt you soon will because this young lady is just getting warmed up. She's even been dubbed the real-life Carrie Bradshaw, although she openly admits that she has never watched an episode of 'Sex and The City.'

After seven years of hosting her radio show, Morse was approached to be a part of 'Miss Advised,' which follows three single dating experts (Amy Laurent, Julia Allison and Emily Morse) who must put their own advice to the test. While the other stars may have learned that it's hard to practice what they preach, Morse stuck to her guns. She says, "I definitely take my own relationship advice to heart. But, I've made mistakes in my relationships – I'm not perfect."

Morse has stayed true to herself by finally acknowledging that she's "not choosing monogamy right now; [she's] choosing to date." But she didn't just come to this revelation overnight. "I've evolved into this person by saying it publicly and being on national television. I think it made me realize that it's

okay to be me. It's okay to live my life differently than other people live their lives."

Related: [Going from 'It's Complicated' to Monogamy: 5 Tips Every Woman Should Know](#)

After receiving hundreds of emails in support of her dating philosophy and unrushed desire to settle down, Morse noted that she felt so much more "validated and accepted." But being open and vulnerable hasn't always been easy for her. "The greatest lesson I've learned is to "be honest with yourself; stay true to yourself; and be self-aware," she says. "The more honest you are with yourself, the more you'll know what you like, and the easier dating will become."

Since monogamy is crossed off her list, Morse is free to date and have fun with no constraint. "I've never been a woman who plays by the stereotypical dating rules," she says. Since there are so many dating advice books, she says you just have to "pick and choose what feels good to you because blanket rules for everyone just doesn't make any sense."

She may not be a fan of rules, but she is certainly a fan of helping others spice up their relationships. Emily notes that her favorite section of her book deals with partner massages. "By massaging your partner, you will feel reconnected again. I think it's a really nice, sweet thing you can do to become attached to your partner again."

As you may know by now, Morse doesn't hold anything back. That's why we get to see her dating life firsthand on 'Miss Advised.' Here is where we get to observe from afar as Emily goes on all types of dates. We even watch when she dates her newly-divorced fifth grade crush, David Rubin, and they drive to Napa Valley for a romantic night. Of the finale, which will be airing tonight, Morse promises that their relationship "takes an interesting turn. It's surprising, and it's a really fun episode, " she says.

So what's next for Morse? She aspires to be the Dr. Ruth of our generation – and she's already well on her way. As she continues to grow her career, she will be getting her doctorate in human sexuality and coming out with a third iPhone App. She will also be hosting her radio show and keeping her fingers crossed for a second season of 'Miss Advised.'

Be sure to catch Emily Morse tonight on the SEASON FINALE of 'Miss Advised' at 10/9c on Bravo. You can also check out her personal site at www.EmilyMorse.com and follow her on Twitter @SexWithEmily.

'Bachelorette' Star Emily Maynard Toasts Fiance Jef Holm's Birthday at Dinner Party





Emily Maynard's

fiancé Jef Holm certainly has had a lot to celebrate, including his 28th birthday. The recently engaged pair partied with friends in New York City, but they couldn't keep their hands off each other. According to [People](#), they were often seen “holding hands under the table.” Surrounded by guests, Holm was surprised with a birthday cake while out on the rooftop. With his new fiancée on his arm and a ton of guests all there for him, Holm “loved the attention” and the duo threw a great party.

What are some ways to surprise your partner with a birthday celebration?

Cupid's Advice:

Birthdays only come once a year, so it's crucial that you make your significant other feel as special as possible on this day. Consider these simple ideas to celebrate:

1. Throw a party: Surprise or not, getting together your beau's friends is definitely a great way to celebrate the person you love. A fun atmosphere with drinks and good company will be the perfect thing to make your honey happy to turn a year older and thankful you took the initiative to coordinate it.

2. Do something adventurous: Parties and dinner aren't for everyone, show your babe you really care by taking them out to do something unique or daring. Go skydiving if you're feeling a thrill or maybe spend the day at an amusement park.

3. Keep it just the two of you: Sometimes the most thoughtful way to commemorate your partner can be done with little effort. Send your_loved one out for a part of the day so you can set up your house to resemble an elegant restaurant and make your honey's favorite meal.

How do you celebrate your partner's birthday? Tell us below.

Miss Advised: Matchmaker Doesn't Believe 'The One' Exists





Monday, July 30th at

10/9c – Miss Advised

Amy screams on the first date, but it doesn't involve her "giving it up" in the sexual sense. A rock climbing date brings out her biggest fears, and it's tough to tell whether or not the climb during the date is literally or figuratively getting the best of her. Later on, Emily's friend David surprises her on-air, but his appearance leaves them both stunned by how unexpectedly similar their theories on love are...

Watch: Love expert takes the climb.

Watch: Emily doesn't believe in "the one."