

'The Bachelor' Chris Soules Opens Up About Finding His Future Wife



By [Jessica DeRubbo](#)

The Bachelor Chris Soules is serious about finding the love of his life. In fact, he recently opened up to [People.com](#) about leaving the farm life behind to expand his horizons and find The One. "There were so many great girls. I felt like I could fall in love with a lot of them right away," he said. The new season of *The Bachelor* debuts on January 5th, and Soules will have 30 women to choose from at the start. With one woman arriving on a motorcycle, another proclaiming Soules could "plow her field any day," and yet another giving him a "great squeeze," there's no doubt that this season's *Bachelor* has his

work cut out for him!

‘The Bachelor’ is a unique way to meet someone. What are three other ways to meet a potential mate?

Cupid’s Advice:

If you’re single and you keep going to the same places expecting to meet someone new, your odds probably aren’t that good. Maybe it’s time to mix it up! Cupid has some dating advice:

1. Try online dating: Finding a potential partner online is no longer such an outlandish idea, but there are still many of us who haven’t given it a shot. Instead of going to a bar or club, consider creating a profile on Match.com, OK Cupid, or eHarmony. It’s a great way to find someone with similar interests right away instead of having to strike up multiple conversations with random people every time you go out.

Related: [Dating Red Flags Revealed on Facebook](#)

2. Go grocery shopping or to the gym alone: This tactic tends to work better in big cities, but meeting someone while grocery shopping or at the gym is becoming a great way to get out there. These are things you have to do anyway, so why not keep an eye out for potential mates while you’re at it? If you go by yourself, you’ll be less intimidating than if you’re with a group of friends.

Related: [Chris Harrison Jokingly Slaps Chris Soules in New ‘Bachelor’ Promo](#)

3. Go on a blind date: Sometimes, it’s best if you’re left

completely in the dark when it comes to picking the right partner. By letting your friends set you up on a blind date, they can be more unbiased and may actually choose someone with a personality you'd love. Though looks are obviously important, they aren't the only thing that leads to a solid relationship. So take our dating advice and go on one blind date a month.

What are some other creative ways to meet a new partner? Share your ideas below.

Did 'The Bachelor' Winner Nikki Ferrell Reveal She Has A New Man?





By [Emily Meyer](#)

Although Nikki Ferrell's celebrity breakup from *Bachelor* Juan Pablo Galavis was only a month ago, her Instagram account tells us she's wasting no time getting back into the swing of things when it comes to her relationships and love life. According to [Wetpaint.com](#), the *Bachelor* winner posted a photo over the weekend quoting Beyoncé's song "Halo" by writing, "I swore I'd never fall again, but this don't even feel like falling." She then captioned the quote with more lyrics from the song, "Think I'm addicted to your light," followed by a heart emoji. The private beauty didn't give any more details about this new special someone, but we can't wait to see what celebrity love gossip she shares next!

'The Bachelor' winner Nikki Ferrell found romance after her celebrity breakup. How do you know when

you're ready to start dating again after a breakup?

Cupid's Advice:

Whether you were in a relationship for months or years, breaking up is never easy. You have been dealing with a tornado of emotions ranging from anger and confusion to sadness. It can be difficult to figure out when you're ready to start dating again, so Cupid has three ways to help you know when you're ready to get back into the dating scene:

1. You have a positive outlook about your past love: Although it's normal to feel somewhat angry about how your last relationship ended, it's important that you let go of those negative feelings. If not, you may not be able to move forward to a place of peace with a new partner. Figure out what's still holding you back and like *Bachelor* winner Nikki Ferrell, speak positively of your ex to help you move into a better place.

Related Link: ['Bachelor' Winner Nikki Ferrell Confirms Split from Juan Pablo Galavis](#)

2. You can be happy on your own: You have to be content with yourself before you can find happiness with someone else. Make sure you have your own hobbies, career, and social circle before you dive into another relationship. When you sincerely love yourself as an individual, you'll be ready to start the dating process again.

Related Link: [Chris Harrison Jokingly Slaps Chris Soules in New 'Bachelor' Promo](#)

3. You want to move on for *yourself*: It's only human to want to make your ex a *little* jealous. However, that should not be your main motivation. Make sure you're fully committed to

dating new people for the right reasons.

How did you know you were ready to get back into the dating scene? Tell us in the comments below!

Chris Harrison Jokingly Slaps Chris Soules in New 'Bachelor' Promo



By [Jessica DeRubbo](#)

The promos for the upcoming season of 'The Bachelor' Season 19 are upon us! In a recently released promotional trailer

featuring Chris Soules' quest for relationships and love, host Chris Harrison is seen jokingly slapping Soules in the form of a reality check when his women contestants begin arriving in the first episode. "I am the luckiest man alive," Soules said, according to [UsMagazine.com](https://www.usmagazine.com). "I really do believe I can find that special someone."

Finding relationships and love can seem like a dream. What are some ways to give your friends a reality check when it comes to their dating lives?

Cupid's Advice:

There's no doubt about it: sometimes you and your friends need a reality check in your relationships and love lives. Cupid has some ways to dole them out:

1. Be straightforward: Sometimes the best thing you can do is tell it like it is. If you see a friend idolizing their partner or doing things they wouldn't normally do in a relationship, call them out on it. If they are a close friend and trust you, that's all it should take.

2. Stage an intervention: In extreme cases, it might be necessary to get a group of their loved ones together to stage an intervention. For instance, if you know your friend is in an emotionally abusive relationship, you may want to take this approach. Get together and let your friend know you all care, but that something needs to be done. He/she may pay more attention if there's more than one person.

3. Gradually work up to it: Dropping hints here and there in a subtle way may be the way to go if what you're pointing out is

something fairly minor.

What are some ways to give your friend a relationship reality check? Share your ideas below.

'The Bachelor' Winner Nikki Ferrell Confirms Split from Juan Pablo Galavis



By [Emily Meyer](#)

Sadly, it has been confirmed that another *Bachelor* couple has split. After speculation that there was trouble between

celebrity couple Nikki Ferrell and Juan Pablo Galavis, Ferrell confirmed the celebrity breakup. According to [E! Online](#), the split happened over her birthday weekend. The pediatric nurse revealed, "We were just going back and forth through texting. He was questioning the relationship, and I was questioning it back. I sent him a message saying, 'We should fight for this. We should work this out.' And he didn't respond." That's when the 28-year-old posted her angry message to Instagram. She confessed, "In hindsight, I probably shouldn't have done that. I'm a tad bit impulsive." Regardless, the two still have love for one another. Ferrell said, "Who knows what the future holds, but at this point in our lives, it's not working for either one of us."

Celebrity couple Nikki Ferrell and Juan Pablo Galavis were pretty upset about their celebrity breakup. How can you stay positive when ending a relationship?

Cupid's Advice:

We've all been there: a bad breakup that makes you feel like you'll never be happy again. We know being strong is challenging, but staying positive can help you get through the tough times that are ahead. We know this celebrity couple will get through it and so can you. Here are three tips on how to stay positive when going through a split:

1. Forgive and forget: A big part of being positive is learning to let things go. Not all relationships work, so there is no reason to blame yourself or your ex. Learn to move on and remember the good times you shared.

Related Links: [Have 'Bachelor' Couple Juan Pablo Galavis and](#)

[Nikki Ferrell Split?](#)

2. Reconnect with yourself: You have been part of a partnership for so long; now is the time to focus on yourself again. Find out what it is that truly makes you happy and pursue it, whether it's exploring a new hobby in photography or spending extra time with your best gal pals.

Related Links: [Can You Really Find Love on 'The Bachelor'?](#)

3. Surround yourself with good people: It's important to surround yourself with friends and family who love and support you. Find things that make you smile and laugh. The happier you are, the sooner you will forget about the breakup and be ready to open yourself up to love again.

What are some other ways you can stay positive during a breakup? Share below!

'The Bachelor' Runner-Up Lindsay Yenter Is Engaged





By Emily Meyer

It looks like Lindsay Yenter didn't waste any time sulking around and pining for lost love! After not receiving the final rose from Sean Lowe on *The Bachelor* season 17 finale, the bubbly brunette quickly moved on and began dating now-fiancé Karl Swanson. According to Wetpaint.com, her celebrity love popped the question at the end of October. Yenter posted a photo of her amazing new rock on Instagram with the caption, "You mean I wasn't dreaming?! More details to follow on the blog...#ontopoftheworld." The former reality star credits *The Bachelor* Sean Lowe with helping her see what's important in a potential partner, saying, "After doing the whole show, it made me realize I need to find guys who I want as a husband and as a father instead of going after the bad boy." We cannot wait to hear wedding details and see what's next for this celebrity couple!



Lindsay Yenter shows off her gorgeous engagement ring. Photo courtesy of Lindsay Yenter's Instagram.

Lindsay Yenter knew she was prepared when celebrity love Karl Swanson popped the question. What are three signs that you're ready to get engaged?

Cupid's Advice:

Getting engaged is a big step. Whether you've been dating for a few months or several years, it's sometimes hard to know when the time is right. Cupid has three telltale signs to consider:

1. You bring out the best in each other: Whether it's making your partner constantly smile or helping them achieve new success at work, it's important to always bring out the best in each other. Friends and family will see that, and you'll be sure to get their stamp of approval.

Related Link: [Desiree Hartsock and Chris Siegfried Announce Their Wedding Date](#)

2. You share similar values: You should be on the same page as your future fiancé. Whether it's how many kids you want or where you want to live, it's vital in any relationship to agree on the big issues. If not, one of you may ultimately end up disappointed.

Related Link: [Andi Dorfman Begins Wedding Dress Shopping in NYC](#)

3. You enjoy every moment together: For a relationship to last, you need to enjoy each other's company, no matter what you're doing. Marriage doesn't mean fancy dinners and expensive gifts; you'll have to be content with just hanging out sometimes. Whether it's going to the grocery store or doing the laundry, you need to be just as happy doing these boring chores as you will be on date nights. *The Bachelor* runner-up Lindsay Yenter's instagram tells us her and celebrity love Karl Swanson enjoy spending time with each other no matter where they are.

How did you know you were ready for engagement? Share below!

The First Official Look at Chris Soules on 'The Bachelor'





By Emily Meyer

Start planning for *The Bachelor* Season 19 viewing parties now! While the reality show isn't set to air until January 5, 2015, eonline.com has the first exclusive look at Chris Soules. The 32-year-old Midwest farmer who won our hearts on Andi Dorfman's season of *The Bachelorette* now has his chance to find a relationship and love. The first promo pic for the season is captioned: "Traditional. Classic. All-American." It was also just announced that *The Bachelor* premiere will be three hours long *and* live! "Coming from a small town, I never really expected to have this opportunity to be on either show, let alone to be the lead on *The Bachelor*, so it's been awesome," Soules shared after his announcement was made on *Good Morning America*.

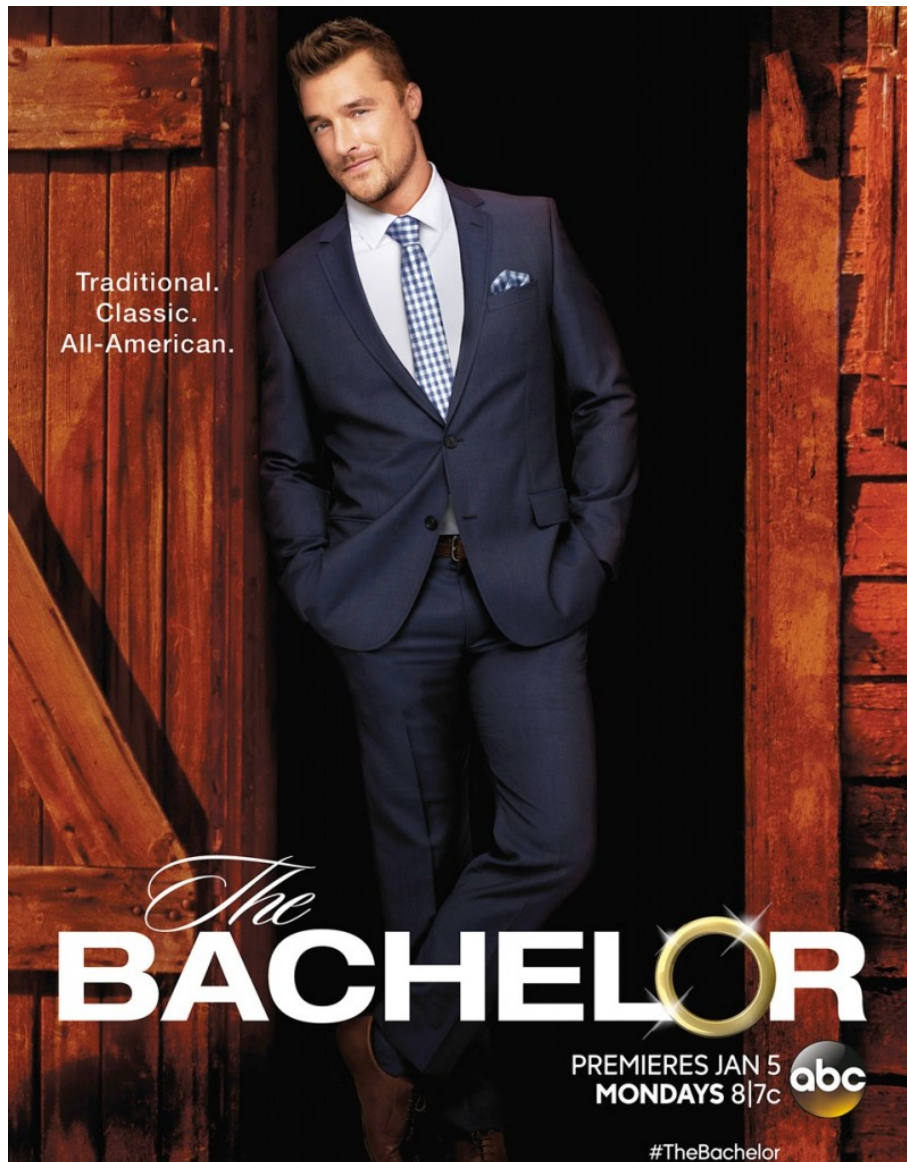


Photo courtesy of ABC.

‘The Bachelor’ offers a unique way to meet a new partner. What are some other ways to meet someone?

Cupid’s Advice:

Are you tired of the same boring potential partners you meet each weekend at the local watering hole? You probably don’t want to go as far as being the next *Bachelor* or *Bachelorette* (if only we were all so lucky!), but you *do* want to find fresh and exciting people to bring into your love

life. Cupid knows it can be tough, so here is some dating advice to help you meet someone new:

1. Hang out where big groups gather: Think about where men and women often spend time together. Get a few girlfriends and go to a place you know will be flocking with men, like a local steakhouse or a nearby sports bar on game night. If you're looking for ladies, head to the mall or a popular park in your town. The more people around, the better chance you have of meeting someone who's a good fit for you.

Related Link: ['Bachelorette' Andi Dorfman Quits Assistant District Attorney Job](#)

2. Volunteer: What could be better than a significant other who gives back to their community? It's time to get involved and start volunteering! You will meet single men and women who are caring and passionate about something. Plus, you'll be doing something good for your town while you search for The One!

Related Link: [Ryan Seacrest Aspires for a Marriage Like His Mom and Dad](#)

3. Join a local sports team: Not only will you meet tons of single men and women— but you can get in better shape and release any stress from work. That cute pitcher is sure to be turned on by your impressive batting skills!

What are some different ways to meet someone special? Tell us in the comments below.

Have 'The Bachelor' Celebrity Couple Juan Pablo Galavis and Nikki Ferrell Split?



By Emily Meyer

It looks like *The Bachelor* celebrity couple Juan Pablo Galavis and Nikki Ferrell have called it quits after trying to salvage their rocky celebrity relationship. For those who watched the controversial couple on *The Bachelor* and VH1's current season of *Couples Therapy*, it should be no surprise that there will be no more roses passed between the two of them. According to People.com, Ferrell dumped Galavis seven months after audiences watched him decline to say "I love you" to the 27-year-old pediatric nurse on the finale of *The Bachelor*. It seems she has finally grown tired of his childish behavior: On

Sunday, she unfollowed the reality star on both Instagram and Twitter and then posted a harsh quote that appears to be aimed towards Galavis. She posted, "Isn't it pathetic how we waste so much time on certain people and in the end they prove that they weren't even worth a second of it."

'The Bachelor' winner Nikki Ferrell had a tough time figuring out when to end her celebrity relationship. How do you know when it's time to call it quits in a long-term romance?

Cupid's Advice:

We all want that perfect connection with someone, but we know that relationships and love are hard work. As difficult as it is to admit, time changes things, and sometimes, a breakup is for the best. So how do you know whether to stick around or back out of a longtime love? Cupid has some tips:

1. Your connection has faded: If you and your partner have lost sight on what brought the two of you together, then it's time to say goodbye. A healthy relationship is one where the passion is constantly flowing. Rather than convince yourself that you belong together, you should be reminded every day of why you're in love with this person.

Related Link: [Jennifer Lawrence and Chris Martin Call It Quits](#)

2. You're fighting more often: When it comes to relationships and love, it's important to remember that it's okay to fight. It's not about how much you argue with your partner but *how* you resolve your issues as a team. If the fighting becomes more

serious and filled with anger, it's time to break it off.

Related Link: [Nick Cannon Opens Up About Split From Mariah Carey](#)

3. Your vision for the future is no longer the same: A must in any relationship is to share the same goals and hold similar ideas for what you want. Whether it's the number of kids you'd like to have or where you want to live, make sure to be on the same page as your partner. If you find you're disagreeing over these big items, how will you ever agree on the little things?

How did you know it was time to call it quits with your long-term partner? Tell us in the comments below!

'The Bachelor' Stars Catherine and Sean Lowe on Celebrity Baby Plans: "Not Anytime Soon"





Interview by [Lori Bizzoco](#).

It's every *Bachelor* couple's fairytale to walk down the aisle after finding true love on ABC's hit reality TV show. For happy celebrity couple Catherine and Sean Lowe, that fairytale turned into a reality when the couple got hitched in a televised wedding earlier this year. Our executive editor and founder Lori Bizzoco talked to the happy celebrity couple at *OK!* magazine's New York Fashion Week celebration to get the scoop on married life, their recent appearance on *Bachelor In Paradise*, and their [celebrity baby](#) plans.

***The Bachelor* Couple Talk Marriage and Celebrity Baby Plans**

Related Link: [Ok! Magazine New York Fashion Week Celebration](#)

Since becoming Mr. and Mrs., it's no surprise that the newlyweds have learned a few things about each other. For instance, Sean reveals, "She's messy...and I'm a neat freak, so we're working on that." Still, marriage is "wonderful" for the pair. "I'm with my best friend all the time, so I can't ask

for anything more than that,” the former *Bachelor* adds.

As fans recently saw, the celebrity couple appeared on the finale of *Bachelor In Paradise* to give the final two pairs – Marcus Grodd and Lacy Faddoul and Cody Sattler and Michelle Money – a bit of relationship advice. While they believe that both reality TV dups will last, they’re particularly excited for newly-engaged Grodd and Faddoul. “If Lacy ends up moving to Dallas to be with Marcus, we’ll be doing some double dates,” Catherine says.

We couldn’t resist asking about their future plans for a celebrity baby. Not anytime soon!” Catherine shares. “But yes, of course, we want a family.”

Related Link: [Sean Lowe Writes, “My Wife is Hot and I’m in Love”](#)

In the mean time, the happy couple is enjoying their time together as husband and wife. When it comes to date night outfits, the fashionable graphic designer says, “There is never a go-to. It’s always, ‘What are we doing?’ I need to be appropriately dressed.” Looking lovingly at her hubby, she adds, “I like wearing my hair up because he likes my hair up.”

Keep up with Sean and Catherine on Twitter: @SeanLowe09 and @clmgiudici!

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Former ‘Bachelor’ Sean Lowe

Writes: “My Wife Is Hot and I’m in Love”



By Amanda Boyer

[Sean Lowe](#) has taken his love for wife Catherine Giudici, who he met on season 17 of [The Bachelor](#), to a new level. While the famous couple often posts sweet Instagram photos of each other, this time, the Texas native published a blog post on his Patheos page titled “Caught in Her Web.” As reported by [UsMagazine.com](#), he shared how and when he first fell for Giudici as well as the things about her that he loves most, ending with, “So in conclusion, my wife is hot and I’m in love.” After seven months of marriage, the celebrity couple is still very much in the honeymoon stage.

Former *Bachelor* Sean Lowe and winner Catherine Giudici are always expressing their feelings for each other. What are some ways to show your love to your partner?

Cupid's Advice:

If you want to show your significant other just how much you care but are not sure what to do, Cupid has some love advice for you:

1. Write a note: Take a cue from this *Bachelor* star and write down your feelings! If you have to leave for an early meeting or are going on a weekend trip with friends, hide a sweet card for your love to find while you're gone. Let him know that you're thinking of him and can't wait to see him again soon. This small gesture will go a long way!

Related Link: [Can Love Be Better the Second Time Around?](#)

2. Surprise them: It's easy to get into a daily routine of work, household chores, and social engagements and let your relationship and love life fall to the back burner. To combat this regularity, be spontaneous and plan a Tuesday night date at your favorite restaurant or head to the bowling alley with another couple. Your partner will appreciate that you took the initiative to do something special and unexpected.

Related Link: [10 Signs That You're in Love](#)

3. Try something new together: Has your beau always wanted to go rock climbing or sky diving? Plan an adventure-filled day for the two of you. Even if you're a bit nervous, step out of your comfort zone, knowing that your partner will be there to hold your hand when you get scared.

What are some ways you show your love to your partner? Share your thoughts below!

Arie Luyendyk Jr. Is “Pissed” He’s Not the Next ‘Bachelor’



By Kaley Allard

Former *Bachelorette* contestant Arie Luyendyk Jr. will not be given another shot at relationships and love on *The Bachelor* Season 19, according to [UsMagazine.com](https://www.usmagazine.com), and he’s not happy about it. A source recently said that Luyendyk is “pissed” that he was not chosen. Luyendyk tweeted his dismay

saying, "I'm not the *Bachelor*. Have fun on the farm people." Hopefully Luyendyk's poor attitude and angry social media posts do not affect this years *Bachelor* pick, Chris Soules.

Even for The Bachelor, finding relationships and love can be difficult. How can you branch out and find new ways of meeting a partner?

Cupid's Advice: Trying to find 'the one' is by no means easy, and for the majority of us, it takes a lot of work. Spending your time trying to find a significant other can become tiresome and you may even feel defeated. Below are three seemingly easy ways to meet new people, and if you're lucky one could end up being your soul mate:

1. Online dating websites: We have all seen commercials for couples who have found relationships and love on such sites as eHarmony and Match.com. If you aren't meeting people through friends, family or events, give online dating a try.

Related: [Single in Stilettos Show: How to Be Successful In Online Dating](#)

2. Speed dating: The concept may seem ridiculous but speed dating is an effective and easy way to meet many new people all at once. While we aren't saying that you will necessarily find 'the one' on your first round, you may if you give it a few more goes.

Related: [The Dos and Don'ts to Speed Dating](#)

3. Blind dating: Everyone has heard the horrors of blind dating, like what the heck was my friend thinking? While you may not find your soul mate on your first date, you have the

opportunity to meet new people and possibly make a friend along the way.

What are some effective ways that you have used to meet new people? Please share below!

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



Interview by [Lori Bizzoco](#). Video by Damian Kolodiy.

Everyone knows that with every episode of [The Bachelor](#) comes plenty of heartbreak and drama. However, one name has stood out during recent seasons: Courtney Robertson. Even though she was known as one of the most notorious villains of the franchise, *Bachelor* Ben Flajnik proposed to her at the end of season 16. Unfortunately, after the finale aired, the drama didn't stop for Robertson. She and Flajnik split, and the celebrity dating rumors about the former contestant continued.

Courtney Robertson Talks About New Book About Love

In her new book about love *I Didn't Come Here to Make Friends: Confessions of a Reality Show Villain*, the reality TV star reveals the whole story, including intimate details about life before, during, and after her time on *The Bachelor*. "I wrote this book for fans of the show," she says in our [celebrity video interview](#). "I really didn't hold back. If it pertained to me finding a relationship and love and what led to me to go on the show, I put it in!"

Related Link: [Can You Really Find Love on 'The Bachelor'?](#)

After the roller coaster of drama, Robertson is now "happily single," focusing on her book, which she sees as her "labor of love," and her modeling career. Of course, *The Bachelor* will always be a part of her life. She remains friends with former contestants and is enjoying this season of *The Bachelorette* (she thinks Josh is "pretty cute!"). Fans can also catch her on a future episode of *Untold With Maria Menounos* where she'll spill even more behind-the-scenes reality TV secrets.

You can purchase *I Didn't Come Here to Make Friends* on Amazon or at your local bookstore.

Update: The paperback version of I Didn't Come Here to Make Friends is available from Dey Street Books as of January 6, 2015 for \$15.99. Buy it now!

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

‘The Bachelor’ Juan Pablo Galavis Shows Affection to Nikki Ferrell in Instagram Photo



By Sanetra Richards

Progress is being made! *The Bachelor* Juan Pablo Galavis posted an affectionate photo with girlfriend Nikki Ferrell earlier this week, where he made sure the word “love” was loud and clear in the caption. The 26-year-old pediatric nurse’s back is facing the camera, showing off a shirt that reads, “Pediatrics... our patients are cuter than your patients.” The caption said, “Mi Catira @nikki_ferrell LOVES her JOB and thats ONE of the things I LOVE about her... #NikkiTheNurse.” According to UsMagazine.com, the post is just a few days after it was reported that 32-year-old Galavis finally voiced his love to Ferrell. An insider told *Us* that the reality TV star “has told her, ‘I love you,’” and that the two “Skype and text every day and are in constant contact.”

***The Bachelor* Juan Pablo Galavis flaunts his celebrity love on social media. What are some ways to show your love for your partner in public?**

Cupid’s Advice:

Professing your love is just the first step to showing your partner affection. So, what’s the next? Doing it publicly! It may be challenging, but with Cupid’s [love advice](#), you will be an affection expert in no time:

1. Be physical: Take a cue from Galavis and don’t be afraid to show your significant other how much you love them. A simple kiss on the cheek or a hug will do. If you are walking or standing beside each other, hold their hand. Small gestures like these will not only let others know you are happily in love, but they’ll also give reassurance to your partner.

Related Link: [‘Bachelor’ Stars Juan Pablo Galavis and Nikki Ferrell Seek Couples Counseling](#)

2. Make it Facebook official: Nowadays, the easiest way to find out someone’s relationship status is to go right to Facebook. Changing your status from single to in a relationship is another way to make it clear that you are off the market and glad to be with your love. If you want take it a step further, post a status in reference to your relationship and love or pay them a compliment.

Related: [Nikki Ferrell’s Ex Says She ‘Normally Wouldn’t Take That’ from a Guy](#)

3. Introduce them to family and friends: We all watched Galavis introduce his celebrity love to his family and friends, which can be quite nerve-racking. They can be either critical or accepting. However, wanting to make that move shows just how much you care.

How do you show your love for your partner publicly? Share your thoughts below.

‘The Bachelor’ Stars Juan Pablo Galavis and Nikki Ferrell Seek Couples Counseling





By Sanetra Richards

It looks like *The Bachelor* stars Juan Pablo Galavis and Nikki Ferrell may be hitting some hard times. It's been just a few months since *The Bachelor* finished shooting, and the controversial [celebrity couple](#) have turned to Jim and Elizabeth Carroll, WE tv's *Marriage Boot Camp* counselors, for some relationship advice. The duo, who have worked with other reality TV stars including Jenni Farley and Roger Matthew, Trista and Ryan Sutter, and Gretchen Rossi and Slade Smiley, spoke with Galavis and Ferrell earlier this week. According to [UsMagazine.com](#), the Carrolls gave a brief synopsis of their talk with the famous couple, saying, "I think they have marriage on their minds, but I think what Juan did was a really – I mean, it wasn't a very romantic fairytale ending – but I think what he did was very wise in the fact that he said, 'You know, I want to go through conflicts with this girl. I want to do some problem solving. I want to see basically what the ugly side is before I jump out there and tell somebody I love them and just get married.'"

This celebrity couple are having some relationship issues. What are some ways to work on your troubled relationship and love?

Cupid's Advice:

Things may become hectic or confusing during your relationship and love. You may be close to calling it quits, but there are ways to work through it and make your partnership even stronger. Consider this relationship advice:

1. Recognize the problems: The most important step you can take is to acknowledge the issues at hand. Challenge yourself to find out what wrong paths you and your significant other took along the way. Examine your partner's behavior and mannerisms as well as your own.

Related: [Nikki Ferrell's Ex Says She 'Normally Wouldn't Take That' from a Guy](#)

2. Ask for some alone time: Alone time gives you the opportunity to think. There are little to no distractions, and your partner is not chiming in every five seconds. You can even make a pros and cons list. Hopefully, the good will outweigh the bad!

Related: ['Bachelor' Star Juan Pablo Responds to Backlash By Posting Selfie with Nikki](#)

3. Stop harboring bad feelings: Just let it go! All of those hard feelings brought on by problems of the past have to fade away. You cannot possibly expect to move forward if you are constantly feeling sadness or rage every time you glance at your partner. Make it a goal to bury the hatchet.

What are some other ways to save a troubled relationship and love? Share your thoughts below!

'Bachelor' Stars and Celebrity Couple Juan Pablo Galavis and Nikki Ferrell Attend Wedding



By Louisa Gonzales

The Bachelor stars Juan Pablo Galavis and Nikki Ferrell may not be ready to get hitched themselves, but that doesn't mean

they can't celebrate their friends' big day! The celebrity couple recently attended a wedding in Dominican Republic. According to [People.com](https://www.people.com), Ferrell, 27, posted a picture of the twosome on Sunday, standing in front a spectacular view of where the wedding festivities took place. The reality TV stars were first introduced on *The Bachelor* season 18 and have been together since the former Venezuelan soccer player presented Ferrell with his final rose on the finale episode, which aired on March 10th. Sources say that the [celebrity couple](#) is happy that they don't have to hide their relationship and love anymore, even though Galavis is hesitant to commit to his new girlfriend.

This celebrity couple loved celebrating their friends' big day. What are some ways to get wedding ideas from someone else's festivities?

Cupid's Advice:

It's no secret that planning a wedding can be stressful! There is nothing wrong with asking for help from others, whether it be from your mom, your bridesmaids, or a wedding planner. Consider this love advice and get ideas from your pals' ceremonies:

1. Just ask: If you attend a ceremony or reception that you really like, casually mention your feelings to the bride to ease her into revealing her wedding secrets. It never hurts to ask!

Related: ['Bachelor' Star Juan Pablo Responds to Backlash By Posting Selfie with Nikki](#)

2. See what worked and what didn't: Every wedding has some mishaps along the way, no matter how perfectly it's planned. Pay close attention to the details that worked as well as those that didn't. You may be able to learn a thing or two before you begin planning your own celebration!

Related: [Can You Really Find Love on 'The Bachelor'?](#)

3. Focus on what you want: Remember that you don't have to like everything about someone else's special day. Attend these events with a critical eye and make note of what you would do differently. Ultimately, you want your wedding day to be memorable for you and your partner.

Did you get wedding ideas by attending someone else's special day? Share in the comments below.

'The Bachelor' Star Juan Pablo Galavis Responds to Backlash By Posting Selfie with Nikki





By Sanetra Richards

The leading man of *The Bachelor* season 18 Juan Pablo Galavis can't seem to catch a break! The reality TV star recently posted a photo with winner Nikki Ferrell, and the caption read, "We are FREE @nikki_ferrell..." after the reunion show. The response to this declaration about his relationship and love wasn't kind, but Galavis isn't going to let it bother him. According to [UsMagazine.com](https://www.usmagazine.com), the 32-year-old former soccer player later shared the quote, "Throw me to the wolves, and I'll come back leading the pack."

***The Bachelor* star Juan Pablo Galavis received some mean comments on his Instagram post. How do you keep outside influences from affecting your relationship and**

Love Life?

Related: [The New 'Bachelor' Is Juan Pablo Galavis!](#)

Cupid's Advice:

Outsiders aren't always your best friends. They will nitpick and find every single way to taint the connection between you and your partner. Consider this relationship advice from Cupid:

1. Maintain a sense of mystery: Nowadays, many couples share their most intimate moments to complete strangers without even realizing it. From happy times to the occasional arguments, Twitter, Facebook, and Instagram make it easy to reveal all. Instead, keep your feelings to yourself and let others think what they want about your relationship and love.

Related: [Former 'Bachelor' Star Kacie B. Is Engaged](#)

2. Focus on the positives: You may feel the urge to air your dirty laundry to family and friends, but be careful. Yes, it can be pretty tempting to vent about something your partner did or didn't do, but if you continuously tell your loved ones the negatives, they'll soon forget the positives. Remember to highlight the good times as well as the bad times.

What are some ways to keep the public out of your relationship and love life? Share your suggestions below.

Can You Really Find Love on

'The Bachelor'?



By [Marni Battista](#)

The reason for our culture's collective obsession with *The Bachelor* franchise is obvious. What single, soul mate-seeking dater wouldn't dream of being presented with 25 gorgeous single men or women and a period of 6 weeks to strategically whittle down that group to a proposal at the end? The all-expenses-paid fairytale dates, exotic destinations, and expensive sports cars probably don't hurt either.

The conducive environment of 'The Bachelor' makes finding

relationships and love seem like a breeze. But the real question is, are the happy celebrity couples really as in love as they look?

But underneath the fluffy fanfare that leaves us hopeless romantics watching at home with hearts a-fluttering, at the show's core is a promise of two people finding everlasting relationships and love. After all, the show has resulted in a few happy marriages, with last month's nuptials of happy celebrity couple Sean Lowe and Catherine Giudici from *The Bachelor* and *The Bachelorette* Season 1 couple Trista and Ryan Sutter's ten-year vow renewal.

Related Link: ['The Bachelor' Stars Sean Lowe and Catherine Giudici Are Married](#)

However, in an environment so unrealistic and clouded with so many distracting factors, I can't be convinced *The Bachelor* process is conducive to building the foundation for lasting relationships and love. Do I think it's possible to fall in love on the show? Taking into account the myriad of other ways couples meet these days, sure. Still, I think the success stories are the exception rather than the rule, and here's why:

1. The Isolation: Before they even meet the star of the season, the 25 contestants who make it through the arduous casting process are then sequestered in a Los Angeles mansion for the remainder of the process. At the beginning of any relationship, I advise daters to make space in their schedule to reflect and allow true feelings to come to the surface. With no escape from this microcosm and no contact with anyone other than the bachelor, crew, and other contestants to distract you, it's easy for the show to become your world,

distorting your judgment and emotions.

2. The Game: As much as the creators would like you to think that the show allows one lucky man or woman to naturally select a lifelong partner, it's simply impossible for one person to get an accurate impression of 25 different people's personalities in one night. From the get-go, the show becomes a strategic game where the more extroverted contestants come out on top and those who take a little bit longer to open up often get shafted without a fair shot. Even the contestants who make it past the first couple of rounds of elimination still have to be pretty brazen to stay on the guy's (and camera's) radar, and as a result, many of them get caught up in the competition while losing sight of their true purpose.

Related Link: [How to Listen to Your Heart and Take Back Control of Your Love Life](#)

3. The Entertainment: Ultimately, the show's creators prioritize entertainment value over all else. That means there's a whole other slew of factors that make this dating game less natural and more complicated. The over-the-top dates to exotic locales with private performances by the latest up-and-coming country artist may be fun for the viewer to watch, but it distracts the two people from truly getting to know one another. I mean, who wouldn't fall in love with someone in a rose petal-dotted hot tub overlooking the mountains of Thailand while Josh Groban serenades them softly in the background?

The show's creator, Mike Fleiss, has also openly admitted that they make sure to stock at least half the cast with potential villains or loose screws because they know their audience wants to see drama more than they want to see a proposal. So before the show even begins, cattier girls are selected over more compatible mates, and those stroking the drama are kept around longer than they should be.

To put it simply, any situation that brings people together that normally wouldn't meet carries with it the possibility of true love. But considering the numerous reality-distorting factors involved in *The Bachelor*, I'd steer you toward taking your chances in the real world.

[Marni Battista](#), founder of *Dating with Dignity*, is an expert dating and life coach with a 10-step system to manifesting love for your self and others.

'The Bachelor' Celebrity Wedding: Sean Lowe & Catherine Giudici





By April Littleton

According to [People](#), *The Bachelor* reality TV stars Sean Lowe and Catherine exchanged celebrity wedding vows on live TV on Sunday. Lowe's father officiated the ceremony. The couple got engaged in Thailand in November of 2012.

'The Bachelor' celebrity couple Sean and Catherine Lowe were able to add some personal flare to their celebrity wedding. What are some unique ways to incorporate your personal style into your big day?

Cupid's Advice:

Your wedding day is fast approaching, but you still haven't found that special "thing" that will make your wedding a one-of-a-kind experience. Don't worry, Cupid has your back:

1. The decorations: Don't pick the same old boring decor every other couple has picked before you. Think outside of the box. Try different color schemes, different flower arrangements. Better yet, create some of your own decorations for the ceremony and reception so that they are truly unique. If you have a creative eye, you can come up with something nobody has ever seen before.

Related: [Kim Kardashian and Kanye West Visit Paris: Wedding Plans?](#)

2. Plan it yourself: This option might be a little tough to do. When it comes to your special day, plan the whole event yourself. This will allow you to have more freedom of thought and ideas as you go. It can be extremely stressful so we do not recommend this for just anyone. Obviously, you can ask for help whenever you need it, but for the most part, doing it by yourself can feel like a huge accomplishment.

Related: [‘The Bachelor’ Wedding of Sean Lowe and Catherine Giudici](#)

3. The little things: The music. The food. The guest list. Think long and hard about ways you can make the small details creative and fun. Ask your partner to help out. Maybe he/she joked about having chicken nuggets at the reception? You don't have to order fancy filet mignon just because that's considered to be a "normal" entree. Do your own thing. If you want a personal friend to DJ at your wedding, let them. After all, this is YOUR wedding day.

What are some other unique ways to incorporate personal style into a wedding? Comment below.

Find Out Details About 'The Bachelor' Winner Catherine Giudici's Celebrity Wedding Gown!



By Louisa Gonzales

The final countdown to the celebrity wedding of celebrity couple Sean Lowe and Catherine Giudici from *The Bachelor* is on! The event will be shown live on ABC in a series first from 8-10 p.m. ET on Sunday, January 26th. The happy celebrity couple first got engaged in Thailand in the 17th season of *The Bachelor*. The gorgeous duo are only days away from tying the knot and in the meantime have been making their way around New York, sharing their engagement experiences and wedding details

with the media and their fans.

The big day is coming up quick for this happy celebrity couple and 'The Bachelor' fans are dying to know more about this celebrity wedding.

Related Link: [The LOWEdown on 'The Bachelor' Wedding of Sean Lowe and Catherine Giudici](#)

The famous couple was on *Good Morning America* on Wednesday morning, and the major topic of discussion was, of course, Giudici's celebrity wedding gown. Every bride-to-be knows the dress is one of the most important elements on a girl's big day. Lowe's fiancée gushed about her gown and shared that she can't wait for everyone to see it. She described it as "perfect" and "sexy," saying she has always felt like the "cute girl" but is finally ready to show the world her more womanly side.

The reality television starlet didn't reveal too much about her dress, as she wants it to be a surprise, but says it goes with the "grown sexy" theme of the wedding. Some fans of *The Bachelor* are tuning in to see the lovers say their vows, but for many of the viewers, it's all about finally getting a glimpse at the wedding gown! Lowe even revealed that, come the big day, he'll only be focused on his bride in her dress.

The happy celebrity couple also told anchor Lara Spencer that they're "anxious" and "ready" to say their I do's in front of family, friends, and, of course, fans. By just watching the lovebirds in this exclusive interview, one can see how their eyes light up when they talk about each other and how happy they make one another. Interestingly enough, we learned that the one most likely to cry first during the ceremony will be

The Bachelor stud, confirmed by Lowe himself.

Related Link: ['Bachelor' Sean Lowe Says Catherine Giudici Was 'Proud' of His 'DWTS' Debut](#)

The excitement won't stop after the ceremony; the reception is sure to be a blast as well. Given the fact that Lowe is a former *Dancing with the Stars* contestant, lots of boogieing will definitely occur. The Hollywood couple will share their first dance to "One Woman" by the Randy Rogers Band, a song picked by the future groom.

The couple stated that, while they want their wedding to be traditional in the sense they're getting married in a Christian ceremony officiated by Lowe's father, the wedding reception is going to be more modern and festive. The soulmates want their special day to be full of laughter, smiles, and love for themselves and all who witness it – us included!

Be sure to watch The Bachelor wedding special on Sunday, January 26th at 8 p.m. ET on ABC.

The LOWEdown on 'The Bachelor' Celebrity Wedding of Sean Lowe & Catherine Giudici





By Louisa Gonzales

We're invited to view arguably one of the biggest celebrity weddings of the year between reality TV stars Sean Lowe and Catherine Giudici, who we all watched fall in love on the ABC reality television series, *The Bachelor*. Come join us as we tune in to see the lovebirds say their wedding vows and tie the knot. Didn't you get the invite? Even though the two are celebrating their commitment in a live, televised wedding ceremony on Sunday, January 26th, they still sent out invites like any other couple.

'The Bachelor' celebrity couple Sean Lowe and Catherine Giudici are tying the knot! Were you invited to their celebrity wedding?



Photo courtesy of ABC.

The wedding invitation is a reflection of the beaming celebrity couple's personality, and when reading it, you really get a sense of the type of wedding you're about to witness. The invitation has a goofy description of how they'll be spending the evening: "The LOWEdown: marrying, eating, boogie-ing."

Related Link: [Sean Lowe Spoils Fiancée on Her Birthday](#)

The RSVP card is also quite witty. For those attending, it says "can't wait," but for those with regrets, the box to check is "something more important to attend than celebrating the union of Sean & Catherine."

The former *Bachelor* stars, who reside in Texas and plan to move in together after they're wed, first announced the date of their big day on *Good Morning America* in October. The wedding ceremony will be held in Santa Barbara, California. It's no surprise that friends, family, and fellow *Bachelor* and *Bachelorette* reality TV contestants all seem happy for the pair's pending wedding nuptials. They've certainly captured our hearts too!

Leading up to their wedding vows, the TV sweethearts have had a blast attending wedding-related events, such as their celebrity engagement party, bachelor and bachelorette parties, and two wedding showers. The latest shower was held at the Lowe house on Saturday, January 4th – three weeks before their big "I do's." Lowe posted a picture of him and Giudici on Instagram (above) looking partied out and in bliss after a

long day of celebration. They received gifts from their registries at Crate & Barrel and Macy's. Guests can also make donations to the organization Micheala's Army, which helps children with pediatric cancer. Isn't it nice to see a celebrity couple use their special day to support a good cause?

Related Link: [Why 'The Bachelor' Sean Lowe and Bride-to-Be Are Waiting for Marriage](#)

The happy celebrity couple want to make sure that their wedding is unforgettable. They seem to be on the right path, having hired celebrity wedding planner Mindy Weiss to give them a "grown-up sexy" day. The duo have been posting tweets and pictures to share how pleased they are with the progress Weiss has made on their wedding plans.

In preparation for their church wedding, Giudici was recently baptized by Lowe's father Jay at Plymouth Park Baptist Church. Her fiancé is a born-again Christian and has never been shy about expressing his beliefs, but the bride-to-be's decision to be baptized as Christian was reportedly her own. Jay will also be marrying the future spouses.

Be sure to watch The Bachelor wedding special on Sunday, January 26th at 8 p.m. ET. Stay tuned for more exciting details about their big day!

Rumor Alert: Are Kris Jenner and 'The Bachelor' Ben

Flajnik Dating?



By April Littleton

Since Kris Jenner's celebrity divorce from Bruce Jenner, there's a celebrity dating rumor that she is now dating a former reality star of *The Bachelor*, Ben Flajnik. However, Flajnik spoke to [People](#) to get the record straight. "Kris is a very, very dear friend of mine," said Flajnik, who lunched with Jenner at Barney's in Beverly Hills on Friday. "We are not dating, we're just working on a couple of projects together, so that's why we've been seen out a lot as of late," he said.

This celebrity dating rumor spread

like wildfire. What are some ways to keep rumors from affecting your relationship and love life?

Cupid's Advice:

Rumors can be the demise of a relationship and love if the things being said aren't addressed right away. It's up to you and your partner to have a clear line of communication and to let the truth be known when it's necessary. Cupid has some advice:

1. Talk about it: Don't let untrue information get the best of your relationship and love life. If you're unsure about something you've been hearing regarding your significant other, ask them about it. Sometimes, choosing to ignore a situation will only make matters worse. Make sure you continue to communicate with your partner in order to avoid any surprises when it comes to neighborhood gossip and news.

2. Dispel it: Whenever you hear a rumor going on about you and your honey, take initiative by making sure you set the record straight. If any of your loved ones ask you about something that happens to be misinterpreted or downright false, let them know the truth right away.

3. Don't think about it: No matter what you do, people are always going to talk about situations that have nothing to do with them – it's part of life. Rather than get yourself and your partner all worked up over nothing, simply choose to worry about things that really matter. Addressing rumors only adds fuel to the fire. If you brush off the problem, people will do the same and turn their attention to something else.

How do you keep rumors from affecting your relationship and love life? Comment below.

'The Bachelor' Winner Courtney Robertson Lands Tell-All Book Deal



By April Littleton

The Bachelor Season 16 winner is once again making headlines. Courtney Robertson, now a celebrity author, has landed a book deal with the title *I Didn't Come Here to Make Friends: Confessions of a Reality Show Villian*. "Going on *The Bachelor* was the most amazing opportunity I've ever had but I did not have a fairy tale ending!" Robertson told UsMagazine.com. The 30-year-old ended her celebrity relationship with Ben Flajnik

October 2012.

Courtney Robertson decided to do something positive when it came to dealing with her celebrity break-up from 'The Bachelor' Ben Flajnik What are some creative ways you can get over a break-up without being revengeful?

Cupid's Advice:

Break-ups are tough, especially if you ended things with someone you really cared about. Getting over a celebrity ex without lashing out publicly can be even harder. Cupid is here to help those girls going through a break-up:

1: Have a girl day: When you begin to feel down, call some of your girlfriends and spend the day going out with them. Go to the spa, a movie or just sit around your house and talk about how you're feeling. Relationships and love will come and go, but your friendships will be something you can cherish forever.

2. Hobbies: Keep your mind off your ex by staying busy. What are some of the activities you thought about trying but never got the chance to do? Start going to the gym more often, take piano lessons, and fly in that helicopter over the city! Do something you've always had an interest in and have some of your friends join you as well.

3. Keep a journal: Instead of verbally blaming everyone around you for what happened between you and your boyfriend, write down all of your feelings and emotions in a journal. Finding a healthy way to express yourself is good for the mind and will help you move on faster.

What are some other ways to deal with a break-up without getting revenge? Comment below.

'The Bachelor' Alum Tierra LiCausi Ends Engagement



By Kristyn Schwiep

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

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

Cupid's Advice:

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

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

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

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

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

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



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

Jesse and Ann Csincsak Open Up About Their Celebrity Pregnancy

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

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

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

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



Noah Csincsak
holding a sonogram
of his new sibling.

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

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

When the foursome get together, they never really talk about their reality TV past. Instead, they focus on real-life happenings. "Ryan and I are always talking about our kids or good hiking spots. Trista loves shopping at Ann's store, Cashmere & Coco, in Vail Village, so they talk fashion and whatever else it is that girls talk about," Jesse says.

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

Stay tuned for more Bachelor news!

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



By Kristyn Schwiep

It's hard to believe that Jason and Molly Mesnick's little girl is already four months old! *The Bachelor* celebrity couple shared an adorable picture of their celebrity baby Riley Anne in a blog post on Monday, Aug. 5. According to UsMagazine.com, Jason, 37, and Molly, 28, hosted a Country Time Lemonade Stand

for the “Great American Lemonade Stand-tacular” campaign to raise money for Alex’s Lemonade Stand Foundation, which helps fight childhood cancer. “Having a new baby is one of the hardest jobs in the world, but it has made us love each other so much more,” the new celebrity mom explains. “We have given each other the greatest gift in the world with Riley, and for that alone, we have a stronger love than ever before.”

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

Cupid’s Advice:

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

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

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

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

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

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

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