

# The Bachelor 17, Episode 6: Chemistry in Canada



By Jared Sais

Since this episode is the second one this week, let's jump right into it...

## Catherine

So we finally got to see a one-on-one date with Sean and Catherine, and it looks like I need to add her to my top picks. I think Catherine has something no other girl has to offer. She is fun, cute and sexy – she's a triple threat. Or better yet, she's a quad threat since she also had a sad story to tell.

When Sean talked about her during his interviews, he really lit up. His eyes widened, and he had a smile from ear to ear. Also, remember from one of my previous articles that, when

Sean is really, truly happy, his vein shows on his forehead, either near his eyes or above it. That happened again last night, so I know that he was very happy with his time with Catherine.

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

## **The Big Disaster Date**

### **Tierra**

Well, here we go again – Tierra's hurt – but this time, it's for real. I am reminded of the story of "The Boy Who Cried Wolf." There are only so many times that she can fake cry or "fall down the stairs." Now that she's really hurt, no one believed her.

I lived in Buffalo for about five years, where snow and freezing weather were the norm. I know what you can fake, and Tierra definitely didn't fake lips that blue and skin that pale. BUT (and trust me, there is a but) that doesn't mean she didn't play off the situation. Tierra had mild hypochondria – oh sorry, I mean hypothermia – and she acted like she had frostnip (the first stage of frostbite) or even frostbite. Just to give you a point of comparison: My good friend had frostnip, and she couldn't walk for three days. She had crutches and stabbing pains in her feet and hands for a week.

So Tierra, you might have gotten cold, but you also got a cold shoulder from Sean when he gave the rose to Lesley. Ouch.

Even so, I knew she'd get a rose before the show was over, and I've narrowed it down to two explanations. The first reason is that the producers know we all love to hate her, and they, of course, want the highest ratings possible.

Second, Sean is a sap and really likes her and her drama. Some men are "care takers," meaning that they like taking [care](#) of

women. Sean most likely falls into this category, seeing as he always gives roses to the girls who tell him stories about their difficult lives. "Care takers" want to feel like they are needed, so the more these girls cry and act dramatic, the more likely Sean is to give them a rose.

## **AshLee**

As you know, I love giving real world examples of non-verbal facial expressions. When AshLee had to jump into the ice water, she presented a great non-verbal expression of fear: eyes wide-open, eyebrows raised and corner of lips pulled straight back towards the ears.

## **Selma**

Selma and Sean had a great run. That kiss was where it went downhill though. It was the kiss of death. It was a peck with very little emotion behind it. Sometimes, a kiss is the true test of chemistry, and in this case, there wasn't much there.

As a side note, Selma's laugh may have been the cutest/weirdest laugh that I've ever heard.

## **Sarah**

I really liked Sarah. Like I said in yesterday's post, she was one of my top picks for Sean. So Sarah, if you come across this article, I'll help you find love. Come join me in my VIP non-verbal communication class!

**Related Link:** [QuickieChick's Video Dating Tips: Be the Only One on Your Man's Mind](#)

## **Desiree**

Well, she got over her rough patch with an amazing date. If you're keeping track, she's been one of my favorites since day one, and she's still on my top five list. I think she has many of the qualities that the bachelor wants in a partner. If she

wants to win that final rose, she must be herself and keep things fun and spontaneous for Sean.

In Montana, their body language was off, but this week, they re-kindled things big time. I want to point out how one bad comment about Tierra (in Sean's eyes, at least) negatively affected Desiree and Sean's chemistry, even if it was only for a week. I think this date brought her back in the spotlight.

Tune in next week to see what happens when Sean and the remaining ladies head to the magical island of St. Croix!

*[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](#).*

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## The Bachelor 17, Episode 5: Sean Lowe's Mistakes & Top Picks





By Jared Sais

I had a big problem with Sean this week. Maybe it started when he gave the rose to Tierra over Jackie. Did anyone else actually scream at the television? He's incredibly clueless to Tierra's true colors. Sean, wake up! You're a wreck, so you're picking a girl who is a wreck herself.

I really questioned the bachelor when he said, "I don't want to be naïve. I want people to tell me these things." Whenever someone tries to tell him something negative about someone else, he sends her home! In doing so, he's eliminating the girls who truly care for him and giving roses to the girls with a ton of issues. At least tell me that producers have a role in the eliminations to make me feel better.

Enough about Sean. Let's talk about the girls!

### **Lindsay**

While kissing Lindsay, Sean had a limp arm, which tells us that he wasn't really into their kiss. When you really like a girl, your arms reach out for her.

Later in the date, Lindsay jumped into Sean's arms – a non-

verbal cue of really strong attraction and very loving emotions towards someone. So she definitely likes him more than he likes her.

**Related Link:** [Sarah Darling Talks 'The Bachelor,' Country Music and Her Top Pick for Sean Lowe!](#)

## **Desiree**

After Sean announced that the blue team was coming back, Desiree revealed her anger by pinching her lips and licking her front teeth. In all fairness, the girl did drink fresh goat milk to earn her spot at dinner.

She showed surprise through her wide eyes and raised eyebrows when she didn't receive a rose on the group date. Honestly, I was surprised too. It seems like any negative news immediately makes Sean question the show's process. He needs to realize that nobody is perfect and that there are ups and downs in every relationship.

Overall, the body language between Sean and Des isn't as positive as it once was. For instance, when they were sitting on the couch, Sean's body was pointed away from her, which is the opposite of what you do when you like someone.

Before we move on to the next girl, let's consider this: Does Sean asking for the blue team to come back mean that he missed the company of someone on that team? Maybe Lesley, Catherine, Daniella or AshLee?

## **AshLee**

When AshLee was talking about her time on the show so far, she reached for the back of her neck, a non-verbal sign for "pain in my neck," frustration or annoyance. Even so, she was telling the truth about her positive feelings for Sean. She was implying that it's a pain for her to be competing for his heart (and who can really blame her?).



## **Tierra**

One thing was clear: Sean did not like that Tierra crashed his date and surprised him. When speaking with her outside, his heavy breathing indicated that he was thinking “not again.” Of course, it won’t matter because she will manipulate Sean with yet another story, and Sean will give her yet another rose.

**Related Link:** [The Bachelor 17, Episode 4: Deception of Love](#)

## **Lesley M.**

Lesley is the girl who Sean went to for wisdom. She has to make sure she doesn’t fall into the “friend zone” next week. I expect a lot of touching and a big romantic scene with Sean and Lesley on an upcoming episode.

## **Top Picks**

So who do I think Sean will pick as his top five ladies?

1. Lesley M.
2. Lindsay
3. AshLee
4. Selma
5. Desiree

Just for comparison, here are my top five picks for Sean:

1. AshLee
2. Lesley M.
3. Jackie
4. Desiree
5. Sarah

[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, visit [www.thenonverbalgame.com](http://www.thenonverbalgame.com).

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## Kelly Ripa's NYC Chic



By Ann Csincsak

Kelly Ripa is the queen of morning talk shows and the fashion envy of every woman who turns on their television to catch her witty gossip and banter. As a mother of three, Kelly's toned figure and effortless style is a great reason to set your DVR to *LIVE with Kelly and Michael* on ABC.



Often seen on the streets of New York City with her hunky husband, Mark Consuelos, Kelly proves that beauty, brains and style *can* all be found in one package (image above).

1. [Lipsy Dome Handbag](#) \$75
2. [House of Harlow Lynn Sunglasses](#) \$70
3. [Michael Kors Berkley Sandal](#) \$150
4. [Banana Republic Ponte Striped Skirt](#) \$79.50
5. [Vintage Lion Head Necklace](#) \$49
6. [Y-3 Racer-Back Tank](#) \$25



1. [Oasis Yellow Drape Blouse](#) \$45
2. [Hudson Signature Boot Cut Jeans](#) \$198
3. [Kork-Ease Hailey Wedges](#) \$170
4. [Alice and Olivia Elise Blazer](#) \$194
5. [Forever21 Marble Mint Ring](#) \$3.80
6. [Essie 'Put A Ripka Ring' Polish](#) \$14

This multitasking mother gives us the perfect blend of sweet and savvy with her everyday outfits. Follow her lead and dress to impress by wearing solid tops and fantastic accessories. It doesn't matter if Kelly's relaxing on the beach in the Hamptons, picking her children up from school or walking the

red carpet for an event, this blonde bombshell always makes a splash!

*For more style tips and tricks, follow me on [www.cashmereandcoco.com](http://www.cashmereandcoco.com) or on twitter at @anncsincsak!*

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## The Pros and Cons of a Long Engagement



By Marni Battista

The latest news in Hollywood is Britney Spears and Jason Trawick's somewhat long-anticipated breakup. The couple met when Trawick was Brit-Brit's talent agent, and he gradually transitioned to her beau post-Keven Federline divorce. The two had been engaged for just over a year, and we presume one of

their resolutions must have been to start off 2013 single.

They parted amicably, according to their reps, but could the lengthy engagement have caused the split? Or did it just make it clearer that they should call off the whole thing?

If you've already been divorced and are engaged to be married a second time – like Spears was – it's a good idea to discuss if you're setting a wedding date immediately or planning to take it slow.

**Related Link:** [Dating After Divorce: Lessons We Can Learn from Taylor Swift, Queen of Heartbreak](#)

A year-long engagement in the '50s and '60s would have seemed endless to a blushing future bride, but these days it seems to be more common. In fact, modern couples are holding their "I do's" for two, three, even five years before actually tying the knot. There are plenty of reasons: costs of a wedding, the pressure of daily life (it's hard to schedule a manicure, let alone pick a wedding date) and commitment anxiety. While it makes sense for some couples that are on a second or third marriage, is it really better to wait it out?

**PRO: You get ample time to figure out if you're truly a match.**

Although the core idea of being engaged is that you've both already decided you want to be together long-term, having a lengthy engagement can help ensure you're making the right choice. In Spears's case, it seems that this is exactly what happened: they weren't a great match.

When you're in a healthy, serious relationship, you're openly communicating about your values and goals...and by the time you get to an engagement, you hopefully have decided you're a good fit in multiple ways.

However, time will certainly tell. Being committed to each other on a higher level than being boyfriend and girlfriend

should bring more conversations and actions that will help prove to you whether or not you're on the right path. Ideally, you'll be sure that you're both on the same page, and you'll be able to make the right decision *before* getting married.

In addition, a lengthy engagement can ensure that children from previous marriages have time to adjust to a new person in the parent role, which can ultimately create a better transition from mom's boyfriend to stepdad.

**CON: Lack of marriage can indicate to the other person a lack of commitment.**

**Related Link:** [5 Signs He's Not Ready to Commit](#)

A lengthy engagement can certainly be interpreted by one person that the other person isn't fully invested in the relationship. If you choose to have a long engagement period, make sure you're clear as to why you're choosing to wait and that the items on the "when this happens, we'll be ready" list are specific and measurable. Communicate consistently regarding how those benchmarks are going to be hit and be open to shifting them if the results take longer than anticipated.

When you're fighting with your fiancé, you can simply decide to leave...whereas when you're in a marriage, people seem more likely to want to work out the issues to save their relationship. Additionally, there is data that supports the fact that modern society may be growing indifferent about the institution of marriage. It's an important issue to discuss with your fiancé. Together, you should decide a realistic time period for your engagement; being open about it will help give clarity to your individual feelings and can also bring you closer.

There are both pros and cons to a lengthy engagement; you will just have to decide for yourself what time frame is best for you.

*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](mailto:marni@datingwithdignity.com).*

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## QuickieChick's Video Dating Tips: Be the Only One on Your Man's Mind



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



# Dating Advice from E!'s *Famously Single* Laurel House on Staying on the Top of His Mind

Even if you're not on *The Bachelor*, there's a good chance that your new man is already dating another girl – or maybe even a few other girls. How can you stand out in a crowd and capture his heart? In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, Laurel House tells us the do's and don'ts of making him think about you when you're not together...and even when he's with someone else.

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

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

How do you make sure that your man is thinking about you? Tell us in the comments below!

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## The Bachelor 17, Episode 4: Deception of Love







By Jared Sais

For this week's analysis of [\*The Bachelor\*](#), I focus on identifying lies and true feelings rather than my top picks for Sean. Read on to see if you agree with my assessments of Selma, Tierra, Amanda, Sarah and Leslie H.

## Selma

Throughout her one-on-one date with Sean, Selma was incredibly close to the bachelor: they locked their hands together and wrapped their arms around each other. She was literally draping herself over him. Proxemics, or the study of space, indicates closeness, and there was definitely a strong attraction between these two.

When Sean asked her if she was okay with rock climbing, Selma replied, "Alright." But based on her non-verbal cues, she was thinking, "Heck no!" First, her pitch and tone went down to almost a whisper, a sign of extreme fear and anxiety. Second, her body revealed the truth: as she was replying, she shook her head "no."

Additionally, the phrase "alright" is a way to say no. It's the same as "sure," which is not a decisive yes and more of an

“I don’t know.” If you ever say something to your loved ones, and they respond with an “alright” or “sure,” they aren’t completely on board with whatever you asked. They might even go back on their word later.

As for Sean and Selma’s date night...no kiss? No problem! Ladies, I’m going to share a little secret with you: if you hold back and your man gets mad and calls things off, he’s not worth dating. If he really likes you, holding back will actually make him subconsciously try even harder to get what he didn’t originally receive. In this case, I know for a fact Sean will give Selma a rose. And boom, I typed it, and it happened. Men want what they can’t have. Psychology wins once again.

**Related Link:** [The Bachelor 17, Episode 3: The Good, The Bad and The Ugly](#)

## **Tierra**

Let’s talk about the non-verbal cues associated with real and fake tears. During real tears, the inner eye brows will go up towards the forehead; a bulge will be created in the middle of the eyebrows; and the corners of your lips will curl down. Your chin might also dimple. Of course, there are usually tears, and your nose may drip (tears don’t only drain through your eyes; they also come from your nose). Additionally, there is a lack of eye contact and a dazed look.

It’s easy to fake the bulge in between your eyebrows; it’s easy to fake the lowering of your corner lips; and it’s easy to fake the chin dimple. It’s a bit harder to fake the inner brows rising towards your forehead, and it’s really hard to fake tears and a runny nose. It’s also really hard to get your eyes to look as they do when you’re truly upset. But what is almost impossible to do is all of these actions at once. It takes a ton of practice to get it right, and Tierra just doesn’t have that much skill.

So are Tierra's tears real or fake? 100 percent fake. The giveaway is her smirk at the end.

## **Amanda**

Amanda's nail biting may just be a habit, but it's also a sign of anxiety. So when she said that she had done roller derby before, I could easily tell she was lying – even though her words were very confident. One of the main ways to tell if someone is lying is by identifying deviations within his or her story. Similar to Selma, Amanda lied with a deviation between her non-verbal behavior and her verbal communication.

As a side note, I liked that Amanda actually confessed and told the truth about playing the sympathy card.

## **Sarah**

Sarah shrugged when she said she was "so happy." Shrugging is a non-verbal cue that indicates that you don't mean exactly what you're saying, which is different from lying. If I said that I loved a movie but shrugged, I may have hated the movie, but I could've just liked it as well.

**Related Link:** [The Bachelor 17, Episode 2: Love or Lies?](#)

## **Leslie H.**

Did you notice the tears in her eyes? Sure, she was upset, but it wasn't all sadness. The majority of what she felt was anger. That's right, she had all the signs of being pissed off, including pinching her lips and licking her front teeth. I bet her hands were making fists because she was furious. There was no hiding how she felt.

## **Conclusion**

The information in this article can be used to counter the lies that people tell us everyday. In the game of love, people are very good at making us feel loved or special. Some people,

though, try to manipulate our emotions and make us feel how they want us to feel (like Tierra with her fake crying). So remember this as you search for love: it's not about finding just any guy or girl; it's about finding a quality person who is worthy of your affection. These tips will help you read others and figure out if they truly love you or are just deceiving you.

*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, visit [www.thenonverbalgame.com](http://www.thenonverbalgame.com).*

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## Kate Beckinsale's High Fashion Charm





By [Ann Csincsak](#)

If I had to admit my celebrity fashion crushes, [Kate Beckinsale](#) would be at the top of the list. Not only does this [mother](#) have amazing fashion sense, but her effortless beauty is a showstopper in every weekly magazine.

This first look (image above) is perfect for a day [date](#) in the city. A simple tee and vintage-washed jeans will make you appear simple and chic, while some great gold accessories and dark polish will help you catch his eye.

1. [Michael Kors Oversized Watch](#) \$275
2. [Sol Angeles Sugar Sugar Tee](#) \$58
3. Essie Licorice Nail Polish \$8
4. [Ray Ban Classic Wayfarer](#) \$200
5. [Joe's Jeans Skinny Vintage](#) \$165

The next outfit shows off the best of spring fashion with a muted print blazer, cropped jeans and dark accessories. Take a cue from Kate's street style, and pair our favorite spring blazer (below) with your comfortable cropped skinny jeans to step out for a great [spring date](#).



## Kate Beckinsale



1. [Hudson Collin Skinny in Westwood](#) \$205
2. [D&G Oversized Sunglasses](#) \$160
3. [Chica Nova Rainbow Stripe Blazer](#) \$82
4. [Vintage Chanel Xl Jumbo Quilted Bag](#) \*actual bag shown in picture

*For more style tips and tricks, follow me on [www.cashmereandcoco.com](http://www.cashmereandcoco.com) or on twitter at [@anncsincksak](https://twitter.com/anncsincksak)!*

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## Guys Edition: How To Behave Like A Gentleman







By David Wygant

What qualities does a woman desire most in a man? Confidence? Humor? Good looks? No, what a woman wants from the man she is dating is for him to behave like a gentleman.

Men, here is what a woman wants:

She wants you to open the car door when you pick her up. She wants you to pull out her chair when you're having dinner. At the end of a date, she wants you to walk her to the door and give her a sweet kiss. She wants you to compliment her, but not go over the top like you've never complimented a woman before. When she sleeps at your house for the very, very first time, she wants a new toothbrush along with clean sheets and towels.

**Related Link:** [QuickieChick's Video Dating Tips: How to Get a First Impression Rose](#)

Women want good old-fashioned romance. That's why they want you to *call* them instead of *text* them. They like you to reconfirm a date instead of just showing up. And one of the most important things is...**don't ever ask them what they want to do**. Instead, just take them somewhere; plan a date, figure out

who they are and what they're all about, and then take them on a journey.

If a woman says no to you when you're pursuing a physical relationship with her, respect her and say, "Hey, I understand. We don't know each other well enough yet, and that's cool. I'll take things at your pace."

It's about being a gentleman, and a lot of men just don't understand that. When you behave like a gentleman, you'll actually get a lot more out of a relationship than you ever imagined.

But instead, most men behave like Captain Cavemen. They don't plan; they don't let her walk through a door first; and they battle their way through a restaurant, competing for the same spot at the table. Most men have no clue how to lead. They just act like aggressive buffoons.

**Related Link:** [No More Excuses: 10 Ways to Ditch Bad Dating Habits](#)

Don't be that guy.

The next time that you're out with a woman, when you're sitting across from her at dinner, look at her, and make sure that she's happy and content. More importantly, make sure you're acting like a gentleman and you're allowing her to actually get to know you.

Remember that when you act like a gentleman, you actually get the girl and everything else that you want.

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# The Bachelor 17, Episode 3: The Good, The Bad and The Ugly



By Jared Sais and

Erika Nitz

*The Bachelor* was action-packed and filled with a lot of underlying emotions that presented themselves nonverbally. No clear winner is coming out of the pack just yet, but let's touch on the the good, the bad and the ugly of last night's episode...

## The Good

**Lesley M.**

Sean looks at Lesley like she's the eighth Wonder of the World, and they are definitely hitting it off. After all,

their first kiss broke the Guinness record for the longest on-camera kiss. It started out cute with both of them blushing and smirking a lot, but it quickly became awkward. Leslie's hand in the middle of his chest seemed to have a slight hint of "pushing away." There was no real emotion, which is to be expected when you have a large audience cheering for you.

Their second kiss made up in emotion what the first one lacked. While rubbing Sean's head (her favorite move), her entire body and legs are fully facing her guy. This girl is falling hard! That second kiss could have easily escalated into something more.

Remember that important things get held close to the body. When Lesley and Sean kissed on the rooftop, she had a tight grasp on Sean but a light grasp on the rose, as it's tilted away from her. This indicates that Lesley's priority is the man and *not* the rose.

On a psychological note, it's worth pointing out that Lesley has a lot of similarities with Emily Maynard, who dumped Sean in season eight of *The Bachelorette*. It will be interesting to see if he picks someone similar to a woman who rejected him in the past.

## **AshLee**

When Sean is truly happy, his veins show above his eyes and on his forehead. If you don't see them, he's putting on a show. During Sean's interaction with AshLee, this was happening constantly, and he can't stop smiling when they're together. What does that mean? It means Sean had a *really* good time with AshLee, and Lesley M. might have some serious competition. No way of telling if AshLee is The One yet, but she is getting a lot of positive non-verbal cues from Sean.

**Related Link:** [Host Chris Harrison Says New 'Bachelor' Sean Lowe Is "So Sincere"](#)

## **The Bad**

### **Desiree**

Desiree called out Amanda, and a lot was revealed in the fight for the rose. It is clear that having a rose is more important to Amanda than having Sean. In this scenario, however, Desiree is the bad one. Even though she got Sean's last rose, there is something a bit off about Desiree. When talking to Sean, she gives weird looks and has a creepy tone to her voice. Sean, beware! You might want to steer clear...that is unless you like your women a little bit crazy (see Lindsay below).

## **The Ugly**

### **Kacie**

Kacie went from golden girl to bottom of the barrel in one conversation. She would have had the upper hand, landing in the top five, if it wasn't for the story she had shared with Sean. When Kacie told him about the drama between Desiree and Amanda, she unknowingly removed her halo and associated herself with the negativity of the other two ladies. In the past, blameless bearers of bad news were forever associated with the messages they reported. The origins of the age old phrase "don't shoot the messenger!" came about because of this negative psychological association.

**Related Link:** [The Bachelor 17, Episode 2: Love or Lies?](#)

### **Lindsay**

Kacie's unintentional downgrade of herself as well as Desiree and Amanda left Lindsay unscathed. Subsequently, she received the rose on the group date.

Dear, sweet, and slightly crazy Lindsay showed up on the first night in a wedding dress and regularly brings up marriage in conversation. The average person would run for the hills in this scenario, but Sean seems to be sticking around, leaving

us to think that he might like his girls a little too close to the deep end.

It's a good thing that *The Bachelor* series allows Sean to have multiple dates. A girl can only hide her true self for a short period of time before cracks start to appear. Between Lindsay, Kacie and Desiree, the plot thickens as true colors begin to emerge.

On a final note, Sean is playing his own psychological game. For example, while AshLee was sharing a deeply emotional story about her adoption with him, he chimed in with a perfectly timed comment about how he would like to adopt. Additionally, in one moment, we'll hear him say, "I could be falling for her," and in the very next moment, he's kissing a different girl. Sean is toying with these women and showing that the person who's playing the game of *The Bachelor* the best...is the bachelor himself!

*Jared Sais is co-author of the website The Non-Verbal Game along with Passport To Love TV Host Erika Nitz. He is an expert in nonverbal communications, body language and micro-expressions as they relate to life and love. For more information and to download a free PDF of the speech they gave at NYC's Single In Stilettos, visit [www.thenonverbalgame.com](http://www.thenonverbalgame.com).*

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## Jessica Alba's Sexy Sweet Style







By Ann Csincsak

From a hero in *The Fantastic Four* to a stay-at-home mom to her two daughters, this woman knows how to steal the spotlight with every outfit she wears. Her chic style is the envy of every shopper at the Target checkout counter since she graces the cover of *InStyle*'s February issue.

Jessica has the perfect balance of sexy and smart in this street-savvy black ensemble and denim-on-denim outfit. She perfectly transitions from winter to spring with a vest and open-toed heels. **STYLE TIP: Keep your accessories light and dainty for the upcoming season!**

## Get The Look



1. MinkPink Motorcycle Diaries Vest, \$69
2. J Brand Low Rise Leggings, \$150
3. Essie Chinchilly Nail Polish, \$8
4. Kate Spade Mini Bow Ring, \$48 \*TREND ALERT!



1. Wildfox Couture Peacock Feather, \$59

2. Missoni Maki Skirt, \$450

3. Chicnova Denim Vest, \$39

4. Baublebar Arrow Ring, \$24

*For more style tips and tricks, follow me on [www.cashmereandcoco.com](http://www.cashmereandcoco.com) or on twitter at @anncsincsak!*

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# Can You Be Friends With an Ex?



By Melanie Mar

Lovers cannot be friends until both parties have a new lover. Many factors come into play with regards as to whether

you can remain friends with a former loved one.

Did the relationship end on good or bad terms? If the two of you merely grew apart and perhaps the physical intimacy died in the relationship, then you may have already started developing a friendship within the relationship. It is far easier to continue an already-established friendship post-breakup. However, if one of the parties did something immoral or unethical and hurt the other one deeply, the chances are certainly much slimmer.

Does one of you not have the ability to remain friends mentally or emotionally? One's life experiences and role models (i.e. if you are a product of divorced parents, did they maintain a friendship post-breakup?) will dictate one's emotional ability and openness to establishing a future friendship.

Is it in your nature to remain friendly after an intimate relationship? I have clients who literally go into relationships telling their partner that, if this doesn't work out, there will not be a friendship afterward, which makes your desire to maintain a friendship impossible, however disheartening this truth may be to you. I have other clients who are friends with most everyone they have dated and would feel sad at the thought of losing that person from their lives.

If you're currently in a relationship that you know has a limited shelf-life, but you desire to eventually have some form of friendship post-breakup, here are some things to consider:

**Related Link:** [How to Break Up Without Breaking Down](#)

1. Why is the relationship breaking down, and is it mutual? A lot of relationships fade to grey.
2. Were you friends before you became lovers, and had you put



in the foundations of friendship before you became intimate?

3. What will this person positively bring to you and your life as a friend, and vice versa?

After asking yourself these questions and writing down the answers, you'll have a clearer vision of whether or not a friendship is something viable. Here are a few more points to remember:

1. If you want to end this relationship, and your partner is unprepared, unaware, or wanting to continue the relationship, it is unrealistic to think he or she would want a friendship with you.

2. If you had a secured friendship prior to becoming intimate, the chances of you establishing a friendship are higher. If you became intimate sooner rather than later, having not gotten to know the other person as an individual, and your connection was short-term and sexually driven, then it could be less likely.

3. Are your lives better by having each other in it? Can you rely on this person? If you're in need in any way, is this person going to be there for you? If the answer is yes, that is a true friend. Nobody needs another type of friend, so make sure the ones you choose to have in your life are worthy.

**Related Link:** [Falling Out of Love and Back into Life](#)

Now, if your relationship has already expired and you hope for a friendship with an ex, the only thing that you can do is lay yourself bare. Put yourself out there and ask your ex if enough time has passed for feelings to heal and if he or she is willing and wanting to be your friend. There are many famous faces that have achieved a post-split friendship; examples include Demi Moore and Bruce Willis, Reese Witherspoon and Ryan Phillippe, and, most recently, Courteney Cox and David Arquette. And some relationships actually work

better as friends. Engaging in a friendship with someone who knows the most intimate parts of your life and accepts you despite them means that the friendship will be stronger and much more successful than any romantic relationship could have been for the two of you.

Ultimately, there are no hard and fast rules on whether or not you can be friends with your ex. Each split is the same as each relationship: completely different. The most important thing to consider is...do you both really want it?

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## **QuickieChick's Video Dating Tips: How to Get a First Impression Rose**







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

If you're anything like the staff here at CupidsPulse.com, then you're wildly addicted to *The Bachelor*, anxiously awaiting the Rose Ceremony that will conclude your Monday evening. Dallas native Sean Lowe has already captured the hearts of the viewers, and now, he's hoping to find love on the eighteenth season of the popular show. Watching the drama unfold in last week's season premiere, we couldn't help but wonder: How does Sean choose what girls to send home after only one evening of interaction? And more importantly, how did he hand out that first impression rose after only a few minutes?

## Dating Advice from E!'s *Famously Single* Laurel House on First Impressions

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House tells us just what it takes to make a lasting first impression – both on *The Bachelor* and in real life. After all, we're all hoping to be

our best selves on every great first date. The dating expert shares her tips to help ensure that you get that first impression rose when starting a new relationship.

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

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

**How do you make a memorable impression on a first date? Tell us in the comments below!**

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## The Bachelor 17, Episode 2: Love or Lies?



By Jared Sais

We can't help but wonder about the girls when watching this (and every) season of [The Bachelor](#). Who is genuinely nice? And who is a wolf in sheep's clothing? Who's in it for love, and who just wants fame? Of course, the biggest question we ask ourselves is: who is Sean's future wife?

So in the spirit of *The Bachelor*, I will give out fives roses to the girls whose body language and non-verbal cues—for better or worse—most captured my attention in last night's episode. Do you know who's falling in love and who's lying to get what she wants?

**Related:** [Sean Lowe Hopes to Find a Wife and Mother on 'The Bachelor'](#)

## **Kristy**

It is quite obvious to viewers that Kristy has an ulterior motive for being on the show. If you haven't caught on to this, maybe this quote will help: "I am getting the rose and books, and we are sailing away."

Don't be fooled by her good looks, charm and natural ability in front of the camera. This girl has one thing on her mind: fame. Let me ask a question: Are you bringing Sean on a ship that is sailing away with you, your book deal and your rose? You might be saying that she intends for the rose to represent Sean. Why not just say Sean then? When anyone uses an object to represent a person, it's never a good sign. People are not objects, and it's clear that Kristy thinks of Sean as just that: an object.

## **Sarah**

Let's start from the helicopter. There was the obvious non-verbal cue of Sean putting his arm around Sarah's back. As many of you know, that's a sign of sexual attraction. If you're at a bar or a club, you might be victim to this move. As many of you will notice someone attractive, do a walk by

and gently place your hand on their back to carefully get by them. What you're actually doing is showing that you're interested.

Sarah plays with her hair a lot, which is something that girls do both out of habit and when they flirt. So, how do I know the difference? When Sarah plays with her hair out of habit, she does it sparingly. When she starts talking to Sean alone, the amount of times that she touches her hair increases. With almost every sentence she says, she's moving her hair away from her face and revealing a very sexy part of her body, her neck.

A big sign that Sarah is genuinely into Sean is a simple facial expression. If you look closely, you might see Sarah's nose wrinkle and eyes widen as she smiles at Sean. If there was no sign of a smile or widening of her eyes and just a solo nose wrinkling, I would say that's more disgust and a big negative. But that's not the case here. Sarah is flirting with him and clearly very interested.

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

Though there is a lot more to consider from Sarah's date, I leave you with this idea: Sarah is not as innocent as she is portraying herself to be. Even so, there is definitely some chemistry between her and Sean. But the girl I focus on next may have more of an edge.

### **Lesley M.**

She said it the best when she said, "Something must have been wrong with my body language." Lesley, you're absolutely right – there were four major reasons why that kiss never took place.

–Lesley never tilted her body fully toward Sean; she only looked at him with the majority of her body still facing the table. This positioning did two things: it blocked her off and

made her less approachable, and it also confused Sean and made him second-guess himself.

–The second thing I noticed was a lack of touch. There was never an escalation of touching. They stayed holding hands. However, as Sean looked for definite approval and an “it’s okay to kiss me” sign, he never saw it.

–The third thing Lesley did wrong was her hand remained in front of her. This body language is the same as crossing your arms or holding a purse in front of you. She blocked herself off without meaning to do so.

–The fourth thing is there was no obvious sign of flirting. Okay ladies, if you get one thing out of this article, it should be this: guys are not the best at picking up your flirting cues. If you think you are sending out an obvious sign that you like us, chances are we didn’t notice it or we convinced ourselves that we’re crazy and a pretty girl like you would never flirt with us. So flirt hard until we get the hint.

Now, what did Lesley do right that made her second chance with Sean end with a kiss? Her body was fully facing Sean, and she had more open body language when speaking with him. She made her intentions fully known when she put her hands on his shirt and went in for the kiss. As they parted ways, Sean reached for her hands. You might have noticed that Sean’s thumbs were on top of Lesley’s hands, his way of giving thumbs up to her (in this case, two thumbs up).

## **Desiree**

If every week were just like this week, Desiree would be the last woman standing. They could not keep their hands off each other from the moment they stepped out of the limo; the chemistry of these two is through the roof. You can see it and hear it in their voices. But the biggest cue of how much they like each other came from two nonverbal cues and one big



verbal statement.

When Desiree and Sean were talking, Desiree did a very flirtatious facial expression: she smiled as her eyes widened and her nose wrinkled (just like Sarah). This positive facial expression indicates a very strong liking for Sean.

**Related:** [Is Kim Kardashian Still Upset that Kanye West Shared their Pregnancy News? What Their Body Language Tells Us](#)

The other nonverbal cue was the pitch and tone of her voice. As they talked more and opened up with each other, Desiree's voice went into whisper and sounded more loving. This shift only happens when you are extremely interested in someone. Also, if someone whispers, you naturally move closer to hear him or her better, a perfect tactic to draw Sean closer for a kiss. Sneaky, isn't it?

Lastly, the most revealing verbal statement was that Sean mentioned multiple times that he wants to be married to someone who can be his best friend. After Desiree talked about her relationship with her family and the connection that her father and mother have with each other, Sean was quick to add that he "is working on making Desiree his best friend."

Plus, Sean already has a nickname for her: Dez. It's definitely the start of something special for these two!

## **Kacie**

Both seemed to have crushes on each other when they first met. Can this be fate? The attraction is still there, and once again, we get a first hand look at how easy it is to communicate a false impression. Sean left their initial meeting feeling like Kacie was not interested in him, so he thought of her as a friend. The good news is that they talked it out and both revealed that they have feelings for each other.

This relationship marks trouble for Dez, as Kacie already knew Sean and proved to be a good friend. There is a theory that states the more times you see something or someone, the more you will like them. Because Sean knew Kacie before the season started, she already is one step ahead of the rest of the girls.

I think this could turn into the battle of Dez versus Kacie. But it's a long road to love, and something tells me we haven't seen anything yet.

### **Honorable Mentions:**

My roses are gone, but there are two more women that I must mention.

I could write a book about **Tierra**, but let's just focus on this quote: "I feel like this is not a competition. I am not going to let any girl stop me from getting the rose." Fantastic – well, I am glad this isn't a competitive game for you. Now that you have let the world know you're here for the rose, how do you feel about Sean? Notice anything in common with Kristy?

At the end of the show, when Sean didn't give a rose to **Diana**, he said he didn't want to keep her away from her kids if he didn't see any potential for love. I have a soft spot for single mothers looking for love, so Diana, I would love to find you a genuine man to be with for the rest of your life. I thought you were amazing, and if there are any single mothers out there, you all deserve roses in this world.

I hope I answered some of your questions, but if I didn't, please leave them in the comments below. I shared my top picks for Sean – **who do you hope he gives a rose to next week? Share your thoughts below.**

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# Dating after Divorce: Lessons We Can Learn from Taylor Swift, Queen of Heartbreak



By Marni Battista

Taylor Swift has been splashed across almost every magazine in the past few weeks, telling story after story about yet another failed relationship and her tendency to get over someone by getting “under” someone new. The twenty-something country crooner is beautiful and successful, but it seems she can’t break the three-month relationship cycle.

Perhaps it’s because she has a “broken picker,” or maybe it’s just that she’s 22 years old and has no idea what she really

wants. Whatever the case, Swift is repeating the same mistakes in each and every relationship. Her romantic trysts are unable to move past the infant stage. With actors and boy-banders alike (even a Kennedy!), the songstress dives in head-first each time – and comes out like a drowned rat within a few months.

When you begin dating after divorce, you're actually in a similar position to Swift. You might not know what you want; you might be jumping in too fast; or you might believe that someone new can take away the heartache of a failed relationship. And, unlike Swift, you are most certainly very out of practice. So what lessons might we be able to learn from the Queen of Heartbreak herself?

**Related Link:** [How to Find Love Amidst Holiday Crazyness](#)

**1. Don't jump into a relationship too quickly.** After a relationship's gone wrong, take time to assess what you learned and how it can inform future choices. We call this the "Dating Fast" at Dating with Dignity because a "cleanse" from a relationship can help you reconnect to who you are outside of that relationship, help you refine your relationship goals, and aide you in making adjustments to your "picker."

Once you're in a space where you want a partner rather than need or crave companionship, you're most likely ready to return to the dating pool. When you're dating, take time to get to know someone fairly well before either of you decides you want to take it to the next level. This phase of "data dating" (collecting data about him/her while simultaneously having fun and creating new shared experiences) can last somewhere between one and three months, which is generally a good time frame for figuring out if this new person meets your needs.

Deciding after one coffee date that you're madly in love, that you should spend every minute together for the next five days,

and that you're in a serious, committed relationship is almost always a recipe for disaster. Be conscious of the pacing of the relationship and strive to really get to know the other person, based not on who you want him/her to be but rather on how he/she shows up consistently over time!

**2. Have clarity about what you want.** If you find yourself confused about what you really want to create in your next relationship after a recent divorce or breakup, take comfort in the knowledge you're not alone. A great idea is to take an hour or two and create a list of what it is you're looking for based on what you were *not* getting from your marriage or last relationship. Also include a list of your values and the traits you admire in other relationships. Combine the lists and choose five characteristics to be your ultimate non-negotiables. By choosing just five, you can ensure you're selective but not too picky.

Check in with yourself periodically and confirm that what you were looking for two weeks ago is the same thing you're looking for today. If you're not looking to get into a serious relationship right at the moment, date casually to your heart's content and practice the art of setting boundaries, flirting, courting, and having fun. If a long-term relationship is your end goal, then date with that intention. Just be sure you know what you truly want.

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

**3. Give relationships time to evolve.** When you get comfortable in a relationship too soon, you often find out things about your partner that you didn't know before you started seriously dating. What happens, then, is that you begin to ignore or rationalize the importance of these possible red flags.

Ignoring the "quiet voice within" is not a smart move. Instead, communicate your concerns while remembering that



your perfect match will want to work through speed bumps to come to a real win-win. If it's not something that's appropriate to share with your partner, make sure you have a coach or therapist (not your best friend) who can help guide you in making informed relationship choices.

When you don't let relationships progress at an organic, natural speed, you may skip over important characteristics of your guy, or he may miss something important about you that's a deal breaker. So be yourself and let the getting-to-know-you part last, and then make that decision for a full commitment in a conscious way. Choosing someone just because he/she chose you is a Mr. Right Now move rather than a move toward finding Mr. Right.

*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](mailto:marni@datingwithdignity.com).*

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## **Is Kim Kardashian Still Upset that Kanye West Shared Their Pregnancy News? What Their Body Language Tells Us**





By Jared Sais

When Kanye West recently publicized that he and his girlfriend Kim Kardashian are expecting their first child at his concert in Atlantic City, some reports indicated that Kim wasn't thrilled with her beau's impromptu announcement. But after ringing in the New Year together and with their bundle of joy arriving in only a few months, our celebrity detective analyzed some recent photos to see if Kanye is still in the doghouse and if he will be keeping up with this Kardashian for the long haul.

**Related Link:** [Kim Kardashian Steps Out and Embraces Pregnancy Curves](#)

### **Picture #1: Holding Hands (moving clockwise from the top left)**

From the time we are children, we learn that holding hands is not only a way to show comfort and unity, but it's a form of affection as well. Since we get pleasure simply from the act of touching, holding hands naturally feels right, especially when it's with those we genuinely care about. That's why I always tell students in my seminars that frequent massages are one of the keys to a healthy relationship. In this photo, it's easy to see that Kimye are definitely feeling secure and

strong in their love for each other. Kanye leads his girlfriend in the traditionally dominant position with open body language and a broad, slightly puffed out chest.

Kanye has his other hand in his pocket (usually a defense mechanism designed to shield one's self from discomfort) and is sporting a half-full smile (possible sign of preoccupation or worry). Even so, it could be nothing more than an indication that, unlike his bombastic stage persona, the rapper is still unaccustomed to having his personal life – especially his relationship – on display for all to see.

## **Picture #2: A Genuine Gesture of True Love**

If you thought holding hands was cute, look how Kanye and Kim exchange two of the most frequently used non-verbal signs for attraction: Kanye with his arm wrapped around Kim, pulling her close, and Kim with her hand literally latching on to Kanye. This is certainly a common display of affection for Kim, who employed the same clothing grasp on her (not yet ex) husband Kris Humphries. This expression of fondness is at least consistent, if not genuine.

Kanye's left hand is still in his pocket, and he's continuing to exhibit his uneasiness with his surroundings (bizarre as it might seem for someone as brash as Kanye). Just because he is a performer doesn't mean he is immune to wanting to shy away or hide from time to time. But since celebrities don't always have that luxury, the most frequently employed non-verbal is to place your hand as close to yourself as possible in a comforting, defensive position.

It's what he is doing with his right hand that tells me that Kanye genuinely loves Kim. He embraces her with an open hand, showing that he is open to her love and is allowing himself to be a little vulnerable.

More importantly, Kim and Kanye employ two of the distinct signs of non-verbal flirtation by smiling while gazing into

each other's eyes (despite him getting caught mid-blink) and tilting their bodies towards each other. As we learned in my previous article about J. Lo and Casper Smart, closeness implies closeness, and once again, these two are inseparable.

**Related Link:** [Pregnant Kim Kardashian and Baby Daddy Kanye West Spend NYE in Vegas](#)

### **Picture #3: A Perfectly Posed Photo**

Despite the fact that this photo features a posed Kanye and Kim (meaning they both had time to prepare themselves), it is nonetheless revealing. A picture does say a thousand words, and in this case, the picture says adorable, as it perfectly captures their feelings for each other. Their arms and hands are interlocked, but like everything, the devil is in the details. Time to break out the trusty magnifying glass! Zoom in on their hands, and you will see that Kim's left thumb is positioned directly on Kanye's left hand in an almost-caressing manner, an obvious and revealing sign of love and affection.

Kim is absolutely glowing, and even though a Lance Bass look-a-like is giving a more natural smile in the background, it is clear that she is very much in love with Kanye, evidenced by her tilted head that is gently nuzzled into Kanye's. As for Kanye, though he is not smiling, his chin is up and his right eyebrow is raised just a bit, displaying how proud he feels about his relationship with Kim.

### **Conclusion**

Kim is head-over-heels in love with Kanye and has definitely forgiven him for letting their pregnancy news slip. While Kanye might be in more of the lust phase now, by the time their child is born, I suspect that he 'll prove that this relationship can only be "made in America." It's a love that will last much longer than many people expected.

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# Q&A: Is It Okay If My Boyfriend and I Text Each Other to Stay in Touch?



**Question from**

**Ashley G.:** *My boyfriend and I live about 100 miles apart. We're both really busy people, so most days, the most we talk is just a text saying "Hi, I love you and hope you had a good day." My roommate thinks this is ridiculous and says we're not in a real relationship. Is it okay if my boyfriend and I only text each other instead of calling?*

**Answer from Our Love Experts:**

**Tristan Coopersmith, Love Stylist:** First off, only YOU can



determine if your relationship is a real relationship. What works for you may or may not be the same thing as what works for your roommate.

Secondly, no matter who you are, there are TWO questions that you can ask to measure your relationship potential by: 1) Are you getting your needs met? Is the texting satisfying enough to you or do you crave more?, and 2) Is your relationship on a growth path? Is the way that you two connect moving your relationship forward, or is it just hanging out collecting dust? If you answer "YES" to both of these questions, your relationship is working for you, making it oh so very real. But if you answered "NO" to one or both questions, it may be time to re-examine the value of this relationship. Good luck!

**Suzanne Oshima, Matchmaker**: A long-distance relationship actually takes a lot more work and effort than a relationship where you both live in the same city. Because you can't see your boyfriend in person, your only option to connect with him is through virtual forms of communication.

Texting is great for a quick flirt or to let him know you're thinking of him during your busy workday. However, texting should never be the full premise of a long-distance relationship. To keep your love going, phone calls and Skype are much better for connecting on a more intimate level.

And the truth of the matter is...when it comes to a relationship, no matter how "busy" you both are, you will make time for those things that are important to you.

**Paige Wyatt, Reality Star**: The relationship between you and your boyfriend is whatever you want it to be. If just texting occasionally makes you both happy, then what's wrong with that? Being busy makes it really hard to keep a relationship strong, especially a long-distance one since it requires a lot more time on your phone or computer. Your relationship seems low-maintenance and easy to be in with a busy schedule. If

this type of relationship is working for you, then don't change a thing.

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: How have you made a long-distance relationship work?**

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## **QuickieChick's Video Dating Tips: Your New Year's Resolution to Find Mr. Right**





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

## Dating Advice from E!'s *Famously Single* Laurel House on New Year's Resolutions

If you're hoping to find a new man in the New Year, listen up! In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House tells us what to rules to follow and what rules to break, helping us discover a new approach to dating that will finally lead to love. It's time to stop playing games and be enthusiastic and confident when it comes to looking for Mr. Right. According to the dating expert, the most important thing to remember is quite simple: "Just be you. Be wholly and completely you."

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

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

What dating rules will you break as you're looking for love in

2013? Tell us in the comments below!

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# Dating Someone New During the Holidays



By Lori Zaslow  
and Jennifer Zucher, founders of Project Soulmate

How should you approach the holidays when you're dating someone new? Or what if you're single and looking for love? Here are three questions that are frequently asked during this festive time of year.

**1. What sort of present should I buy someone who I just started dating?** The holidays are a time to do something special for the people you care about. Whether you're in a

three-year or three-month relationship, it's important to show your significant other that you care.

Think about their hobbies. If your guy likes music, get him a new pair of headphones and an iTunes gift card. If your girl is a foodie, sign her up for a cooking class and buy a new cookbook that the two of you can use on your next date night. Or consider getting your partner something that you can do together, like a private yoga class or tickets to a show. This type of gift shows that you're looking forward to the future and making new memories as a couple.

**Related Link:** [A Present is Worth a Thousand Words: What a Gift Says About Your Relationship](#)

Remember that your present doesn't have to be expensive. In fact, things like diamonds or a gold watch can be a turn off when dating someone new. Most people would rather receive something more personal and thoughtful.

**2. Should we plan to spend New Year's Eve together?** New Year's Eve is a romantic holiday that focuses on celebrating the New Year ahead, having fun with friends and, if you're lucky, getting a kiss at midnight from your special someone. If you're dating someone new, spending this night together is a good test to see how serious the other person is about the relationship.

It's also one of the only holidays that isn't typically spent with family, so it's a great chance to enjoy the time you have together. Integrate your sweetheart into your friend circle, but make sure to give them some one-on-one time with you too.

**3. Is it possible to find love on New Year's Eve?** New Year's Eve may seem like it's a holiday for couples to dance the night away, but it's still possible to meet someone worth dating. Most celebrations consist of parties or dinners with friends, which is a prime opportunity to meet new people. Tell whoever is hosting the party or planning the evening to invite



some single friends that you haven't met yet. If possible, make sure that the party you go to includes people of similar ages and with similar interests. It is important that you feel comfortable so that you will be outgoing and talk to unfamiliar faces.

**Related Link:** [5 Resolutions That Can Help You Find "The One"](#)

Be sure to avoid going home with a random person to make yourself feel better though. When you wake up the next day, you will feel even lonelier than the night before, and that isn't a great way to start the New Year. Don't overthink the night and feel like you have to do something over the top. Enjoy yourself and remember that it's just another day.

*Lori Zaslow and Jennifer Zucher are the founders of Project Soulmate, Manhattan's premier matchmaking service for elite singles.*

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## LeAnn Rimes Discusses Her Affair with Eddie Cibrian: What Her Non-Verbal Cues Tell Us





By Jared Sais

It's been a tumultuous three years for LeAnn Rimes, a timeframe that includes her divorce from ex-husband Dean Sheremet and her very public affair with – and subsequent marriage to – *Northern Lights* co-star, Eddie Cibrian. Despite the fact that Rimes and Cibrian will celebrate their two-year anniversary in April, questions still persist as to what really happened during one of the most epic celebrity cheating scandals of the decade. But never fear: CupidsPulse.com's very own celebrity detective is here to analyze [this clip](#) from a recent interview with Rimes and E!'s Giuliana Rancic.

*\*Author's Note: The video begins with an often overlooked aspect of television interviews: music. Music can be a very powerful instrument and one that greatly affects the emotional experience of a visual event (that's why the best soundtracks are inseparable in our minds with great moments in television, film and, of course, music videos). It's crucial to ignore the music and focus only on Rimes's non-verbal expressions and body language, which are quite revealing on their own.*

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

**(0:09)** After Rimes is asked, “Why act on it when you’re both married and you both have families?,” she responds by saying that it’s a “huge question” and flashing a masking smile, which differs from a fake smile in that its purpose is to mask a different emotion – in this case, sadness.

**(0:10)** A second later, a melancholy Rimes shoots her head down, exhibiting the number one sign of shame as she thinks about her role in the scandal and the after effects that she and Cibrian might still be experiencing.

**(0:13)** With her head still down, Rimes shows a micro-expression of fear: lips parted and the corners of her mouth widen. She’s most likely worried about how she will look if she is not careful in her response to this difficult and personal question.

**(0:15)** Before she raises her head to answer the question, she licks her lips, which can be an indication that a person is about to tell a lie. When we lie, our body is forcing itself to do something unnatural, so it goes into a state of stress; one’s mouth will often dry up, which is usually countered by licking the lips. Keep this in mind because the next thing Rimes says is “I never, ever in my heart want to hurt anyone.” Immediately after answering, she looks to Rancic to see if what she said has been positively received. This is a key giveaway that either what she just said wasn’t true or it was prepared since she needs to gauge whether or not it was accepted.

**(0:26)** Hand gestures can mean many things, but Rimes mainly uses her hands to tell us a story about her and her ex. By bringing her hands far apart when she says “separate,” she indicates both emotional and physical distance with Sheremet. Her hands then become interlocked when she says “super-connected,” which tells us that she did not feel that way in her first marriage.

**(0:44)** Rimes's hands continue to tell the story of her relationship to Sheremet, even doing a folding or "breaking" motion when she says the word "break." She believes what she is saying, making a confirming head nod and moving her hands up and down when she says, "You can't break what's broken."

**(1:00)** Rimes starts to cry, and if you look at her left hand, it remains in the "break" position. This action could be her remembering a specific instance of something negative that transpired in their relationship, or it could represent what she is feeling at this moment.

**Related Link:** [LeAnn Rimes Breaks Down Over the Ending of Her First Marriage](#)

**(1:02)** Certain non-verbal cues have crossed-over into the general consciousness of people to the point where it is essentially part of our known behavioral language, and "the raised index finger" is one we all know. It means, "Wait, I need a moment," and Rimes uses it as she gathers herself. She then tell us that nobody could possibly know how much anguish they all experienced throughout this process – something that she seems to regret.

**(1:03)** Here, Rimes exhibits the prototypical facial expression for sadness: inner eyelids are raised, a little bulge appears in the middle of her eyebrows, lip corners are pulled down, and the chin is a bit dimpled. This look is followed by Rimes putting her hand in front of her face with her fingers pointing upwards. This gesture is commonly thought to be an indication of lying, but to be more accurate, it is both a blocking mechanism – she physically uses her hand to mask what her face can no longer hide (sadness) – and a gesture to muffle whatever is about to come out of her mouth.

## **Conclusion**

Rimes is clearly upset, but her lack of actual tears makes the exact reason why unclear. It seems like she is more upset at

the result of the scandal (her rocky relationships with her ex-husband, Cibrian's ex-wife and perhaps even Cibrian). In the end, I think she might be a little broken herself and is simply trying to cope with the situation as best she can. Ultimately, if she is truly happy with Cibrian, all this strife will have been worth it. However, if she isn't and their relationship goes sour, her theory that "only unbreakable relationships are unbreakable" may have unfortunately been proven right again.

**Do you think LeAnn Rimes and Eddie Cibrian are meant to be? Tell us in the comments below!**

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## **4 Tips To Reduce New Year's Eve Dating Anxiety**







By Dr.

Tranquility – [Lydia Belton](#), PhD, Ct. H.A.

We have all experienced an [New Year's Eve](#) that we look back on with regrets. This is largely due to the fact that we invest too much into trying to make this one day the most perfect of the year – when in truth, it's really no different than the other 364 days. Here are some tips to help you have an anxiety-free New Year's Eve this year.

**1. Plan Ahead.** Lots of restaurants, clubs and various event venues book up early, so make certain that you make reservations or purchase tickets ahead of time. You can always bring a friend with you, which is a great idea and certainly guarantees a much better evening than a forced [date](#). Regardless of whom you decide to celebrate with, have a discussion about what you both would enjoy doing and make a plan.

If you need some ideas, search online for New Year's Eve activities for adults and children in your town. If you like to travel, take a cue from the stars: Brad Pitt & Angelina Jolie will be traveling with the kids, while [J. Lo](#), Casper Smart & the twins will be in Melbourne, Australia. Or you could plan a [party](#) of your own. If finances are tight, make it

a BYOB and/or a potluck get-together.

**Related Link:** [Three Steps to Stress Free Holiday Dating](#)

**2. Why Accept A Date Simply For The Sake Of Having One?** This is a common mistake made on both this holiday and Valentine's Day. If you have no [significant other](#) in your life, it's a great time to simply hang out with friends. We often feel that we have to have a great date, but usually, this just creates a lot of pressure that leads to us choosing the wrong partner.

Another mistake that can often be made is going back to an [old lover](#). Set healthy boundaries. If this person was physically, mentally abusive or even inconsiderate, DO NOT ever give them a chance again. It can be easy to think that it will be different this time, but 99 percent of the time, it won't be. Remember: this is a holiday to move forward, and if the wrong lover is clogging your path, there isn't room for the new one to come along.

**3. Go Forward, Not Backward.** Rather than spend the [holidays](#) with a negative and abusive partner, who I allowed into my life longer than I should have because he was tied into my companies, I checked my boundaries to make sure they were set correctly. I discovered that I was tolerating too much, so I reset them. As I have said before, you must let go of what doesn't work so that the right people can come into your life. In a couple of days, I had a new backer with massive funding for the New Year. He became a friend and a life [partner](#), and I have never been happier. Give this story some thought before backtracking again!

**Related Link:** [Get Back In the Dating Game This New Year](#)

**4. Be Proactive!** Don't wait for the phone to ring. Instead, get out there and set your action plan. I recommend a plan A & plan B; then, determine how much time you will allow for plan A to kick in before you move to plan B. You should make your plans at least two weeks before New Year's Eve. If someone

doesn't want to make plans in advance, he or she is "shelving" you, and we all deserve better than [mistreatment](#).

Allowing yourself to have fun with friends can be a much better launch to your new year than forcing that [dream date](#) to occur. No matter what you do on New Year's Eve, take a moment during this time to visualize your goals and hopes for the next year. See yourself living the life you want!

*Enjoy some holiday freebies from your [Drtranquility.com](#) goodie bag and schedule your free session by simply mentioning this post. 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.*

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## QuickieChick's Video Dating Tips: How to Celebrate New Year's Eve If You're Single





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

## Dating Advice from E!'s *Famously Single* Laurel House on New Year's Eve

New Year's Eve is a holiday that comes with a lot of stress and pressure to have fun. How do you decide where to go, who to invite and what to wear? If you're single and don't have that special someone to kiss at midnight, it's even harder to plan the perfect evening. In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, Laurel House shares three fantastic ways for singles to celebrate the holiday. Listen up to make sure that you make the most of your night and kick off the New Year in style!

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 celebrate New Year's Eve this year? Tell us**



in the comments below!

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# Love Lessons from Holiday Movies



By Amy Osmond

Cook

The holiday season wouldn't be the same without Christmas movies. Even if you're bah-humbugging the holidays this year, we can learn a lot about love in these classic holiday films.

**1. Elf** . Will Ferrell is at his best in this laugh-out-loud family flick. Buddy the Elf finds out he is actually a human and goes to New York to find his long-lost father. While there, he trashes his dad's Upper-East-Side apartment, spreads



Christmas cheer among cynics and falls in love with Jovi (Zooey Deschanel), Santa's elf at the mall. They eventually get together and split time between New York and the North Pole. *The message: Love can transcend all barriers.*

**Related Link:** [How to Find Love Amidst Holiday Crazyness](#)

**2. It's a Wonderful Life.** In this heartwarming story, George Bailey (Jimmy Stewart) is in dire straits, feeling he is worth more dead than alive. George's guardian angel shows him what the lives of his loved ones would be like without him in it. In this alternate reality, George's brother is dead, Uncle Billy is in an insane asylum, his friend is an exotic dancer and his wife is a librarian spinster. George realizes that he has the relationships that make a wonderful life. *The message: Love is the main ingredient of happiness.*

**3. Love Actually.** Ten love stories tell a number of tales. My favorite is that of Jamie and Aurélia. Jamie (Colin Firth), a British writer, is crushed when his girlfriend sleeps with his brother. He retires to his French cottage, where he meets housekeeper Aurélia (Lúcia Moniz). They are instantly attracted to one another, but Aurélia speaks only Portuguese. When Jamie returns to England, he realizes he is in love with Aurélia—so he learns Portuguese to propose to her. When they meet, Jamie learns that Aurélia has been learning English to communicate with him. Sigh. *The message: Love means learning to speak your lover's language.*

**Related Link:** [Why You Shouldn't Buy Her a Ring for the Holidays](#)

If you're in a romantic relationship, grab some hot chocolate and curl up with your partner to watch these must-see [holiday](#) flicks. And remember: Love transcends barriers, brings happiness and inspires us to communicate better with our partners.

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# J. Lo and Casper Smart: What Their Body Language Says About Their Love



By Jared Sais

Since they began dating over a year ago, Jennifer Lopez and her much-younger beau, Casper Smart, have faced their fair share of rumors: from breakups to makeups, nobody ever thought this couple would last. Most recently, they were spotted at Tiffany & Co. in Australia – could an engagement be in their future? To better understand the truth about their relationship, I analyzed the four photos below.

**Related Link:** [Extravagant Celebrity Gifts Within Reach of Your](#)

## Budget

### **Picture #1 (moving clockwise from the top left): Casper's Body Language**

Casper is strutting his stuff, puffing out his chest (literally inflating himself and, perhaps, his ego), flashing a big grin and projecting a ton of confidence with his straight, head-up walk. This action could be overcompensation in order to prove to the press, his [girlfriend](#) or himself that he deserves her and this sort of attention. Of course, he could also be showing pride – and when you're a 25-year-old dude dating J. Lo, why wouldn't you be proud?

### **Picture #2: Casper as Protector**

For a four-year-old, Emme is actually quite poised, as she isn't crying or burying her head. She is showing some sort of hesitation by extending both arms towards Casper and creating a closed-off barrier between her and the paparazzi. Emme has a startled, deer-in-the-headlights look – a mixture of surprise, fear and confusion. Still, she trusts Casper to protect her, clenching *both* her hands with his and literally reaching for that extra sense of security. This behavior indicates that Emme finds strength and support in Casper, who assumes the role of protector as he leads both ladies. J. Lo, unfazed by the cameras and sporting her patented forced, fake smile, is the consummate professional. Even so, she refuses to abandon her motherly instinct as she protectively extends her hand to guide Emme to safety.

### **Picture #3: Establishing Shot of Comfort**

To accurately interpret non-verbal cues, you must establish baseline traits for comparative analysis. This picture is a great example since, once again, J. Lo has her "paparazzi face" on: she remains unfazed by the photographers and might as well be on stage. Casper is in a variation of his comfort position; having ones' hands close to the body is

a typical and safe default position. He also has a relatively neutral face, which usually means “do not disturb” (utilized universally on subways and airplanes). There is a ton of non-verbal action going on behind the couple, as their bodyguard is giving someone the death stare along with the pinched lips of anger. Whoever it is, they are about to have a very unpleasant experience.

#### **Picture #4: Proxemics & Closeness**

Proxemics are observations dealing with space as an elaboration of culture, which means that closeness implies...closeness. Since facial expressions are easily faked (something J. Lo does quite often), proxemics can be an accurate indicator of how close a couple truly is. Consider, for example, how difficult it is to be near someone you dislike or the frequency of couples retreating to separate areas after an argument. We have an instinctual need to be social, and there are countless studies detailing how human contact releases endorphins (that’s why hugging relieves stress and why the correct handshake can lead to a promotion). So how close are these two? As you can see, they are literally intermingled, which says that on an intimate level, things are going great. However, there is more to a relationship than a physical connection.

#### **Conclusion**

The jury is out on whether J. Lo and Casper are in it for the long haul, so hold off on any name mash-ups for now. However, if they can overcome an 18-year age difference, which inherently has a ton of pitfalls, I vote for J-LoCa because it’s definitely going to be a wild and crazy ride.

**Do you think J. Lo and Casper’s love will last? Tell us in the comments below!**

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# The Best Holiday Gift for Your Man



By David Wygant

So let's say that you're having a very passionate holiday romance. What do you do about Christmas, Hanukah, Kwanzaa, Festivus, etc.? Well, whatever holiday you're celebrating, I'm a firm believer of wishing everybody a merry Christmas. To me, Christmas is *just* a time of year. That's all it is. It doesn't matter what religion you are—everybody loves Christmas. Who can forget "Santa Claus is Coming to Town"? Who can forget "Rudolph the Red-Nosed Reindeer" and "Herbie the Dentist"?

Anyway, let's get back on topic.

What do you do if you're dating somebody new during the



holidays? What do you do?

**Related Link:** [How to Find Love Amidst Holiday Crazyness](#)

Buying gifts for somebody else is always hard, because you have that *"Oh no!"* moment when they're opening them.

I know that every time a new significant other bought me a gift for Christmas, as I'm opening it, all I'm thinking is, *"Oh no, I hope it's not a shirt that I'll have to wear."*

Or, *"Wow, I really hope that it's not something I hate and she thinks it looks great."*

Or, *"God forbid, it's one of those horrific Christmas sweaters, and I'm going to have to wear it to some family get-together she's going to invite me to when I accept the gift."*

**Related Link:** [QuickieChick's Video Dating Tips: Meeting Your Partner's Family Over the Holidays](#)

Here's the deal: If you just started a new relationship, forget about the gift. I've got a much better idea: gift-wrap yourself. That's right. You dress up as a little elf or Mrs. Claus.

Get some killer red lingerie. Get a Santa's cap. Put some stockings on your feet. Tell him you've got a present for him and that he needs to be at your house at 8 p.m. so he can unwrap it.

Then, you go prep the home. Get some holiday candles – maybe cinnamon or pine tree – and make your place smell like Christmas.

When he knocks on the door, open it wearing your festive outfit and with mistletoe in your head. Then you smile and say, "Care to unwrap the gift that I got you?"

*That* is the ultimate Christmas gift that you can give *any* man

in the entire world. We don't want to unwrap a bad shirt that's not going to fit. We don't want tickets to a concert. We just want *you* in a holiday outfit.

Best. Christmas. Ever.