

Celebrity News: 'Bachelorette' Emily Maynard Opens Up About How She Finally Found Love



By Jasmine Igwegbe

Love will find you when the time is right, and it's just the matter of being patient until then. In [celebrity news](#), *Bachelorette* [Emily Maynard](#) finally found happiness after dealing with depression, the death of her former boyfriend Ricky Hendrick, and life as a single mother. According to [People.com](#), Maynard, a practicing Christian said, "I wanted that love so bad; I felt like there was something wrong with me if I couldn't make it work. But I look back now and see

that the times I felt the lowest, God was still there for me, planning something better than I ever could have imagined.” After giving love several chances on *The Bachelor*, Maynard left and reconnected with her best friend Tyler Johnson who later proposed to her. A [celebrity relationship](#) has found Maynard and her life is exactly how she wanted it years ago.

This celebrity news is heartwarming. How do you know when you're ready to enter the dating scene again after tragedy strikes?

Cupid's Advice:

We all hope to find true love one day, especially after experiencing a tragedy. There are going to be times where love is not going to work out the way we hope. Unfortunately, this happens to many people more frequently than desired. However, you should always remember that there is somebody out there for everybody, and it's the matter of patiently waiting your turn. Cupid has some advice for you:

1. Are you happy by yourself?: This means, are you happy without the addition of someone else in your life? One should be able to enjoy their life as an individual before dating. This allows you to open your heart to other possibilities instead of trying to fill an empty hole in your heart by using someone else.

Related Link: [Ali Fedotowsky Says Emily Maynard “Deserves to Find Love” on ‘The Bachelorette’](#)

2. Are your emotions truly ready?: Your emotions can make a big difference when it comes to whether you're ready to date again. After experiencing a tragedy, ensure that you are emotionally available to another person. If you feel as if

you are not emotionally ready, take a step back and focus on yourself for now.

Related Link: [Celebrity Pregnancy: Former 'Bachelorette' Emily Maynard is Expecting!](#)

3. Are you able to leave the past in the past?: Even though you absolutely loved your past relationship and what they did for you, do yourself a favor and keep it in the past. You are allowed to think of all the great memories you and that person had, but don't let it interfere by measuring prospective dates against it.

What do you believe are some other signs to know you are ready to date after a tragedy? Share your ideas with us below!

'Bachelorette' Star Emily Maynard Enjoys Her Celebrity Pregnancy While Taking a Boat Ride with Family





By Emma L. Wells

Lucky for fans, former *Bachelorette* Emily Maynard is keeping the world up-to-date about her [celebrity pregnancy](#) via Instagram. Last week, the blonde beauty posted a picture of herself with husband Tyler Johnson and daughter Ricki with the caption, “Spring break on a boat.” In it, the reality TV star is glowing, and her baby bump is growing! [UsMagazine.com](#) reported that she recently celebrated her celebrity baby shower and shared a sweet photo of the gender reveal cake. Unfortunately, Maynard didn’t let out any secrets about her celebrity pregnancy, writing, “The cutest gender reveal cake I ever could’ve imagined...I’ll let you all know once I tell all our family first ☐ Any guesses?”

This *Bachelorette* star is having fun during her celebrity pregnancy! What are some pre-baby activities

you and your partner can do to make this time special?

Cupid's Advice:

Pregnancy is amazing and exciting for you and your significant other, but it can also be hectic and overwhelming. It's important for you to take some time to enjoy this moment! Cupid has some relationship advice to help you do so:

1. Plan a babymoon: Babymoons are quickly becoming more and more popular, and it's easy to see why. Like a honeymoon, you and your sweetheart can get out town for a few days and spend some quality time together. Even if you do a staycation, it can be beneficial for your relationship and love to just relax and enjoy each other's company before there's a new addition to your family.

Related Link: [Celebrity Pregnancy: Former 'Bachelorette' Emily Maynard is Expecting!](#)

2. Take lots of pictures: You're going to want to document this time in your relationship! It can go by fast, and you two will enjoy having pictures and video to look back on. They'll also be great to show your little bundle of joy when they're all grown up. You may even consider getting professional photos taken for you to frame and hang in the nursery.

Related Link: [Former 'Bachelorette' Emily Maynard Marries in Secret Wedding](#)

3. Throw a party: Your pregnancy is a special moment to be shared with everyone you love. Though baby showers are fun, why not throw a party to celebrate you and your partner? Invite your friends and family over and have a great time reminiscing about the past and getting excited for the future. It's also a good opportunity to get some

advice from other parents!

What are some pre-baby activities you and your partner have done together? Tell us below!

Celebrity Pregnancy: Former 'Bachelorette' Emily Maynard is Expecting!



By Emma L. Wells

Emily Maynard shared some exciting celebrity pregnancy news last week, according to [People.com](https://www.people.com). In a humorous Instagram

photo captioned “too much pizza #july2015,” the reality star revealed her growing baby bump. After unsuccessful engagements stemming from both the *The Bachelor* and *The Bachelorette*, the mom-to-be wed Tyler Johnson this past June. Now, the couple – along with Maynard’s daughter Ricki – are thrilled to share their celebrity baby news.



Former ‘Bachelorette’ Emily Maynard announces her celebrity pregnancy. Photo courtesy of Emily Maynard’s Instagram.

We love Maynard’s cute celebrity pregnancy announcement. What are some creative ways to announce your

pregnancy?

Cupid's Advice:

Baby news is happy news, and therefore, it should be announced in cheerful fashion. Take a cue from celebrity pregnancy announcements like Maynard's and come up with a fun way to share that your family is growing:

1. Take funny photos: Use your baby bump as a prop or punchline for a series of pictures. If you want to be really coy or aren't interested in being photographed, show how your family, your house, or your diet is changing. You can write that you won't be drinking alcohol for the next few months and accompany that with a picture of a baby bottle.

Related Link: ['Bachelorette' Alum Emily Maynard is Engaged to Tyler Johnson](#)

2. Enlist the help of an older sibling: Instead of announcing a new baby is on the way, share that the child you already have is about to be a big brother or sister. Take a cute picture of your son or daughter and caption it, "I'm being promoted." Or dress up your kid like a superhero and make a sign that says, "Every superhero needs a sidekick," along with the due date. If it's your first baby, you can use your pet as a prop instead.

Related Link: [Former 'Bachelorette' Emily Maynard Marries in Secret Wedding](#)

3. Use word play: Take a picture of something baby-related – whether that be your blossoming belly, your pregnancy test, or some baby clothes you've already purchased – and write a pithy caption using a play on words. Maynard used the idea of a "food baby," but other common phrases to consider are "bun in the oven" or "ready to pop." You can also try using a movie or

song title with the word “baby” in it.

Cupid wants to know: How did you announce your pregnancy?

Former ‘Bachelorette’ Emily Maynard Marries in Secret Wedding



By Shannon Seibert

America’s sweetheart, Emily Maynard, was able to finally have her happy ending. On June 7th Maynard and fiancé Tyler Johnson joyously tied the knot at their secret wedding. The

couple wed at Johnson's parents' farm in South Carolina, but originally told guests that it was only an engagement party, according to UsMagazine.com

What are some advantages to keeping your wedding under wraps?

Cupid's Advice:

Your wedding day is all about celebrating the love between you and your sweetheart, so wedding plans should reflect the choices you make and who you are as a couple. Now that you have found the Forever to your Always, take charge of your new beginning together and make it your own. Cupid has some advice:

1. You have less people trying to put their two cents in: The over-bearing mother-in-law is every bride's nightmare. When people hear "wedding" everyone comes running to you, expecting an invite. Remember your best friend's cousin's boyfriend's aunt's friend? Yeah, we don't either but she is still expecting an invite. Avoid the external pressures of your loved ones and make this day your own. By keeping the details of the day discreet, you have all of the power.

Related: [Kanye West Shows Off His Wedding Ring](#)

2. You can keep things intimate: A huge bonus of not giving all of your friends and family the secret in tell, it that you don't have to make your day a huge event. It's always awkward having to publicly exclude someone you care about by not inviting them to the wedding, so by keeping it small, people won't feel as left out when they see it's just family and the closest of friends. This also gives you the opportunity to b with the people who mean the most to you, who can give you the love and support you need for embarking on the adventure of marriage.

Related: [Jason Kennedy Announces Engagement to Lauren Scruggs](#)

3. You save money: You know what that means: More for the honeymoon! Weddings are drawn out events, and typically aren't just a one-day thing. People have engagement parties, bachelor and bachelorette parties, rehearsal dinners, more celebration parties, and that much partying can just be overwhelming. Minimize the stress and channel all of the celebrating into one joyous day with the love of your life. Then take that trip to Cabo you didn't think you could afford, and relish in each other's company while basking in the rays of the sun.

What are some ways you kept your special day on the down-low? Share with us in the comments below!

'The Bachelorette' Contestant and Hopeless Romantic Chris Bukowski Wants His "Fairytale Ending"





Interview by [Whitney Johnson](#). Written by Liz Kim.

The Bachelorette season 8 contestant Chris Bukowski might seem like he has everything – great looks, a booming restaurant, and the kind of job that allows him to travel all over the country – but he admits that there’s still something missing in his life. “I’m the most single person in America,” he laments. Hailing from Chicago, Illinois, the reality TV star boasts a pretty impressive resume, including senior sales executive for the New York Islanders, V.I.P. Concierge at the Wynn Las Vegas, and currently owner of The Bracket Room in Arlington, Virginia (with plans to open future locations). But at the end of the day, he misses the magic of a *real* first date with someone special.

Related Link: [Former ‘Bachelorette’ Desiree Hartsock on Finding Mr. Right](#)

Reality TV Star Talks About

Experiences on *The Bachelorette* and *Bachelor Pad*

Fans first got to know Bukowski when he was cast on Emily Maynard's season of [The Bachelorette](#). He initially didn't have any interest in the show. "One of my friends I grew up with in Chicago wrote a letter to ABC about why I should be the next *Bachelor*. And you know how it works – you pretty much have to be on *The Bachelorette* in order to be the star of *The Bachelor*," he explains. He got some emails from ABC casting but brushed it off as a prank.

A change of jobs brought him back to Chicago, and he decided to take a chance and audition at a casting call by his condo. Ultimately, it was Maynard's photo that convinced him to give it a shot. "I never watched the show before, so I didn't really know what I was getting myself into. Once they showed me who the girl might be, though, I thought she was right up my alley," the reality TV star says. "Physically, Emily was really hot! I decided then that, if they cast me, I would do it."

Bukowski didn't expect to fall for Maynard as hard as he did, but as their relationship and love progressed from week to week, he quickly became a fan favorite. After making it to the final four, fans were shocked when Maynard let him go, especially because she couldn't give him a reason as to why he wasn't getting a rose. "After *The Bachelorette*, I left my job. I was alone in my thoughts, and I was a little heartbroken," he candidly shares.

Related Link: [Chris Bukowski Says He Still Has Feelings for Emily Maynard](#)

Instead of wallowing for too long, he agreed to compete on *Bachelor Pad*, a show that featured contestants from *The Bachelor* and *The Bachelorette* who play for a cash prize.

“It was an outlet where I could go to escape, just have some fun, and maybe win some money,” he reveals. “I did it for the experience, and I’m glad I did.”

While he didn’t win the big prize, the handsome Chicago native left quite a different impression on fans than he did during his time on *The Bachelorette*. Previously, viewers knew him as a hopeless romantic who just wanted to find a relationship and love, but on *The Bachelor Pad*, he hooked up with multiple castmates (he attributes this to crafty editing), lied, and exuded a cockiness that turned off a lot of people. Bukowski defends his behavior as a necessary tactic to win the game. “They are two completely different shows,” he explains. “One is a show where you’re putting yourself out there to potentially fall in love and find a wife. The other is a game show. It’s funny because they made me seem so terrible, and I really wasn’t that bad.”

He also shares that his motivations were different than those of his competitors. “I’m very competitive, and no one else on the show had that mindset,” he admits. “I wasn’t sure what they were concerned about. I wasn’t into falling in love with anybody, and I just wanted to have fun.” No matter how he was portrayed, he says that he had the most fun out of anyone in the house and felt that he left a winner.

Chris Bukowski on Finding a Relationship and Love in the Real World

While the restaurant owner is thankful for his time on reality TV, he also believes that this exposure is keeping him from meeting the right person. “I would say I’m definitely looking to settle down,” he divulges. “It’s just tough. People learned a lot about me really quickly because I was on the shows. So when I go out with a girl, they already know about me, and it

kind of takes away from the whole first date experience and getting to know somebody.”

Simply put, “it really does suck. To be honest, I would say my dating life is almost zero right now.”

Related Link: [Dating Advice: How to Approach a Spring Fling](#)

He also admits that the hopeless romantic who fans met on *The Bachelorette* is his true self. He dreams of meeting his future wife by chance at the airport and admits that this desire is fueled by his love for chick flicks. He adds, “I love the fairytale endings. Sure, these things only happen in the movies, but you still get that little hope that it can happen in real life too.”

Ever the foodie, it’s no surprise that Bukowski’s perfect date idea is a nice lunch, an even better dinner, and fine wine. “I may not seem like it, but I’m a really laid-back person,” he says. “I’m happy with enjoying great food, catching a movie, or just hanging out at my place.”

While it remains to be seen if Bukowski will be a future *Bachelor*, he has some opinions about the current leading man, Juan Pablo Galavis. Although he’s picking Nikki Ferrell as his favorite to win, “it seems like Juan Pablo is definitely having fun, but I’m not convinced that any of those girls are going to be his future wife,” he shares. “I think he’s using the show as a way to enjoy himself and probably get himself out in the public eye.”

You can keep up with Bracket Room on the website <http://www.bracketroom.com/>. You can also keep up with Chris on Twitter @chrisjbukowski. Be sure to tune in to The Bachelor finale tonight on ABC at 8/7c.

'Bachelorette' Alum Emily Maynard is Engaged to Tyler Johnson



By Brittany Stubbs

If at first you don't succeed, try, try again! This expression seems to be the mindset to getting married for Emily Maynard, who got engaged to her boyfriend Tyler Johnson on Jan. 4th. Although the reality TV star has previously been engaged to the late Ricky Hendrick, Bachelor Brad Womack, and Bachelorette winner Jef Holm, she believes she's finally found the one. "We're really excited!!" Maynard tells

UsMagazine.com, explaining how her husband-to-be included her daughter, Ricki, in the proposal. "He proposed to me at home and gave both Ricki and me rings. It was so sweet! Ricki loves him more than she likes me!"

What are some compelling reasons to pop the question at home?

Cupid's Advice:

You don't need a five-star restaurant, horse and carriage, or private beach to create a magical proposal. Sure, those options are nice, but there are advantages to having the special moment right in your home:

1. Privacy: Getting engaged is both special and intimate. Where better to experience a moment like this than the privacy of your own home? This allows you to react and celebrate however you want, without worrying about disturbing or being watched by people around you.

Related: [Brad Womack and Emily Maynard Broken Up for Good](#)

2. Surprise factor: If you're hoping to surprise your partner when you propose, do it where she least expects it: at home. Women are always suspecting when you make plans for fancy dinners or weekend getaways, so this will catch her off guard and make the moment all the more exciting!

Related: [Celebrity Relationships: Tying Knots](#)

3. More freedom: Maybe you want to decorate the entire room with flowers, have the ring box tied to her dog's collar, or play her a special song before you get down on one knee. Being in the privacy of your own home allows you the freedom to do the kind of proposal you might not be able to in a restaurant or public place.

What are advantages to getting engaged in your own home? Share your thoughts below.

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



By April Littleton

According to [People](#), Emily Maynard is in no rush to find love again. The former *Bachelorette* star got engaged twice on TV. Her first engagement to Brad Womack ended in 2011 and her most recent relationship with Jeff Holm ended last October. "Right now, I am under no pressure to find a guy," Maynard told the [Huffington Post](#).

What are three main positives about living the single life?

Cupid's Advice:

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

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

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

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

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

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



By Petra Halbur

Jef Holm and Emily Maynard may have called off their engagement in October 2012, but Holm says that he has nothing but love for his former fiancée. "We haven't talked in the past few months. Last time we talked, things were in good spirits," Holm told UsMagazine.com of Maynard, whom he met on the *Bachelorette* last spring. He explained that Maynard, who has a 7 year old daughter, is a homebody, while he is looking

for a more outgoing partner. "I hope the best for her. She's an amazing girl. She's just not the person I'm gonna spend the rest of my life with. I think she'll make somebody happy," he said.

How do you truly move on after a broken engagement?

Cupid's Advice:

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

1. It's okay to be single: Finding yourself without a partner again is probably the hardest part of breaking off an engagement. While the transition may be difficult, know that you have friends and family who love you. Being single does not mean that you are not alone.

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

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

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

How Celebrity Moms Keep an Active Dating Life



By [Whitney Baker Johnson](#)

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

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

dates. The newlyweds even took her children on their honeymoon to Belize!

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

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

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

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

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

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

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

4. Stay In Your Inner Circle: Dating someone who your kids already know eliminates the need for awkward introductions and

potential tension. Heidi Klum, who split from Seal after almost seven years of marriage, is now in a relationship with her bodyguard, Martin Kirsten. Luckily, her four children are already comfortable with him and are used to him being around.

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

5. Depend On Your Ex: Staying on friendly terms with your ex can help your dating life as well. Jennie Garth, who recently split from her husband of 11 years, Peter Facinelli, has already been spotted with three different men. Thanks to her co-parenting routine with Facinelli, she has time to date while her three daughters hang out with their dad.

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

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

5 Bachelor and Bachelorette Couples We Can Learn From





By Sara Dawkins

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

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

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

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

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

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

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

Charlie O'Connell and Sarah Brice: This is an oldie, but a goodie. And yes, Charlie is bro's with actor Jerry. Charlie chose blonde bombshell Sarah way back in 2006 and they broke up in 2007. They got back together in 2008 and then after 5 years, called it off again. It was a mutual break up, as they were both citing they fought over the same things the first

and second time around. Who knows, maybe the third time's the charm? **Lesson: You break up the first time for a reason, don't forget why.**

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

Emily Maynard Is Spotted Rebounding with Nascar Driver Jason White





By Nicole Weintraub

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

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

Cupid's Advice:

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

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

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

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

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

'Bachelorette' Couple Emily Maynard and Jef Holm Break Up





By Jennifer Ross

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

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

Cupid's Advice:

There are many bad reasons why a relationship doesn't work. However, ending a relationship because the two of you are not in the same place in life can be one of the most difficult to

handle. Your friends may not understand the decision; yet, you know it is the right one. To help you in the next relationship, here are a few things to consider when looking for someone on your same path:

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

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

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

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

Jef Holm Unwinds with Golf

Post-Split from Emily Maynard



By Nicole Weintraub

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

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

Cupid's Pulse

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

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

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

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

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

**'Bachelorette' Star Emily
Maynard Toasts Fiance Jef**

Holm's Birthday at Dinner Party



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

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

Cupid's Advice:

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

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

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

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

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

'Bachelorette' Emily Maynard Says 'Love Is Worth the Chaos'



At the end of *The Bachelorette's* eighth season, Emily Maynard couldn't be happier with her fiancé, Jef Holm. Maynard tells [People](#), "There were many ups and downs, and at times things were very chaotic, but love is worth the chaos!" The reality star says that while she always dreamed of great love, she didn't know that the love that she and Holm share even existed. After a failed first attempt at finding a man, Maynard reaches out to her fans stating, "Thanks again for the second chance and sticking with me until I got my fairy tale ending!"

How do you overcome challenges as a couple?

Cupid's Advice:

Even if you and your partner are incredibly in love, your relationship is sure to have some challenges every once in a while. Don't assume that these problems ensure a breakup.

Instead, use tips like these to work through them:

1. Confront the problem: Whatever dilemma you and your beau are facing, the first step is to acknowledge the problem. If you let an important issue bother you but don't speak up, you'll end up getting angry over irrelevant things and confuse them with your bad moods.

2. Communicate: Set aside a specific time to talk about the issue. Express your feelings to your partner and be sure to listen to their thoughts on the issue as well. Keep calm and try to come to a solution.

3) See a counselor: Going to relationship counseling gets a bad reputation, but it's nothing to be ashamed of. When you feel like you've done all you can and don't know where else to turn, seek out professional help.

How did you and your beau overcome a difficult challenge? Tell us your story below.

Jef Holm Is Moving To Be Closer to Emily Maynard





The winner of *The Bachelorette*'s eighth season, Jef Holm, is moving to Charlotte, North Carolina. According to [UsMagazine.com](https://www.usmagazine.com), Holm has made the decision to move to Charlotte to be closer to Emily Maynard and her daughter, Ricki. He will be getting his own place until the two get married, at which point he plans to move in with Maynard and Ricki.

When is it time to relocate in order to be with your partner?

Cupid's Advice:

Moving for your partner is always a big step, but it's often important if you want your relationship to last. How do you know when it's a good time to relocate to be with them? Consider these tips:

- 1. Your career has taken you there:** Don't ever pack up your life if you only have one reason for it. Make sure your career is secure in the move. This way, you aren't sacrificing everything for your love.
- 2. You're ready to live with them:** If you envision a future

with your sweetheart, and you're willing to move for them, you better be ready to live with them. That's the logical next step, so if you're doubting it, you're probably not ready to move yourself.

3. You're thinking about it: If relocating is always at the back of your mind, you've already made your choice. You want to be with your beau, and you just need to get there.

When do you know it's time to relocate for your partner? Tell us in the comments below.

'The Bachelorette' Season 8 Finale: Tips for Lasting Love





By Marni Kinrys, Ultimate Wing Girl

I have to say, I was shocked at 'The Bachelorette' finale. Well, kind-of shocked. For some reason, I *knew* that Emily was going to pick Jef, but I was still surprised that she didn't choose Arie. It goes to show you that physical chemistry does not equal partnership for life and that you can make the right choice if you take your time and really evaluate what relationship is best for you.

I have to give Emily so much credit for being able to see that difference between her two final suitors. Throughout this season, she has been a strong and steady Bachelorette, working hard to not let her heart solely dictate her decisions. She has been smart about her choices, and when it comes to love, we all know how challenging that can be.

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

Thinking back on past episodes, I remember when I started to see the potential for Emily and Jef to be a successful couple.

When they were lying on the floor in Prague, kissing, giggling and talking easily about the future, I knew that Jef had won her heart. They didn't just have chemistry; they had a best friendship. That's the primary distinction between relationships that fizzle and relationships that last forever.

Now that Emily's found love, I want to help all of you do the same! Here are my tips on how to decipher if someone is a good choice for you for the long haul. Ask yourself the following questions:

1. Does this person challenge me in a good way? The best partnerships are with those that help us grow and see the world in new and interesting ways. Yes, it's always great to have a lot in common with a person, but too many similarities can get old and dull pretty quickly. Someone different from you helps you see sides of yourself that you didn't know existed. The saying that "opposites attract" *really* is true.

2. Does this person turn me on physically *and* mentally? YES, I know physical compatibility is important, but stimulation of the mind and emotionally understanding each other is equally important.

3. Does this person get me? In relationships, you don't always have to agree with one another, but it's essential to *get* one another. The couples with the strongest survival rates are the ones where they really work on getting to know one another. You need to understand who your partner is and what he or she is all about – and appreciate him or her because of this uniqueness.

Related: [Jef Holm Refuses Fantasy Suite With Emily Maynard on 'The Bachelorette'](#)

4. Does this person have the same values as I do? I know so many people who say that they have the same values as their significant other, but when I ask them what those values are, they draw a blank. Knowing your own core belief system and

understanding your partner's morals is so important to a successful marriage. If you want a guide to discovering your values, email me at marni@winggirlmethod.com and let me know that you read this post.

5. Does this person make even the hard times seem fun? If you are going to be with someone the rest of your life, you better be able to have fun with that person. Life will be tough sometimes, and it's important to keep that in mind when selecting a partner.

I think Emily and Jef seem like a great couple. I am so happy for the two of them, and I know that they are going to have a fulfilling relationship based on love, admiration and open communication.

Emily Maynard's Southern Style – Bachelorette Edition





By Ann Csincsak, Vintage Sweet & Chic

Emily Maynard stole our hearts with her sweet personality and her easy, southern style. For an entire season of 'The Bachelorette,' she has shown us that fashion-forward style mixed with classic elegance can certainly work for any occasion. I have chosen my three favorite date outfits that any woman can pull off, whether you go out or stay in – and even if your date isn't equipped with helicopter or Ferrari transportation.

This first look (image above) is a perfect example of keeping it simple and still having fun with color! Make what you wear work for *you*. Always wear what you feel most comfortable in (but try to avoid sweat pants for the first date).

1. Joie Aceline Striped Shirt ON SALE NOW at Nieman Marcus for \$72!

2. Wildfox Friday Night Cutoff Shorts \$99

3. Towne and Reese Elena Ring \$40

4. Urban Outfitters Dolce Vita T-Strap \$69

5. Essie Sheer Pink Nailpolish \$8

Our next look is great for a night out on the town with that hot new guy, or it's a good option if you're looking to spice up your look for your man. It doesn't have to be a special occasion to show off a great one-sleeve dress, so don't be afraid to be daring with your date look!



1. Towne & Reese Rowen Silver Hoops \$20

2. ASOS One Sleeve Dress \$98

3. Dior Addict Gloss \$30

4. Aldo Detamable Heel \$89

5. Emily's Signature Makeup Style Temptu \$150

This last look is perfect for that "meet the parents" trip that you have been worried about for months. When she met Sean's parents, Emily showed us that keeping your hair looking naturally gorgeous and your outfit age-appropriate is the key to gaining Mom and Dad's approval. Take a few cues from Emily

and steal her simple summer style and fabulous hi-lo dress.

1. Towne and Reese Ellie earrings \$20

2. Target Hi-Lo Dress \$29

3. Stella and Dot Pendant Necklace \$79

Finding a good jewelry company at the right price is always a challenge, but Emily chose hers very wisely. Towne and Reese is a stunning company whose jewelry line is carried in boutiques around throughout the country. This Bachelorette wears dainty pieces that compliment her effortless look.

To find more of her great jewelry and other fashion pieces, be sure to check out vintagesweetandchic.enstore.com! Additionally, CupidsPulse.com readers can still get 15 percent off Towne & Reese jewelry at Pea Pod Paper & Gifts using the discount code **cupidspulse**.

‘Bachelorette’ Contestant Kalon McMahon Apologizes to Emily Maynard





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

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

Cupid's Advice:

No matter how much you love your partner, you're bound to get upset with them every now and then. However, it's important that when they've made you angry, they're genuinely sorry

about it. Here are some ways to tell if your partner is really apologetic for what they've done:

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

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

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

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

Jef Holm Refuses Fantasy Suite With Emily Maynard on

'The Bachelorette'



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

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

Cupid's Advice:

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

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

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

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

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

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





By Marni Kinrys, of WingGirlMethod.com

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

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

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

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

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

Jef

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

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

Sean

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

Arie

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

Seeing these three guys makes me even happier that guys like Ryan are no longer suitors on 'The Bachelorette.' Emily has landed herself two solid and strong options for a future husband, and I know this final decision will be especially tough for her.

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

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





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

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

Cupid’s Advice:

It may be just three little words, but “I love you” has a lot of impact and implied commitment behind it. If you know you

are ready to say it, but can't seem to find the words, follow these guidelines to overcome your fear:

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

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

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

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

'The Bachelorette' Season 8, Episode 7: How to Express Your Love, Bachelorette Style





By Marni Kinrys, of winggirlmethod.com

That's it! I've decided that, if things don't work out with my husband and if I ever have to look for love again, I'm going to have a baby first. There must be some hormone that's released when you have a child that allows you to be more open, real and honest. It's amazing how I continue to be impressed by Emily Maynard. She definitely knows how to date and make sure she's getting what she wants.

Her final four bachelors are truly a solid group of men. They definitely proved themselves last night with their ability to express themselves and communicate with Emily, something that is essential to any great relationship. As I always say, in order to get what you want, you have to ask for it – and last night, the guys asked for it!

Hopefully, you have heard of *The 5 Love Languages*, an amazing book that everyone should read, especially if you are looking for a relationship. The book says that there are five ways for humans to express their love: words of affirmation, quality time, receiving gifts, acts of service and physical touch.

Once an individual understands their love language, it makes relationships easier for them because they know what is needed for them to feel loved and appreciated.

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

It's always interesting to see which language people use most often. For example, Arie is definitely about physical touch. Whether it's a hug or something more subtle, he is always trying to get close to Emily. For him, touch re-connects him to her – and based on her attraction to him, it's definitely working. I'm a touch girl myself, so any touch that Arie gives literally makes me feel warm inside.

Sean, on the other hand, is all about quality time. He makes a point to pull Emily away and ensures that they have good quality time together. His sub-languages (those languages that he uses less often) may be physical touch and words of affirmation.

Related: [Towne & Reese Jewelry Giveaway – As Seen on 'The Bachelorette' Star Emily Maynard](#)

The surprise of the night for me was Jef. I was having trouble getting a read on this guy, and last night, I suddenly felt excited and gushy for his relationship with Emily. Jef's love language is a combination of receiving gifts and words of affirmation. I think words dominate for him because, once he got that verbal affirmation from Emily, he immediately loosened up and was able to give her what she needed. So cute! I want to hug him.

Knowing how to express your love is so important, both in the real world and on television. Hopefully, every man who was forced to watch last night's episode learned a valuable lesson: do NOT hold back when it comes to expressing yourself. If you really feel it, express it!

'Bachelorette' Contestant Ryan Calls Emily Maynard a "Trophy Wife"



On Monday night's *Bachelorette*, suitor Ryan had a few words to say that Emily Maynard was not too pleased about. On their one-on-one date, he called Maynard a "trophy wife," to which she aptly responded, "Trophies don't talk back," according to [People](#). Soon after, Ryan was sent home – not without protest, of course.

What are some warning signs that your partner views you as a prize?

Cupid's Advice:

Every girl wants to be placed on a pedestal by her partner. However, sometimes being seen as special can get out of hand, and soon your partner is treating you like an object. Here are some warning signs that your partner views you as a prize:

1. He's controlling: If your significant other is controlling the way you dress or act, you need to leave immediately. He isn't seeing you for the person you are, but rather the partner he'd ideally like to have – so he can't really love you for you.

2. He calls you "mine": There is nothing sweeter than the person you're dating telling you "I'm yours." However, once they're calling you theirs, they're claiming you as property rather than a person to be loved.

3. He uses you: A deadbeat boyfriend who's always coming to you for money (and other assets) only sees you as a walking ATM. There's no chance for a real relationship in that situation.

What are some ways to prevent being treated like a prize? Tell us your story below.