

# 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](http://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!

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## ‘Bachelorette’ Andi Dorfman’s Promo Poster Mocks Juan Pablo



By Sanetra Richards

More fish in the sea, right? Well, Andri Dorfman of *The Bachelor*’s season 18 will definitely be testing out the waters in the upcoming round of *The Bachelorette*. In her first promo poster for the show’s season 10, Dorfman lets it be known that Bachelor Juan Pablo Galavis is not on her good side, per se. The poster’s caption reads, “She’s looking for the right Juan.” So where’s the catch? Juan is marked out in red with the word “one” below instead. According to [UsMagazine.com](http://UsMagazine.com), the 26-year-old assistant district attorney described her overnight date with Galavis as a bit of a disaster: “Waking up

this morning, I could not wait to get out of the Fantasy Suite,” she said. “The Fantasy Suite turned into a nightmare. I saw a side to him that I didn’t really like, and the whole night was just a disaster.” Luckily, Dorfman is not letting that get in the way of her finding love through TV, and ABC is not either. The *Bachelorette* star went on to say, “I feel mentally all in, emotionally all in, physically all in. I am in the place in my life where I am just so ready for this. I hate to say it because I don’t want to jinx myself, and be like, ‘I’m so all in and if this doesn’t happen it’s the end of the world.’ But I am ready. I have never felt better in my life about this, and I’m just excited.”

## **What are the best ways to move on from a bitter break-up?**

### **Cupid’s Advice:**

Breakups are far from easy to get over, especially when things went terribly sour between you and your ex. It may come as an utter shock if your ex moves on quicker than you expected. However, do not think you cannot do the same. Cupid has a few suggestions to ease and direct the process:

**1. Breakaway:** Harsh words were exchanged, feelings were hurt along the way, and there is no way to mend – do not let this prevent you from cutting all ties. If it takes deleting their number from your phone to avoid the heart aching text messages and phone calls, do it. You want to take steps forward instead of backwards. This will gradually take time, but if you are committed to this and the next following steps, considering getting back with your ex will not be an option.

**Related:** [Juan Pablo Emphasizes Word ‘Love’ in New Photo of Nikki Ferrell](#)

**2. Have fun:** Make plans with your girlfriends to go out and enjoy a night on the town. Being around people who genuinely love you will help take away some of the stress and tension

that was a result of the breakup. Mix and mingle a little bit to see what else is out there. Of course, this does not mean you should jump into another relationship until you are completely ready to take it on. Embrace the single life for the time being!

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

**3. Focus on something else:** Pick up a hobby or an entertaining distraction. Those constant thoughts of your ex will soon disappear from your mind. Avoid any hobbies that may trigger a memory that you and your ex shared (remember, you are moving on). Keep on pushing and remind yourself, the relationship ended for a good reason.

**What are some ways to get past a bitter break-up? Share your thoughts below.**

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## ‘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.*

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## **'Bachelorette' Alum DeAnna**

# Pappas Welcomes a Baby Girl



By Louisa Gonzales

Congratulations to the happy couple, 'Bachelorette' alum DeAnna Pappas and her hubby, Stephen Stagliano for the birth of their first child together! According to [UsMagazine.com](http://UsMagazine.com), the news of their baby girl being brought into the world was announced to the world via Twitter on Saturday, February 8th. Proud papa, Stagliano, was delighted in the welcoming of their daughter to the world, expressing in his tweet how he now has "two loves in his life!". He also thanked all his fans for all the support and love. Pappas, 32, showed her gratitude also and retweeted the message.

**What are some ways you can support your partner through pregnancy?**

**Cupid's Advice:**

Pregnancy is one of the many wonders of this world and is a

special time for a couple to experience. Finding out you're pregnant can be exciting, exhilarating, and nerve-wracking. For a lot of couples, it's the start of a new chapter. Cupid has advice on ways you can support your partner through pregnancy:

**1. Go with your partner to prenatal doctor appointments:** Both you and your partner are soon to be parents, even though only the mother is carrying the child. Show your support and let them know you are in it together, by going with your lover to their prenatal doctor visits and check ups. Experiencing pregnancy things such as finding out the baby's gender, listening to their heartbeat can be a great memory to share as a couple as well as a family. Going to the doctor's can be scary and stressful, being able to hold your lovers hand and show your love is helpful to both the mother's and the babies health as it can help keep her calm, happy and stress-free.

**Related:** [Former 'Bachelorette' DeAnna Pappas Stagliano Is Pregnant](#)

**2. Attend birthing classes and do research together:** Signing up and going to pregnancy related classes together shows your lovebird you care and that you'll be there throughout the entire process. Many changes come with being pregnant and being prepared can help with transitioning into this new chapter of your lives. This means reading and researching on what being pregnant means, what you should do to be ready and how to make it as smooth sailings as possible. It's good to do things as a couple still because it shows the other you love them and they're not alone.

**Related:** ['The Fosters' star Sherri Saum is Expecting Twin Boys](#)

**3. Make sure the mother to be is as healthy as she can be:** This means eating right, exercising, and keeping her away from anything that can be harmful to both her and the baby. This includes things like stress, which can weaken the immune

system. Keeping the mother happy can keep her healthy and the baby. Help her stay healthy by doing it together. For example, both of you can change your diets and exercise together, you doing it too will make it easier for the expectant mother. Also, make sure your honey gets enough sleep and stays away from harmful substances such as alcohol. If you want your baby to be born healthy you both have to put in the effort.

What do you think are good ways to show support towards your lover during pregnancy? Share your tips below.

# Exclusive Celebrity Interview: 'The Bachelorette' Star Desiree Hartsock Says Confidence is Key to Finding Mr. Right





Interview by [Whitney](#)

[Johnson](#). Written by Elizabeth Kim.

Fans were overjoyed when Desiree Hartsock, who finished as fourth runner-up on Sean Lowe's season of *The Bachelor*, was named the next *Bachelorette*. The bubbly brunette captured our hearts even more as we watched her search for true love. It was a gift from Chris Siegfried – a journal filled with a heartfelt message to her and poetry he had written – that ultimately convinced her that she had found Mr. Right. Following his moving proposal in Antigua, the couple moved in together in Seattle, Washington, and are enjoying life since their celebrity engagement.

**Related Link:** [Desiree Hartsock Says 'Love Can Be Unpredictable'](#)

## Reality TV Star Discusses Life Since *The Bachelorette*

In our exclusive celebrity interview, the reality TV star happily admits that there haven't been any rude awakenings and attributes their success so far to good communication. "From our time getting to know each other on the show as well as seeing each other while the show was

airing, we had a great idea of what it would be like living together,” she explains. “We work well together because we already disclosed all of our little quirks.”

They’re also lucky enough to live close to *Bachelor* alums Jason and Molly Mesnick. “They have been so great to us, and it’s nice to share a common bond,” she says of the celebrity couple. “We’ll get together with them whenever possible for dinner or even just to hang at their house with Riley, their adorable baby girl.”

Although Hartsock may be best known for her role on *The Bachelorette*, she’s also an accomplished designer. While working toward a degree in fashion design, she fell in love with the bridal industry and eventually worked as a stylist in various bridal salons. She also worked for a plus-size women’s contemporary brand that gave her the experience and appreciation of designing clothes that flattered all shapes. She even designed and created the dress she wore to fellow *Bachelor* stars Lowe and Catherine Giudici’s wedding.

**Related Link:** [Sean Lowe and Catherine Giudici’s Wedding](#)

After devoting so much of her life to the bridal industry, some may think that Hartsock feels pressured to have the ultimate celebrity wedding. But true to her easygoing nature, she isn’t stressing over every detail. With an engagement party coming up in a few weeks, the famous couple are in the beginning stages of planning their nuptials. “We are working on setting a date,” she shares in our exclusive celebrity interview. And lucky for fans, she adds, “We’re open to having it televised and still planning for the fall.” As if the prospect of a televised wedding wasn’t daunting enough, she also plans to design both her wedding *and* reception dresses.

The former *Bachelorette* is working with award-winning designer Maggie Sottero to help her visions come to life. “I have worked with many designers in the past and found that Maggie



Sottero is the most sought-after designer because of the company's commitment to ensuring a bride's happiness as well as providing the best fit possible." She coyly adds that, while she doesn't want to give too many details away, one thing is for sure: "Both dresses will reflect my personality in different ways. I love to dance and be comfortable, so my reception gown will cater to that, while the ceremony gown will be more romantic."

## Desiree Hartsock Gives Love Advice

Given her reality TV past, she knows what Juan Pablo Galavis, who competed for Hartsock's heart, and the current season's *Bachelor* hopefuls are experiencing. Of the remaining ladies, she says, "There is definitely chemistry with Nikki, Andi, and Renee as well as with Clare. I don't like to choose favorites, but I do like Renee's demeanor and personality." No matter who Galavis picks, Hartsock advises the women to focus on their potential future with Galavis rather than worry about the other girls.

**Related Link:** [Why Confidence is So Important in Dating](#)

It certainly takes a level of self-assurance to be vulnerable in front of millions of viewers, but Hartsock believes that confidence is key to finding love on *or* off the screen. "My love advice is to know your self-worth and what you deserve, to be confident in who you are, to let him pursue you, to be independent and not desperate, and to be yourself."

With such a dismal track record, past stars of *The Bachelor* and *The Bachelorette* may also want to heed the designer's advice for dealing with broken hearts. "The way that I have always gotten over break-ups is knowing that things happen for a reason, and no matter the circumstance, there is always something more or better to come," she says. "Although it can be really tough to do, it's important to hold on to the hope that there is someone out there who will be everything you

deserve and more and to not dwell in the hurt or past, but keep pushing forward with each new day.”

To learn more about Desiree visit her website, [www.desireehartsock.com/](http://www.desireehartsock.com/). The Bachelor airs on Monday nights on ABC at 8 p.m. ET!

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## Former ‘Bachelorette’ Trista Sutter Says Struggles Made Her Grateful



By Brittany Stubbs

It has been ten years and two kids since we watched Trista Rehn and Ryan Sutter fall in love on *The Bachelorette*. Although the wife and mother is living her happy ending, she

has been through hard times that changed her life and ultimately made her a more grateful person. After struggling with infertility, and later, a difficult pregnancy and scary delivery, Trista began to embrace gratitude in a whole new way, [People](#) shares. She has not only opened up about how thankful she is for her struggles, her children, and little moments in her everyday life, but she is especially thankful for meeting Ryan. “It’s an understatement to say I hit the jackpot,” she says. “I want to be a better person because he is such a good person. He is the top of my list of things I’m grateful for.”

## **How do disagreements and arguments make your relationship stronger?**

### **Cupid’s Advice:**

It’s hard to see the benefits of hard times while you’re in the middle of them, but it’s important to remember that these are the moments that allow us to grow and ultimately benefit in the end:

**1. They show a relationship’s strength:** Nobody likes to fight with their partner, but when you overcome conflicts, big or small, you show what your relationship is made of and prove you can get through anything.

**Related:** [‘Bachelorette’ Trista Sutter Talks About ‘Happily Ever After’](#)

**2. They result in communication:** Although it may be through yelling or snide comments in the case of an argument, communication is communication. Arguments are hard, but they often force you and your partner to express how you truly feel, and in the end, that communication is key to making your relationship stronger.

**Related:** [Trista and Ryan Sutter Renew Vows in Vail](#)

**3. They prove you have something worth keeping:** If you've been through difficult times as a couple, by sticking around and continuing to work on your relationship, you're proving that you both believe you have something worth the struggle. When disagreements or arguments arise in the future, you can look back on what you've already overcome and remind yourself there's a reason you haven't let go.

**How has a disagreement or argument made a relationship in your life stronger? Share your experiences below.**

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## '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](http://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 be 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.**

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## 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.

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



By April Littleton

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

Ultimately, Hartsock chose Chris over Drew because she felt her relationship with him “didn’t move forward” after their date in Antigua.

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

### **Cupid’s Advice:**

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

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

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

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

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

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# 'Bachelorette' Desiree Hartsock Chooses Chris Siegfried



By Kerri Sheehan

This season's *Bachelorette* was not exactly a cookie cutter love story. Desiree Hartsock was blindsided when her frontrunner, Brooks Forester, decided to bow out of the competition leaving her with the last two contestants, Drew Kenney and Chris Siegfried. Rather than abandon her search for love, Hartsock decided to give each of the remaining bachelors a rose and a chance at her love. In the end, Chris

Siegfried won her heart and had her feeling, "Like the luckiest girl alive," according to [People](#).

**What are some ways to choose between two potential partners?**

### **Cupid's Advice:**

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

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

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

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

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

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



By April Littleton

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

**What are some ways to tell your partner something difficult?**

**Cupid's Advice:**

Sometimes it's hard to tell your loved one something important



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

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

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

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

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

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# Ali Fedotowsky Tells Us How

# to “Attract More Love and Happiness” Into Our Lives



By Kristin Mattern

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

The bubbly blonde has a unique point of view to share with readers of her *E!* blog. "I kind of feel like my time as the bachelorette was a lifetime ago, so I don't have any emotional connection to the show," she explains, "but I do enjoy watching with my girlfriends. And I definitely have a different perspective on what it's like for Desiree. I know firsthand that it's not easy!" Fedotowsky remembers her time on the reality series as one the most stressful and emotional times of her life but says that being a contestant on *The Bachelor* was "just fun!" She enjoyed her time hanging out with the girls and talking about boys. The big life lesson she learned from her experience on the shows is to be honest with yourself: "I don't think it changed the way I date. It just made me trust my instincts more."

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

Fedotowsky is no stranger to love and heartbreak. She was lucky enough to find her happy ending on *The Bachelorette* with Roberto Martinez, but the couple called it quits after an 18-month engagement. When it comes to moving forward after a broken heart, she suggests staying as busy possible. With this thought in mind, she's thankful for her role as host of the

travel show *1st Look*. “It was good timing for me since I was in a transitional period of my life.” Of course, this adventure-filled opportunity doesn’t come along for everyone. “Volunteer,” she advises. “I’ve done that in the past, and it not only keeps you busy but makes you feel good.”

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

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

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

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

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## **Bachelorette 9, Episode 8: Meeting the Families**



By [Jared Sais](#)

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

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

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

It can seem like a look of sadness, but it's really more akin to the expression someone makes when looking at a cute dog

or baby. This non-verbal cue could mean that Des was genuinely touched by the gesture, or she could've been trying to be nice. It could also have been a look of pity. It didn't matter in the long run, though, since she sent Zak packing at the end of the episode.

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

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

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

### **Signs That Your Partner's Family Likes You**

- **They give you real hugs.** Real hugs are tight and last a long time. If it concludes with the rubbing of the back of your neck, you know it's a real hug.
- **Their smiles are genuine.** When someone offers you a genuine smile, crow's feet appear in the corner of the eyes, the cheeks are pushed up and the corner of the lips rise.
- **They stay close to you.** Family members will sit next to you and position you in the middle of the group. They invite you into their personal space, which is less than four feet from them according to Edward T. Hall.
- **They want to get to know you.** They ask you about your interests, your likes and your dislikes.
- **They invite you to future events.** Such invitations are a clear indication that they like you and want to see you more.



- **They're eager to serve you food and beverages.** People who like you want to make sure you're taken care of and happy.
- **The ex isn't mentioned.** They rarely discuss your partner's ex, and when they do, it's to comment on your superiority.
- **They give thorough answers to your questions.** People who like you will take their time in responding to you. They may even seem to ramble when they tell stories because they enjoy your company and want to maximize the amount of time that they spend with you. Tedious as it can be, try to think of it as a type of initiation.
- **You're a part of family stories.** They start telling anecdotes about things that occurred while you were in their company, which really indicates that they consider you to be "one of them."
- **They treat you as a member of the family.** If your significant other's mother or father asks you to set the table or perform a different household chore, it's another indication that they view you as a member of the family.
- **They offer compliments.** Take it as a good sign that your partner's family showers you with praise.
- **You feel wanted.** Trust your gut. Stay attuned to the vibes – good or bad – that you pick up.
- **They stretch out their goodbyes.** It's hard to say goodbye to people you like or love. When leaving your partner's family, look for signs of sadness. For example, their voices might lower. They might also give you multiple hugs and kisses.

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

### **Signs That the Family Doesn't Like You**

- **They give you fake hugs.** When someone gives a fake hug, their butt is pointed out. The hug is quick and may consist of

only a single or double tap on the back.

- **Their smiles aren't sincere.** Fake smiles only engage the lower half of the face. There is a total lack of eye movement.
- **They keep their distance.** They maintain space between themselves and you. Perhaps they scoot their seats away from you, lean back in their chair, choose a seat that's far away from you or find tasks to perform to avoid speaking to you.
- **They're uninterested.** They don't ask you questions about yourself or perhaps they simply exclude you from the conversation.
- **They exclude you from family events.** You notice that they never include you in their plans for family activities.
- **They glorify your partner's ex.** They speak very highly about your partner's previous relationships yet never compliment you.
- **They're not conversational.** They offer short responses to your questions.
- **They're reluctant to compliment you.** They rarely say nice things about you.
- **They have private conversations.** They often take your partner aside to have private conversations that are most likely about you.
- **It's impacting your partner negatively.** Notice your partner's mood. If they seem upset or angry, it may be because they are frustrated by having to defend you to their family.
- **Your partner emphasizes your strengths.** If your significant other starts describing you as the funniest, most brilliant person in the world, it's probably his attempt to ingratiate you to his family.

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

Meeting the family can be a daunting next step in your relationship. With these non-verbal and verbal signs in mind, however, you can determine how they feel about you and respond accordingly. Good luck!

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

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## Bachelorette 9, Episode 7: Confession in Madeira



By [Jared Sais](#)

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

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

### **One-on-One Date with Brooks**

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

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

### **One-on-One Date with Chris**

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

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

### **Two-on-One Date with Drew and Zak**

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

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

### **Ranking**

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

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

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## **Bachelorette 9, Episode 6:**

# Drama in Barcelona



By [Jared Sais](#)

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

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

## **Drew's One-on-One Date**

The constant kissing was cute at first, but after a while, it just started getting tedious. That said, there's a noticeable contrast between the first kiss that Drew and Des shared (at the start of their date) and their kiss when he stole the bachelorette away from dinner. The first one lacked intimacy, while the other one was very passionate. At first, it almost



seemed as if Drew was kissing Desiree in order to prove his worth as a contestant, making me think that he doesn't really like her as much as he wants to let on.

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

### **Drama with James**

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

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

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

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

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

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

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

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

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

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

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

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# Bachelorette 9, Episode 5: Finding Love in Germany



By Jared Sais

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

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

## Chris' One-on-One Date

There's no doubt about it: Chris is head over heels for Desiree. Even if you missed him saying that he was falling "slowly but surely" in love, there were plenty of non-verbal signs that he's into her. His eyes widen when he sees her; his

smile stretches from ear to ear; and when his voice lowers into a whisper and his eyes lose focus, you can tell that he's thinking only of her. Smiling with a wrinkled nose is another indication of playfulness. Other cues of trust and affection to look for include: leaning in close to one another, cuddling, nuzzling against the chest or shoulder, the ability to act goofy and maintaining eye contact.

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

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

### **Bryden's Exit**

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

### **Group Date**

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

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

## **Two-on-One Date**

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

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

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

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

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

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# Bachelorette 9, Episode 4: Atlantic City



By [Jared Sais](#)

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

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

## Brad's One-on-One Date

Desiree emphasized the word "great" when she was describing her day with Brad, saying, "We are having a *great* time." This emphasis indicates sincerity – she really did have a blast



with him. Think about when you're describing a delicious meal to someone. You emphasize the adjectives. For example, you might say, "I just had the most *amazing* sushi. So *fresh*! You have to try it." It's an easy way to decipher someone's true opinion.

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

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

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

## **Group Date**

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

you'll blend in. If you're brave enough to express your individuality – like Zak W. was – then you'll win the heart and mind of that special someone.

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

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

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

### **James' One-on-One Date**

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

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

when the gang heads to Germany next week.

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

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## Bachelorette 9, Episode 3: Dangerous Dodgeball Date



By [Jared Sais](#)

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

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

showing nonverbal portrayals of dominance.

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

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

## **Brooks**

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

## **Body Language of Chris and Des**

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

## **Brian's Ex-Girlfriend**

During the whole Brian's ex-girlfriend fiasco I started asking myself if Des was truly upset? I have to say it was a bit staged and I am sure she got the news before going on camera. Des had responses that appeared forced and she did more acting than naturally caring about what was happening. Des also had pinched lips which is a tell-tale sign that she was angry

about the situation, but I don't think she was all that into Brian anyway. She acted angry but my guess is that she was probably feeling more awkward.

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

## **Casey**

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

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

## **The one-on-one with Juan**

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

Either their kiss was not the kiss of a soulmate or that popcorn was unbelievably amazing.

## **On to Bryden**

Des stated that he is “reserved” and “doesn’t make the first move.” Bryden reserved? Doesn’t make the first move? Hmmm hmmmm please tell me more about how he’s in this to win Des’s heart. This guy is definitely seeing someone at home or is not feeling Des. When he stated, “When we kiss it’s awesome,” he closes his eyes and actually shakes his head no. This tells me it’s not as awesome as he wants to portray. He also does a shoulder shrug which is usually a nonverbal tell of a lie.

## **Ben and his evolving game**

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

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

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

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# Bachelorette 9, Episode 2: Quote Me Now



By [Jared Sais](#)

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

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

**Ben**

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

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

It's simple, "If I say 'yes' but I shake my head 'no,' this should send a signal to you that I am not being honest, as my body is contradicting my words." When Desiree said, "I am very open" –referring to the idea of Ben having a child–her body language was very closed off. Her hands, though under a blanket, were interlocked and her body was pulled in tight. Though Desiree is always cold, I have studied her body language enough to determine when she's cold vs. when she is defensive and not open to the situation. I know for a fact that if Ben keeps talking more about his kid, Desiree will soon find issue with it. Right now it's cute, but soon reality will sink in and Desiree will be turned off. For Ben to make it to my top 5, he has to make himself a bachelor and move away from being labeled as the single father.

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

Additionally, Desiree said about Ben's son, "he is your love and your joy." Then she pinched her lips, which usually is a sign of anger or disapproval. She also disconnected her eye

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

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

## **Bryden**

From ever lasting smiles to their double arm hold, you might think he's your pick to be Desiree's husband! But, I noticed that he wasn't fully enjoying himself. He was a bit disconnected at times and not willing to commit. In fact, the big nonverbal cue that gave me the impression he was not feeling Desiree (and I will go as far as saying he might have a girlfriend back at home) was during the pool scene. Bryden's arm was relaxing on the side of the pool as his forearm came right in-between him and Desiree, he was creating space and putting up a barrier. What probably seemed to come off as shy, came off to me as defensive and pulling back. Bryden seemed to show contempt when speaking to Desiree, telling me he wasn't feeling it as much as he was trying to portray. Also, he showed a lot of fake smiles, meaning he would smile only with half of his face, usually the mouth region.

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

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

## **Brooks**

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

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

If Brooks is just himself and the genuine, caring man he has portrayed to be so far, he will be Desiree's husband. I know this is a wild prediction as it is so early in the season but they held each other like they were soulmates and looked into each others eyes like they never wanted to look anywhere else. They danced the same way and the vibe was totally different with them than anyone else so far. Yes, I know, "so far," but I have been studying flirtation for about a decade now and I

know when something is real, and this was 100% real and passionate and, most importantly, telling. They showed their hands and I am sure Brooks will be in the top 5 if not her husband by the end of the show.

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

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

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

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

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## **Bachelorette 9, Episode 1: The Animal Kingdom**





By [Jared Sais](#)

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

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

When Desiree first met **Drew**, her eyes widened; she smiled from mouth to eyes; and she even did a little "mmm" sound when he walked inside. The attraction is there, but will he be a winning personality? I would say that, with his dashing smile, he'll be around for a while.

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



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

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

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

I think Juan Pablo is the most interesting man in the world. The only thing he's missing is a Dos Equis, but he made up for that with what he first said to Desiree, "Who's Juan? Juan Pablo." Yeah, he has a catch phrase. Very smooth. He also has a relaxing way of speaking; his voice is soft, slow and charming. It's not always what you say but how you say it, and whatever that guys says sounds good. There will be plenty of non-verbal information on him to come, but sadly, his time was cut short due to a random soccer game. Of course, a competition broke out to prove to Desiree that they could kick a ball well. Very animalistic, right?

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

**Will** won't stick around for long, but I'll take a high five on

the way out.

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

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

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

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

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

*Jared Sais is co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is an expert*

*in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love.*

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## 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](http://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.**

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# Rejection Turns to Love for 'The Bachelor' & 'The Bachelorette' Cast-Offs Peyton Wright and Chris Lambton



By Kerri Sheehan

Celebrity couple Peyton Wright and Chris Lambton are both alumni of the popular reality TV show [The Bachelor](#) and its female counterpart *The Bachelorette*. Neither one found a lasting relationship and love with the final rose, but they later met through mutual *Bachelor* friends in 2010. Lambton told [People.com](#), "Every day I thank my lucky stars I was on that show because I met the woman of my dreams, my wife." The celebrity couple celebrated their one-year wedding anniversary this month.

# Celebrity couple Peyton Wright and Chris Lambton are together thanks to some friends from *The Bachelor*. What are some ways to meet a partner through your pals?

## Cupid's Advice:

Meeting the person who is right for you is easier said than done. Cupid has some dating advice for finding someone special through friends:

**1. Be honest:** Let your friends know that you're looking to add members of the opposite sex to your friendship circle. You never know who you're going to meet, and chances are, you'll find some awesome new pals in the process. A relationship and love may not come right away, but expanding your horizon never hurts.

**Related Link:** [Favored 'Bachelor' Turns Down Gig](#)

**2. Be open:** It's often true that our closest friends know us better than we know ourselves, so let them prove that by setting you up. The worst that can happen is you add another bad date to your list and move on to the next one!

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

**3. Build a foundation:** Many of the best relationships and love blossom from friendships. Being buddies shows that you're already compatible on many levels, so why not give a romantic connection a shot?

**Have you ever met a partner through your friends? Share below.**



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# Reality TV: ‘The Bachelorette’ Star Arie Luyendyk, Jr. Says, “When You Stop Looking, You’ll Find What You’re Looking For”



By [Whitney Baker](#)

[Johnson](#)

Most women know Arie Luyendyk, Jr. from appearing on Season 8 of *The Bachelorette* with Emily Maynard, but this eligible Dutchman made headlines far before ABC’s popular reality competition show.

Growing up the son of a two-time Indianapolis 500 winner and

Indy speed record holder, Luyendyk initially made a name for himself in the car racing world. "I grew up at the track, so being a driver felt natural to me," he says of his career choice.

Being a driver wasn't enough, though. "Honestly, I needed a break from racing after Dan Wheldon's tragic death, so when *The Bachelorette* producers called, I thought why not! I've always been a very open and optimistic person. I went into the show with that mentality and met an amazing person."

Although he didn't win Maynard's heart, the handsome runner-up formed lifelong friendships with two of the men he strongly competed against: Sean Lowe from *The Bachelor* Season 17 and Jef Holm, Maynard's final choice. "Sean and I still chat every now and then, and I'm really happy for him and Catherine. Jef and I have a blast hanging out – we kick it quite a bit." He adds, "You definitely grow close to the other guys. I think it's because being on the show is so crazy and hard to explain."

**Related Link:** [‘Bachelor’ Sean Lowe Fires Back at Rumors Pointing to Troubled Relationship](#)

When it comes to dating, he confesses that he definitely learned some important love lessons from being on the show. First, "love potions don't work!," he jokes, referring to his last date with Maynard in Curacao.

On a more serious note, his relationship advice to others would be "when you stop looking, you'll find what you're looking for." It seems like he's strongly committed to this motto because, simultaneous to our interview with him, he took to Twitter to share the same quote with his fans.

Could these words of wisdom be a result of his short-lived relationships with Courtney Robertson, *The Bachelor* Season 16 winner, and Selma Alameri, one of Lowe's eligible

bachelorettes?

“Dating is more difficult now because there are some big expectations.” Still, he believes that he’ll find “the one” someday. “I think falling in love is rare and the way that you are with someone special is unique. Hopefully, I can meet someone who loves me and not the idea of who they think I might be.”

When it comes to the right woman, he says he wants someone who is “witty, amazing and has a good sense of humor.” And whenever she comes along, he’ll be ready. “When the time is right, I’ll know it, but you can’t plan a wedding if you don’t even have a girlfriend.”

**Related Link:** [Desiree Hartsock Is the New ‘Bachelorette!’](#)

So would he ever sign on to be *The Bachelor*? “I think I would if it didn’t conflict with racing and if I wasn’t dating anyone.”

For now, though, ladies, when it comes to dating, this man is taking to slow. It seems like he’s back to focusing on his career.

Earlier this month, Luyendyk returned to his racing roots, finishing fourth at the season-opening race in Phoenix. This coming Sunday, he’ll be driving at The Long Beach Grand Prix in Robby Gordon’s Stadium SUPER Truck Series and IndyCar’s 2-Seater. “I’m super excited for the weekend. This race is the only one we have on pavement, so I feel like I have the advantage going in,” he shares. “I hope the fans enjoy the race and come out to our stand-alone event at the LA Coliseum on Saturday, April 27th.”

Plus, he’s working towards a new show of his own, so we should be seeing the good-looking driver on the screen again soon. Cross your fingers!

For more information about Luyendyk, you can follow him on [Facebook](#) and [Twitter](#).

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# 'Bachelorette' Reality TV Stars Ashley Hebert and J.P. Rosenbaum Speak Out About Waiting for Marriage



By Jessica

Conigliaro

According to [People](#), the newest reality TV couple Sean Lowe and Catherine Giudici are saving sleeping together for their celebrity wedding night...unlike famous couple Ashley Hebert and her *Bachelorette* winner hubby, J.P. Rosenbaum, who chose not

to wait for marriage. “Those are their own personal beliefs, and we’re not going to judge them,” Rosenbaum says. “We do our thing; they do their thing.”

## Two reality TV couples have different opinions when it comes to waiting for marriage. What do you do if you and your partner have conflicting beliefs?

### Cupid's Advice:

Your boyfriend seems to have differing beliefs from you. However, you don't want them to damage your relationship and love in any way. Cupid offers some love advice on how to work through your differences:

**1. Compromise:** You and your love have different religious beliefs. Your man wants to go to church, and you want to go to temple – what now? Make a compromise: Go to church with your man one week and have him come to temple with you the next. You will both appreciate each other's support.

**Related Link:** [Reality TV Stars Ashley Hebert and J.P. Rosenbaum Celebrate Holiday Traditions](#)

**2. Try new things:** Your partner has always wanted to move to a different state before settling down. You, on the other hand, have no interest in leaving. Try going on an extended vacation over the summer and travel from state to state for a few months. You never know what you will end up enjoying, so don't be afraid to try something new!

**Related Link:** [Famous Couple Sean Lowe and Catherine Giudici Speak Out Against the New 'Bachelorette' Twist](#)

**3. Pick your battles:** Your boyfriend has been dead set on getting a dog for the past few months. He has been nagging you about it, but you say no, knowing you'll end up taking care of the pet instead of him. If he continues to bug you about it, perhaps it's time to cave. He clearly won't give up until he gets his furry friend. Sometimes, you have to do things you'd rather not do – like cleaning up dog poop! – for the one you love. He'll surely take notice of your kindness and will some day return the favor.

**How do you deal with conflicting beliefs between you and your partner? Share below.**