

Cupid's Pulse
* * Celebrities. Love. Opinions. *



for all the right reasons before getting involved in the process. Are you doing this out of guilt? Are family members or friends pressuring you into the situation? Make sure you're doing this because you truly want to.

Related: [Kendra Wilkinson Gives Husband Hank Baskett Second Chance After Infidelity](#)

2. Assess your current situation: Secondly, you and your partner are going to want to make sure that even though you may want a child, this is the best possible time to do so. Are you financially ready? Are you ok with the fact that this child may need time to adjust, extra love and care, etc? Get ready to ask yourself a lot of thought provoking questions.

Related: [Jason Derulo Broke Up With Jordan Sparks Over the Phone](#)

3. Determine your support: Do you and your significant other have family members or friends that are willing to help you take care of the child when needed? Or, can you fall back on certain family members financially if the situation arises? Also, it might be important to consider your employer's benefits. Sometimes companies will provide financial assistance in adoption situations.

Should you adopt? What are some reasons pro or con? Share in the comments section below!

Madeline Zima and Joel David Moore Are #Stuck



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ADORABLE VALUES TIE DELICACY

By [Courtney Omernick](#)

A one-night stand between Holly (Madeline Zima) and Guy (Joel David Moore) turns into the two of them spending more time together than they'd like. After Holly leaves Guy's place, she realizes that she left her car at the bar and needs a ride from Guy. After getting on the highway, the two realize that they will have to make small talk for the next few hours as there is a huge traffic jam backing them up for miles.

Should you see it: If you like romantic comedies and watching how relationships unfold, then this is the film for you. The film also features plenty of breakout stars such as Madeline Zima, Joel David Moore, Abraham Benrubi, and more!

Who to take: This romantic comedy would be great to see with your girlfriends or your boyfriend.

How can you end a short term relationship?

Cupid's Advice:

Sometimes, we get ourselves involved with the wrong people at the wrong time. And, because there are feelings involved with every relationship you have, no matter how short, it's important to end it tactfully and as politely as you can. Below are some tips you can use when looking to end a short term relationship.

1. Determine whether or not you want to pursue the relationship: Give yourself some time to really think about how you feel. You wouldn't want to end the relationship only to beg for the other person to come back a few days later.

Related: [Mario Lopez Admits to One Night Stand with Pop Star](#)

2. Do not give false excuses or apologize: If there truly is nowhere for this relationship to go but down the tubes, it's best that you not dance around the issue. Don't give the old fashioned excuse, "it's not you, it's me." And, don't apologize. These are your true feelings.

Related: [Mila Kunis and Ashton Kutcher Welcome a Baby Girl](#)

3. Honesty is the best policy: When all else fails, honesty is the best policy. When the other person is clearly more into the relationship than you are, simply say, "I'm going to be honest with you..." and let the truth flow from there.

How have you ended a short term relationship? Share your stories in the comments!

Stars Who Are Always Single



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Taylor Swift

Since splitting from One Direction singer Harry Styles, the leggy singer has remained out of the dating spotlight. Known for writing songs about her previous relationships, her recent release "Shake It Off" is an empowering single about ignoring the haters and will be featured on her album '1989,' set for release October 27th. Photo: GG/FAMEFLYNET PICTURES

‘DWTS’ Star Antonio Sabato Jr. on Dancing with His Wife: “It Will Be So Special For Us Both”



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By [Sarah Batcheller](#)

Dancing with the Stars duo Antonio Sabato Jr. and Cheryl Burke have stopped at nothing to climb to the top tier of dancers on this season of the hit ABC show. The former soap opera star attributes their success so far to his partner's excellent teaching ability. Although they ended up in jeopardy at the start of last week's show, their performance during week three – a flirty Foxtrot – solidified their status as worthy competition to the other pairs. Meanwhile, Sabato's DIY show, *Fix It and Finish It*, has brought the two to Louisville, Kentucky, to rehearse for this week's sultry Samba. Luckily, in this week's celebrity interview, we were still able to catch up with the star and get the lowdown on last week's episode and his hectic schedule! Plus, we asked him about his [celebrity marriage](#) to wife Cheryl.

Celebrity Interview with 'DWTS' Pro

What was your first thought when you found out you were in jeopardy on last Monday night? Was it harder to focus on the Foxtrot knowing it might be your final dance?

ASJ: No, my mind was actually just focused on the dance, and I didn't let it affect me. When I get put in that position, I take it as I go in order to be positive for the dance. I concentrate on what's coming up and don't worry about anything else.

During training last week, you said the most important thing to you is having fun. So tell us: What's been the most fun part of this experience so far?

ASJ: Having a trainer like Cheryl teaching me all kinds of new dances and just *how* to dance. She's so great at explaining everything to me. I've never danced before and never as much as I do now. She's great at teaching me about different music and different styles of dance.

Related Link: ['DWTS' Star Antonio Sabato Jr. on His First Week: "I Do Everything Cheryl Tells Me To!"](#)

We agree with Erin – we thought this was your best dance yet! How did you feel about the judges' comments and scores?

ASJ: I take the judges' comments back to the training and use it to motivate me to do better next week. They know what they are doing, and I don't let it ruin my night. I take it as advice and move on.

Anything you can reveal about this week's dance? Have you changed anything about your approach during rehearsals?

ASJ: There's nothing I can say about this week, but be sure to watch! My approach has been to work as hard as I can doing my two jobs at the same time: *Fix It and Finish It* and *DWTS*. I

only get a limited amount of time to rehearse, which has allowed me to focus. I'm used to getting into the hectic schedule of traveling from Los Angeles to cities like Louisville, where I am now, along with the daily schedule of hours of training.

Antonio Sabato Jr. Opens Up About Celebrity Marriage

In our first interview, you mentioned using your newly acquired dancing skills with your wife Cheryl. Have you practiced any of your moves with her yet?

ASJ: Not yet, because I haven't been home. As soon as we're done each Monday, I'm off to shoot *Fix It and Finish It*. When we have the time, we will have our dance, and it will be so special for us both.

Related Link: [‘DWTS’ Contestant Antonio Sabato Jr. Reveals His First Dance: The Cha-Cha!](#)

As always, we want to check-in and see how *Fix It and Finish It* is going. Do you have a favorite episode or moment during this season so far?

ASJ: There are just so many to mention because we've done 61 shows and not one is better than another. All the people and families we help are so giving and happy when the job is done. I have to say that all 61 episodes thus far are my favorite!

Follow Antonio Sabato Jr. on Twitter @antoniosabatojr. Watch him on Dancing with the Stars on Mondays on ABC at 8/7c!

5 Celebrity Bachelors That Take Care of Their Moms



By Courtney Omernick

1. Shia Labeouf: When he's not on the red carpet, Shia can be seen spending time and taking care of his mother. Shia even stated during an interview with Playboy that his mother is, "the sexiest woman alive."

get enough of Leo and his mother. They're constantly caught having lunch together, vacationing, and more. It has also been reported that Leo won't date anyone that his mother doesn't approve of! Talk about a good son.

3. Ryan Gosling: As if we needed another reason to love him! Ryan makes sure his mother gets star treatment by bringing her to every premier. He even asked Meryl Streep pay his mother a compliment at the 2007 Oscars because she was worried about her hair.

4. Sean Combs (P. Diddy): P. Diddy may present himself as a 'tough guy,' but really, he makes sure his mom is taken care of. Like Ryan Gosling, P. Diddy enjoys taking his mom to red carpet events, and making sure she owns the best of everything.

5. Zach Braff: Not only does the 'Scrub' star take care of his mom, but he makes sure that she has an active role regarding his life decisions. When Zach bought a motorcycle, he stated that if his mom disapproved, he would take it back to the store in a heartbeat.

What other celebrity bachelors take care of their mothers? Share in the comments!

10 Signs That Your Relationship Has Hit a Dead End



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By [Courtney Omernick](#)

The popular saying, “All good things must come to an end” can also apply to relationships. Sometimes, unfortunately, you’ve hit a lull, and there’s nowhere to go, but your separate ways. How can you tell if it’s time to move on or just time to try harder? The signs aren’t always clear. Cupid has provided some key hints below!

1. He/She isn’t supportive of your interests outside of the relationship: Sure, not every couple loves all of the same things, or likes all of the same activities. But, if you’re significant other shows no sign of interest in anything that you do (work, volunteer opportunities, personal interests) outside of your relationship, it might be time to call it quits.

Related: [Kris Jenner Officially Files for Divorce from Bruce Jenner](#)

2. You fight more than you have fun: If your bad times are outweighing the good and it just isn't fun anymore, you might be at a dead end. Arguing causes stress, but if your relationship seems more stressful than relaxing, then that's definitely a warning sign.

Related: [Bow Wow and Erica Mena Are Engaged After Dating 6 Months](#)

3. What future?: If the furthest into the future you've thought about is what the two of you are going to have for dinner tomorrow night, then you might be in trouble. Thinking about the future isn't something that has to happen often, but if you can't picture them with you, you may be nearing the end.

4. YOU'RE making the effort: Relationships are 50/50, a two way street. If you're the one that's constantly driving to see the other, rearranging your schedule, or going out of your way, you might need to rethink your romance.

5. No special gestures: No, we're not expecting lavish gifts, flowers every day, or elaborate dinners, but if your significant other has completely stopped trying to make you feel special, there may be an issue. You both could just be stuck in a rut, but it's definitely something to address.

6. You're life goals aren't the same: Not every couple is going to have the exact same goals or desires, but if you both are heading off into COMPLETELY different paths, and there seems to be no room for compromise from either party, you may need to reconsider your relationship.

7. You don't think of them when you're apart: Not every waking hour has to be spent thinking of your partner, but it's normal to think about them during the day when you may not be with

them. If you're not thinking of your significant other at least once during your day, maybe you're just not concerned about them anymore?

8. You're waiting for them to change: No one is the same person year in and year out. People grow, mature, and change throughout their lives. But, if you're constantly waiting for your significant other to change their looks, humor, attitude, etc., then it's probably time to move on.

9. They don't get upset when you cancel: If it seems like your partner feels a sense of relief when you have to cancel your plans with them, it might be a sign that things are coming to a close.

10. There's a lack of respect: If your significant other is constantly belittling or questioning your actions and beliefs, then you two might be headed for splitsville.

When did you know your relationship hit a dead end? Comment below!

Delve Into a Modern Day Marriage With 'The New I Do'





By Lisa Nardone

In the United States, over fifty percent of marriages end in divorce. It's no surprise then that what it means to be married has been redefined through the catalyst that is modern society. These days, it seems as if everlasting love is no longer a reliable factor in the equation for a long-lasting marriage. Luckily, CupidsPulse.com had the opportunity to interview two marriage experts in order to shed light on how to have a successful relationship in today's world.

The New I Do: Reshaping Marriage for Skeptics, Realists and Rebels is a book that looks underneath the surface of modern day marriage in order to save couples from the increasing divorce rate. Therapist Susan Pease Gadoua and journalist Vicki Larson join together to not only bring insight to what it means to get married more consciously but also to offer specific models of non-traditional marriages, such as marrying for financial stability. With personal experience in the field of broken relationships, the authors are the perfect pair to help guide others to a successful marriage.

Is there a specific message that you would like readers to take away from *The New I Do*?

Vicki and Susan: Yes – that they have the power and the freedom to have the marriage they want. In reality, marriage doesn't look one certain way; there is no right or wrong relationship. A marriage license doesn't tell couples how they should structure their daily lives; it doesn't require them to live together, be monogamous, be madly in love, or have kids. Couples get to decide the rules for themselves. We believe more people will have happier, successful marriages if they understand that they have that freedom. We hope they open their minds to the possibilities.

What do you believe to be the biggest factor of a healthy relationship?

V and S: Having two emotionally healthy, self-aware people who have realistic expectations of each other and of the relationship. Many people come to relationships thinking their partner will be their other half or that, if they're with the "right" person, they will stay in a high state of romantic love and things will be easy.

Coming into a romantic relationship expecting your partner to complete you or be perfect puts an undue burden on (and gives unrealistic power to) the other person. Ideally, couples support and encourage growth and freedom in each other and themselves and are able to openly, lovingly, and honestly communicate.

Related Link: [Creating A Healthy Lifestyle With Your Partner](#)

What advice do you have for women who are facing the challenges of being a single mother post-divorce?

V: I would hope that rather than being "single divorced mothers," they would be co-parenting divorced mothers. I strongly believe children need both parents in their lives,

and I encourage couples to share physical custody when possible.

Divorce per se isn't bad for kids, but conflict is. As hard as being divorced may be emotionally, avoid fighting with your former spouse. Be a good co-parent and encourage and support your former spouse in their co-parenting too. Your kids will thrive if you are able to do that for them – that's doing our job as a parent.

What advice can you give to women who feel that their relationship is beginning to emotionally disconnect? What can they do to save their marriage?

S: The best thing a woman can do if she sees a gap developing between her and her partner is to name it early on and then invite her partner to get reconnected. Don't wait until things are really strained and stay away from blaming the other person for the troubles. Most people wait six years after problems arise to seek professional help. By then, there are layers of hurt feelings and resentments to the point that the relationship may not be salvageable.

Related Link: [Couples Therapy: A Way to Rebuild a Struggling Relationship](#)

What would like to see accomplished due to your book? Any changes you hope to see in future marriages?

V and S: We'd like to see people stop clinging to an outdated image of marriage. Our biggest hope is that couples wed more consciously; getting married is among one of the biggest decisions a person can make, so exploring why you want to marry, what you can bring to the marital table, and the kind of marriage you want are important questions to ask yourself.

And we would like the shame, blame, and failure surrounding marriages that don't last forever or that are outside the norm to disappear. We hope people become more open to and accepting

of non-traditional marriages. We believe that, if couples understand that they have the freedom to create marriages by their definition of success, we will see happier, healthier unions and more stability for those who wish to have children.

Check out the authors' website, <http://thenewidobook.com/> and pick up your own copy of The New I Do today!

Ashley Tisdale Talks Celebrity Marriage: "He Inspires Me in So Many Different Ways"





By [Sarah Batcheller](#)

In a recent interview with Wonderwall, newlywed Ashley Tisdale gushes about the love she shares with husband Christopher French. The actress says she just knew that it was right and that he inspires her every day. The rocker's loyalty is second-to-none, a quality that Tisdale highly regards in her [celebrity marriage](#). The *High School Musical* star also dishes on how she and former *HSM* co-stars have kept in touch over the years, raving especially about her friendship with Vanessa Hudgens. Read on for the details from her adorable celebrity interview!

Ashley Tisdale Opens Up About Her Celebrity Marriage

WW: Did falling for your husband open your eyes to a new kind of romance or love story?

AT: "Definitely! Obviously! He definitely inspires me, for

sure. It's one of those moments where, in the past, everything else was just kind of forced or not right. Then, finally, when you are in the one that's The One, you are like, 'Oh, wow! This is how this is supposed to be.' So it's natural and nice. It's one of those moments that you just know."

Related Link: [Ed Sheeran's New Girlfriend is Taylor Swift Approved](#)

WW: How does he inspire you in your celebrity marriage?

AT: "He inspires me in so many different ways, just to be a better person. I never really had someone guy-wise who was a loyal person, so it's really nice to have someone be as loyal ... I hold loyalty and respect really high. So it's like 'Oh, there's someone who is giving back as much as I'm giving.'"

WW: What is your idea of a romantic encounter?

AT: "I think it's that first connection. You just feel it. It's an exciting time, I think. It's the first spark where you go, 'Oh my God, this is so great.' I definitely can relate to that moment for sure. You always remember it too, that moment."

WW: What's your idea of a romantic evening?

AT: "For the first couple of dates, I'm definitely someone who likes to be more casual. When it's super romantic, it's a little bit of pressure, and you're like 'Oh my God, this is nerve-racking.' I'm one of those girls that you can just take to dinner and not have to romance completely. I'm someone who likes the idea, but I'd rather go to a cool restaurant that's not so dark. For me, romance is the smaller things. I'm definitely someone who is adventurous and spunky."

WW: Are you a hopeless romantic?

AT: "Yeah! I definitely am. I'm someone who loves romantic comedies: *My Best Friend's Wedding*, *Just Married*, and *How to*

Lose a Guy in 10 Days. And I listen to Taylor Swift's music all of the time."



Ashley Tisdale and Christopher French on their wedding day. Photo courtesy of Ashley Tisdale's Instagram.

Celebrity Interview with Ashley Tisdale

WW: You recently had a *High School Musical* reunion. How was that?

AT: “Monique [Coleman] does this charity where she was giving away a dinner with the cast. So there was a winner a couple of months ago, and she was finally able to get us in one area to do it. It was the best time. We were just talking about anything and everything. [The winner] was so a part of it because we hadn’t seen each other in so long. It’s been years since we’ve been all together like that.”

Related Link: [Lea Michele Kisses Boyfriend on Boat in Italy](#)

WW: You and *High School Musical* co-star Vanessa Hudgens have really stayed close over the years. How has your relationship grown?

AT: “We will always have this connection of something we’ve been through together. Over the years, though, she’s really grown up and is such a beautiful person. It’s nice to grow together and lean on each other in moments that we’ve needed it. It doesn’t matter how busy we both are; if I pick up the phone and call her, she’s always there. So to have that kind of friendship has been awesome.”

For the rest of the celebrity interview, visit www.wonderwall.com/entertainment/ashley-tisdale-my-husband-inspires-me-everyday-1840127.article. You can keep up with Ashley on Twitter @ashleytisdale.

Family Chaos Commences in ‘What We Did on Our Holiday’



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By [Courtney Omernick](#)

Doug (David Tennant) and Abi (Rosamund Pike) and their three children travel to the Scottish Highlands for Doug's father Gordie's (Billy Connolly) birthday party. It's soon clear that Doug and Abi's three children are causing the chaos in their relationship.

Should you see it:

If you like a good, family comedy and relationship dynamics, then hurry to the theater! This film also features great actors such as Rosamund Booth, David Tennant, Ben Miller, Billy Connolly, Amelia Bullmore, and more.

Who to take:

This family comedy would be great to see with your friends, family members, or anyone who loves to laugh and family relationships.

How can you and your partner keep the romance alive after having children?

Cupid's Advice:

The old saying goes, "if you think your life is hectic now, wait until you have kids!" However, many of us don't realize how true that statement is until after the first child is born. Now that you're putting your child first, it can be hard to even fathom when you'll have time to plan a date night. So, how can you keep the romance alive after having children? Cupid has some advice below.

1. Don't lose touch: It's surprising how important physical contact is for a person. Dr. Paul Zak states that hugging or kissing at least eight times a day helps with the production of oxytocin in the brain and body. This has great effects on the growth of trust, connection, and empathy.

Related: [Eva Mendes and Ryan Gosling Welcome a Baby Girl](#)

2. Make any night special: Date night doesn't have to be the only "special" night in your relationship. Make any night count! After the kids are asleep, cuddle up on the couch, watch a movie, or make some time to talk about your day.

Related: [Princess Kate Weighs Malta Trip Amidst Pregnancy Sickness](#)

3. Flirt throughout the day: Whether it's via email, instant message, or text message, keep the spark going by taking a quick moment to send a sweet message to your partner. Take a few quick moments during your day and before you know it, you've sent a few love notes.

How have you and your partner kept the romance alive after

having children? Share your stories in the comments!

‘DWTS’ Star Antonio Sabato Jr. on His First Week: “I Do Everything Cheryl Tells Me To!”



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Interview by [Lori Bizzoco](#). Written by Shannon Seibert.

It looks like Jagger has some moves! Last Monday, Antonio Sabato Jr. captivated the audience with his first dance on

ABC's hit show *Dancing With the Stars*. The former *General Hospital* star kicked off season 19 with a fiery Cha-Cha. Sabato and partner Cheryl Burke were criticized by the judges for his lack of "hip action" and scored a lackluster 25 out of 40. In our [celebrity interview](#), we asked him a few questions about his first week on the dance floor as well as his new home improvement series *Fix It or Finish It*.

Related Link: [‘DWTS’ Contestant Antonio Sabato Jr. Reveals His First Dance: The Cha-Cha!](#)

Celebrity Interview: Antonio Sabato Jr. Opens Up About His First Dance on *DWTS*

How did you feel about your Cha-Cha and about being the first one to go out on the floor?

ASJ: I thought it went well. When you're out there in front of an audience, the energy is amazing. You can't help but turn the performance up a notch. Going first is challenging – it's all over before you know it!

We hear you are doing the Rumba on tonight's show. What techniques or strategies are you and Cheryl working on to help you loosen up a little more? The chemistry is great, so that's an amazing start!

ASJ: I'm just trying to relax and be in the moment and let the steps come naturally. I do everything that Cheryl tells me to!

Related Link: [‘DWTS’ Pro Tony Dovolani on His Marriage: “My Wife is My Queen”](#)

We see that you visited Mario Lopez the other day. Did he give you any tips or secrets based on his experience on DWTS?

ASJ: No secrets – he just told me to have fun.



Antonio Sabato Jr. filming for 'Fix It or Finish It.' Photo: Bellum Entertainment / Andrew Doyle

Lastly, how are things going with *Fix It and Finish It*?

ASJ: Fantastically! The ratings have been really good, and we just found out that Rive Gauche has picked up the show to sell it internationally. It's a great experience, and I love that I get to help people every single day.

Follow Antonio Sabato Jr. on Twitter @antoniosabatojr. Watch the actor on Dancing with the Stars on Mondays on ABC at 8/7c!

Date Idea: Be a Sweetheart



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By Shannon Seibert

The saying goes that the best way to a person's heart is through their stomach: Take this weekend to satisfy your sweet tooth with new recipes and make sweet treats with your honey. Together you can indulge in sweet treats and indulge in each other.

Related Link: [Date Idea: Take a Shot](#)

Be sweet on each other. Get creative in the kitchen and bake each other some sweet treats. Surprise each other with samples of your favorite desserts. Remember all of those Pinterest recipes you've "Pinned for later" well, now is the time to bust out your best Betty Crocker moves to impress your man.

If you need a little baking inspiration, you can never go wrong with chocolate, in any form. Brownies, cookies, cakes or

any other treat, chocolate is always the answer. You can bring a little extra something to your batch of brownies by putting crumbled Oreo pieces in the batter. Also, if you aren't a fan of chocolate there are always other routes to try. This Key lime Pie Recipe from allrecipes.com is affordable and delectable. It will have your taste buds, as well as your man's, begging for another piece of the pie.

Related Link: [Date Idea: Live Out Your Fairytale](#)

Play with your food. You've always been told not to, but it's time to bend some rules. Make an assortment of yummy treats and blindfold your honey. Feed him one treat at a time and have him guess what it is, or what is in it. If he gets it right, then it's your turn to be blindfolded.

If you're feeling a little adventurous, start a classic food fight. Flick a little flour his way, and before you know it, the both of you will resemble the inside of a mixing bowl. If you don't mind the mess, it's a fun way to pass the time while waiting for your treats to bake.

You can even decorate your tasty treats, icing is just a step up from Crayons. Write your man a sweet message on a decorative cake to show him you care. Something as simple as "Glad You're Mine" or the traditional "I love you" can make him smile. Afterwards, pair a glass of Sherry with your favorite treat, and enjoy sweet conversation with each other.

Have any sweet secret recipes? Share with us in the comments below!

'Blood, Sweat and Heels' Star Brie Bythewood on Departure From Reality TV and Celebrity Pregnancy



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ADORABLE VALUES TIE DELICACY

Interview by [Lori Bizzoco](#). Written by [Sarah Batcheller](#).

Bravo's *Blood, Sweat and Heels* reality TV star Brie Bythewood has it all: an impressive career, a devoted man, and soon, a little girl to call her own. CupidsPulse.com Executive Editor Lori Bizzoco spoke with the real estate developer at the *OK!* Magazine New York Fashion Week event on September 10th to get some insight on her celebrity pregnancy and the upcoming season of the hit show. However, this week, there have been

rumblings that Bythewood won't be returning to *Blood, Sweat and Heels*, so we followed up with her and got the full scoop on her plans for the future. Here's what we know:

Bravo Star Talks About Reality TV Show

The mom-to-be spoke to us about the recent rumors of her departure from the reality TV show, "It was a decision made months ago," she reveals in our celebrity interview. "For me, my pregnancy is, and has been, my focus."

Related Link: ['Blood, Sweat and Heels' Star Brie Bythewood on Baby Announcement: "There Won't Be Any Pregnancy Scenes on the Show"](#)

When we asked Bythewood if there were any new projects brewing or if she would be taking a break, she said that instead of slowing down, her schedule has actually picked up, and she has a new project in the works, hinting, "That will be something everyone will have to wait to see! I can't really get into the details about it quite yet, but it will be very different from what you saw on *Blood, Sweat and Heels*."



Brie Bythewood is thrilled about having a baby girl. Photo: Alicia Bythewood

Brie Bythewood Dishes on Her Celebrity Pregnancy

The Emerson alumna describes the father of her soon-to-be daughter as her “heartbeat” and gushes that he’ll be an amazing dad. She goes on to say, “He’ll be the first man [our daughter] ever loves, and she doesn’t know how amazing of a person that is to have as a first love.”

While speaking of the gender reveal party she and her longtime boyfriend hosted, Bythewood reflects on the day their doctor called to announce the sex of their baby. She appointed her mother as the keeper of the secret, as she wanted the news to remain a surprise so she could share the moment with the rest of her loved ones. So when the party came around, the original Mama Bythewood filled a box with pink balloons, and when the couple opened it, they rejoiced at the news of a baby girl on her way.

Related Link: [‘Blood, Sweat and Heels’ Star Brie Bythewood Says, “I Don’t Know How to Be Anyone Other Than Me”](#)

It was difficult to meet up with a few of her former castmates to tell them the news of her [celebrity pregnancy](#), and she regrets that they read the story in the press first. She states, “We couldn’t get it together, so I said, ‘You know what, you’re going to read some news; I wanted to tell you first.’ But I refused to tell them over the phone.”

We’re sad that there will be no pregnancy and celebrity romance on the second season of *Blood, Sweat and Heels* – we’ll miss the class and sophistication that the mama-to-be brought to the small screen!

You can keep up with Brie on Twitter @BrieBythewood!

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

Celebrity Gossip Columnist

Perez Hilton on Dating in NYC: “It’s Raining Men, But It’s Exhausting”



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ADORABLE VALUES TIE DELICACY

Interview by [Lori Bizzoco](#). Written by Christina DeRosa.

It's hard to keep up with Perez Hilton, as he's always on the go trying to get celebrity gossip for his own popular website. But the blogger slowed down for a moment to catch up with CupidsPulse.com at *OK!* Magazine's New York Fashion Week celebration. During a one-on-one celebrity video interview, he gave us the latest scoop on living a healthy life and looking for a relationship and love in New York City.

Perez Hilton Talks Celebrity Dating

When asked about [celebrity dating](#) in New York, Hilton shared that he isn't giving up on the hope of finding someone special. He's continued to online date, as he shared in his last interview with us (see related link below). "It's great; I'm not gonna complain," he adds. "It's raining men, but it's exhausting going on so many first dates."

Related Link: [Perez Hilton on Dating with a Child and Finding Love Online](#)

What he wants in a partner is quite simple: "Somebody who is happy – happy professionally, happy personally, and happy with the direction their life is heading in," the blogger tells us. "Someone who knows who they are, knows what they want."

With his son adjusting to the New York lifestyle, we were curious to find out if there would be more kids in his future. The celebrity gossip columnist replies, "If I'm lucky!"

Hilton also reveals his plan for staying slim and healthy: that large bag with him on the red carpet. When asked what was in the bag, the star admits, "My food." His secret: "Nothing special – no juicing, no weirdness, just healthy food really."

Related Link: [Perez Hilton Opens Up About Fatherhood](#)

Celebrity Gossip Columnist on Fashion

Ever the fashionista himself, he says, "What I have most enjoyed about fashion week is just getting to wear so many fun clothes."

He said that his inspiration behind the black and white unitard and black boots he was wearing at the *OK!* event was to pay homage to the beloved red carpet queen herself: Joan

Rivers. So sweet!

Keep up with Perez via Twitter @PerezHilton.

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

Reality TV Stars Deena Cortese and Chris Buckner Talk 'Couples Therapy' on VH1



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ADORABLE VALUES TIE DELICACY

Interview by Ashley Pacifico. Written by Stephanie Salsini. Fans of *Jersey Shore* and *Snooki & Jwoww* recognize Deena Cortese as the hilarious little “meatball” who is best friends with Snooki. In our exclusive celebrity interview during *OK!* Magazine’s New York Fashion Week celebration, CupidsPulse.com asked Cortese and her boyfriend Chris Buckner about what we could expect to see from them on the reality TV show *Couples Therapy* as well as their best fashion [dating advice](#).

Related Link: [Snooki Prepares for Wedding Day with ‘Great Gatsby’-Themed Bridal Shower](#)

Reality TV Stars Talk *Couples Therapy*

Viewers know Cortese for her crazy partying, but you won’t be seeing that behavior from her on *Couples Therapy*. “You’re going to see a completely different side of me. I open up about a lot of stuff that I didn’t feel comfortable opening up on *Jersey Shore*, so it should be very interesting,” the reality TV star reveals. Buckner also shares his thoughts on being filmed for the VH1 show: “It was an awesome experience. There were a lot of ups and downs. I know it’s going to be a lot of fun to watch.”

When the celebrity couple aren’t on television, the pair enjoys going all out for their date nights. “We do a lot of little getaways, like spending a couple of nights in Atlantic City, getting dinner, and seeing a comedy show – the whole nine yards!” Cortese explains.

Related Link: [Deena Cortese Says Snooki Will Be a ‘Great Mom’](#)

Deena Cortese on Fashion Dating Advice

Of course, with NYFW in full swing, we had to ask the New Jersey native about her favorite date night look. "Bebe fits my little body with curves so well. I usually wear a bodycon dress or something like that," she says. Buckner picks his outfits a bit differently, taking fashion advice from his girlfriend: "Whatever Deena says looks good, that's what I'm wearing. If it matches what she's wearing, I'm in it," he reveals.

Tune in to VH1 to see Deena and Chris on Couples Therapy on VH1 on Wednesdays at 9/8c. You can follow them both on Twitter: @DeenaNicoleMTV and @cbuckner_!

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

Psychologist Breaks Down Relationship Fears in New Book, 'Love Me, Don't Leave Me'





Interview by [Whitney Johnson](#). Written by [Sarah Batcheller](#).

It's safe to say that psychologist and author Michelle Skeen is an expert when it comes to addressing fears. In her new book, *Love Me, Don't Leave Me: Overcoming Fear of Abandonment and Building Lasting, Loving Relationships*, she provides readers with powerful, enticing tools to handle a multitude of relationship fears, specifically that of abandonment, and details the ways in which these fears stem from early experiences. Thought-provoking and inspiring, Skeen encourages readers to realize what's holding them back in order to reach their full potential as a partner.

Why did you focus on the fear of abandonment?

I chose to focus on the fear of abandonment because it's a primary fear that affects a lot of relationships. I think it exists in multiple scenarios: women stay in relationships that aren't healthy for them because they're afraid of being alone, they avoid getting into relationships because they fear being abandoned, or they behave in ways that cause them to be

abandoned.

Related Link: [Are You Dating Someone with Narcissistic Personality Disorder?](#)

Do you think that every individual carries a little bit of this fear with them in some way?

Absolutely – we're born with it! If we're abandoned when we're babies, we die. I think it's hardwired in us, and I think that it can get reinforced with early childhood or adolescent experiences or trauma, like the death of a parent, a traumatic divorce, or the death of a sibling or a friend. I think that the groundwork is laid in the beginning of our lives for our fear to either be increased or maintained at a lower level. One of the primary purposes of the book is to develop the awareness of what's going on. With awareness you can make change, so it's about identifying the problem.

You know, we all have a story, and most of the time, when people are having difficulties in relationships, it's related to them being stuck in their story, their story being their past experiences. If they're not in the moment and evaluating their present experience based on what's going on in the now, they are making predictions based on their story. So part of it is identifying your story and then distancing yourself from it.

How should someone react if their partner begins to push them away out of fear?

Well, I think that a lot of times what's happening when we push people away is that we've already predicted what's going to happen, so we're taking control of it. We're having a difficult time dealing with the uncertainty and ambiguity of whatever is going on in the relationship at the time, so rather than sitting with that and feeling really uncomfortable, we would rather take control and reject it before we can be rejected.

As a partner, if you have the ability to identify the reasoning behind your significant other's behavior – for example, "You're doing this because you're afraid that I'm going to do it to you" – then I would suggest you make the effort to move *toward* the person. Try to bring them into the present moment, what is truly happening between the two people and not the memory of something that's happened before that's getting in the way.

Something we all need to work on is mindfulness. Mindfulness is such a game changer. It allows us to recognize, "I'm having these painful thoughts and emotions, and I need to get rid of them because this feels horrible."

How can our readers work on mindfulness?

Well, there are so many great mindfulness resources. What I found is a lot of people are intimidated by the idea of mindfulness. They think they need to sit with their legs crossed and keep their mind completely clear. That's not what you need to do at all.

Mindfulness is about recognizing that every experience, thought, and emotion you're having is a temporary state. It's going to pass through you. You just need to *be* and think, "Oh, I'm having this thought that I'm going to be left, and I'm letting that go." You've got to accept all of your thoughts, whether they're helpful or unhelpful. There are a lot of great mindfulness exercises which I introduce in my book, like a mindful walk or adding this mindfulness piece to your morning cup of coffee or tea.

Related Link: [Top 3 Mistakes Women Make in Relationships](#)

What are some long-lasting skills and insights that people are left with once they discover and address their fear?

Well, I think it's important to identify the behavior that isn't working. Behavior is one thing we do have control over.

In a world where we're constantly looking for control, we can't really control our thoughts or minds; they just happen. We can control our behavior. We can't control anyone else's behavior, but if you're engaged in helpful behavior, it will result in the other person adjusting their behavior.

So I think identifying unhelpful behavior, recognizing what situations trigger these thoughts of abandonment and fear, and looking at your typical reaction to that fear is where you have to start. Then, you have to stop reacting that way and look at ways that *will* be helpful in getting you closer to what you want.

Pick up a copy of *Love Me, Don't Leave Me: Overcoming Fear of Abandonment and Building Lasting, Loving Relationships* today!

Christina Milian Talks New Reality TV Show, Viva Diva Wines and the Status of Her Love Life



live the life,” she says of the ladies who enjoy her wine. “I think we sometimes take things too seriously. Sometimes, you need to shout, dance, and scream out loud! You can be serious all day, or be a confident woman and just go have fun.”



Christina Milian celebrating with Viva Diva Wines. Photo courtesy of Illumination PR.

If pressed to pick a favorite wine, the celebrity mom names the pineapple and coconut flavor from the Moscato line. The peach and mango flavors make it very hard to choose though. “I really like all the flavors. Take ‘em all, guys!” she says with a laugh.

Longtime fans are excited to get a better glimpse at her day-to-day life with her new reality TV show, set to premiere in 2015. When asked if viewers are going to be able to get a peek at her love life, she confesses, “Right now, I’m just really focused on my music. I think that’s the focus of everything. And when a relationship and love come along, it will strike, and we will see if the cameras are there!” She also hinted that she would love to have Nicki Minaj and Drake on her

upcoming album, which she describes as “a little mix of fun club bangers, a couple of ballads, R&B, and pop” in our celebrity interview.



Christina Milian with Viva Diva Wines.
Photo courtesy of Illumination PR.

Related Link: [Christina Milian Ends Engagement to Jas Prince](#)

In an effort to dig just a little bit further into the mystery that is her current dating status, we asked the star what the inspiration was for her upcoming album. “It’s really about living in the moment. I’m just writing based off of my experiences – whether it be a break-up, makeup, love, or Cupid literally hitting you in the heart, you know what I mean?”

For more information about Viva Diva Wines, visit www.vivadivawines.com/. To keep up with Christina, follow her on Twitter @ChristinaMilian.

'The Sorrentinos' Reality TV Stars Frank and Linda Sorrentino Talk Fashion and Dating Advice



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ADORABLE VALUES TIE DELICACY

Interview by Ashley Pacifico. Written by Stephanie Salsini.
Does the name Mike "The Situation" Sorrentino ring a bell to you? If not, here's what you need to know: The reality TV star made his debut on the show *Jersey Shore* and has been a pop culture icon ever since. He was such a hit with fans that his family was offered a spin-off show on TVGN: *The Sorrentinos*. At *OK!* Magazine's New York Fashion Week celebration, CupidsPulse.com interviewed his brother Frank and his mother

Linda for some inside scoop on fashion and [dating advice](#).

Related Link: [‘Jersey Shore’ Creator SallyAnn Salsano Dishes About Love in Italy](#)

Reality TV Stars Share Fashion Tips

Going on a first date can be scary. With that thought in mind, Linda reveals her best fashion advice. “It depends on where you are going. If you are going to a fancy restaurant, you have to look the part, maybe wearing a nice dress,” the family matriarch explains in our exclusive celebrity interview. “But if you are going some place casual for a drink, you might want to wear nice heels, jeans, and a blazer.”

Of course, Frank’s answer to what women should wear was a bit different from his mom’s: “Short and accessible,” he says with a laugh.

When it comes to dating someone with bad style, Linda recommends kindly suggesting alternative outfits. “There are staples that everyone should have, like a white shirt and dark jeans. Steer your man to that direction,” the reality TV star shares.

Related Link: [‘Jersey Shore’ Cast Against a Hook-Up Between The Situation and ‘DWTS’ Partner](#)

Linda Sorrentino’s Best Dating Advice

As fans of the show have seen, Linda’s relationship and love life has been filled with ups and downs, including a blind date and a bad experience with a matchmaker. “It wasn’t a great date, but that’s the chance you take,” she says of the latter experience. “I’m very open to that...because you just don’t know when the right guy will come along.” The best date,

Linda believes, “is when you are introduced by someone. They already know that person; there is already a background; and they aren’t a stranger. So that’s what I am hoping for.”

Tune in tonight at 10/9c to see the season finale of The Sorrentinos on TVGN!

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

‘The Bachelor’ Stars Catherine and Sean Lowe on Celebrity Baby Plans: “Not Anytime Soon”





Interview by [Lori Bizzoco](#).

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

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

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

Since becoming Mr. and Mrs., it's no surprise that the newlyweds have learned a few things about each other. For instance, Sean reveals, "She's messy...and I'm a neat freak, so we're working on that." Still, marriage is "wonderful" for the

pair. "I'm with my best friend all the time, so I can't ask for anything more than that," the former *Bachelor* adds.

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

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

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

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

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

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

Celebrity Interview: 'DWTS' Contestant Antonio Sabato Jr. Says His First Dance is The Cha-Cha!



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ADORABLE VALUES TIE DELICACY

Interview by [Lori Bizzoco](#). Written by [Sarah Batcheller](#).

Hailing from Rome, Italy, Antonio Sabato Jr. first grabbed America's attention as an underwear model for Calvin Klein before playing Jagger Cates on the popular soap opera *General Hospital*. Now, he's impressing us with even more talent, as he takes on two new roles: DIY expert on *Fix It and Finish It* and contestant on season 19 of *Dancing With the Stars* (DWTS). The busy father of two found some time to chat with us

as he enthusiastically tackles both endeavors while on the road!

Antonio Sabato Jr. Talks Current Projects in Celebrity Interview

In our celebrity interview, the TV host says that taking on two projects at once is something he can definitely handle, and he clearly intends to succeed at both, stating, “Challenges are something that I love confronting face on – and *Fix It and Finish It* is a huge challenge! We’re doing 150 shows in a year across the country; it’s a lot of renovations, demolitions, and things like that.” His wife Cheryl will be helping with the building projects as well.



Antonio Sabato Jr. on ‘Fix It and Finish It.’ Photo

courtesy of Bellum
Entertainment / Photographer:
Andrew Doyle

Then, Sabato got the call to do *DWTS*, which he describes as a “blessing.” The family man didn’t originally intend to put his dancing shoes on though. “My first thought was that I couldn’t do it. It’s up to my producers and my team because *Fix It and Finish It* was my main priority. They all worked it out, and now, we have a busy, seven-day schedule each week,” he explains. “*DWTS* is something that I considered for a long time. My fans and my family are so happy that I’m doing it.” His daughter, who will be in the audience each week with his wife and other kids, is especially excited about the show, being that she is the real dancer of the celebrity family.

Related Link: [Brooke Burke-Charvet Says ‘Dancing With the Stars’ is “Unpredictable and Evenly-Matched”](#)

Reality TV Star Opens Up About *DWTS* and Celebrity Marriage

Sabato says that his greatest sources of support are his “two Cheryls,” one being his wife and the other being his *DWTS* partner, Cheryl Burke. Of his [celebrity marriage](#), he says, “I can’t wait to dance with my wife! I’m definitely picking up some stuff, and hopefully, I’ll be somewhat of a dancer relatively soon. Then, I can take those moves and have a nice time with her.” We can’t wait to see more of this celebrity relationship on both of Sabato’s shows!

When it comes to Burke, he shares, “When they asked me who I wanted to dance with, I said Cheryl – and I got her! She’s everything that I need and then some. She’s tough and kind. I like to push myself, and she just pushes me to another level.”



Antonio Sabato Jr. on 'Fix It and Finish It.' Photo courtesy of Bellum Entertainment / Photographer: Andrew Doyle

It's clear that the actor believes life is about embracing new experiences. "It's about taking chances, trying new things. I don't like to follow the herd. I do whatever I feel like doing," the reality TV star says in our celebrity interview. "I feel like doing things that come my way, and I just take it one day at a time. *DWTS* is another opportunity to do something that is quite amazing, actually, in such short amount of time. You can't refuse that!"

Related Link: ['DWTS' Pro Tony Dovolani on His Marriage: "My Wife is My Queen"](#)

As for his first dance, he reveals that he'll be doing the Cha-Cha on tonight's episode. "I'm looking forward to learning

any dance since I don't have any dancing background. We've been rehearsing for about a week and a half now," he explains. "What a challenge – it's mental, physical, and emotional. But you have to make life interesting!"

It's no surprise that his longtime fans are a great source of encouragement. He knows that he's "still Jagger to them" and gushes, "It's incredible. They keep everything going. They supported me from day one. They're still supporting me now. Doing *DWTS* is for them as well. I have the best fans in the world."

You can keep up with Antonio on www.facebook.com/Antonio-Sabato-Jr-38146293272/. Don't forget to tune in to Fix It and Finish It each weekday – check local listings for times and stations in your area. You can also catch him on Dancing With the Stars, which premieres on ABC on Monday, September 15th at 8/7c!

OK! Magazine New York Fashion Week Celebration



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Nicky Hilton

Our Favorite Superheroes and Their Significant Others



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Ryan Reynolds and Blake Lively

This adorable couple met while filming 'Green Lantern,' in which Reynolds played the superhero and Lively was his love interest. They were married on September 2012 and most recently walked the red carpet together at the Cannes Film Festival. Photo: AAR/FameFlyNet

‘RHONJ’ Star Kathy Wakile Talks Desserts in Celebrity Video Interview: “Indulge. It’s Not Going to Kill You!”



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

Kathy Wakile first captured our hearts as a cast member of *Real Housewives of New Jersey (RHONJ)*, and now, she's enchanting our taste buds with her dessert line Dolci Della Dea and her cookbook *Indulge: Delicious Little Desserts That Keep Life Real Sweet*, which was released on September 2nd. Earlier this week, the reality TV star did a book signing at the Boulevard Books & Cafe in Brooklyn. In our celebrity video interview, we got the latest scoop on her decadent desserts, the upcoming season of *RHONJ*, and life at home with her family.



Lori Bizzoco with Kathy Wakile and her husband Richard.

Reality TV Star Dishes on New Cookbook

As fans may know, the title of her cookbook came from something she said on *RHONJ*: “We were talking about my desserts, and I mentioned how I see really, really skinny girls who deprive themselves of everything and who aren’t happy. So I said, “Honey, have a cupcake. Indulge. It’s not going to kill you!’” With that thought in mind, Wakile focused on mini desserts, so people can enjoy something sweet without feeling guilty afterwards. She adds, “We want them to look good and taste good, but we don’t have to have

such large portions.”

Related Link: [‘RHONJ’ Star Jacqueline Laurita: “I Try My Best to Get Along with Everyone”](#)

When it comes to impressing your partner, her best love advice is simple: She recommends baking her Chocolate Volcanoes. As she mentioned after our interview, “It should be served hot – and it’ll make your man feel hot too!” It’s no surprise that it’s her husband Richard’s favorite dessert. Another great date night dessert is the Almond Joyous Cheesecake Cuties (recipe below) – perfect for sharing with *your* cutie!



Almond Joyous
Cheesecake Cuties.
Photo: Andrei
Jackamets

Almond Joyous Cheesecake Cuties – makes 2 dozen

CRUST

2 large egg whites

$\frac{1}{4}$ cup granulated sugar

2 cups sweetened flaked coconut

TOPPING

$\frac{1}{2}$ cup sour cream

3 tablespoons sugar

1 teaspoon almond extract

FILLING

Two 8-ounce packages cream cheese, at room temperature

$\frac{1}{2}$ cup granulated sugar

3 large eggs

3 tablespoons sour cream

3 tablespoons heavy cream

1 teaspoon almond extract

2 teaspoons coconut extract

$\frac{1}{4}$ cup almonds, toasted and finely chopped

Ganache (page 181)

Sliced almonds, for garnish

EQUIPMENT

Two 12-cavity mini cheesecake pans

Food processor

Electric mixer

Small pastry tamper, optional

2 large rimmed baking sheets

- Preheat the oven to 350°F with one rack positioned in the center of the oven and another rack positioned at the bottom of the oven. Fill a broiler pan or roasting pan with about 2 inches of water and set it on the bottom rack.
- To make the crust, combine the egg whites with the sugar in a medium bowl and use an electric mixer to beat to very stiff peaks. Use a rubber spatula to fold in the coconut until well combined.
- Scoop about 1 tablespoon of the mixture into each cavity in the mini cheesecake pan and use the back of the measuring spoon to firmly compress the mixture into an even layer about $\frac{1}{4}$ inch thick.
- Set aside.
- To make the almond topping, in a small bowl stir together the sour cream, sugar, and almond extract. Set aside. To make the filling, in a separate bowl beat together the cream cheese and sugar with an electric mixer at medium speed until smooth and creamy. Beat in each egg separately and scrape down the bowl after each addition. Continue to mix at medium speed and add the sour cream, heavy cream, almond extract, and coconut extract.
- Set the cheesecake pans on rimmed baking sheets (this will make it easier to get them in and out of the oven). Press the crust down again to ensure that it is well packed.
- Transfer the filling to a large measuring cup with a spout and pour enough filling into each cavity of the pans to fill a bit more than three-quarters of the way up to the rim.
- Bake for 7 minutes at 350°F then lower the temperature to 250°F and bake 10 to 12 more minutes, or just until the surfaces of the cuties are set at the outer edges but still wobbly in the center. (Keep a close eye on them!)
- Take the pans out of the oven and divide the almond

topping among the cakes, spooning an even layer onto each and smoothing the tops with the back of the spoon. Top with the chopped almonds, then return the pans to the oven and bake for an additional 7 minutes. (They'll still look wet, but they will set as they cool.)

- Let the cakes cool in the pans for 3 to 5 minutes, then run the tip of a very sharp knife around the top edge of each cake (this will unstick any topping that has adhered to the side of the pan and help the cake come out of the pan easily and flawlessly once they are cool.) *Don't try to add the chocolate ganache or unmold the cakes while they are still warm!*
- Let the cuties cool in the pans all the way to room temperature, at least 30 minutes. Then chill in pans for 2 hours before unmolding and topping with ganache.
- Carefully unmold the cuties by pressing the little round disk underneath each cake upward to raise the cake so that its bottom is level with the pan rim, then slide a small spatula underneath the cake.
- To cover the cuties with ganache, arrange the unmolded cheesecakes on a wire rack that's sitting on a parchment-lined baking sheet. Use an offset spatula or butter knife to carefully apply a thin layer of ganache to the tops and sides of each cutie. Let dry, then go over the cheesecakes again to smooth out any spots you may have missed, working from the top first and then down around the sides (dipping the spatula or knife in hot water and wiping dry periodically will also help keep the ganache smooth).
- Garnish with sliced almonds and refrigerate 6 hours or overnight before serving. (You could chill the cuties overnight before adding ganache, then chill more briefly just to set the ganache. The cuties can be kept in the refrigerator for 3 days and are also freezable.)

Ganache – makes about $\frac{3}{4}$ cup

8 ounces bittersweet or semisweet chocolate, chopped

$\frac{1}{4}$ cup heavy cream

2 tablespoons unsalted butter

- Combine the chocolate, cream, and butter in a small heatproof bowl. Set the bowl over a saucepan of barely simmering water. Cook, stirring occasionally, until the chocolate is melted and the mixture is very smooth.
- Let the ganache cool to room temperature before using.

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Celebrity Video Interview: Kathy Wakile Opens Up About Her Family

Although the mom of two focused on her cookbook over the past few months, she will be gracing the small screen towards the end of season six of *RHONJ*. “You’ll see what’s happening with my family and see how my children have grown. You’ll see what’s happening with our everyday lives,” she explains.



Kathy Wakile at her book signing at
Boulevard Books & Cafe.

Speaking of her family, the reality TV star reveals that her daughter Victoria is doing well after battling her second benign brain tumor. "She's a strong, brave girl, and she's just more motivated than ever," she says with a smile. Of how she got through such a difficult time, she credits the power of prayer. "I don't feel like it was me doing everything. I feel like God was carrying me through."

Related Link: [RHONJ's Teresa Giudice Debunks Divorce Rumors](#)

Of course, the New Jersey native isn't done expanding her empire just yet. Next up is a cookbook of Mediterranean-based appetizers and small plates. As she explains, "I get a chance to show my love through my cooking!"

Keep up with Kathy on Twitter @KathyWakile. You can purchase her cookbook Indulge: Delicious Little Desserts That Keep Life Real Sweet at your local bookstore or on Amazon.

Learn the Stages of Lasting Love in Linda Carroll's New Book 'Love Cycles'





By [Sarah Batcheller](#) and Shannon Seibert

Linda Carroll has accumulated an abundance of knowledge when it comes to the meaning of true love and how to find it. The Oregon native has utilized her Masters of Counseling in therapy and group settings throughout New Zealand. She now travels with her veterinarian husband around the world to counsel couples and offer her advice through retreats and seminars. She teaches people how to effectively communicate with one another so a complaint doesn't mature into a criticism or a misunderstanding doesn't deter the relationship. In her third book, *Love Cycles: The Five Essential Stages of Lasting Love*, she depicts love as a process with many everlasting cycles. CupidsPulse.com was able to catch up with the author about her recent release!

We love your idea that love is a cycle and not a straight and narrow path with one destination. Can you describe to us one of the most important stages?

The first stage is when we fall in love; I call it Merge. In

our culture, this is what we think of as romance. We are struck by a love drug that is so powerful that we ignore everything that could be a warning sign or red flag. We get this high that knocks out the 911 center of our brain. Your heart is totally open. You don't necessarily make good decisions because you're under a spell and you only see the best.

What's the second stage Doubt and Denial like? How is this considered a normal part of love?

You start to feel like something is wrong. You are more conditional. Women fear disconnection, and men fear being incompetent and criticism – and for good reason. Typically, men become more disconnected and women become more critical. The things we fell in love with start to annoy us, because you finally see the other side of things.

Now, let's get more specific. What are some silver linings of Doubt and Denial?

You get to learn about your own senses. To get to real love, I need to find myself, see my own defense, learn my own triggers, and discover empathy. It's easy to be generous in the Merge but hard in Doubt and Denial. It requires you to work with yourself and to become more wholehearted as a human being. You have to balance yourself.

Related Link: [Couples Therapy: A Way to Rebuild a Struggling Relationship](#)

Continuing on, tell us about the third stage. How is this different from the first two stages of love?

Stage three is Disillusionment and is much like stage one but a different trance. Everything had been perfect in the first stage, and now, everything is imperfect and wrong. You're quick to jump to conclusions and are critical. At this point, there is a gridlock, and this is usually where people have

affairs and get depressed. There are a lot of exits, not where you necessarily leave the relationship but where you create distractions to escape all of the time.

How do you leave this stage and move forward?

This point brings one of four decisions. The first decision is no decision; you just sweep everything under the rug. The second option is to split. Or three, you become different; you stay together but run on parallel lines and give up intimacy. Or the fourth decision is you commit to doing the work, which is to identify what is going on.

Tell us about the ultimate goal, the final stage of Wholehearted Love.

This happens when you've gone through a whole lot together, and you're resilient as a couple. You know yourself; you know how to manage the trouble; you have more empathy; and you are less into being right. Humor comes back into the relationship, and you know that it isn't going to stay perfect. You're able to discover the seasons in a relationship and weather them out. You can find a way back to each other after tough times.

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

What are some ways couples can intensify the positive parts of the love cycle?

How couples manage conflicts is the number one indicator of good relationships. Acts of generosity are another part of strong partnerships.

My husband is not my other half; he is his own person. Together, we make a third person where we overlap. We can have a good time away from each other, but we stay connected. We are two whole people together, which is better than half and half. Even on the days we don't like each other, he brews me a latte, which is an act of generosity.

In what ways does our society contribute, positively or negatively, to the way people interpret their own relationships?

It's our focus on romance. We emphasize romance as a really great love, but it's not perfect. To have a relationship that is good enough is different than having a relationship that is perfect. After all, humans are not perfect!

Order your copy of Love Cycles today! Check out her websites www.lovecycles.org/ and www.lindaacarroll.com/.

‘Blood, Sweat & Heels’ Star Brie Bythewood on Celebrity Baby News: “There Won’t Be Any Pregnancy Scenes on the Show”





Interview by [Lori Bizzoco](#). Written by Ann Luther.

We fell in love with her on the premiere season of *Blood, Sweat and Heels*. Her name is Brie Bythewood, third-generation New Yorker, real estate developer, fashion goddess, and now, soon-to-be mother to a precious baby girl. She was a class act on *BS&H*, doing her thing as a successful working woman. Still, she left us with so many questions about her life off-camera, from dating to fashion and everything in between. On the brink of her celebrity pregnancy announcement, CupidsPulse.com had the pleasure of interviewing the reality TV star and got the delicious scoop on her [celebrity baby news](#) as well as her longtime relationship and love.

Reality TV Star Opens Up About Relationship and Love Interest

To catch fans up to your celebrity baby news, let's talk about

Season 1. Your boyfriend was never revealed on the show. Is this a new love interest for you?

My boyfriend has been in my life for quite a while. He is the man that has held my heart and stood by my side before, during and after *Blood, Sweat & Heels*. I've said it before, and I'll say it forever: I'm so happy that he will be the first man my daughter ever loves. He's one of the good guys, and he honestly makes me the happiest girl in the world. We're looking forward to beginning this new chapter of our lives together.

Related Link: ['Blood, Sweat and Heels' Star Brie Bythewood Says, "I Don't Know How to Be Anyone Other Than Me"](#)

Who was the first person on the cast to reach out and congratulate you?

The first person from the cast to reach out to me was my lady love, Demetria, quickly followed by my sis, Geneva. I love those gals. They are friends like no other and I adore them both beyond words. The following day, I received a very sweet text from Daisy who, fittingly, has always called me Momma Brie.

We heard you had an amazing gender reveal party and that you are having a little girl. Congratulations! What was your initial reaction to the pink balloons?

From the moment we found out we were expecting, I believed we were going to have a baby girl. So much so that I made a bet with my boyfriend. He confidently accepted because he was certain our baby was a boy. The moment we opened the box at our gender reveal party and the pink balloons appeared, I screamed and jumped up and down as I quickly exclaimed, "I knew it!! Told you so!!!" For one week my boyfriend had to incorporate pink in his wardrobe, which he did quite creatively and with great pride, knowing it was all in celebration of his baby girl.



Brie's gender reveal party.
Photo: Pamela Mahmoud

Brie Bythewood Shares More Details About Celebrity Baby News and Pregnancy

How are your parents handling the news?

They adore my boyfriend and absolutely love the relationship that he and I have. Naturally, they were thrilled for us and for the future we're building together as a family. They melted with so much emotion and love when we broke the news to them. They instantly fell madly in love with my belly. My Mom actually started a collection of books and toys quite some

time ago hoping she'd one day have a grandchild to share it all with. And now, she finally does. I used to laugh at her for her purchases, but now it all makes perfect sense. And my Dad is too cute. He's already planning a family vacation based on dates that he asked my boyfriend and I to approve with the doctor just to make sure his granddaughter would be healthy enough to fly at that time. It's all about her now and that's such a beautiful reality. They shower my baby girl with so much love, care and attention. It's the most beautiful thing sharing this experience with my parents from the eyes of a parent rather than just as their child. They've always been the most amazing parents and now I'm standing on the outside witnessing them take on their newest role as the most amazing grandparents.

What are some of the things going through your mind as you think about having a little girl? What are you most excited about?

I can't wait to revisit my childhood through my daughter. I'm excited to share the experiences with her that my parents shared with me. It makes me giggle when I find myself humming a song only to realize it's a nursery rhyme. She's alone in there, so I want her to be as comfortable as possible knowing that mommy and daddy are here awaiting her arrival and are already singing her soon-to-be favorite songs.

Do you have any thoughts surrounding the theme of the baby's room? Have you started a registry yet?

We are in the initial stages of the registry process, which is actually quite overwhelming. I can't believe how many versions of the exact same product exist. Just when we think we have items to add, we read the reviews and find ourselves back at square one with zero entries. It's by no means an easy process when you're selecting items for your child. We haven't even gotten to the room decor yet, but it'll definitely be fit for a princess.

And what about you and your lucky man? Do we hear wedding bells in the near future? Plans for more children?

We were hearing wedding bells long before we found out we were pregnant. So yes, that day will come, as will a second baby... maybe even a third. So stay tuned! Life just keeps getting better and better.



A note written from Brie to her boyfriend before the baby's gender was revealed. Photo: Pamela Mahmud

So what does pregnancy mean for *BS&H*? Have you started filming yet and will you be filming while pregnant?

As far as I'm concerned, there won't be any pregnancy scenes on the show. I can't go into any further detail than that.

Although we didn't see it revealed so much on Season 1, from talking to you in the past we know that you are such a hard worker! Are you going to slow down after Baby B. is born?

I absolutely plan to slow down a bit before my daughter is born and will continue to take some time off after she's born to adjust to motherhood. I want to spend every waking moment with her, holding her, kissing her, watching her, learning her, admiring her and falling more and more in love with everything about her. And my boyfriend intends to do the same. We're looking forward to learning the ropes of parenthood together. I do have a new project that I'll be working on shortly after my daughter is born, but she'll never be too far from me.

Related Link: [Rachel Bilson Celebrates Her Baby Shower](#)

Lastly, what do you enjoy most about being pregnant? What are you most nervous about?

I wouldn't trade this experience for the world. I have been enjoying the wonder of my journey step by step through each and every stage. I love the butterflies, the anticipation, the mystery and the excitement. I love knowing that I've been blessed with a beautiful gift of life that I'm carrying in my belly. I can't wait to meet my little girl, to hold her, to love her, to teach her, and to watch her grow. I wonder what her voice will sound like and what her laugh will sound like and what her first word will be.

On the contrary, I'm extremely worried about the pain of labor, the delivery, and the amount of time it will take to recover. But I've been reminded that it can't be that bad because women welcome babies to the world every day and choose to do it over and over again. So, whatever the pain may be, it'll surely be overshadowed by the feeling of love that'll take over. I can't wait to look into the eyes of my baby girl and be so happy that she's finally here and proud to say she's

mine.

You can keep up with Brie on Twitter @BrieBythewood. Be sure to tune in to Blood, Sweat & Heels when it returns for its second season on Bravo!