

QuickieChick's Video Dating Tips: Flirting With Your Man



By [E!'s Famously Single Dating Coach, Laurel House](#)

Dating Advice from E!'s *Famously Single* Laurel House on Flirting

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House offers her tips for how to flirt with your man. Whether you're in a new relationship or you have a long-term, live-in boyfriend, it's important to still be flirtatious and fun and make your significant other feel special. You want to keep the spark alive, right? "You're going to look forward to flirting. It's

not going to be a chore,” the dating expert shares. “After a while, you’re going to start thinking, ‘What can I do that’s going to make him happy?’” Be sexy and sassy, and your love life will be rejuvenated.

For more information about our dating mentor, click [here](#).

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

What’s your favorite way to flirt with your man? Tell us in the comments below!

Dating Advice: A Summer of Love





By Melanie Mar

Are you wondering how you can find [love](#) this summer? Here's a list of things you can do *now* to get ready for a summer romance.

First, consider your lifestyle. Wintertime is synonymous with wrapping up in layers of clothes and eating hearty meals. While that may be comforting during the dark, cold days, it can also create complacency in your healthy living and add some extra-unwanted weight. But now, spring has sprung, and it's time to refocus on your well being. So take a look at your eating habits, write in a food journal to help you clearly see where you can make some healthy changes and give yourself an attainable goal. When you look good, you feel good and ooze confidence, which is very attractive. Plus, men are visual; they initially pick who they want to date with their eyes.

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

Next, add exercise into your daily routine. Now would be a

fine time to enroll in a fitness class or purchase a gym membership. Rather than look at this step as a chore, think of it as fun and a great place to flirt with some very fit men. If money constraints are an issue, lace up your tennis shoes and go for a hike or even just a walk around your neighborhood. Again, make it a joy by saying hello to prospective, single gentlemen. Another great and easy way to get your body bikini-ready is to simply purchase a workout DVD. Whatever you do, make it a routine and truly incorporate it into your lifestyle.

Once your body starts to transform, you will have a great excuse to go shopping for a new dress for a first date. It doesn't need to be a major investment, as there are plenty of outlet and retail discount stores, like Nordstrom Rack and Off 5th, where you can find great bargains and still look fabulous. It's important to decide what your favorite features are and choose clothing to enhance your best bits and detract from the parts that make you feel insecure. If you're overwhelmed, a friendly salesperson can help you. Don't put everything on display, as this may send the wrong signal to a potential mate. Be subtle in your sexiness.

With your new body and new clothes, it's now time to get a new haircut and/or color – nothing has a greater ability to make you feel more vibrant! Start tearing out photographs of celebrity hairstyles that you like. There are websites, like [InStyle](#), where you can upload a picture of your face and see what the styles will look like on you. It's a terrific way to try before you buy. Then, pop into your local department store and get a free makeover from one of the beauty vendors. They will teach you how to apply your makeup and show you all of the latest colors and tricks.

Related Link: [Spring Cleaning: 5 Signs It's Time to De-Clutter Your Love Life](#)

And finally, the most important thing you need when getting

ready for new love is what I call a “clear head, clear heart.” If you have any residual emotional issues from a previous relationship, you cannot possibly expect to present yourself to others with the openness needed to be viewed as available and seriously wanting to date. Make a conscious effort to move forward. Leave the past behind and look to the future with fresh eyes. There’s a summer romance waiting for you. Put your best foot forward and go get it!

For more information about Melanie Mar, click [here](#). Melanie is a relationship and life coach, as well as co-owner of the Millionaire’s Club International Matchmaking Agency for the U.K. and Europe. She is certified by the WANT Institute in Androgynous Semantic Realignment and a Transaction Analysis practitioner certified by the United States America Transaction Analysis Association. You can also visit her [Facebook page](#) or www.melaniemar.com.

Dating Advice: How to Approach a Spring Fling





By Dr. Tranquility – Lydia Belton, Ph.D., Ct. H.A.

If you've been reading me for the last year or so, you know that I'm all about boundaries. So when we think about having a spring fling, it's important to first figure out what that means. What's comfortable for you? What exactly are you looking for in a casual relationship? Here are four tips to help you on your journey to love.

1. Go for it. Since this relationship is just a fling, keep it light and allow yourself to really enjoy the process. There are no strings attached, and the experience is whatever you make it. Be confident about who you are and what you want in a man (something that Date Therapy can help you accomplish). A spring fling is a fun opportunity to try something new, to veer away from what you usually look for in love. What does your ideal significant other look like? How do you want to spend your time together? Sipping wine at a local restaurant? Or hanging out on the beach? Now is the time to go after your wish list in a partner.

Related Link: [3 Ways Date Therapy Can Help You Connect](#)

2. Be honest. It's important to be open about what you need from this type of relationship. Ensure that your definition of a spring fling is in sync with your potential partner's vision. If you're expecting a phone call every day, make sure this person will do that for you. Remember that this type of relationship still involves emotional attachment; there's always a chance that you'll get hurt.

So be real with yourself – not judgmental but *real*. This way, you're better able to screen your crush objectively to ensure that he's on the same page. If you have any doubts about the importance of this step, consider Kim Kardashian and Kris Humphries. Sure, their relationship was more than a fling, but these two were definitely not on the same page.

3. Don't date where you live. It's much harder to keep things light if you're going to see this person again and again once the relationship ends – and a fling always ends. You want to be able to make a clean getaway when it's over. So consider where your potential partner lives and make your choice wisely.

Related Link: [10 Steps to a Remarkable Relationship](#)

4. Clear your mind. As I mentioned in the introduction, you must be specific and sure about what you want. Think about what a spring fling can give you – beyond a casual relationship. You may meet someone who encourages you to try new things, someone who takes you out of your shell, someone who changes you for the better. A spring fling can be good for the mind, body and spirit, so take advantage of this well-rounded opportunity.

Developed by Lydia Belton PhD, Ct.H.A., [Date Therapy®](#) is an effective protocol that helps people get in touch with their criteria for an ideal mate. DrTranquility's protocols® have been featured most recently on Forbes.com & Yahoo, ABCNEWS.com, ABC's the View, KISS FM, CupidsPulse.com, Metromix for the Chicago Tribune, British Glamour, REDBOOK,

Cosmopolitan Magazine & promoted by Match.com.

QuickieChick's Video Dating Tips: Be That Hot Chick



By [E!'s Famously Single Dating Coach, Laurel House](#)
In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House tells us how to be confident, how to be flirty, and how to embrace that hot chick inside all of us.

Dating Advice from E!'s *Famously Single* Laurel House on Being That Hot Chick

Even if you're insecure and tend to be the wallflower, you still have a sexy side. In those times, it's best to fake it: present a more self-assured and happy girl to others, and you'll instantly feel better about yourself. Be sure to define that other side of you too. Does she like to wear high heels? Does she enjoy wearing smokey eye makeup and red lips? It's important that your outer façade matches your inner attitude. Eventually, you'll be that hot chick without a second thought.

For more information about our dating mentor, click [here](#).

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

How do you make yourself feel sexy and confident? Share in the comments below!

Q&A: Should I Be Worried If My Man Hasn't Asked Me to Be in a Facebook Relationship?





Question from Kendall M.: *I've been seeing this guy for a few months, and things have been really good. I've stayed over a couple times and even met his parents, but he hasn't sent me a relationship request on Facebook. I'm too nervous to do it myself. Should I be worried that he hasn't posted our relationship on Facebook yet?*

Answer from Our Love Experts:

Tristan Coopersmith, Love Stylist: My concern here isn't that he hasn't posted it, because honestly, guys just don't think like that. Guys aren't trained or even really motivated to broadcast their relationships status. The concern is that you're skittish about speaking up for your needs. Obviously, this is something that is important to you, and just like anything else that's important to you, you need to feel comfortable communicating it.

I think your worry and nervousness surrounding the situation speaks volumes about your relationship with him... and with yourself. So I suggest you ask yourself where the root of the fear comes from and work with that. When we look inside at our

fears, great growth can arise. Here's to growing!

Suzanne Oshima, Matchmaker: It's only been a couple of months, and your relationship isn't defined by your relationship status on Facebook. Is it really *that* big of a deal? You can ruin a good thing when you think too much about the relationship, where things are going and why he hasn't changed his Facebook status.

If everything is going great and you enjoy spending time and doing things together, then just be in the moment and appreciate where you are at in the relationship right now! Try not to worry about something so trivial as Facebook relationship status. It will all come in due time.

Paige Wyatt, Reality Star: Before you do anything or even get worried, you need to talk to him. If this guy is as great as he sounds, then you should be open with him and just ask! Don't make it serious or dramatic; just casually ask how he sees the relationship. It's very possible making the relationship "Facebook official" hasn't even crossed his mind. A lot of guys aren't as into Facebook or really any type of social media, so he may not know how meaningful it is to you.

For more information on our three relationship gurus, click [here](#).

If you have any questions you would like answered by our experts, please submit them on our [Contact Page](#).

Tell us: Is your Facebook relationship status important to you? Why or why not?

Celebrity Couple: Can Robert Pattinson and Kristen Stewart's Love Survive Scandal?



By [Jared Sais](#)

Robert Pattinson and Kristen Stewart constantly leave people guessing. After news broke that Kristen cheated with her *Snow White and the Huntsman* director Rupert Sanders, Rob immediately moved out of the home they shared, causing many people to believe that the duo was calling it quits. However, in the months since then, they've been seen together quite frequently, even doing press together for the final installment of the *Twilight* series. Most recently, the couple

resurfaced in Los Angeles after Rob spent two months in Australia to film *The Rover*. So has our favorite vampire really forgiven his leading lady for breaking his heart? Our celebrity detective is here to analyze their body language and tell you what he thinks.

Related Link: [Kristen Stewart and Rob Pattinson Reunite in L.A. After Two Months Apart](#)

Picture #1 (top left moving counter clockwise)

One of the first things I noticed in this photo was that Rob was hiding his hands behind his back, which is a way of trying to be open and not seemed closed off. My guess, though, is that he's using self-touching gestures to relax or make himself feel more comfortable with the given situation. Usually, a self-touch is as simple as rubbing your hand with your thumb.

Rob also has facial expression of contempt rather than happiness, as only one side of his face is showing any real movement (the main criteria for the expression of contempt). You may notice that he is barely leaning towards the fan or into the picture, meaning he doesn't really want to be there and would rather get back to his night. Given his past with Kristen, Rob may want to get away from her as well.

Now, let's look at Kirsten. It's clear that she's excited to take this photo, which is ironic because she's not known to be enthusiastic with paparazzi or fans. If you look at other examples of Kristen with her fans, she's always showing a more serious look, but this time, it's the exact opposite. So what does that mean? Easy: Kristen's in panic mode and keeps thinking (hoping) that everything's okay with her relationship. This response typically happens when someone cheats. She wants to reassure both Rob and herself that things are fine and back to normal. She's even acting like things are better than before.

One more thing: As the trio pose for the picture, you can see the fan and Kristen lean towards each other, while Rob is almost pushed to the side. Once again, we see that he didn't want to be in the picture or do the "celebrity" thing. He just looks awkward.

Picture #2

Although Rob is smiling, it's less than Kristen's smile, meaning that someone else in the car is giving him a hard time or that he hasn't yet let go of the fact that she was unfaithful, preventing him from fully enjoying his evening out.

You see that Rob's hand is holding up his head. He may just be tired from his trip home, but generally, tilting the head down means shy or vulnerable because it's the body's way of covering the throat. Boxers and professional fighters will do this move to protect themselves from getting hit in those sensitive areas.

Kristen is leaning towards Rob just slightly, with her hand (not her body) reaching for her man's affection. You can see, though, that she's acting a bit more comfortable in this situation. Her leg is up, showing that she's relaxed. Plus, she's smiling in a genuine way.

As a side note, it might just be a late night for both of them, but I have a hunch, mainly by observing both their eyes and non-verbal cues, that they might be under the influence of alcohol. That would explain quite a lot.

Related Link: [Kristen Stewart Apologizes for Making People Angry](#)

Picture #3

I love this picture mainly for Rob's facial expressions. Sure, we can't see his eyes behind his sunglasses, but I can still

tell he's not happy. He can't help but feel hurt. You can also see that his lips are a bit pinched, meaning he's angry.

Kristen isn't really showing much emotion. It looks like she's processing information and/or focusing on something.

I know the tabloids are stating that these two lovebirds are better than ever, but I don't believe the hype. Rob is still very hurt, and Kristen is trying to make everything better. Only time will heal this couple, but if that doesn't work, Rob will eventually end things for good. Sadly, as of now, it seems like Rob still isn't sure of his relationship; he's stuck in his head rather than enjoying his time with Kristen.

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.

Relationship Advice: Use Your Five Senses For a More Fulfilled Love Life





By Lori Zaslow and Jennifer Zucher

If you're looking for ways to spice up your love life, why not use what's already available to you? Take advantage of your five senses – taste, sight, hearing, touch and smell – and get the most out of your relationship.

Taste: Make dinner together. If one of you is more Chef Boyardee than Julia Child, you can still keep your spouse company – and perhaps even get a good laugh out of your culinary mishaps.

Related Link: [Date Idea: Expand Your Tastes](#)

Sight: Plan a regular date night. A romantic outing is something you can both look forward to. Plus, it's a way to transport yourselves back to when you first met. Be spontaneous too. Every once in a while, do something together in the spur of the moment. Breaking away from your routine adds excitement to your relationship, and the experience, whether it's a surprise day trip or just an impromptu picnic in the backyard, it will bring the two of you closer together.

Hearing: Always talk or text at some point during the day. Whenever you can, take a few minutes out of your busy schedule to say hello to your significant other. Even a text that says something like “hope you’re having a good day” shows that you’re thinking of him. Most people spend more time at work than at home, so it’s important to stay connected to your loved ones.

Touch: Go for a walk, either a hike on a nearby trail or a stroll down a city street. The dynamic scenery may inspire a philosophical conversation about your plans for the future, or you may feel content to just enjoy the view as you walk hand-in-hand. Getting in touch with both your surroundings and each other will reignite any spark that’s been missing.

Related Link: [The Most Health-Conscious Celebrity Couples](#)

Smell: Make putting on your favorite scent part of your morning routine, like brushing your teeth and washing your face. You want to be remembered and thought of throughout the day, so always make sure you smell your best. Remember that oils last longer than perfumes and can even be worn with perfume to enhance your own scent and allure. The power of smell is seductive.

To ignite your sense of smell, check out the new love oil created by Project Soulmate matchmakers Lori Zaslow and Jennifer Zucher. grav.i.tate is the perfect aphrodisiac to spice up your love life, whether first thing in the morning or for a sexier vibe in the evening.

For more information about Project Soulmate, click [here](#).

QuickieChick's Video Dating Tips: Spring Clean Your Personal Life



By [E!'s Famously Single Dating Coach, Laurel House](#)

Dating Advice from E!'s *Famously Single* Laurel House on Personal Life Spring Cleaning

It's time for some serious spring cleaning! But before focusing on your wardrobe and work space, purge what's really cluttering up your personal life: people. In this week's [dating advice](#) video, relationship expert and

E!'s *Famously Single* dating coach, Laurel House encourages you to take a look at old flames who are just using you or new crushes who only seem interested in a booty call. Consider your friendships too – they should be mutually-beneficial relationships that make you feel confident and happy. Who isn't serving you anymore? Who is hurting you? You can only open yourself up to new opportunities – maybe even tall, dark and handsome ones – if you get rid of unnecessary baggage and refresh your personal life. Remember that you deserve to love and be loved. Happy spring cleaning!

For more information about our dating mentor, click [here](#).

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

How do you plan to clean up your personal life this spring? Tell us in the comments below!

Expert Dating Advice: What Beyoncé's Body Language Says About Her Love for Jay-Z





By Jared Sais

Beyoncé and Jay-Z have one of those rare celebrity relationships that seems like the real deal. In this candid chat with Oprah Winfrey on *Oprah's Next Chapter*, the pop superstar opens up about their four-year marriage, divulging never-before-shared details about their union and family life. CupidPulse.com's celebrity detective is here to reveal some non-verbal cues that you may have missed – and to determine if their love will last.

(0:18) Beyoncé says, “I would not be the woman I am if I didn't go home to that man.” She uses her fist to help highlight her feelings for Jay-Z. You can take her closed fist to represent her husband being her rock. Even her voice starts to crack, indicating strong emotions about their relationship.

Related Link: [Beyonce Hugs Jay-Z After Super Bowl Halftime Show](#)

Many of you may be thinking that a closed fist means anger, but if you look closely, you will clearly see that her fist is

more of a political pointer. Bill Clinton did this gesture a lot when he wanted to emphasize a point to the public. So she's not angry; she's "crazy in love" with her man!

(0:29) Oprah asks the singer, "How has he helped you?" Beyoncé's head does a slight rollback as her eyes widen and her eyebrows rise. Together, these three non-verbal expressions mean that Jay-Z has always been there for her, supporting her in so many ways. When someone gets overloaded with information or feelings, they tend to have this reaction. It's important to note that Beyoncé was not overloaded by the question but by the numerous ways that Jay-Z has helped her throughout the years. Then, to confirm my analysis, she answers Oprah's question by stating "on so many levels."

(0:46) When talking about her relationship, Beyoncé explains that it's nice to "just have someone you just like, you know?" She leans in towards Oprah to stress the significance of Jay-Z in her life, not only as a lover but as a friend too. She then confirms her feelings by nodding her head "yes" as her hands hit her leg – another way to emphasize her words. All of these are non-verbal cues that I look for to determine if someone is telling the truth.

Related Link: [Beyonce and Jay-Z Sing Coldplay Song to Each Other in Her Documentary](#)

Throughout this interview, the entertainer didn't tell any lies or try to hide anything from the viewers. It's easy to see that she truly loves Jay-Z and is grateful for their life together. I think this couple will last a very long time, if not forever.

As a side note, I also believe that Beyoncé is pregnant again. She guards her stomach with at least one hand throughout the interview and also talks in a very soft voice. I would say she's glowing, but she's always glowing, right? I think it's a post-Super Bowl baby, so I expect her to make the big

announcement in about six months when she's in Brooklyn on tour. Keep your eyes open to see if I'm right!

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.

Expert Dating Advice: The Benefits and Pitfalls of Dating a Younger Man





By Marni Battista

Demi Moore, Mayor of Cougarville – Population: 1?

Demi Moore has done it again. Earlier this year, she scooped up a hunk of a fellow, and this time he is even younger than Ashton Kutcher. In January, Moore, who is currently in the middle of her divorce with Kutcher, was seen out doing nothing but drinking and partying with the younger set. She was photographed with art dealer, Vito Schnabel, who is 26 years old – which, in case anyone is counting, is half of her age. So should our collective response be along the lines of “you go, girl!”, or should we feel sorry for her? She shares her admiration for younger guys with the likes of Jennifer Lopez, Mariah Carey and Madonna, so it seems to be a common trend in Hollywood. Is there really a difference if a woman dates a man fewer than 10 years younger than her versus 20-plus years younger? Does it matter?

We can learn a few things from these famous ladies about the benefits and pitfalls of dating a younger man.

Related Link: [Cougar Dating Love Lessons Even Demi Moore Can](#)

Use

BENEFITS

Lack of baggage: Hooray! No psycho ex-wife? Check. No kids who hate you? Check. When dating a younger man, you can be confident that he won't have a nightmare ex to drive you crazy. Plus, he won't come loaded with a horrendous view of women based on his traumatic past relationships.

Having grown up in a slightly more modern society than you will most likely enable him to have a fresher perspective on women as well as a different opinion of "the working woman," as his mom may very well have been that very girl. In addition, because there is less baggage, there is less compromise for the older woman. There is less "stuff" to have to incorporate from his life into yours. And as a result, he's more likely to slip into your everyday world effortlessly.

Health: A younger guy has a much higher probability of being healthy and fit. This means that, when you go on that beach stroll or hike in the hills, he's not going to be complaining about his knees. For a woman who feels "young at heart" and also has a healthy lifestyle, a younger man will feel like more of a match.

An added bonus? When it comes to the care and feeding of her partner, the extent of a younger man's daily intake will be more along the lines of a B vitamin rather than Preparation H or Tiger Balm. We like the former option better.

PITFALLS

He may not know what he wants to be when he grows up: When you date a man who's your age (or perhaps five or ten years your senior), he'll most likely be established in his career and set on his life intentions. But a younger man might be just starting out or still struggling with what he wants to do. Not only can this cause an issue regarding his financial security,

but it can also lead to an identity crisis – for both of you. Being with a man who is launching a professional career or perhaps is between jobs can be a daunting task. You just have to be up to the challenge.

Fear of leaving you for a younger lady: Jennifer Lopez supposedly has asked boyfriend Casper Smart, “Why don’t you go find a young girlfriend and get out of here? What do you want with me?” Well, we can think of a few things... But he doesn’t appear to be going anywhere, so perhaps she has nothing to worry about anyway.

Related Link: [J. Lo and Casper Smart: What Their Body Language Says About Their Love](#)

That said, it’s a common for an older woman dating a younger man to fear that he’ll leave her for someone younger. Unfortunately, you can’t make yourself younger or make him older, so it’s critical to get comfortable and trust that his feelings for you extend beyond the physical.

Whether your type of guy is older or younger than you, just remember that if it feels right and he meets all your needs (emotional, physical, intellectual and spiritual), you can go for it while still holding on firmly to your dignity!

Marni Battista, founder of Dating with Dignity, is an expert dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at marni@datingwithdignity.com.

Expert Relationship Advice: How Not To Scare A New Man Away



By David Wygant

So you've got a first date with that guy who you just think is so amazing. He's got the perfect resume. He even called you when he said he would. You're at his place, and he's arranged a nice dinner. Everything seems perfect.

He just might be "the one."

::RECORD SCREECHES TO A HALT::

First of all, let's throw out the perfect resume, because as

we all know, when it comes to dating, *nobody* is as perfect as his resume. Eventually, he's going to become real, and when he becomes real, the question is: *Do you still like him?* But that's not what this post is about; it's about how to give yourself an opportunity to get to know the real him.

Related Link: [Guys Edition: How To Behave Like a Gentleman](#)

It's probably no surprise that many women scare men away on the first date. Here are a couple of things to avoid discussing and ways to ensure that he'll ask you out again:

1. Bash your ex. You talk about your exes like they are the worst people in the entire world. What that tells a man is that, when he becomes your ex, you're going to destroy him just like you bash your previous boyfriends. If you must talk about your ex on the first date, talk about him in a positive way—the things you learned and how you've grown as a person since your relationship ended.

2. Talk about your desire for a child. Every man wants to meet the cool woman who he can just hang out with, who understands his fantasy football obsession, who will spontaneously buy a ticket to Hawaii to play in the surf and sand. Yes, you can ask him if he wants a family and kids on the first date, but what you *don't* want to say is that you can't wait to be a mom.

"I can't wait to go to soccer practice. I can't wait to get the mini van. I just can't wait to be a mother." Now, all he's going to think about is how he can't wait to drive that mini van away from you. Remember that he wants the **cool** woman. He knows that you're a woman and that you want children, but he wants to feel like a man, not like a sperm donor. He doesn't want a vision of life schlepping around the suburbs; instead, he wants to envision a hot and sexy beach vacation.

Related Link: [Does Your Womb Have a Vacancy?](#)

These are two tips that I tell women all of the time: stop

with the bad ex talk and stop with the womb-vacancy talk. Be fun. Be cool. Be open to his suggestions. Get to know one another. And most importantly, have a good time.

It's just a date. It's supposed to be about getting to know one another in the present moment to see whether or not you like each other. Have fun as a couple. Grow as a couple. Allow the relationship to take off. And by doing that, you'll be able to get past that first date and maybe onto a second one.

To find out more about David and all of his dating and relationship-building products, visit him on his website at www.davidwygant.com.

QuickieChick's Video Dating Tips: Is He "The One" or Just Another Someone?





By [E!'s Famously Single Dating Coach, Laurel House](#)

Dating Advice from E!'s *Famously Single* Laurel House on If He's 'The One'

Is your significant other "the one" or just another someone? In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House shares her ten tips for knowing who's Mr. (or Mrs.) Right. Our favorite piece of advice? If your partner makes you feel like your best self – or even inspires you to be a better person – than he or she may be around forever. Or use *The Bachelor's* Sean Lowe as a great example. He loved both Lindsay and Catherine, but he knew he'd never be able to say goodbye to Catherine. If you can't see yourself without someone in your life, then he or she may be the best fit for you.

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

The Bachelor 17, Finale: Sean Lowe Proposes to Catherine Giudici



By Jared Sais

Can you believe that this season of [The Bachelor](#) is over? Do you think Sean Lowe found his perfect match in Catherine Giudici? Let's take a look at the body language on last night's finale and see what it tells us...

Catherine

Similar to a white lie, white manipulation is when people manipulate for what they deem a good reason. Catherine is guilty of this behavior when she is talking one-on-one with Sean. Although she means what she's saying (she's not lying), there are times when she talks for his ears rather than from her heart.

After their one-on-one-date, as they said goodbye, they shared a long, loving hug, and both were wrapped around each other with a strong hold. You can even see Sean's forearm muscle tighten. Sean's hand went down to Catherine's butt, and he taps his hand on her (showing dominance and support) as she whispers, "I love you." Remember that a whisper is a sign of lust. Then, the couple's hands go from a tight hug to holding one another as if they were dancing. **This is it: Catherine's the winner.** I don't even need to watch the end of the show. After Catherine won (no surprise), they held each other again in this same way.

Sean breathes a sigh of relief when saying "I am so glad you're here." The blonde beefcake truly enjoys and cherishes her company; you can think of him as "at home" with Catherine. Think about when you come home from a long, hard day at work, and you can finally sit down and relax. You take a deep breath of relief; that's the same feeling Sean has when he's with her.

One micro-expression that's important to point out is Sean's genuine smile when looking at his future fiancée. Plus, his nose wrinkles, which is a strong sign of flirtation. Sean also pulled Catherine closer instead of Catherine pulling him closer, which is different than Sean and Lindsay's relationship because Lindsay usually reaches towards Sean for affection.

The bachelor and the Seattle native had an incredibly sincere kiss when they parted ways. Sean had a strong grip on her and showed a genuine and long-lasting smile with crow's feet

around his eyes.

Catherine used open palms when speaking about Sean, showing her openness and vulnerability when sharing her feelings. Her voice cracks a bit throughout the show, meaning she's feeling strong emotions. It's a non-verbal sign of genuine sadness or a strong emotion of joy (happy tears).

It's important to note that both ladies showed real tears when talking to Sean's parents. If you've read my articles since the beginning of this season, you already know the difference between real tears and fake tears. If not, check out my past recaps here.

Additionally, there were a lot of things that both ladies said that seemed like they were almost reading a script. They both started talking in a rhythm or a beat when asked personal questions by his family. Criminals or people telling lies usually use this speech pattern to try to cover up their actions or guilt.

Finally, when Catherine is walking to Sean to see if she would get his heart and that final rose, she bit half of her lip as the other half sticks to the side, indicating that she's nervous and scared. I would be too if I were her!

Related Link: [The Bachelor 17 Predictions: Who's the Best Fit for Sean?](#)

Lindsay

I noticed a definite lack of eye contact when she was talking to the bachelor. It could be a culture thing, but it's most likely nerves; she feels uncomfortable with "emotional talks."

While there was a lot of sexual tension when Lindsay and Sean were talking about their future, one of Sean's arms was limp when they were kissing and sending up the lanterns. So he wasn't feeling the romance as much as usual; I think he

already knew that his wishes for love, happiness and family were coming true with Catherine.

Lindsay kept looking at Sean when his parents asked a question, which tells me that she looks to him for approval. It also shows how dominant Sean is in their relationship.

We saw a great example of a non-verbal lie when Lindsay told Sean that she was okay after he didn't propose to her. At first, she nods her head yes but then shakes it no. This behavior was one of the things that I used throughout the season to identify any lies that Sean or the girls told. Still, Lindsay handled the bachelor's rejection with a lot of grace.

Related Link: [The Bachelor's Sean Lowe Blogs About Women Tell All](#)

Sean & His Family

Let's take a moment to talk about the bachelor and his skeptical yet supportive family.

First, when Sean said, "I know my family will love Lindsay as well," he shook his head no, meaning he doesn't believe what he's saying.

Both his parents showed crow's feet (wrinkles near their eyes) that represent true happiness when talking with Catherine.

His family members all shook their heads no when saying positive comments about both women, which tells me that they don't believe what they're saying. His mother, father, sister and brother-in-law have more doubt than they share with the bachelor, and they don't feel like either of these girls is right for him.

It's easy to see that Sean's mom is very emotional. When she starts crying, Sean instantly takes care of her, which explains his behavior with many of the contestants this season

(always being the protector, giving roses to the girls who cried and shared sad stories). Maybe he had a soft spot for these ladies due to his emotional mother.

Conclusion

As a side note, **Lesley M.** and the host, Chris Harrison, had some sexual tension! She looked into his eyes as she pushed her hair back over her ears. They also reach out and touch each other on the back and arms. Lesley then bites her lower lip. Definitely some flirting going on!

It's been an absolute pleasure working with CupidsPulse.com and being the body language expert during this season of *The Bachelor*. I had an amazing time using non-verbal cues to better understand Sean and the girls each week. I'm so thankful to my readers, and I hope you all have learned some non-verbal tricks during this journey.

Good luck in your search for love!

[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. You can sign up for his individual or group non-verbal classes or his wingman services by e-mailing him at jaredsais@gmail.com.

Relationship Advice: Can an On-Again, Off-Again

Relationship End in the Real Deal?



By Melanie Mar

Happy endings happen in all different ways. So, when someone asks me if a relationship has staying potential when it's constantly on-again, off-again, the answer is "yes." Contrary to popular belief, on-again, off-again relationships can be the real deal.

All relationships, at some point, go through turbulent and challenging times, which may result in a breakup or even breakups, plural. Even so, that doesn't necessarily mean that you won't one day be walking down the aisle together. Case in point: Jessica Biel and Justin Timberlake. If the reason for the split is not of an immoral, unethical or a very serious

nature but instead due to timing, immaturity, financial stresses, etc., and the two of you have a deep, emotional and mental connection, there is a good chance that you will reconnect again physically.

If, however, the relationship is volatile and unstable with high-highs and low-lows, it's not healthy. I wouldn't recommend anybody committing to a long-term relationship of this type. If you have a steady, calm relationship that has gotten off track because of a small matter, then resolution may be achieved.

I understand you may be missing your [ex](#) and feel the need to contact him or her, but before you repeat previous behavior patterns, ask yourself these questions: What is the fundamental issue that is causing your breakup(s)? And what can you do to stop it from happening again? Maybe consider some outside assistance from a therapist. If you do make a plan to see each other again, come with a solid idea of what you're willing to commit to with regards to establishing a solution moving forward.

Related Link: [Can You Be Friends With an Ex?](#)

Don't call someone just to say, "I miss you." This action will lead to you both falling back into a dysfunctional relationship and making the same mistakes.

Don't jump into bed and have make-up sex either. It's tempting to do when high chemistry is present but will only mask the underlying problems temporarily.

If your relationship is consistently on and off with someone who breaks up with you at his or her whim, then you will eventually have to up the ante. You cannot allow your ex to keep coming back into the relationship at the same level. You must stay strong and insist they commit to something deeper (i.e. from dating to girlfriend, girlfriend to fiancé, fiancé

to wife). Otherwise, you have the potential to remain in this back-and-forth relationship for years with no intent of a full commitment from your partner.

Related Link: [10 Steps to a Remarkable Relationship](#)

Ultimately, if the pull between the two of you keeps bringing you back together, there is a real reason for that. Finding someone with whom you have a deep connection is very difficult. Think about how many people you have been on one date with – even just a coffee – and the number is probably quite high. Now, think about how many people you have told you love, and it most likely drops dramatically. And now, think about how many people in your life who you have really been in love with, and my guess is maybe one or two.

So, with this thought in mind, if you have found a special someone that you have a true love connection with, iron out the kinks and commit 100 percent to the relationship. When two people are destined to be together, it will be, regardless of what obstacles get in your way.

**Create an Action Plan to Make
Every Date Feel Like
Valentine's Day**





By Dr. Tranquility – Lydia Belton, PhD, Ct. H.A.

The feelings and emotions we experience during the Valentine's Day season can be enjoyed any time of the year. In order to begin, it starts with yourself. When we love ourselves, we resonate a vibration of love, and as it goes out, it comes back to us. So if you've had a breakup recently, let go and let love in – not for your ex, but for you! Our boundaries tend to be in a healthy place when we achieve this goal, giving way to much happier and healthier relationships.

Related Link: [How to Keep the Spark in Your Relationship After Valentine's Day](#)

What if you're single? A great way to make the feelings of Valentine's Day last if you're not partnered up is to surround yourself with friends. Take them by the hand and do something that will bring love to others. A great example is volunteering. Help an elderly neighbor, head to a local soup kitchen or join the Red Cross. Getting out of your own head and helping others, brings loving resonance. Take a page from Prince William: when he was single, he followed his mother's

example and gave back to those less fortunate.

If you're single but dating, drop the dinner and drinks. Hint at ideas that are fun and non-traditional. For example, horseback riding, hiking in the park, or planning a picnic can take your relationship outside the comfort zone and build a stronger connection. These suggestions give you a chance to really get to know each other and to be able to *hear* what the other person is saying. This step follows the initial phone call we chatted about last year in "Four Steps For Stress Free Dating," so quite of a bit of the "getting to know you" stage is already out of the way. After a few dates, you could also try cooking together and watching a movie at home.

Related Link: [10 Steps to a Remarkable Relationship](#)

If you're attached, keep the love going: flowers, romantic games and bubble baths aren't just for Valentine's Day! Instead, pick one fun and sexy activity to enjoy for the night. Take five minutes where you are solely focused on each other; don't say a word and just relax into each other. This behavior gets the PEA going (brain chemistry of attraction). Give it a shot – you can thank me later!

What if you're married and perhaps have a family? Keeping things interesting can be a challenge, so in addition to the exercise in the paragraph above, I have some special tips. According to Redbook, the First Lady has said her 17-year-marriage to Barack Obama is "not perfect." Still, even in the midst of the crisis in the Gulf of Mexico, the two had date nights. And the President has been known to bring home flowers for his wife.

Another celebrity couple that's still going strong is Patrick Dempsey and Jillian Fink, who have been married for 11 years. Fink says, "You have to make time to spend together and to work through your issues."

Kevin Bacon and Kyra Sedgwick have been together for 22 years

– a century by Hollywood standards. Here's Bacon's advice: "I think you've got to keep the fights clean and the sex dirty!"

Consider these examples and remember that is possible to keep the love alive. You must make your relationship a priority. Wherever you find yourself on this list, relax, have fun and enjoy each other's company. A few minutes a day goes a very long way!

Developed by Lydia Belton PhD, Ct.H.A., Date Therapy® is an effective protocol that helps people get in touch with their criteria for an ideal mate. DrTranquility's protocols® have been featured most recently on Forbes.com & Yahoo, ABCNEWS.com, ABC's the View, KISS FM, CupidsPulse.com, Metromix for the Chicago Tribune, British Glamour, REDBOOK, Cosmopolitan Magazine & promoted by Match.com.

QuickieChick's Video Dating Tips: Are You the Marrying Kind?





By [E!'s Famosly Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famosly Single* dating coach, Laurel House reveals the top eight characteristics that make a woman wife material.

Dating Advice from E!'s *Famosly Single* Laurel House on Marriage Material

If you've been following *The Bachelor* this season, you know Sean Lowe has narrowed it down to two lucky ladies. On this week's episode, he told host Chris Harrison that he was ready to propose...although he didn't know who would receive that sparkly ring just yet. So what makes a woman the marrying kind? Why are Lindsay and Catherine more marriage-worthy than the women who have already been sent home?

For more information about our dating mentor, click [here](#).

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

What do you think makes a woman the marrying kind? Tell us in the comments below!

The Bachelor 17, Episode 9: Sean Lowe Sends AshLee Frazier Home



By Jared Sais

On last night's episode of [The Bachelor](#), Sean Lowe and his final three ladies traveled to Thailand for the highly-anticipated overnight dates. So what did their body language

reveal about Sean's chances for finding true love? Read on to find out!

Lindsay

First, let's analyze one of Sean's micro-expressions. When speaking about the potential for Lindsay to be his future wife, Sean raised his eyebrows, meaning he was surprised about this possibility. I'm sure the raised eyebrows were related to Lindsay's first night in a wedding dress and how Sean thought she was crazy (as did I). But now, to everyone's surprise, she's in the top three (two!).

As for body language, when Lindsay was speaking with Sean on the beach, she did two very common non-verbal cues that indicated she was sexually frustrated. She let her voice drop to a whisper and also bit her lip. Both cues mean one thing: that there is a strong attraction between these two and that spending [intimate](#) time together is on their minds.

By nodding her head as she said, "I am ready to settle down," Lindsay affirmed that she was telling the truth.

When Sean asks if "this woman" could be his wife, I am reminded of Bill Clinton when he spoke about Monica Lewinsky. I knew Bill was lying when he used the phrase "that woman" instead of her name. This word choice is so telling because it puts distance between the two people involved. So while Sean may like Lindsay, he likes AshLee and Catherine more.

Also, when answering this question, Sean did a big shoulder shrug as he said "yes," meaning that he's unsure of what he just said.

As a side note, did anyone else want that sidecar motorcycle? I would also like to say that I'm in the bug club too. Yep, I've eaten a bug.

Related Link: [The Bachelor 17, Episode 8: Home Sweet Home](#)

AshLee

When she was talking about Sean, AshLee did a micro-expression of a smile plus a nose wrinkle, which is a sign of flirtation. Now, a wrinkled nose could mean disgust, but when combined with a true smile (as it was in this case), it's a positive sign.

When they were together and speaking on the couch back in the hotel, Sean showed micro-expressions of sadness. He got [emotional](#) when speaking about his future with AshLee, revealing that he really likes her.

Moving on to their body language, AshLee did a head tilt, which is one of the most common non-verbal cues of attraction and flirtation.

Both had gazing eyes, a sign of strong feelings. When your pupils and eyes widen, it's an indicator that you like what you see. The reason behind this idea is that, when you like something or someone, you let more light come in and allow your pupils to dilate so that you can see more clearly.

As Sean said, "I am falling in love with her," he was speaking the truth. He nodded and looked straight ahead; there was no sign of deceit.

When AshLee was crying in her video at the end, you can see Sean's Adam's apple jump a few times, which indicates strong emotion. He was sad seeing AshLee sad. Knowing what ultimately happens, I wonder if that was a turn-off for him. Plus, he showed shame when viewing her video – I'm pretty sure he had already decided that he was sending her home.

Related Link: [The Bachelor 17 Predictions: Who's the Best Fit for Sean?](#)

Catherine

When Sean said, "I can see myself marrying you," he does a

full smile, showing that he honestly means what he said.

As for Catherine, she had open hand gestures (palms shown and faced towards Sean). When kissing on the boat, Sean held her around the neck, which indicates extreme attraction and sexual lust. When girls toss their hair or tuck their hair behind their ear, one of the main purposes of doing so is to show their neck, which is a non-verbal cue of vulnerability and attraction. As they kiss, Sean caresses her neck, meaning Sean and Catherine have crazy intense feelings for each other. Remember that sometimes the most meaningful and romantic touches are on the neck.

When Catharine gets the letter about the fantasy suite, she responds by saying "I would love to" and does a double shoulder raise, not a shrug. This non-verbal cue is a sign of flirtation.

When he said that she was smoking hot, he had bedroom eyes: the lowering of his head with eyes that gaze upwards, right into Catherine's eyes. Sexy, right?

"Can I see myself marrying Catherine? The answer is yes." See, he used her name, unlike when he said an almost identical sentence about Lindsay.

Also, whether we realize it or not, music plays a big role in how we feel about the girls. A lot of people forget to pay attention to the music, but I guarantee it played a major role in whom you liked and didn't like.

Conclusion

Honestly, I was leaning towards AshLee as the runner-up with Lindsay going home tonight. This is the second week that Sean's non-verbal cues towards Lindsay have been strange and off-putting. But there can only be one winner, and my money is on Catherine – so I'm still in the game!

I wonder if Sean picked AshLee to go home tonight because of something that happened in the fantasy suite, something that we didn't see. I did notice one thing that might indicate a clash of personalities. On their date, AshLee's wine glass was almost empty, while Sean's wine glass was almost totally full. This difference could be a sign that Sean might see AshLee as a "wild girl."

On a similar note, AshLee may have been a bit too intimidating for Sean. I wonder if she moved too fast. Or did something happen off-camera that put a doubt on their future together? Either way, I can't wait to tune in next week and see what AshLee says on *The Women Tell All* special!

Jared Sais is co-author of the website The Non-Verbal Game. 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.

QuickieChick's Video Dating Tips: This Video Could Save Your Relationship





By [E!'s Famously Single Dating Coach, Laurel House](#)

Dating Advice from E!'s *Famously Single* Laurel House on Saving Your Relationship

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House read this blog post by Single Dad Laughing, titled "16 Ways I Blew My Marriage," and immediately knew it was worth a video. Thanks to hindsight, we all have lessons learned when we look back on mistakes we've made, especially when it comes to past relationships and broken hearts. Perhaps, the most surprising point made in both the post and the dating expert's video is just how easy it is to stop putting effort into your marriage. Listen up, and we guarantee you'll learn a thing or two that will improve your own love life.

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

[channel.](#)

The Bachelor 17 Predictions: Who's the Best Fit for Sean?



By Jared Sais

Last night's *The Bachelor: Sean Tells All* special told us a lot about Sean Lowe's connections with the final three women, but did it reveal who he would propose to on the upcoming finale? After Desiree was sent home, it was tough to know who has Sean's heart. Based on his body language, here are my predictions.

Lindsay

It may come as a surprise, but I saw a micro-expression of hate when the bachelor spoke about Lindsay. He used words that indicated he didn't want her, so I say Lindsay is out.

That means Sean's final choice is between AshLee and Catherine.

Related Link: [The Bachelor 17, Episode 6: Chemistry in Canada](#)

AshLee

I think AshLee would've been my number one, but maybe I'm just bias. I personally like her a lot. A problem with AshLee? Sean's a Christian boy. AshLee may be sweet, but Catherine's morals move her to my number one pick for Sean.

Catherine

I think Sean's into the total package of Catherine. Sexually, though, he likes AshLee more. The question is: Will Sean pick the girl who he feels the most chemistry with (AshLee) or the girl who may be a better overall fit (Catherine)? And I think the answer is Catherine.

Related Link: [The Bachelor 17, Episode 5: Sean Lowe's Mistakes & Top Picks](#)

In my opinion, the ranking for Sean's final picks are as follows:

#1 – Catherine

#2 – AshLee

#3 – Lindsay

We'll all have to tune in next week to see who makes it to the finale!

Who do you think will receive Sean's final rose – and an engagement ring ? Tell us in the comments below.

Jared Sais is co-author of the website The Non-Verbal Game. 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.

The Bachelor 17, Episode 8: Home Sweet Home



By Jared Sais

Last night's episode of [The Bachelor](#) featured the four coveted

hometown dates and there were a lot of tells when it came to body language. Based on Sean's behavior, it was obvious to me that he's attracted to these girls, but he isn't ready to move forward with anyone just yet. It looks like reality just hit him on the hometown dates that the goal of the show is marriage. He says he's excited for that next step, yet he's showing extreme signs of anxiety: heavy breathing, lack of eye contact and shrugging. Sean is more uncertain about his future than ever before.

On that note, let's get started...

AshLee

If anything, Sean's extreme nervousness towards AshLee is telling of his strong feelings for her. However, he showed shame when kissing her by looking down right away. He also looked down and showed shame again when he said, "I'm so happy I'm here."

AshLee's really in love with Sean. She looks at him with admiring eyes (wide eyes that are paired with a strong gaze and slightly raised eyebrows). Of course, she also has a huge smile with crow's feet (wrinkles around her eyes).

Related Link: [The Bachelor 17, Episode 7: Victory in St. Croix!](#)

Now, let's move on to AshLee's parents. Her father and mother showed anger when hearing about the dates with Sean, especially the romantic comments, yet they were happy to see their daughter's reaction to the bachelor. They were trying to play bad cops, but you could see flashes of smiling beneath it all. Additionally, micro-expressions of sadness – a dimpled chin, lowering of his corner lips, raising of his inner eyebrows, loss of eye contact – came across AshLee's father's face when he was talking about the first time he saw her. It's easy to see that AshLee has a great family.

After asking about possibly proposing to AshLee, Sean took a deep breath, a sign of relief mixed with anxiety. He really likes her, and asking that question was a big step for him.

Projected Ranking: #1

Family: A+

Sean's Lust Level: A+

Drama: 0 out of 10

Hometown Location: A

Catherine

We heard a giggly laugh from Sean at the start of their date, so he was happy to see her. However, when he said, "When I am with Catherine, I can see my wife," he did a major shoulder shrug to non-verbally indicate his uncertainty about the statement.

Sean went in for a kiss, which would normally be a huge indicator of his attraction. Instead, I noticed a slight body flinch from Catherine, meaning that she only intended to hug him. What many viewers saw as something big was nothing more than a non-verbal fake out.

Maybe Catherine isn't quite sure of her relationship with Sean either. When she was chatting her sisters, she used the phrase "try it out" as she spoke about marriage. She couldn't give a definite yes. Her choice of words allowed her to dodge the question. Plus, when she said she was crazy about Sean, she shook her head no, which means she's either lying or she's not as crazy about him as she says. I think she likes him a lot, but isn't ready for marriage or mature enough to make such a big commitment just yet.

When speaking to Catherine's mother, Sean had his hand in his pocket, which is a sign of intimidation. He also had his

feet/legs crossed and pointed at the door, indicating that he doesn't plan on leaving this conversation but would like to flee the room because he is very uncomfortable. Even his body is facing away from her. Still, as Sean was opening up to Catherine's mother, I could tell he was being genuine by his use of open hand gestures (talking with his hands with palms facing up or towards the other individual).

Projected Ranking: #3

Family: B-

Sean's Lust Level: B+

Drama: 4 out of 10

Location: A-

Lindsay

Sean ran to Lindsay for a hug when they first saw each other, a sign of strong affection and excitement.

He later said, "Lindsay could be the one who I could spend most of my life with." When saying "could be the one," he did a shoulder shrug, which is an accrete non-verbal cue meaning maybe...so his words align with his actions. However, when finishing that sentence with "spend most of my life with," Sean did a micro-expression of anger (lips pinched, eyes glaring, eyebrows lowered). I wish I could ask him why he felt anger at this moment, but it was either towards himself, Lindsay, or the situation. Also, let's focus on the word "most." He could've said "my whole life" or "forever," but instead, he used non-committal language.

We can't forget to discuss Lindsay's parents too. Her mom did a hand steeple, showing that she is the dominant one. Her dad might be a two-star general, but Sean was focused on pleasing the wrong person! Lucky for our 'Bachelor', Lindsay's mom used gestures of openness, showing that she really liked him.

Projected Ranking: #2

Family: A

Sean's Lust Level: A+

Drama: 2 out of 10

Location: C+

Related Link: [10 Steps to a Remarkable Relationship](#)

Desiree

I immediately knew that Des's ex-boyfriend was a fake. The actor never showed any real signs of anger or jealousy. He even flashed a smile during his encounter with Sean. The bachelor, though, definitely didn't know that it was a prank, as he showed body language of anger (closed fists) and defensiveness (crossed arms).

Of course, we have to analyze Des's brother's behavior. He called Sean out on liking other girls...and I can't really blame him. Sean might not have liked what he said, but you'd think he'd understand where he was coming from, right? Unfortunately, that's not the case, as Sean's non-verbal cues were very negative after their chat.

Let's observe their facial expressions too. They were primarily those of anger, sadness and shame. I think Sean was truly hurt by Des's brother, mostly by the "playboy" comment. I wonder how much of Sean's actions on *The Bachelor* were his true self versus the producers directing him. I feel like he might not have wanted to be as much of a flirt as he actually was.

Projected Ranking: #4

Family: F

Sean's Lust Level: A+

Drama: 8 out of 10

Location: A

Rose Ceremony

At the end of the day, family drama was the deciding factor. Des would have been in the top three if her brother would have just been quiet, but instead, he stole the spotlight and, in doing so, ruined his sister's chances with Sean. On one hand, I agree with the bachelor. On the other side, though, I think having an overprotective brother is better than feeling like you'll never fit in, as Sean stated about Catherine's family. After all, an overprotective brother may come around. Though I knew he would ultimately send Des home, I would've picked Catherine.

Be sure to check back in tomorrow for my thoughts on tonight's *The Bachelor: Sean Tells All* special!

Jared Sais is co-author of the website [The Non-Verbal Game](#). 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. For more information and to download a free PDF of the speech he gave at NYC's Single In Stilettos, click [here](#).

QuickieChick's Video Dating Tips: How to Have the BEST Valentine's Day Ever



By [E!'s Famously Single Dating Coach, Laurel House](#)

Dating Advice from E!'s *Famously Single* Laurel House on Valentine's Day

Are you *still* wondering how to celebrate Valentine's Day this year? Dating mentor Laurel House admits that this holiday has always been stressful for her (even in elementary school!). In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House shares her tips for taking charge and overcoming the disappointment of past years' unmet expectations. Plus, the dating expert reveals how to have the best Valentine's Day ever, whether you're single or part of a couple. Listen up, and you're sure to discover the perfect idea for tomorrow's big day!

For more information about our dating mentor, click [here](#).

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

What are your Valentine's Day plans? Tell us in the comments below!

Q&A: How Can We Celebrate Valentine's Day In a Special Way If My Boyfriend and I Are Apart?





Question from Candace M.: *My boyfriend and I are both traveling for work on Valentine's Day, but we don't want to miss out on celebrating the romantic holiday. How can we share our love for each other in a unique and special way even though we're miles apart?*

Answer from Our Love Experts:

Tristan Coopersmith, Love Stylist: Valentine's Day is all about expressions of love that go outside of your normal handholding, "love ya's", dinner and a movie, etc. Valentine's Day is about passion! It is about over the top "I love you's!" It is about celebrating your unique love in a memorable way.

So when your love is distanced by miles and maybe even a time zone, your best bet is to use technology to your advantage. Instead of sending a dozen roses, send a dozen love texts. Instead of a reservation-only prix-fixe dinner date, opt for a candlelit Skype dinner for two, complete with an Evite. Instead of a decadent dessert with one spoon, try sending a box of homemade goodies. And as for the naughty lingerie show, you can keep that one... thank you, FaceTime!

Happy Valentine's Day, lovers!

[Suzanne Oshima, Matchmaker](#): Trust me, with this unique idea, your boyfriend will have the best Valentine's Day ever! Starting two days before Valentine's Day, surprise him with a few teaser messages. Send him steamy text messages and take photos of you in sexy lingerie, giving him subtle hints about what you have in store for him on Valentine's Day.

Then, on the big day...

His first gift: Surprise him and have the hotel staff deliver him breakfast in bed with all his favorite foods.

His second gift: Send him some more sexy photos and messages in the morning and afternoon.

His third gift: This gift must be sent to the hotel in advance, just make sure they don't deliver it to him until that night. Give him a super sexy video of you, your hottest panties sprayed with your favorite perfume and a few aphrodisiac foods (like almonds, bananas and chocolate).

After he opens his third gift, end the night with a live Skype session with you.

Your boyfriend will be so excited to see you when you're both home again...so be sure to answer the door in a racy outfit. Your man will think you're the hottest woman ever!

For more information on our three relationship gurus, click [here](#).

If you have any questions you would like answered by our experts, please submit them on our [Contact Page](#).

How have you celebrated a holiday when you and your loved one are apart? Tell us in the comments below!

The Bachelor 17, Episode 7: Victory in St. Croix!



By Jared Sais

Since there were only six girls left on this week's episode, I really wanted to hone in on each of their non-verbal cues and micro-expressions to determine their true feelings for the bachelor. I also focused a lot on Sean's reaction to each of them to see how he really feels about the remaining ladies.

Let's start with the first one-on-one date...

AshLee

AshLee was the one girl brave enough to tell Sean the truth about Tierra. As she was talking to Sean about the drama, she showed micro-expressions of anger: pinching her lips, lowering her eyebrows and glaring her eyes. She also revealed feelings of contempt when speaking about Tierra by moving only one side of her face.

In response, Sean said, "When she tells me something about Tierra, I believe it." As he says it, Sean shakes his head no and shrugs, telling me that he doesn't believe what he just said.

Even so, when he's on the beach talking with Ashlee about Tierra, Sean puts his hand on his head with his thumb pointing down, meaning a thumbs down to Tierra. I think he's really beginning to wake up, even if it is *very* slowly.

At the start of their dinner together, the bachelor asked her if there was anything else he needed to know before meeting her family, and when she replied "yes," he gulped, which is a sign of fear. He also showed a micro-expression of surprise with his raised eyebrows and the widening of his eyes.

Sean smiled big enough to have crow's feet (wrinkling at the corners of her eyes) when speaking with her, so he really likes AshLee. You don't show that much emotion (the fear, the surprise and the genuine happiness) if you don't like someone.

Of course, he shook his head no as he said, "I think you're perfect the way you are," meaning that he's still not sold on her just yet. He also shrugged as he told her that he had no questions at this point, revealing that he's either lying or not being 100 percent truthful.

As for AshLee's feelings for Sean? She nodded to confirm that she was telling the truth when she said she loved him.

Related Link: [The Bachelor 17, Episode 6: Chemistry in Canada](#)

Tierra

It's no surprise that Tierra showed feelings of contempt when speaking about the other girls. What *is* surprising is that Sean also showed signs of contempt multiple times. I think (hope) her drama is finally getting to him.

Tierra totally fibbed and told Sean that she tried bonding with the other girls in the house. As soon as she stopped talking, she started licking her lips and put her hands up to pull back her hair on both sides of her face. Her body language showed that she's trying to manipulate Sean by lying to him about her feelings towards the girls and also about her feelings for him.

Of course, Tierra did her famous eyebrow raise. And when she said the above comment about the other girls and herself, her right eyebrow rose for a long period of time. This eyebrow raise is a sign of cynicism. The funny thing is she did this facial gesture after something she said, meaning that even *she* doesn't believe the words that just came out of her mouth.

The tone and pitch of Tierra's voice also gave away her true feelings. Both were very choppy as she spoke, revealing that her words were not actually true.

As she was speaking to "her boyfriend," Sean had his lips pinched, meaning he was bit angry with either her or the situation.

The drama queen revealed her own anxiety when she played with her straw throughout dinner. The body goes under a great deal of stress when lying, so it tries to cover that stress up by releasing it through agitated movements and fidgeting.

Related Link: [Tierra Causes Drama on 'The Bachelor,' Ladies Against Her](#)

Lindsay

Based on Sean's tone and pitch as he spoke about Lindsay, it was easy to see that he'd give her the group date rose. He slowed down his speech and emphasized his feelings for her. He really is crazy about her. Although he has strong feelings for Desiree and Catherine as well.

Lesley

Her body language told me that she wants to feel more in love with Sean than she does. She really, truly likes him, but she may not be in love with him as she had hoped. When she talked about loving him, she did a lot of shrugs and other non-verbal gestures which mean "I don't know."

The sad thing is that I don't think the show revealed everything that happened between this couple. It seems a bit weird that they really got along last week, but then this week, there was a lack of...well, everything. Their connection was strained on both sides. I really thought she would make it to the top three, but after this date, I didn't know if she'd end up with a rose.

Sean, you did a great job by getting rid of dramatic Tierra and her "sparkle", but I have to say, I think you should have kept Lesley around. I think you guys would have been great for each other, but then again, we didn't really see what happened between you two. Still, I count this week as a major victory. Bye bye, Tierra!

Jared Sais is co-author of the website [The Non-Verbal Game](#). 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. For more information and to download a free PDF of the speech he gave at NYC's Single In Stilettos, click [here](#).

Why Do High-Powered Men Like Dan Marino Cheat?



By Lori Zaslow and Jennifer Zucher, founders of [Project Soulmate](#)

In light of the recent reveal that Dan Marino, CBS football commentator and Miami Dolphins' quarterback legend, fathered a love child in 2005, we can't help but wonder...

Why do high-powered men cheat on their wives and father love children without thinking they'll get caught?

Related Link: [Single Life: To Play or Not to Play](#)

It's complicated and not a blanket statement issue. A lot of people (not just men) come into power and money, perhaps because they are very self-involved or are driven by a feeling of powerlessness – or they get sucked in by their ego and lose touch with their morals, especially in the heat moment. The entitlement that often stems from power and wealth triggers irresponsibility and lack of empathy for others who don't have it that way.

People also make decisions about cheating in the moment, not considering the future. After all, it's one of many exit strategies people take in relationships to avoid hurt, intimacy and struggle because it externally fills voids that their partners are not fulfilling. The person doing the cheating isn't thinking about getting caught because they aren't thinking about the future in that particular moment.

Some are just assholes. Some are sociopaths and enjoy it. Many think that they are above their vows, and they have either rationalized what they are doing and/or love the thrill of possibly getting caught. Some just make stupid, immature, out-of-control mistakes from emotional issues – and then fear the backlash of hurting their wives or losing control of their reputation, so they cover it up. Everyone is different.

Why do wives stay with their cheating husbands? And vice versa?

Some people stay with a cheating spouse because they still love their partner and feel that they can truly forgive them. Others don't leave because they are afraid to be alone. Some stay to give their kids the illusion of a happy family; because with kids involved, they feel that there is more reason to fight for the relationship. Some have to stay financially. Then there are some partners who stay because *they* have cheated too.

Infidelity is a symptom of an underlying problem. When someone

gets caught, there is an opportunity to dig deep and work through all the issues that need to be discussed – trust being the first one, obviously!

Related Link: [Kristen Stewart Apologizes for Making People Angry](#)

What damage will cheating have on the love child?

The love child will have his/her own issues with self-esteem, trust, role models and more, but no more damage than the other children involved. Anyone growing up with parents who don't do what's best for them can become hurt and resentful. Many follow in these footsteps, and many fall for these type of partners. Others swear off marriage completely.

Of course, those who go to therapy and keep working on themselves eventually can grow to be well-adjusted, happy adults in healthy relationships. But the relationship with the guilty parent often suffers long-term. Trust and abandonment will be the first of many damaging factors. The parent must clean up the mess of lies and have full disclosure to ever gain respect from the children. People forget that kids are very smart! Once you lose respect for a parent, it can change the way you view your life and your childhood – and the way you will potentially parent one day.

Even if you can forgive your partner for cheating, there are still repercussions, both immediate and in the future, that you both must face, especially if children are involved. Be sure to remember that as you work to recover from infidelity.

Lori Zaslow and Jennifer Zucher are the founders of Project Soulmate, Manhattan's premier matchmaking service for elite singles. You can follow Project Soulmate on Twitter and Facebook.