

Series Premiere of 'Miss Advised': Love Is in the Air



Monday, June 18th @ 10/9c –

***SERIES PREMIERE* Miss Advised**

In the premiere of Bravo's new docu-series 'Miss Advised,' three single relationship experts can't seem to practice what they preach. The show follows Julia Allison (Los Angeles), Emily Morse (San Francisco) and Amy Laurent (New York) as they struggle to stay afloat in the deep-end of the dating pool. Each of the girls is a highly-regarded expert when it comes to *giving* romance advice, but they are admittedly not the best at following it. Take a sneak peak below.

Watch: Julia's 73 point checklist for her lovers.

Watch: Sex with Emily.

Watch: Amy sets the rules but then breaks them.

Bravo Sets A Date With New Docu-Series “Miss Advised”



“Miss Advised” Premieres Monday, June 18 at 10PM ET/PT

Bravo Media premieres “Miss Advised,” a docu-series about three single relationship experts who make a living dispensing dating advice, but struggle to make their own love connections. The series follows Julia Allison in Los Angeles, Amy Laurent in New York City and Emily Morse in San Francisco, as they maneuver through the dating world disregarding their own advice. When it comes to falling in love, these experts need to practice what they preach.

In the premiere episode, dating columnist Julia Allison makes a big move to Los Angeles on a quest to find Mr. Right. With a 73-point checklist to guide her, Julia is ready to settle

into the storybook romance of her dreams. Matchmaking maven Amy Laurent has built an empire in New York City by bringing perfect matches together all thanks to “The Rules.” But when an old flame comes back to town, she struggles to follow her own guidelines. Radio host and sex expert Emily Morse proclaims that monogamy is an epidemic, but when her happily-married brother comes to visit, Emily admits that she would be open to falling in love.

Related: [Bachelorette Season 8, Episode 4: Pucker Up! Lessons Learned from Emily Maynard](#)

“Miss Advised” cast includes:

Julia Allison

Julia Allison is a columnist, television personality, Internet entrepreneur, public speaker and unabashed social media junkie. A media and relationship expert, Allison has made over 1,000 television appearances on every major network and has written for publications such as Newsweek, New York Magazine, Huffington Post, Cosmopolitan, The Chicago Tribune, Teen Vogue and The New York Post.

Amy Laurent

As the founder and president of the exclusive Amy Laurent International matchmaking agency for the past six years, Laurent has maintained an 85% success rate finding her clients serious relationships within 3 months. She has been featured in publications such as The New York Times, Miami Herald, Oprah Magazine, Men’s Health, and Cosmopolitan, and is widely regarded for her professionalism and personal ability to make her clients feel at ease. Laurent’s first book “Eight Weeks to Everlasting – How to Get (and Keep) the Guy You Want” will be released in summer 2012.

Related: [Is that you, Mr. Right?](#)

Emily Morse

Emily Morse is the host of “Sex with Emily,” a live radio show and top downloaded podcast on iTunes. Morse has appeared as a guest expert on countless radio and television shows, as well as been featured in The New York Times, Los Angeles Times and San Francisco Chronicle.

Miss Advised is produced by RelativityREAL and Ashley Tisdale’s Blondie Girl Productions, with Ashley Tisdale, Jessica Rhoades, Tom Forman, Michaline Babich and Brad Bishop serving as executive producers. For more information, visit www.BravoTV.com and follow us on Twitter at <https://twitter.com/BravoPR>.

RHONY: The Real Housewives of New York City Flirt With Each Other’s Husbands





Monday, June 18th @ 9/8c –

The Real Housewives of New York City

Carole, a new housewife, openly comes on to Ramona's husband, saying that she only flirts with husbands when their wives are sitting with them. LuAnn and Ramona decide to make peace, but LuAnn suspects it won't last long. Heather also makes a point to invite only a few of the housewives to her next business trip to London. Check out the highlights for this week's episode below!

Watch: LuAnn's daughter deems her past the point of having kids.

Watch: Everyone's f*cked Harry.

'The Bachelorette' Star Emily

Maynard Blows Up at 'Baggage' Comment



Bachelorette Emily Maynard is having some trouble finding her true love. On Monday's episode, set in London, suitor Kalon McMahon brought out a side of Maynard none of the contestants wanted to see after calling her daughter Ricki "baggage," according to [People](#). A hurt Emily exploded on Kalon, feeding him his own line, "I'd love to hear you talk, but not until I'm done," before immediately sending him packing. She also criticized her other dates for not sticking up for her in her absence.

What do you do if the person you're dating doesn't accept your child?

Cupid's Advice:

Any single parent knows how brutal the dating world can be. Here are some tips to make it easier if your significant other doesn't accept your child:

1. Leave: Any date that doesn't accept your child doesn't accept *you*. There's no point continuing a relationship with this person.

2. Be understanding: If you're dating someone who has never been a parent, you have to understand that they don't know what it's like. Try to show them how important your child is and maybe they'll come around.

3. Involve your child: The problem may be that you haven't had your child around enough. Take the little one out with you more so your significant other can see why your child is so amazing.

What would you do if the person you were dating didn't accept your child? Tell us in the comments below.

'The Bachelorette' Season 8, Episode 5: The Dos and Dont's For Taking Your Relationship To The Next Level





By Marni Kinrys, of
WingGirlMethod.com

We've made it! We're finally to the halfway point when the superficial, made-for-TV drama must go away and make room for the real connections to bloom on 'The Bachelorette.' Emily Maynard is now in falling-in-love mode, so it's time for the guys to get serious and show her they're ready to fall in love too.

As you know, I work with thousands of men, and one of their biggest challenges is connecting. Connection is something that comes really naturally to women, especially to a woman like Emily. As a single mother, she is even more open to love. But for men, the ability to share themselves with a woman can be a daunting task.

Honestly, I have been surprised this season because most of the contestants have it figured out. But there are still some who struggle with opening up, which may hurt their chances of taking their relationship with Emily to the next level – especially as the number of men gets smaller and smaller every week.

Here is my list of dos and don'ts for taking your relationship to the next level and truly connecting with your partner.

Do: Create trust and protection in a relationship. Whether

you're a woman or a man, you need to feel safe in a relationship. I love the way that Sean is so willing to share his feelings with Emily. He's expressing his emotions *without* being emotional, a skill that few people are able to pull off. His behavior provides Emily with the security to always know what he is thinking, allowing her to never question their relationship. Safety!

Related: [Bachelorette Season 8, Episode 4: Pucker Up! Lessons Learned from Emily Maynard](#)

Don't: Never put down, belittle or betray a date, especially in front of others. What the hell was Kalon thinking? For someone who cares so much about what others think, you would think he would be more discrete about his true feelings for Emily. He basically made a mockery of the Bachelorette process, and I couldn't have been happier when Emily told him, in her squeaky, sick voice, to get the f*&k out. Loved it!

Do: Have fun! Being able to laugh at yourself is the ultimate sign that you are open to developing new relationships and nurturing old ones. No one wants to be with Mr. or Mrs. Serious. Being uptight and well-spoken all the time is no fun. For instance, on the group date, Doug, Arie and Travis really stepped up to the plate. They showed Emily that, no matter what crazy situation she threw at them, they could handle it and laugh their way through it.

Don't: Sit there and say nothing when someone talks smack about your partner, especially if you have built a strong bond with each other. I am sure that this situation was a tough one for Arie. If he watched previous seasons where contestants would cause a disconnect when they tattled on one another, then it would've been easy to second guess his instinct. But Emily was starting to see Arie as her protector, and in this instance, he failed her. Hopefully, they can get over that hump and rebuild their strong connection.

Related: [The Bachelorette Season 8, Episode 1 Recap: The Dos and Dont's of First Impressions](#)

Do: Listen to the Queen of Pop and EXPRESS YOURSELF. When Emily was on her date with Jef, she kept mentioning how hard he was to read – and I wholeheartedly agree, which is why it was so essential for him to put into words what he was feeling and thinking. As much as we like to think we are mind readers, we are not. Expressing yourself is the one sure-fire way to boost a connection and move your relationship to the next level.

Don't: Wait for others (in this case, Emily) to come to you. The only way to get what you want is by asking for it. Alejandro got the boot because he didn't ask for what he wanted. He wanted to get to know Emily better, but he never took the initiative to make that happen. In a room full of 25 dudes, you have to step up and be an Alpha male in order to be noticed.

Connection is the toughest part of any relationship. You can't fake it, but you can open yourself up so that it happens more easily. I can't wait to see what happens next week. Be sure to tune in as these men fall harder for Emily and attempt to take their relationship to the next level!

‘Bachelorette’ Star Roberto Martinez Has No Interest in Being the ‘Bachelor’



Rumors were swirling in Hollywood last week that Roberto Martinez, a former contestant on *The Bachelorette* and ex-fiancé of Ali Fedotowsky, would be the next star of *The Bachelor*. "That's far from the truth!" a source confirms to [Us Weekly](#). "They are asking him to be the next bachelor, but he has no interest as of right now." Martinez was engaged to Fedotowsky for 18 months until they called off the wedding in November of 2011.

When is it time to put yourself out there after a difficult breakup?

Cupid's Advice:

Breaking up after a serious relationship requires enough time to heal before getting out there again. Here are some ways to know when it's time to give dating another shot:

1. You feel confident in yourself: Having someone break up with you can be a huge blow to your self-esteem. Don't try to find another partner when you're lying in bed all day eating ice cream. Get back into your normal routine, hang out with your friends, eat healthy and exercise. Once you've taken care of yourself and feel good again, you'll carry around a

more positive energy. That will help you feel more comfortable dating.

2. You feel positive about the future: After a hard breakup, it can seem like the days drag by and there isn't much to be excited about. Once you're able to accept and learn from your past and realize all the potential the world still holds, give dating another try.

3. You've left your ex alone: Whether your breakup was civil or not, it's important to leave your ex in past for your own sake. In order to truly move on, you need to feel comfortable putting them out of your thoughts and not contacting them. This way, you will be totally open to any opportunities that come your way.

How did you know when it was time to try dating again? Share your story below!

'The Bachelorette' Season 8, Episode 4: Pucker Up! Lessons Learned from Emily Maynard





By Marni Kinrys, Ultimate

Wing Girl

Well, I think we found Doug's imperfection: he has a vagina. "I never make the first move." Come on, Dougy! No wonder you have not been kissed in months. Don't you know women rarely make the first move? They should, but that would be unladylike.

This issue kept popping up over and over again in last night's episode of 'The Bachelorette,' and I could tell Emily was getting frustrated with the guys. Doug turned bright red, and you could see him internally fighting the urge to kiss her, trying to respect his self-imposed rules. And then, there was the young, skateboarder Jef. This was the second time he had her on the beach and he didn't lean in for a kiss. Instead, he opted to cut their time together short. Obviously, Emily felt rejected because these guys wouldn't just go for it.

Related: [Bachelorette Season 8, Episode 1: The Dos and Dont's of First Impressions](#)

As a woman who has worked with thousands of men and helped them learn how to attract, date and be with the women of their dreams, I know how high-pressured and challenging making that first move can be. Just like us ladies, men don't want to get rejected and they don't want to be jerks. One of my clients said to me, "I'm not sure how to balance being a respectful

gentleman and being aggressive sexually. I know women want both, but it doesn't feel right to push myself on a woman." This fear is pretty common. Especially in *good* men.

I know Emily was doing her best to help the guys out by giving them "kiss me" signals, but sometimes, these signs were a little too subtle for men to pick up. If she were one of the boys on 'The Bachelor' she would have seen the signs instantly, but men are different. Ladies, you have to step it up a notch and help men understand when you're ready and want a kiss.

I have put together a list of not-so-subtle things you can do to maintain your dignity and *still* let your date know that you want to be kissed:

Not-So-Subtle Signal #1: Touch a man. My sister-in-law called me a few weeks ago from the bathroom while on a date. She said, "Marni, you gotta help me. My date won't stop talking. I really like him, but he won't stop. What do I do?" I told her that he is probably nervous or worried about having awkward silence. I recommended that she go back to the table, and while he is talking, put her hand softly on his forearm, making eye contact and smiling. She called me after the date and told me that my advice worked. They are now a couple!

Not-So-Subtle Signal #2: Open up. Many women stop themselves from being kissed because of their body language: arms crossed, lips pursed, not talking a lot. I understand that this behavior can be caused by nerves, but imagine how that appears to a man sitting across the table from you. He's not a mind reader. So show him you are open to being kissed by uncrossing your arms, making eye contact, smiling and leaning towards him. If you are nervous, announce the elephant in the room and just tell him how you feel.

Related: [Bachelorette Season 8, Episode 3: The Dos and Dont's of Dating a Single Mom](#)

Not-So-Subtle Signal #3: Step into his space and tell him what you're thinking. I know we all dream of a strong man assertively grabbing and kissing us, but with really good guys, that is rarely going to happen, especially in the beginning of the relationship. At the end of the night, if you want a kiss, step in close to him and rub his upper arm. Flutter your eyelashes and lick your lips; tell him that you like him and want to get to know him better. This approach takes out all the guesswork for a guy. With this move, you have stroked his ego. He knows he won you over, and now, he can make his move.

Not-So-Subtle Signal #4: Truthfully, this one is not so obvious, but you should give it a try: tell him you want to kiss him. Say it in a feminine, soft tone, and you'll still feel like the woman in the scenario. He'll probably be nervous, but he'll make it happen for sure.

To make it easier on the lovely men you date, follow these guidelines, and I guarantee you will leave feeling more fulfilled and less frustrated after a date. Instead, you'll be in the afterglow of the first kiss. Let's hope Emily starts to use these tips as well!

RHONY: Newcomers Shake Up The Real Housewives of New York Season Premiere





Monday, June 4th @ 9/8c-

***90- Minute Season Premiere*- The Real Housewives New York**

In the 90 minute drama-filled season premiere, New York welcomes its 3 new housewives Heather Thomson, Carole Radziwill, and Aviva Drescher. Find out how they mesh with NYC veterans Ramona Singer, Countess LuAnn and Sonya (and how they mesh with each other)! Take a look at the sneak peek below:

**‘The Bachelorette’ Season 8,
Episode 3: The Dos and Don’ts
of Dating A Single Mom**



By

Marni

Kinrys of www.winggirlmethod.com

Now, I am not a single mom or even a mother for that matter, but during last night's episode of 'The Bachelorette,' I got a good sense of how it may feel. I had no idea just how much parents put their children before them. It was beautiful.

I really believe that this season is no joke. They are getting down right serious. If this keeps up, Emily Maynard will come out of this experience with a good, solid man and a great relationship. How do I know that? Because this season has one thing that has been lacking from every other season: reality!

Related: [The Bachelorette 8; Episode 1 Recap: The Dos and Dont's of First Impressions](#)

Last night's episode was kind of like a roller coaster for me. One second, I was falling head over heels for guys like Sean, Doug and Arie. The next second, I was ready to punch the screen and throw up. Like when Ryan basically said to Emily, "I won't do you if you become a fatty." I get what he was trying to say, but that man does not know how to sensitively deliver a message and communicate with women. Not a good sign

if he wants to be a father to Emily's daughter. He would give the kid an eating disorder in less than a year. Hello, Dating Red Flag!!!

Lucky for Emily, there were numerous men who showed their true colors last night and made those flags very easy for her to spot and eliminate.

Here are my Do's and Don'ts of Dating A Single Mom based on what I learned last night:

Do: Show a single mom that you know how to comfort and take care of another person. For this reason alone, I freaking love Arie. On his date, he checked in with her, touched her, asked her questions. Then, at the Rose Ceremony, he could sense that something had gone wrong, and he pulled her in close to comfort her. That shows leadership, strength and warmth. A great combination for success with any woman, especially when dating a single mom.

Do Not: Wait for a woman, especially a single mother, to bring up "the talk" if you're not feeling it. Like Tony, the single dad who was emotionally breaking down. It was hard for me to watch; I kept thinking, "If you really felt a connection with her, you would push through because that would be the best thing for you AND your son." I could tell that he just wasn't feeling it, which is why he was latching on so tightly to his son. Sweet but not attractive. He was afraid to admit "defeat." Better to be honest with yourself rather than hurt a single mom when so much is at stake.

Related: [The Bachelorette 8; Episode 2 Recap: Soccer, Cookies and Muppets: Emily Maynard Keeps it Real](#)

Do: Calmly express what you are thinking and picturing to a woman, while touching her at the same time. I love when Sean sat down with her, touched her forearm and communicated how a life with him would look. SEEEEEEXY!!! He did such a great job telling her who he was, what he was ready for and who he hoped

to be for Emily.

Do Not: Tell a single mother that falling in love with her and gaining a child is a huge compromise. When Alessandro said that to her, I could feel my chest tightening up. The nerve of that man! Not to mention that he honestly seemed like a buffoon while he was talking to her. He wasn't like that last week, was he? Buddy, leave at week one if the girl's not right for you. No one should ever feel they are compromising BEFORE they get into a relationship.

Can't wait to see what happens next week! Hopefully, Ryan and Kalon will show more of their true colors, and Emily will learn that these guys are NOT father material.

Emily Maynard Says Brad Womack's Recent Comments 'Really Hurt'





The much anticipated, season-eight *Bachelorette* star, Emily Maynard, decided to be the bigger person when responding to her ex, Brad Womack's, recent nasty remarks. He said that "dodged a bullet" when their engagement ended, according to UsMagazine.com. The single mom faced the smack-talk on *Access Hollywood Live* on Wednesday, making a point to avoid confrontation. The 26-year-old told hosts, "At first, my feelings were really hurt, because we left everything very civil and I've never said a bad word about him. But knowing Brad, he didn't mean it that way." Neither half of the former couple have seen one another since filming for the new season of ABC's *The Bachelorette* started, which is probably for the best. Still on her quest for love, Maynard knew better than to fall for the petty 'he said, she said nonsense, showing not only her maturity, but also demonstrating that you can't believe everything you hear.

How do you deal with a vengeful ex?

Cupid's Advice:

Moving on from a breakup is difficult no matter what terms the relationship ends on. If you find your ex saying mean things that he knows will get your attention, it's usually a sign that he isn't as over you, or the split, as you thought:

1.No response is the best response: Don't give your ex the satisfaction of dropping to his or her level. If your ex is

reaching out to you, it's obviously for a reason, so if you want to keep that relationship in the past, don't let them get a rise out of you – which was likely their goal in the first place.

2. Take it as a compliment: If a past partner is taking time out of their day to say things about you, it's because you're on that person's mind. Smile that they still care enough about you, as they took time out of their day to vicariously reach out to you.

3. Use it as fuel: If your ex is going to say cruel things about or towards you, just remember how much better off you are without that person. You deserve someone who is going to make you happy and your ex's immaturity can be used as a push in the right direction towards the one.

What are some other ways to deal with a vengeful ex? Share your thoughts below.

‘Bachelorette’ Emily Maynard Discusses Sending Home Joe





Season 8's *Bachelorette*

Emily Maynard recently talked about her tough decision to send home hopeful bachelor, Joe, in her blog for [People](#). Maynard discussed her date with Joe, mentioning how fun of a time she had with him. However, she said, "I knew that we were just in different place in our lives." So, even though she had a blast with fun-loving bachelor, she knew they weren't a good match and let him go.

How do you know when to cut ties early in a relationship?

Cupid's Advice:

1. Know both of your intentions: If one of you is just looking for someone to go on dates with and simply keep them company and the other wants marriage, that's an issue that needs to be addressed immediately. Like Emily Maynard, you have to recognize when the person you're dating is in a different place in their life than you. You can't keep a relationship going if the two of you have battling goals.

2. Don't make the same mistake twice: If you notice something that your new lover does that ruined your relationship, talk to them and see if this is a problem that can be fixed. If not, it might be time to cut your losses. There's nothing worse than repeating a bad relationship.

3. Accept that not everyone is your perfect match: Too many people cling to a relationship even when it isn't working just

for the sake of “seeing how things play out.” If it isn’t working now, chances are it won’t work in the long run. Why waste your time?

How do you know when it’s time to cut your losses on a new relationship? Share your stories in the comments below.

‘The Bachelorette’ Season 8, Episode 2: Soccer, Cookies, and Muppets: Emily Maynard Keeps it Real



By Marni Kinrys, Ultimate Wing Girl

Has reality TV suddenly gone real? This season of the Bachelorette is actually shocking me because it’s *real* (or as

real as reality can get). They're in Emily's hometown. She's living in her own home with her daughter. Friends and family surround her while she seeks romance. Looks pretty real to me. We can only hope that the bachelors match up to that sentiment.

Every time the show wants to veer into la la land, it immediately gets brought back to reality, with Emily. Her life is real and the decisions she makes will not only reflect her, but also her 6-year-old daughter. Things like this completely changes the game for her and the guys on the show.

As dynamic as a date can get, there is huge reality reminder right in front of every guy, at all times. Emily is a mother, and the winner will end his experience with a new wife and child. That should definitely weed out the competition hungry contestants vs. the sincere men who are there for the girl.

Related: [The Bachelorette 8; Episode 1 Recap: The Dos and Dont's of First Impressions](#)

I'm loving how assertive and hard hitting Emily has been right off that bat. For her it's essential. But is it reality?

I work with hundreds of thousands of guys all over the world. I tell them how to attract, date and get any woman they want. My first date advice to them is always "keep it light" but keep your eyes open and don't avoid red flags because she's pretty.

When the show ended I turned to my husband and said, do you think those questions would fly in the real world? His first response was "hell no". Then he thought for a second and said, there are some people that are just really comfortable putting it all out there because it's important to them. When you have a kid involved, that intensity is already increased for you. If you're with a guy who can't handle a little serious conversation on the first date, then he's probably not the guy

for you. I think it's totally acceptable to get real on a first date as long as you don't let your emotions carry you away.

For Emily, dating is about finding a partner in life not a tennis partner for a match this weekend. In real life, you are free to bring up anything that you want on a first date, second, third, twentieth. But you want to make sure you are bringing it up the right way and for the right reason.

Related: [Do Fairytale Relationships Exist Only in Hollywood?](#)

In open conversation there is no room to get emotional i.e. defensive, angry, moody, aggressive. Open conversation, is meant to be handled exactly as it was shown on last night's episode. Over a candle light dinner in a beautiful mansion ☐ Kidding. Open conversation, whether it's on the first date or the hundredth, is about expressing what you think and feel and then listening to what the other person has to say.

Do: Feel comfortable to talk about real things to pertain to you and your life. Talk openly and honestly with tact

Don't: Throw up your emotions and insecurities all over your date

Do: Listen to your date's views/opinions even if they don't reflect your own

Don't: Let your ego dictate your responses. No ego's allowed at the mature conversation table.

No ego's allowed at the conversation table.

So far, Emily is far exceeding my expectations. She is in this for love and family. I'm really hoping she finds her match in that garden of fine men and will be smart enough to pull out the weeds as quickly as possible.

'The Bachelorette' Season 8, Episode 1: The Dos and Don'ts of First Impressions



By Marni Kinrys, The Ultimate Wing Girl

This season of The Bachelorette kicked off last night with a bang. And by bang, I mean the noise that would resonate off all the contestants' abs if you gave them a pat on their bellies. Is it just me, or are these guys extra ripped this year? Last night was all about First Impressions and, as we all know, they can be tough. Join that high pressure with tight competition, cameras and millions of viewers watching and judging. Not an easy stroll on your way to a televised romance.

Some of the guys pulled off their initial encounters with ease

and style. Others simply fell flat on their face.

Here is my list of do's and don'ts from last night's episode of the Bachelorette:

Related: [Love Lessons From ABC's 'The Bachelor'](#)

Do: Try to connect on points of commonality, like First Impression rose winner Chris did. But if you try too hard to find common grounds it will feel fake. At first, I was not sure how genuine Doug was with his "point of connection." But all doubts dissipated when Emily read his 11-year-old son's letter. From the look on his face, you could tell it was sincere. The guy was beaming from ear to ear. Only a truly proud father would do that.

Do Not: Sweat profusely. There was one guy who, within seconds, was dripping all over poor Emily's beautiful dress. I feel like such a *biatch* for saying this, but I could not hear a word he was saying to her because I kept concentrating on his sweaty forehead.

Do: Find something eye catching and cute that fits your personality. Loved the grandmother bit but he couldn't hold it after his protective "mask" came off. Mr. Seemingly-Outgoing-and-Fun quickly became Mr. Nervous-and-Silent.

-Skateboarder (Jeff) – Check.

-Prince Charming with the shoe (Tony) – Check.

-Guitar Pick (Michael) – Check.

-Foreign Language (Alejandro) – Double Check.

-Ostrich Egg (Travis) – Could have worked, but flopped and then he was stuck with an egg all night. Half Check.

-Bouncy Boom Box Guy (Stevie) – **NO**.

-Cheesy Poetry said with no sincerity (Jackson) – **EWWW**.

Related: [5 Steps To Turn A Date Into A Relationship](#)

Do: Bring your chopper. I know it's a douche move – if, in fact, you are a douche is another story. This is a game and the game is all about standing out and catching Emily's attention. What better way to do it than arriving via chopper?

Do Not: Be *that* guy who sits and stewes about what other guys are doing right and wrong. Nothing screams "insecurity" more than judgment of others. If you're judging others that crucially, I can't imagine what you are doing to yourself. So calm down, rooster man.

Do: Have impeccable body language and tonality. There were a couple of guys who knew exactly how to be open and own their space when making an entrance. Head high, calm walk, shoulders back and a smirk. Heavenly. And if you can add in an adorable little routine involving a note saying how nervous you are, to show your balance of masculinity and sensitivity, you are golden. (A.K.A. Ryan, who I love! His hair's a mess... but that can be worked on.)

All in all, I think Emily has a good batch of dudes to choose from. I know I'll be glued to my television every Monday night to find out what happens.

Marni Kinrys, the ultimate Wing Girl is a woman who has worked with 100's of thousands of men all over the world to help them understand women so they can attract, date, seduce and get any woman they want without being a jerk. Marni has been prominently featured in The Los Angeles Times, CNN, The Huffington Post, Fox News, The Chicago Tribune, Marie Claire, Elle, Glamour, Men's Health, BlackBook, Penthouse, Asylum.com, MSN, AOL Personals, Askmen.com & more. For more dating, sex and attraction tips, follow Marni on Facebook and Twitter.

Ali Fedotowsky Says Emily Maynard “Deserves to Find Love” on ‘The Bachelorette’



Having previously starred on *The Bachelorette*, former contestant Ali Fedotowsky knows what it takes when it comes to finding love. Although she and her love match, Roberto Martinez, recently called it quits, Fedotowsky is hoping that the new leading lady of *The Bachelorette*, Emily Maynard, will have a better shot. “Emily is amazing! She’s such a sweetheart,” Fedotowsky told UsMagazine.com. “If anyone deserves to find love, it’s her.”

Fans were first introduced to Maynard on Brad Womak’s season of *The Bachelor* when she fell for the bar owner, however, Fedotowsky believes viewers can expect something different this season. “Emily told me she likes guys with tattoos, so we’ll see what kind of guys she has on this season,” Fedotowsky said. “It should be interesting, I’m psyched.”

When you have many suitors, how do you choose which one to date?

Cupid's Advice:

In many situations, having options can be a good thing. However, when it comes to your love life, this can become a bit stressful, especially when you have a few great choices to settle on. So what do you do when you're faced with such a difficult decision? Here are some ways to help pare down your list of potential lovers:

1. Personality: This is one of the most important factors to consider when getting to know your list of suitors. Do you have a blast when you're with them? Are they charismatic? If so, this person sounds like a winner.

2. Meet the parents: Mama knows best and so does dad; usually they can be spot on when it comes to knowing the right fit for their son or daughter. If your hopeful mate can get along well with your family and they adore them, this makes it even easier to seal the deal.

3. Genuine only: You may not be able to easily be yourself around everyone, but when you find that one person who you can completely let your wall down with and they can do the same when they're with you, you may have found "the one."

How do you know how to choose the right person when you're dating? Share your comments below.

'Bachelor' Star Ben Flajnik Heads to Vegas Without Courtney



The Bachelor star Ben Flajnik didn't seem to have any problems enjoying his stay in Las Vegas without his fiancée Courtney Robertson while on a business trip. According to [People](#), the former bachelor spent one night drinking and talking wine with the patrons of Joe's Stone Crab, and even played wingman for one of his buddies.

He spent another night at the *Criss Angel Believe* show enjoying popcorn and cocktails with two of his business partners, and they even got to go back stage and meet Criss Angel after the show.

How do you deal with your partner partying without you?

Cupid's Advice:

Partying without your partner can be a messy business, but it doesn't have to be. Cupid has some tips:

1. Trust: First and foremost, you and your partner have to trust each other. You're not going to be around to see how they're acting without you, so you have to have confidence that they will act appropriately. Otherwise, you're going to stress yourself out with unnecessary worrying.

2. Communication: Make sure that you don't follow the "out of sight, out of mind" phrase. You both need to be actively trying to communicate with one another, and let them know that they're in the back of your mind.

3. Jealousy: Jealousy is an ugly quality and it can bring out the worst in us. Don't make an unnecessary scene or [cause a fight](#) for no reason or on false accusations because it will throw a wrench into your relationship.

How do you and your partner handle partying without one another? Share your comments below.

'Bachelor' Couple Ben Flajnik and Courtney Robertson Step Out for the First Time





It's been over a week since *Bachelor*, Ben Flajnik gave out the final rose and made his big proposal to Courtney Robertson. Since then, they've finally been able to make their first public outing together as a couple. Flajnik uploaded a picture to instagram of the two, captioning it "1st pic out in public." They were spotted having dinner with two other guests in the North Beach neighborhood of San Francisco and an onlooker told UsMagazine.com, "She was wearing her ring and they looked cozy." But it took a lot for the couple to get to this point, for only three months after the engagement, Flajnik dumped Robertson and was soon after accused of cheating, being spotted with three females he later referred to as just "old friends." Hopefully that rough patch in their relationship is over, and they are able to move forward with their engagement.

How do you get your family and friends comfortable with your new relationship?

Cupid's Advice:

Starting a new relationship not only effects you, but also the people who care about you. Here are some tips on how to announce your relationship to family and friends:

1. Let your family and friends meet them first: It's probably a lot better if they have already met the person you are starting a new relationship with. If they know them, they

most likely know that you like them and it won't be such a surprise.

2. Bring your new beau around more: If you start bringing your boyfriend to family events and out with your friends, it will help build the relationship and make it easier for them to accept the new person in your life.

3. Ask for their opinion: Be open and ask your friends and family what they think about your new romantic interest. It's important to know the opinions of the people you love. After all, they have your best interest in mind.

How did you first tell your family and friends you were in a new relationship? Share your stories below.

Rumor: Did 'Bachelor' Ben Flajnik Cheat on Courtney After Their Engagement?





Although they got engaged in Switzerland last November, things have been questionable between *The Bachelor*'s Ben Flajnik and Courtney Robertson. In the show's *After the Final Rose* episode, Chris Harrison asked the duo about cheating rumors which have been circulating about Flajnik. Although Flajnik ultimately denied the rumors, according to UsMagazine.com, there's indisputable evidence in the form of three photos catching him in the act. The photos supposedly prove that he's had "more than friend" relations with at least three women since being engaged to Robertson.

One insider says, "Ben did not seem to care who saw him, considering his status on a prime-time reality show about finding true love." Perhaps the truth will come out soon!

How do you confront your partner about cheating rumors?

Cupid's Advice:

Cheating on a significant other is the ultimate betrayal of trust, so it's important to get the facts before jumping to conclusions. Cupid has some advice:

1. Approach the situation calmly: If you're too quick to accuse your partner of cheating, you'll destroy the relationship before hearing what your partner has to say about the allegations. It could very well be some kind of miscommunication, so make sure to get the facts before letting your anger get the best of you.

2. Drop some hints: If you're not comfortable simply bringing up the topic, drop some hints that there's something important you need to discuss with your partner. Usually a change in your usual routine will draw some curiosity. That way, he'll be prepared for the serious conversation.

3. Be prepared: There's no doubt that cheating is not a pleasant conversation topic. Make sure you're prepared with the points you want to make before going into it, so you can get it all out right away. This way, you can keep the topic to one discussion instead of multiples over time.

How did you confront your partner about cheating rumors? Share your experiences below.

Ben Flajnik Proposes Marriage on 'The Bachelor'



Ben Flajnik has had quite a

season on *The Bachelor*, but he's finally found a forever love in Courtney Robertson. According to [People](#), Flajnik said he was "not sure how this is going to end" before Monday's Finale. But, it ended in heartbreak for other finale contestant, Lindzi Cox. Flajnik and Robertson, however, intend to be happy together after saying "I do" despite the reported cattiness of Robertson on the show. Of the ring, Robertson said, "God, this ring is heavy!"

How do you know when you're ready for marriage in a relationship?

Cupid's Advice:

Sometimes it can be difficult to decide when to make that big decision to walk down the aisle with the love of your life.

Cupid shares some ways to know if you're ready:

1. You don't have to talk yourself into it: If you have to talk you or your partner into the idea of getting married, you're probably not ready. There should be no hesitation from either of you.

2. Stability: Are you or your partner financially unstable? You should both have steady jobs so that money doesn't become an issue early on in your happy marriage.

3. Trust: Your partner should be honest and open. It's important to make sure of this before taking that big step toward marriage.

What are some ways you knew that your partner was the one? Share below.

'The Bachelor' Season 16 Finale: Jesse Csincsak Discuss Ben Flajnik's Decision to Choose Courtney Robertson



By Steven Zangrillo

Matterhorn Madness! It was the ending we saw coming. Courtney Robertson got her ring. America groaned. Life went on.

And so, we've come to the conclusion of the 16th season of The Bachelor. While it would be difficult to attach superlatives like "best" to the rhetorical descriptive of this season, "most weird" would definitely be a fine way to describe it. This season was beyond weird. Aside from the usual batch of girls who didn't quite make the cut, we saw a strange dynamic develop between Ben Flajnik, Courtney Robertson and Lindzi Cox. You would imagine that, at first glance, Lindzi would be the

runaway favorite. A girl like Courtney, who chafes and bothers everyone she's in the same room with, shouldn't have made the cut. Lindzi is a self-made, sharp, talented professional who sustains and supports herself. However, Courtney is, ahem, a skinny dipping model. Unfortunately, for America that's what Ben seemed to be looking for in a wife. Lindzi was sent packing. Ben worried that the feelings "wouldn't last a lifetime." These are the ebbs and flows of *The Bachelor*. Below, Jesse gives his take on Ben's big decision and whether he flubbed it, or not.

1. Ben's sister Julie acted as if it would take a lot for her to like Courtney. Were you surprised with how quickly she changed her mind?

Jesse: Nope! She drank the Courtney Kool-Aid. Plus, the producers could have told her what to say and how to act. They probably edited it in a way to make us see it that way.

2. Did Ben look stiff and awkward to you while Lindzi was opening up and being vulnerable to him on their date?

Jesse: Ben always looks a bit stiff to me but, yes he seemed awkward. Listen up ladies... if you tell a guy *numerous* times that you love him and he doesn't say it back... it's *game over*.

Related: [Courtney Robertson Says She Tried Hard To Be Nice to the Other Women](#)

3. Was there any time during the episode that you thought maybe, just maybe the whole thing would be twisted and Ben would choose Lindzi over Courtney?

Jesse: Nope. People love to hate. Choosing Courtney meant ratings. Mike Fleiss loves that!

4. Any advice for Lindzi given that she was rejected on National television?

Jesse: Keep on keepin, girl. You're the whole package. You'll be *just* fine.

Related: [What Does Astrology Tell Us About Bachelor Ben Flajnik and His Quest for Love?](#)

5. When Ben was preparing to propose to Courtney, he said "but." What was your reaction?

Jesse: Just a production adlib. They made him include that in his proposal.

6. After watching The Final Rose, have your feelings about Courtney changed?

Jesse: I still don't believe her, but I think Mike Fleiss and his production team have sold out Ben for ratings.

Related: [The Bachelor Season 16: Ann and Jesse Csincsak Discuss Hometown Dates and One Big Faux Wedding](#)

7. Do you think that Ben should have been there by Courtney's side throughout the media backlash?

Jesse: Of course. If you chose her you should defend her, bro. Stick by what you do!

8. Any predictions for this couple?

Jesse: Best of luck!

Chris Harrison Invites Tim

Tebow to Be the Next 'Bachelor'



If the highly publicized dinner date with singer Taylor Swift comes to fruition as merely a friendship, Denver Broncos quarterback Tim Tebow may have 25 hopeful women vying to win his heart instead. The NFL star has been approached to be the next *Bachelor*, host Chris Harrison revealed on *Access Hollywood Live* Monday, according to [People](#). Although Harrison apparently joked stating Tebow has already agreed to do the gig, Tebow hasn't confirmed whether or not he will sign up to pass out roses instead of passing pigskins.

How do you pick and choose a mate when there are a lot of options?

Cupid's Advice:

Having a variety of options to choose from is rarely a bad thing, except maybe when you're choosing your significant other. Whether you're looking for your lifelong partner or

wanting to take things slow, choosing can be difficult. Cupid has some advice:

1. Figure out similarities: This is probably one of the most important factors to determine when looking for a mate. Of course you would want to spend a lot of your time with a person who has similar interests with you; so select someone who enjoys watching *Star Wars* movies just as much as you do.

2. Consider attraction: Granted, looks aren't *everything*, but you definitely have to be attracted to your potential partner. While she or he may not be dubbed as *Maxim's* 'hottest person of the year,' as long as they look good to you, then that should be all that matters.

3. Introduce to your loved ones: While your partner may be the most gorgeous person your eyes have witnessed, if they don't get along with those closest to you, that may create an issue for you and your relationship, resulting in an uncomfortable situation.

What are some things you consider before dating someone? Share your preferred qualities below.

'The Bachelor' Contestant Nicki Says She's Still Not Over Ben Flajnik





Nicki Sterling saddled back to Texas after falling in love and spending the night in the fantasy suite with *The Bachelor's* Ben Flajnik. The former contestant told [People](#) she was blindsided when she didn't get a rose, but believed it boiled down to him having stronger feelings for the other two women. "Hearing him refer to me as the "dark horse" lets me know he enjoyed my company in the beginning, but didn't have a strong connection until the end.

I probably had stronger feelings for him sooner than he had for me," Sterling said. While she admits that she's still in process of getting over everything [from the show], Sterling is at a good point in her life and is in no rush to start dating again. "It's hard to fall for somebody that doesn't fall back. The idea of dating hasn't crossed my mind since I left Switzerland," Sterling said. "I'm going to take a while to put myself out there 100 percent like on the show. I'm confident it will happen. I'm just not in any hurry."

What are some ways to move on after heartbreak?

Cupid's Advice:

It's hard to move on after splitting with your lover, but it's not impossible. Here are some ways to help repair your damaged heart:

1. Spend time with your family and friends: One of the many benefits of having [family](#) and close friends is they're always

there for you when you need them. Instead of being by your lonesome, desperately waiting for that phone call from your ex, have fun with your circle.

2. Pick up a hobby: Find things that you enjoy doing to get your mind off of your tainted love. Join a yoga or fitness class to relax. Plus, it'll give you the opportunity to meet new people.

3. Focus on yourself: It's so easy to lose sight of the plans you made for yourself, especially when you're going through a breakup. However, now is the time to reevaluate yourself, go after your goals and put yourself in the spotlight.

How did you move on after heartbreak? Share your comments below.

Exclusive: Bachelor Pad 2 Winner Holly Durst Plans Honeymoon in St. Lucia with Fiancé Blake Julian





By [Lori Bizzoco](#)

This summer, former *Bachelor Pad* reality stars Holly Durst and Blake Julian will have an intimate wedding in South Carolina and set off to the beautiful Caribbean island of St. Lucia for a romantic, one-week honeymoon.

“Blake is everything I’ve been looking for,” Holly gushed. “I liked him from the moment that I met him and I couldn’t deny that. We have the best chemistry together.”

Related: [Bachelor Pad 2 Recap: Blake Julian Gives Holly Durst a Rose](#)

As many fans know, Holly and Blake’s path to wedded bliss was all but easy for fans who watched it unfold on national television. Holly and her ex-fiance, Season 5 *Bachelorette* contestant, Michael Stagliano both appeared on the spinoff series, *Bachelor Pad 2* last summer. Although the two weren’t together romantically, they partnered as a team, and split the grand prize of \$250,000 dollars. But, for Holly money wasn’t all that she won. It was on that show that she met her future husband, Greenville, South Carolina Dentist, Blake Julian.

When asked if she watches the current episode of *The Bachelor*, Holly says she “keeps up” with her reality TV Alma Mater, but says that Blake likes it more than she does. “He likes Ben a lot, they were buddies on their season together.”

Related: [‘The Bachelor’ Winner Courtney Robertson Tells All In New Book About Love: “I Really Didn’t Hold Back!”](#)

Ben and most of their fellow contestants from *Bachelor Pad 2* will be invited to their June 2 wedding in South Carolina.

“Invitations are almost ready to go out,” she laughs. “We had a little envelope emergency and the stamps wouldn’t stick on the finish of the envelopes so we spread them all over the apartment to get the stamps to stick and dry.” Holly says that’s the only snafu they’ve faced, everything else has been easy sailing.

The wedding will take place June 2nd (one day before Blake’s 29th birthday) and they are estimating about 150 guests to attend the southern affair that will be decorated in a neutral tone of white. “I wanted a color that wouldn’t date the photos. But, there will be a hint of pink throughout, because I love pink so much.” Holly chose Alfred Angelo for her dress and pink for her six bridesmaids, all of whom are close friends and family.

Related: [Five Things Men Look for in a Wife](#)

I am the opposite of Bridezilla, she said. “I’m just going to show up the day of the wedding and say alright that’s good, thanks.”

In addition to planning the wedding, this month Holly is launching her first children’s book. “I have been writing for about six years and I have several children’s books and a novel in the works.” Holly says that she always wanted to write a book that inspired kids that they could be and do anything that they wanted to in life. “I wanted to encourage other kids growing up not to be afraid of anything and to follow their dreams.” The result of this passion is “Chocolate Socks,” a book about taking what you [love](#) and doing whatever you want with it. Holly has always had a love for children, and even went to school to be a teacher before

deciding that writing children's books was her calling.

When asked about having kids of her own, she said we aren't planning for it but if it happens it happens. "Blake wants two kids, and I want two or three, preferably twins!" Dating Michael who was a twin wasn't what convinced her, she has eight sets of twins in her own family lineage.

Holly certainly keeps herself busy, dental assistant, children's author and soon-to-be wife. But, regardless of her hectic life, she is still booming with happiness about finally becoming Blake's wife.

The wedding festivities are set to begin this month with Blake's ski-themed bachelor party taking place this month in Colorado and Holly's bachelorette party in LA in May.

Visit [Amazon](#) to get your own copy of Holly Durst's new inspiring children's book, *Chocolate Socks*.

'The Bachelor' Winner Courtney Says She Tried Hard to be Nice to the Other Women





On last Monday's all new episode of *The Bachelor*, Courtney Robertson realized that Ben Flajnik was having his doubts about her because of the way she's been acting with the other girls. Robertson was quick to pull Flajnik for some one-on-one time in Switzerland to explain herself. In high hopes of gaining his full trust back, she desperately told him, "I'd say something and they'd jump on me. I had my guard up." Little does Flajnik know, there's a lot more she said to her cast members that he wouldn't be so happy about.

What do you do if you don't get along with your partner's friends?

Cupid's Advice:

There are times where you just can't get along with your partner's friends, but they have a problem with that. Not sure how to fix this problem? Here are some tips:

1. Give it another shot: Maybe there are certain friends of your significant other's who you don't get along with, but there has to be someone you can manage to have a conversation with. Try not to be close-minded, and try giving his or her friends another chance.

2. Bring a friend with you: Whenever you both go out with a bunch of friends, bring yours along, too. It's much easier to

loosen up and be cool when you have your best friends along with you.

3. Have them over your place: If you all get together at your place, you'll feel comfortable and there will be less tension. Also, since it is your pad, their friends will most likely be extra nice to you.

Do you get along with your partner's friends? Share your experiences below.

'The Bachelor' Ben Flajnik Sends One of Three Women Home



Ben Flajnik had an eventful weekend in Switzerland with the final three contestants of *The Bachelor*, Courtney, Lindzi and Nicki. Previously eliminated Kacie B. even made a surprise appearance. According to [People](#), Kacie said, "I didn't see that coming at all," talking

about their breakup to Flajnik. "It's hard for me to get that out of my head." Ben explained that he felt he was protecting Kacie by ending things when he did. She replied with a final piece of advice about Courtney. "I feel like if you were to choose Courtney you would get your heart broken. It seems like she's in it to win it... It makes me sick to think that you could be hurt again." Disregarding Kacie's advice, Flajnik gave roses to Courtney and Lindzi. "I just hope you're making the right decision," Nicki told Ben, who said, "Believe me, I do too."

What do you do if you see your friend making relationship mistakes?

Cupid's Advice:

Watching your friend make mistakes is hard, but so is trying to intervene with his or her relationship. Here are some friendly ways to have your pal's back:

1. Get your facts straight: Before taking your referee skills center court, be sure you know what you are breaking up. For all you know, your friend could be giving you one-sided stories and their partner is completely guilt-free. Observe as a separate third party to be sure your assistance is necessary.

2. Approach your friend: When you are positive there's an issue, point it out to your friend. She may not even be aware that her boyfriend is sounding like her father. Once his flaws are showing, your friend will hopefully clear things up on her own.

3. Offer advice: If your gal pal doesn't help herself, it's time to step in and try to make some changes. Give her some advice; tell her how you would handle the situation. Don't tell her exactly what to do, though, because that could just cause problems within your friendship.

What did you do when you saw your friend making relationship mistakes? Share your stories below.