

# 'Ready for Love' Host Giuliana Rancic Says, "Having a Strong Marriage is the Greatest Example You Can Set for Your Child"



By [Whitney Baker](#)

[Johnson](#)

Giuliana and Bill Rancic have a relationship that many of us admire, so it only makes sense that the couple was tapped to host NBC's upcoming dating competition show *Ready for Love*. They've opened up their personal life to fans on their own reality show *Giuliana and Bill* on the Style Network, and now, they'll be taking on a new role in front of the camera. "We absolutely love working together," Giuliana says of the experience. "We banter back and forth quite a bit, but it's all in fun."

She adds that deciding to host the show was a no brainer. “We’re always traveling and working apart, so it was the perfect opportunity for us to not only be a part of such a great show with amazing people but to spend some time together while doing it.”

The premise of *Ready for Love* is different than other dating shows. The three bachelors – Ben Patton, Tim Lopez and Ernesto Arguello – were each paired with twelve ladies by three matchmakers, Amber Kelleher-Andrews, Tracy McMillan and Matt Hussey. Giuliana knows firsthand that *Ready for Love* is the real deal. “By using relationship experts, the compatibility between the bachelors and each girl is really tested,” she explains. “This is, by far, the most realistic dating reality show I’ve ever seen.”

So did the Rancic’s share any of their wisdom and experiences as a madly-in-love couple with the single men? “Well, the matchmakers are experts, and they don’t necessarily need help from us, but we did throw in little pieces of advice to the guys here and there. You’ll have to tune in to find out!”

That’s not to say that the couple didn’t get to know the bachelors both on and off the set – Ben and Ernesto even came to their baby shower! “We really bonded with each of them and truly rooted for them while they searched for love,” the host says. “They are all such great guys.”

If the men had asked for their advice, the twosome believes that communication is most important for a successful relationship. When they’re in different cities for work, they’re “always checking in and trying to put each other first – that’s what keeps us strong.”

**Related Link:** [Ready for Love: Three Extraordinary Men](#)

Of course, they have a new member of the family who they have to make a priority too: their seven-month-old son, Edward Duke. Even so, becoming parents hasn’t changed their

relationship. “If anything, it’s just brought us closer. We’re both so happy and grateful.”

“Baby Duke is so adorable, and we’re loving every minute of parenthood” the first-time mom adds. “Every ‘first’ he has is the greatest moment in the world.”

For new parents who are struggling to fit romance into their lives, the television personalities say spending one-on-one time together is a must. “It’s so important to stay connected to your spouse as a new parent,” Giuliana shares. “Having a strong marriage is the greatest example you can set for your child.”

*Be sure to check back next Monday, April 8 for our interview with Ben Patton and Tuesday, April 9 with Matthew Hussey! Catch the premiere of Ready for Love on Tuesday, April 9th at 9/8c on NBC. For more information about Giuliana, you can follow her on [Twitter](#) and watch her on E! News.*

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## Relationship Expert Tracy McMillan Says ‘Ready for Love’ Will Change the Way America Dates





By [Whitney Baker](#)

## [Johnson](#)

Unlike both Matthew Hussey and Amber Kelleher-Andrews " her fellow matchmakers on NBC's upcoming reality show, [Ready for Love](#) " Tracy McMillan considers herself to be a best friend matchmaker. "I come from the loving perspective of a friend who's going to tell you the things that your real friends are afraid to say because you might get mad."

**Related Link:** [Matchmaker Amber Kelleher-Andrews Chats About Being 'Ready for Love'](#)

She further explains, "My philosophy isn't about getting the guy. It's about opening your heart wide enough that the guy can walk into you're life and that you're ready for him."

With that said, in today's world, there's not a "one size fits all" approach to dating. "It used to be that you'd date in your early 20s, settle down in your mid-20s and be married for the rest of your life," McMillan explains. "Now, there's a lot of confusion because people don't understand that you don't date the same as you do when you're 25 and 38."

Still, the author of *Why You're Not Married Yet: The Straight Talk You Need to Get The Relationship You Deserve* believes that it's "not necessarily harder to date." There's just more

circumstances to consider when looking for love " which is where she can help.

**Related Link:** [Matthew Hussey Talks NBC's 'Ready for Love,' 'Get the Guy' and Being a Life Coach](#)

The matchmaker believes that *Ready for Love* is going to change the way America dates. "I don't think anybody's ever seen a show get into the process of meeting someone, dating and falling in love. There's something very riveting about it. You'll laugh; you'll cry; and you'll say, "No, she didn't!" McMillan shares. "It's just not like anything else on television."

*Be sure to watch McMillan on "[Ready for Love](#)," which premieres on NBC on Tuesday, April 9th at 9/8c after "The Voice." To purchase her book "Why You're Not Married"Yet," click [here](#). For more information about the matchmaker, check out her site [tracymcmillan.com](http://tracymcmillan.com) or follow her on [Facebook](#) or [Twitter](#).*

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## Relationship Matchmaker Amber Kelleher-Andrews Chats 'Ready for Love'





By [Whitney Baker](#)

## [Johnson](#)

If you're anything like us, then you're anxiously awaiting for the premiere of NBC's new dating reality series, *Ready for Love*. Not only will we have a front row seat as three very eligible bachelors search for love, but we'll also be privy to the advice they receive from three renowned matchmakers, one of whom is Amber Kelleher-Andrews.

**Related Link:** [Matthew Hussey Talks NBC's 'Ready for Love,' 'Get the Guy' and Being a Life Coach](#)

Kelleher-Andrews comes from a family business of matchmaking. "I like to say that I'm the fly on the wall on over 40,000 dates," says the CEO of Kelleher-International. Kelleher-Andrews' mother founded the "extremely personalized professional matchmaking firm" about 27 years ago, and the *Ready for Love* star has been working there for almost two decades now.

Separating her from other matchmakers, she engages with both the man and the woman involved in each match. She listens to the criteria and perspective of both parties and goes into every detail of every date. "I learn the do's and don'ts of dating from every age range in most of the major cities of the

United States as well as overseas. I find major patterns in dating based on gender, based on age and based on different communities.”

Of course, different generations must consider that there are different ways to navigate the troubled waters of dating. But regardless of background, it ultimately boils down to one question: where do you find your person? That’s where matchmakers can help. “When you’re truly ready for love and approach an expert for guidance, you get to skip that problem because we already have your potential matches in our files.”

“You’re attracted to people based on your personality and what you want in life,” the matchmaker adds. “I compare it to college. Like-minded people go to Harvard, and those people are very different from the students at MIT or UCLA.”

**Related Link:** [Ready for Love: Three Extraordinary Men](#)

Adding a huge amount of credibility to *Ready for Love*, Kelleher-Andrews and her fellow matchmakers had the final say in the female contestants vying for the men’s hearts. “We chose these women because we felt that they were very similar to the bachelors. Do we know who they pick in the end? Of course not,” she explains. “But we can at least bring a group of women to the stage that we feel are very compatible with them.”

As for the men on *Ready for Love*, Kelleher-Andrews believes that “they already have the charm and charisma and success. They just need their person.” Given the expertise of the three matchmakers, it sounds like picking out “the one” might not be so easy!

Don’t miss the two-hour series premiere of ‘[Ready for Love](#)’ on Tuesday, April 9th at 9/8c on NBC! For more information about Kelleher-Andrews, click [here](#). You can also follow her on [Facebook](#) and [Twitter](#).

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# Matthew Hussey Talks NBC's 'Ready for Love,' 'Get the Guy' and Being a Life Coach



By Rachael Moore and

[Lori Bizzoco](#)

It's spring time now, and love is in the air. So much so, that NBC's new dating competition show, *Ready For Love*, premiering Tuesday, April 9th, is already getting tons of buzz. The innovative series, with Executive Producer Eva Longoria and hosts Giuliana and Bill Rancic, follows three eligible men looking to find their soulmates. With twelve women vying for each man's heart, three matchmakers provide their expertise and advice to guide them in their search for love.



Matthew Hussey, a life coach, speaker and new author, is the only male matchmaker on the show and admits that he has a more direct approach than his female colleagues on the show, Amber Kelleher-Andrews and Tracy McMillan. "We all come from different places," he says. 'Amber is a matchmaker; Tracy is a writer; and I am a life coach.'

**Related Link:** [Ready for Love: Three Extraordinary Men](#)

Hussey grew up in England and claims that he was never good with the girls, so he started observing people to try to understand them better. He learned some techniques to help people with their confidence, and at age 17, he realized that he wanted to be a life coach. He knew it would be hard for people to take him seriously given his young age, so he started out small, coaching three people per week before moving up to five and then ten.

Originally, he set out to help men better understand general life lessons, but it wasn't long before they started asking for advice on their love lives. 'I knew coaching a room full of guys wouldn't be practical. They needed to get out there and talk to women. When doing so, some men got rejected, but others got wins.'

**Related Link:** [How to Behave Like a Gentleman](#)

He became very popular in the United Kingdom, coaching 10,000 guys in the span of two years and doing seminars with 300 men in attendance. With his reputation growing, Hussey was approached by many women wanting to know his secrets. 'I was terrified,' he shares. 'I knew how to work with men, but I didn't understand women. Then, it hit me: that was exactly how I could help them. I didn't need to tell women about themselves. I needed to tell women about men and why they do the things that frustrate them.'

When it comes to guiding the three bachelors on *Ready for Love*, Hussey explains that Kelleher-Andrews and McMillan use a

different method. 'I was more direct because I believe in giving people tools so they aren't dependent on anyone. I'm not prepping them for dates; I'm prepping them for life," he says. 'I don't care if the women in my group end up with the guy. I care about them gaining an understanding of who they are and what they want and having the strategies they need in the real world.'

**Related Link:** [Why Amazing Confident Women Remain Single](#)

When speaking about the difference between his coaching techniques in his seminars and on the show, he shares, 'In my seminars, I can't watch what happens after the women leave. For the first time, I was able to see every change that was made in this nine-week period.'

When the show airs on April 9th, not only will Hussey make his debut as a reality star, but he will also add published author to his list of credits. His new book, *Get The Guy: Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve*, will be released from HarperCollins that same day. The book focuses on three main ideas: find the guy, attract the guy and keep the guy. With his intelligence and eye-opening words of wisdom, there's no doubt that women will quickly realize that Hussey's process truly works.

Hussey's advice boils down to the idea that 'attraction is only a snapshot of any moment of time. It's not a black-and-white thing. Just because a guy isn't attracted to you now doesn't mean he never will be. So, just like they say...timing is everything.

*Don't miss the two-hour series premiere of [Ready for Love](#) on Tuesday, April 9th at 9/8c NBC. To order a copy of Hussey's new book *Get the Guy: Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve*, click [here](#). For more information about the life coach, check out one of his sites, [Get the Guy](#) and [Matthew Hussey](#). You can also follow him*

on [Facebook](#) and [Twitter](#).

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# Celebrity Trainer Harley Pasternak Tells Us About 'The Body Reset Diet'



By [Lori Bizzoco](#)

Celebrity trainer [Harley Pasternak](#) knows what it takes to keep his A-list clients, including couples Megan Fox and Brian Austin Green as well as Hilary Duff and Mike Comrie, in shape – and now, he's teaching the rest of us how to be healthier in his new book, [The Body Reset Diet](#). In this exclusive interview, the well-known diet and fitness guru shares his tips to help singles and couples adopt a well-balanced

lifestyle. “This book is about giving people a jump start, letting them press the reset button, to drop a bunch of weight really safely and very quickly and then giving them the tools to keep it off,” he says.

Additionally, Pasternak chats about helping celebrity moms like Jessica Simpson and Milla Jovovich get fit again after giving birth. Plus, he discusses why programs like Shaklee 180 and *The Body Reset Diet* work so well and ensure that you’re your best self.

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

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## **Audrina Patridge Says A Guy Must Have “Loyalty, Integrity and Respect” To Get Her Attention**





By [Whitney Baker](#)

## [Johnson](#)

Spring Break is going strong in Panama City Beach, Florida, and celebrating there again this year is former MTV reality star, Audrina Patridge. Model, actress and BFF to Lauren Conrad, Patridge is someone we all grew to know and love on *The Hills*. Leaving the Los Angeles sunshine behind, the starlet visited the panhandle yesterday to make a special guest appearance for Curve fragrances at Maxim Spring Break.

Spending the day on the beach, she mingled with party-goers in the Maxim cabana before hosting and judging a Booty Shake Dance Contest. "Just get up there and dance! Let loose and have a good time," she offers to those who'll be participating in the contest. "Last year, a guy won, so it's not just for girls," she adds. "Just because it's a booty shaking contest doesn't mean you have to have a booty."

**Related Link:** [Celebrity Couples Who Have Turned Over a New Leaf](#)

But it's not all about booty shaking and spring break. After leaving *The Hills*, Patridge focused on a career in acting with movies like *Sorority Row*, *Into The Blue 2: The Reef* and *Honey 2*. Next, she'll appear in *Scary Movie 5*, in theaters on April 12th. "I had a little cameo. It's such a fun movie, and I

loved being on set.”

As if she wasn't busy enough, Patridge also serves as a Curve fragrances celebrity brand ambassador along with *Gossip Girl* actor Kevin Zegers. Whether she's getting ready for a night of dancing with the girls or dressing up for a first date, curve appeal for women is a fragrance that she consistently loves to wear. “It smells so good, and I always get so many compliments. It catches your attention and leaves a lasting impression,” she shares. “Plus, it's very girly.”

**Related Link:** [The Best Celebrity Fragrances of 2012](#)

Another perk of Curve fragrances is the tiny bottle. “It's very cute! It's even small enough to carry in your purse,” she says. This choice sounds perfect for any woman who likes to primp while she's out and about.

Patridge also loves curve appeal for men, a fragrance described as incredibly sexy and effortlessly cool. “I think everyone should smell fabulous everyday, and curve appeal is definitely one of my favorite scents.”

As much as she enjoys the aroma of curve appeal, her number one beauty tip has more to do with what's on the inside than the outside. “If you feel confident and beautiful, it's really going to show,” she says. “It all really comes from within.” Equally important as having confidence is being comfortable. For Patridge, wearing something that makes her feel uncomfortable can easily ruin her day.

So what does it take to get this California girl's attention? Patridge, who is rumored to be dating on-again, off-again boyfriend Corey Bohan, says the three most important qualities in a guy are “loyalty, integrity and respect.” As for how to tell if a crush has these traits, she believes it's “about how he acts around his family, how he treats his mom. That's going to give you an idea of how he'll be with you.”

**Related Link:** [5 Ways to Turn “Me” to “We”](#)

Just as she knows what she wants in a man, Patridge knows what she *doesn't* want in a relationship. “Dishonesty,” she says without missing a beat. “My biggest pet peeve, though, would be not communicating well,” she adds. “It’s all about communication. If you’re not on the same page, it’s probably not going to work.”

*You can keep up with Patridge on [Twitter](#) and [Facebook](#).*

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## 10 Bad-Boy Celebrities We'd Love to Date



By Meghan Fitzgerald

Dating bad boys is thrilling. Even if you end up in tears with a gallon of ice cream in front of you, we still tend to choose

the “bad ones.” In *Profiling Your Date: A Smart Woman’s Guide to Evaluating a Man*, author Caroline Presno says, “Bad boys are like potato chips—after you have one, you want to nibble on more and more until you eat the whole bag and feel sick.” Although dating these certain breed of men is sometimes dangerous and stressful, it is fun. And sometimes ladies, we all need some fun. Here are some bad boy celebrities we’d love to date:

**1. Ryan Gosling:** With his powerful movies and stunning facial hair, who wouldn’t want to date this hipster bad boy? Even though his charming role in *The Notebook* can allude to the fact that he is a sweet guy, he’s not always. His roles in *Drive*, *Blue Valentine*, and *Gangster Squad* show his true self.

**Related:** [What Attracts Us to Bad Boys?](#)

**2. Johnny Depp:** This bearded pirate is a bad boy women would love to date! The American actor, film producer, and musician has broken all rules of Hollywood and has been crowned the Years Sexiest Man year after year!

**3. Colin Farrell:** A large part of Colin Farrell’s bad boy-ness comes from the release of his [sex](#) scandal in 2003. The Irish actor has a history of womanizing and excessive partying, a key part to being a bad boy.

**Related:** [3 Reasons Nice Guys Shouldn’t Finish Last](#)

**4. Jude Law:** Having an affair with Sienna Miller and producing a love child gives this British heartthrob a serious edge. His scandalous ways with have filled the tabloids for years!

**5. Matthew McConaughey:** Flying solo, Matthew McConaughey is tied with the bad boy image. The constant shirtless lad has been arrested for drug possession and disturbing the peace. This mate is a crazy party boy.

**Related:** [11 Ways to Meet Your Next Date](#)



**6. Christian Bale:** How are you not considered a bad boy when you play the role of Batman? Bale lost his cool on *Terminator Salvation's* director of photography Shane Hurlbut, TMZ. Leaving a strong image in the media.

**7. Robert Downey Jr:** It could be the possibility of being a super hero however, they all seem to be “bad boys.” Iron Man in particular has a past filled with a strong drug and alcohol addiction. He’s seen years in and out of rehabs.

**8. Mark Wahlberg:** This muscular Boston boy has spent his time in prison, and with his ballsy attitude who wouldn’t want to date him?

**Related:** [How to Date Like a Celebrity](#)

**9. Alex Pettyfer:** The British *I Am Number Four* star has been known referred to as a psycho loose cannon by ex-Dianna Agron.

**10. Shia LaBeouf:** Hollywood’s bad boy has his ways of vulgarity, violence, and womanizing. His temper shows throughout the entirety of his bad boy image.

**Would you date any of these bad boy celebrities? Share your comments below!**

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**Celebrity Mom: Holly Madison Discusses Baby Names – Right Before She Heads to the**

# Hospital!



By Whitney Baker

Holly Madison first stole our hearts as Hugh Hefner's number one bunny on E!'s reality show *Girls Next Door*. Since the show ended in 2010, Madison has made quite a name for herself, appearing on the eighth season of *Dancing with the Stars*, headlining *Peepshow* at Planet Hollywood in Las Vegas and starring in her own television show, *Holly's World*. Of course, in recent months, her focus has shifted: in August 2012, she announced that she was expecting her first child with boyfriend Pasquale Rotella.

"I've finally met the man of my dreams and am ecstatic to be starting a family," Madison shared. "But I'm really grateful that I had several years of working hard as a single woman before diving into being a mom. I feel like I needed that for my identity."

The *Playboy* model and husband Rotella, a club promoter, have

been prepping for their daughter's fast-approaching arrival, and the mom-to-be has been sharing her pregnancy experience with fans via her blog and Twitter. As open as she's been, there's one thing that the couple is keeping under wraps: the baby's unique name. "We have a pretty unusual name picked out. So unusual that we aren't telling anyone what it is until the deed is done!"

**Related Link:** [Kim Kardashian and Kanye West Are Expecting a Baby Girl](#)

In the past few weeks, pregnancy has certainly slowed Madison down a bit. "I've started getting a little uncomfortable – it's hard to even reach my feet to tie my shoes!" she said. "I've kind of been in nesting and hibernating mode."

Still, she continues to make headlines. Just last week, Madison revealed that she plans to ingest her placenta after the birth of her little girl. When asked about her decision to do so, the reality star said, "A baby nurse I met with suggested I have my placenta made into pills because it can help prevent postpartum depression. I figured why not! It can't be bad for me."

As busy as they've been in anticipation of their baby's due date (tomorrow!), Madison and Rotella have still made time to focus on their relationship. "I feel like we're getting to know each other because we've only been together for a little over a year," the Vegas performer said. "We're learning so much about each other just from trying to agree on little things when it comes to renovating our new home, so I can only imagine what we will learn from raising our daughter."

Madison has already learned a thing or two from her pregnancy. "My only advice so far is to let yourself know that it's okay to not be quite as ambitious as you were before you were pregnant," she explained. "Creating a child is a huge responsibility, and you have to make time for that, maybe

sacrifice some things that don't fit into your life anymore."

As for her relationship with Rotella, Madison thinks that communication is most important when it comes to keeping the romance alive. "Sometimes, other people don't understand how uncomfortable pregnancy can be, how occupied your mind can get and how you just don't feel sexy. You don't want your significant other to get the wrong idea and assume you aren't attracted to him anymore."

"Our relationship is great," she adds.

So great, in fact, that Madison has started to plan their wedding. "I'm trying to secure a really unique and special venue and choose a date. I'm hoping for some time in August."

**Related Link:** [QuickieChick's Video Dating Tips: Are You the Marrying Kind?](#)

As excited as she is to become both wife and a mom, there's one thing that Madison is still figuring out. How will she tell her baby about her life as a Playboy Playmate? "I'll be really honest with her and let her know that it wasn't all unicorns and rainbows like you see on television," she shared. "You kind of have to be damaged and have low self-esteem to put yourself in a situation like that."

So what's next for the soon-to-be mom? "Besides learning how to be a mom and getting back into shape, I would love to return to the stage – but in a musical this time. I've been concentrating on my singing lessons during my pregnancy." Given her impressive career, we're confident that Madison will excel at whatever she does next – especially when it comes to raising her little girl.

*You can keep up with Madison by visiting her [blog](#) or following her on [Twitter](#).*

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# Celebrity Hair & Makeup Artist Predicts Anne Hathaway Will Steal The Red Carpet at The Oscars



By Whitney Baker and

Nicole Cavanagh

Celebrity hair and makeup artist Julia Papworth finds her inspiration just about everywhere: from fashion magazines or local newspapers to sites like Pinterest and Vine, she's always looking for new looks to try. "It's important to find an image you love and then take it and make it your own," she said. By making a few small changes, you can create a unique style that will represent your particular personality and specific style.

Although Papworth focuses on hair and makeup, she often collaborates with stylists to ensure that, together, they're creating "a full package." Fashion and jewelry must align with hair and makeup to invent a character, whether it's for a red carpet, a work meeting or even a first date.

Speaking of red carpets, for the 2013 Academy Awards, Papworth hopes to see a lot of old school Hollywood glamour. To her, there is nothing better than a woman just being pretty. "No gimmicks or crazy blue eye shadow and insane hair. I just love beautiful looks and classy dresses. That's what the Oscars are all about!"

**Related Link:** [Marc Friedland Explains Why the Winner's Envelope is Now an Iconic Part of the Oscars](#)

Two great examples of this style from the 2012 Oscars are Emma Stone and Penelope Cruz. Stone took a risk by wearing red, a color that redheads often avoid. Her polished updo paired perfectly with the dramatic neck of the Giambattista Valli gown, making for a very sophisticated look on the young starlet. Cruz, on the other hand, opted for a romantic and flowing periwinkle dress by Armani Prive, which was both "stunning and super vintage."



So who will steal the show this year? Anne Hathaway, according to Papworth. “She has been on point all year long and has been more adventurous with her pixie cut,” the stylist shared. Many women with short hair think they can’t be stylish or feminine, but Hathaway is a prime example of how to do it right. She keeps her look fresh and varied, mainly by “playing with color.” Changing your lip color or even your nail color will give your style a bit more edge when you have a short and simple haircut.

Papworth is also excited to see what Jennifer Lawrence, Quvenzhané Wallis and Jessica Chastain will be wearing. For Lawrence, she hopes to see a pretty, polished updo. As for Wallis, she always likes to see how the younger stars manage to look beautiful while still being age-appropriate. Chastain should wear a color that complements her luscious red locks, such as emerald green or deep plum.

**Related Link:** [Get the Latest Fashion Style from ‘Hunger Games’ Star Jennifer Lawrence](#)

This classic style holds true for men and even couples too. Papworth is a big fan of the clean, classy look that Justin Timberlake has been rocking lately. In terms of couples, “it’s nice to have a picture where you look like you go together.” You and your man – famous or not – should complement one another and support each other’s style. In addition to predicting the looks for this Sunday’s big show, Papworth is also a go-to source for everyday style, something that comes in handy if you’re getting ready for a first date.

Take a look at her three tips below and keep them in mind as you’re primping and hoping to impress that new guy.

**1. Be comfortable.** “If your uncomfortable in anything you’re wearing or how you look, all your going to do is think about that. If you’re wearing uncomfortable shoes, you’re not going to be able to hear a word your date is saying because you’re

just going to think about how your toes hurt.”

**2. Keep it simple.** Simplicity is always best when it comes to date. You may be “super wound up and excited and want to make a big splash when meeting someone for the first time, but honestly, people want to see you and hear you and what you have to say.” Something simple, classy and chic is the best way to translate your personality to fashion and beauty.

**3. Don't experiment.** A first date isn't the time to try anything new. You always want to put your best face forward, so stick to something that works rather than something that *might* work. Don't test run a new hair color or makeup product. Of course, experimenting isn't always a bad thing. It's easy to get stuck in a style rut and do the same thing with your hair and makeup; Papworth has even fallen victim to this mistake.

Stepping out of your comfort zone may be challenging, but you have to give yourself some “tough love” and just do it. It's also helpful to turn to those around you for their opinions. “Confide in your girlfriends. They'll give you that extra push.” You should chat with your stylist too: he or she can help you find something new that you can recreate at home.

As Papworth says, “It's about finding that perfect marriage.”

*You can catch Papworth's work on 'Legit,' an FX comedy on Thursdays at 10:30 p.m. EST.*

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# 'The Bachelor' Performer



# Sarah Darling Feels at Home on New Tour with Scotty McCreery



By Whitney Baker

Sarah Darling is one lucky lady: she gets to appear on this season's *The Bachelor* not once but twice. Tonight, additional footage from her concert in Whitefish, Montana, will air on *The Bachelor: Sean Tells All* special. Plus, we'll get to see never-before-seen shots from Sean Lowe's one-on-one date with Lindsay Yenter. Sharing her personal excitement, Darling said, "Tonight's show is going to be amazing! I'm so excited to hear what Sean has to say about all of the ladies, especially Tierra."

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

Darling got a firsthand look at Lowe's connection with Yenter, so does the country star think the contestant has what it takes to get the final rose? "I'm a little surprised that she's in the final three – I guess the wedding dress was a good choice!," referring to Yenter shocking Lowe on night one by stepping out of the limo in a wedding dress.



Still, with Lesley gone – Darling's frontrunner when we last spoke to her – she has to pick a new top choice. "My favorite remaining lady is Lindsay, of course!"

Performing on *The Bachelor* proved to have bigger perks than just meeting the handsome Lowe. Sales of her single "Home to Me" increased by 220 percent following her first appearance. Of this impressive jump in numbers, Darling shared, "Being on the show definitely introduced my music to new fans, and I'm really thankful for that opportunity."

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

She's also expanding her fan base on the Weekend Road Trip Tour with Scotty McCreery, which kicked off on Valentine's Day. "This past week has been a dream come true. This is my first national tour, and I could not be out with a better guy. Scotty is such a great artist, and we're having so much fun," Darling said of McCreery, whom she watched on *American Idol*. "The McCreerians have really welcomed me with open arms, and I'm loving this tour already!"

For those of you lucky enough to attend one of their shows, be

sure to watch closely. “We even have a special number that we perform together each night!”

*Don't miss 'The Bachelor: Sean Tells All' on ABC tonight at 9 p.m./8 p.m. CT! You can check out Darling's 'Home to Me' EP on iTunes and catch her on tour with Scotty McCreery.*

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## Marc Friedland Explains Why the Winner's Envelope is Now an Iconic Part of the Oscars



By Whitney Baker and

Rachael Moore

For 27 years, Marc Friedland, also known as the “godfather of the invitation” and “stationer to the stars,” has perfected

the design, elegance and timeliness of an invitation. Having developed wedding invites for everyone from Brad Pitt and Jennifer Aniston to Larry King to Timbaland, Friedland and his team understand the importance of using the personal style of the bride and groom to create a unique invitation.

“We look at all of our events as experiences and recognize them as great moments to be remembered. People sometimes forget about the food and the décor, but the invitation serves as a keepsake to bring back the memory of that time,” he shared. “It takes the personality of the couple and brings that to life. I try to capture their essence in everything I do.”

Before Friedland can develop the invitation, the bride-to-be has to decide how she wants to announce her upcoming wedding to her friends and family. The main issue is trying to fit the authenticity and individuality of her relationship onto a slip of paper. “The invite is the first piece that commemorates the bride and groom together as a couple. Each wedding invitation should be unique and distinctive – just like every romance is unique and distinctive.”



**Related Link:** [How to Handle Wedding Season as a Single Gal](#)

Los Angeles-based Friedland, who is the founder and creative director of Marc Friedland Couture Communications, has done

much more than establish nuptial memories. Given his talent and extensive background, it's no wonder that, in 2011, he was tapped to be the first designer and producer of the Academy Award's hand-crafted envelopes and announcement cards. "Prior to me coming up with this special design, it was just a standard-issue printed envelope, which was used for informational purposes only. What I proposed was elevating the winner's envelope into an iconic piece. Just as the Oscar statuette is iconic, we felt that the envelope also needed its own presence," Friedland shared.

Well, the final product certainly stands out in more ways than one. The four-ounce creations are made of a beautiful gold, iridescent and metallic material that "picks up the light in just the right way." In order to produce the 96 envelopes (24 for each category with 4 sets being made) and the 488 nominee cards (122 total nominees with 4 sets in total), Friedland has a team working for 252 hours. Ultimately, the envelopes are only touched by 48 people – 24 presenters and 24 award winners – but they are seen by over a billion viewers worldwide.

Of the design, the stationer explains, "We wanted to make sure it captured some of the richness of the golden age of Hollywood but was also relevant to today."

The only adjustments made to the envelopes since 2011 have been for structural reasons. "When I originally designed it, it wasn't meant to be reinterpreted each year – just as the statuette isn't changed each year. To make the card easier to open, we took out the seam a little bit; it's almost dummy proof now."

For this year's show, which will air on ABC on Sunday, February 24 at 7 p.m. EST, Friedland also created the invitations for five Oscar-related events. With a total of 15,100 invitations being sent for the events, it took over 300 hours to produce them. Of course, Friedland put personal touches on each of the invites. He explains that his team

“approached the task in a way similar to how a designer would approach a fashion collection.” First, he picked a color palette of very rich jewel tones and gave each event a signature color: black diamond for The Governors Awards; sapphire for The Nominees Luncheon; emerald for The Scientific and Technical Awards; amethyst for The Foreign Language Film reception; and ruby for The Oscars.

**Related Link:** [Taylor Swift and Jake Gyllenhaal Reunite at Oscars](#)

Additionally, as if this work isn't remarkable enough, Friedland crafted an online collection of cards for Oscar viewers at home. With The Oscar Collection By Marc Friedland on Evite Postmark, audiences everywhere can throw their own parties using the signature Academy-sanctioned designs – free of charge! To make your viewing party even more fun and interactive, you can also download the designer's Oscar Bingo game to play as the stars glide across the red carpet and onto the stage.

Even though most of his work is already completed, Friedland still suffers from a bit of anxiety on the big night. Watching from his seat in the audience, he hopes that “there are no mishaps with people getting the winner's cards out of the envelopes. It's such a tense moment, and we want to make sure nothing goes wrong.”

As for Friedland's picks for best actor and best actress, he thinks it's going to be a tough call this year: “there are so many good contenders, and it's going to be really close.” Be sure to tune into the 85th Academy Awards to see who walks away with the coveted awards – and don't forget to check out Friedland's beautiful designs.

*For more information about [Marc Friedland](#), check him out on [Facebook](#), [Twitter](#) and [Pinterest](#).*

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# 'Big Brother' Couple Jeff Schroeder and Jordan Lloyd Discuss Living Together, Dieting and Watching 'The Bachelor'



By Michelle

Danzig and Rachael Moore

Jeff Schroeder and Jordan Lloyd instantly had chemistry when they met on the set of *Big Brother* in 2009. Building a strong friendship first, they formed an alliance on the show and became huge targets in the eyes of their competitors. "Being friends was our only option. We knew there were some romantic feelings, but we didn't express them because we wanted to

win,” said Schroeder.

But being just friends didn’t last long. After Lloyd defeated the rest of her houseguests, walking away with the cash prize, and Schroeder was voted America’s Favorite Houseguest, their relationship developed into something more intimate. This gradual shift from friends to lovers helped them with their communication skills. As she explained, “We are so open with each other and never hold anything back.”

Two months later, CBS asked the pair to take part in *The Amazing Race*. Their diverse personalities were tested on the show and their relationship certainly felt the pressure. “We wanted to strangle each other,” Lloyd shared. “We still needed to get to know each other better since we were newly dating.”

**Related Link:** [Ryan Danz and Abbie Ginsberg Tell Us How They Bonded on ‘The Amazing Race’](#)

After they were eliminated from the race, Schroeder and Lloyd returned to their separate homes in Chicago, Illinois and Charlotte, North Carolina respectively, pursuing a long-distance relationship. They tried to see each other two or three times a month and felt that, by putting forth an equal amount of effort, they could make their relationship work.

However, long-distance relationships are never easy, no matter how hard you try. Schroeder advises other couples to “be patient because everything happens for a reason.” Having a goal that you want to pursue with your significant other is also important. “We knew we were always going to move in together; we just didn’t know where because we are from two totally different places.”

“Having complete trust in one another made us worry less about where we were going and who we were seeing,” he added.

After dating and living apart for two and a half years, the



couple moved in together in a small apartment in Los Angeles. By taking this next step, they discovered that they were complete opposites, not only competitively but also with food and television. "The way we eat is totally different. I like fried food, and Jeff likes seafood," Lloyd said of her man.

As for their varying tastes in television, the DVR is a huge help. The adorable pair enjoys watching TV together, even though they like different shows. However, they do share CupidsPulse.com's love of [The Bachelor](#) and have been hooked since the first episode. "Nobody ends up getting married, but we can't stop watching," she said.

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

"We think Tierra is so dramatic and we just can't wait to see what happens," Schroeder added.

With their relationship going strong, the *Big Brother* couple will be celebrating Valentine's Day in a really special way. They're both participating in DietBet, a nationwide dieting challenge where they promised to shed pounds as their gift to each other. Over 367 players are a part of the program, which will end just before the romantic holiday, and vying to win a portion of the \$18,350 pot of prize money; together, the participants have already lost a collective 1,170 pounds. Whoever reaches the goal of dropping four percent of his or her weight will split the pot.

Schroeder and Lloyd believe that DietBet is a great motivator because, with so many people watching and supporting you, you can't fail. To meet their goals, they often do yoga together. "I thought yoga was just stretching, but it's totally different. I didn't know it would help me so much," he revealed. While he also goes to the gym to lose weight, he inspired his girlfriend to run along the beach to get fit.

To stay healthy, the pair also goes food shopping together. They buy a lot of fruit and like to try new recipes to

encourage each other's healthy eating habits. But if someone brings cheese in the house, all bets are off!

They've both found success with the program, losing around 10 pounds each. They are confident that they are going to win DietBet, and if they do, they will be giving their earnings to charity.

Next up for the active couple? Schroeder will be developing some projects for the summer, while Lloyd plans to return to school to get her cosmetology license. And, of course, they'll be tuning in to see who wins Sean Lowe's heart on *The Bachelor*!

*Also follow them on Twitter: @jeffschroeder23 and @BBJordanLloyd.*

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## **Exclusive Interview: Sarah Darling Talks 'The Bachelor', Country Music and Her Top Pick for Sean Lowe!**





By Whitney Baker

Having been a longtime fan of [The Bachelor](#), rising star Sarah Darling loves when her fellow country music artists make special appearances on the show. As many of you saw last night, Darling was that lucky singer on Monday's episode, performing a surprise concert in Whitefish, Montana, on Sean Lowe's one-on-one date with Lindsay Yenter.

"It was an awesome experience to be a part of such a big show, especially with me being a new artist," Darling said. "Sean is just like he comes across on television: super down-to-earth and sweet, like a Southern boy."

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

And what about the bachelor's date with Yenter? "It was so romantic and gorgeous. They were slow dancing in a crowd of people and looked like they were having the time of their lives," she shared. "It was definitely a magical moment."



As for her song choice, 'Home to Me,' Darling's most recent single, is a great fit for *The Bachelor*, a show that takes the search for love to the most unexpected place: reality television. Describing the song, Darling says home "isn't necessarily a place but a feeling. A person can be home to you, no matter where you are – and even if the two of you are apart."

That notion rings particularly true for Darling, who is currently in a long-distance relationship. With her boyfriend living in London, it's important for them to spend time together even when they're apart. "We like to have Skype cooking dates, which is really fun. And we make sure we always have something to look forward to."

**Related Link:** [Tips for Making a Long-Distance Relationship Work](#)

Of course, being on *The Bachelor* wasn't this country music star's first experience with reality television. In 2003, shortly after moving to Nashville to pursue her music career, she traveled to Las Vegas to compete on *The Entertainer*, a show on E! hosted by Wayne Newton.

After landing in the top three, she returned to Nashville with a better idea of what was next for her. "It really taught me what I wanted to do and what I didn't want to do," Darling said. "For me, I decided that I needed to focus on

songwriting, so that's what I did."

Of her songwriting process, Darling explains that she tries to focus on what's going on in her life at that particular time. "I never know when I'm going to get inspired, but when I do, it's usually a really fast process. I feel like the best songs are written very quickly and very true to the moment."

Country music fans are already looking forward to hearing more of Darling's songwriting on her upcoming album, which will be released this summer. "This album represents how I've always wanted my music to be portrayed," she shared. "My producer, Dan Huff, listened to me, and we worked together on making an album that was really 'me.'"

"It really lets me be an artist and be different, which is really, really good," she adds.

As Darling puts the finishing touches on her album and prepares for the Valentine's Day opening of her Weekend Road Trip Tour with Scotty McCreery, she stills finds time to keep up *The Bachelor* and Lowe's search for love. So who is her favorite contestant this season? "I'm a big fan of Lesley M.!"

*You can check out Darling's 'Home to Me' EP on iTunes and catch her on tour with Scotty McCreery. For more information, follow her on [Twitter](#) or visit [www.sarahdarling.com](http://www.sarahdarling.com).*

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## **Prince Harry Is Named 'Most Eligible Bachelor in the**

# World'



By Meghan Fitzgerald

The charming young and single royal, Prince Harry, was declared the number one most eligible bachelor by *Town and Country*. Although this hot headed lad has had his dilemmas with scandalous and risqué behavior, *Town and Country* says, "He's the wild-card royal, the naughty one, the one who goes out with rah women, hangs out with a fast crowd, downs too many drinks, and goes home at the wrong moment. That's why we all like him best." His outlandish behavior has scored him the throne of the most eligible behavior. According to [People](#), Harry surpassed 39 other men, including George Clooney and Connor Kennedy.

**How do you determine if someone is out of your league?**

## **Cupid's Advice:**

Determining if another person is out of your league can be a very challenging aspect of life. Most of the ladies out there

have heard about the rule, or the exception. They attempt to scrutinize the guy they may or may not have a crush on and figure out what the deal is. Is he into me? Is he too cool for me? Am I his type? Here are some ways to help decide:

**1. You're constantly chasing him:** To every women, there will be that one guy that you crave, the one guy where you want to talk to every single day. The problem which ensues where the guy does not feel the same way, they express their feelings slyly, they rarely return phone calls, they don't seem interested whatsoever. Unfortunately, for some odd reason women tend to want a guy more if they don't want them. I can abide by this preposterous rule, it gives the guy you're chasing a mystery about him. Where does he go? What does he do? Why can't I have him? The best thing here, is to saddle down, get off your horse, and start looking for a different man who wants to be with you.

**2. Expectations:** Women tend to give men higher expectations, or give themselves higher or lower expectations. Simply, expectations tie in to numerous problems pertaining to "leagues." These expectations given to men can make you think that he is entirely out of your league. This also works in reverse, where you give yourself lower expectations and think you're not good enough for the other person. To entirely decide whether this person is our of your league, you need to throw expectations out of the window and go with your gut.

**3. Confidence:** Confidence ladies and gentlemen needs to be prominent. In the beginning, of course looming into this confident all-knowing being is more than difficult. However, after practice and assistance, your confidence will come naturally. Confidence is key when determining if someone is out of your league. If you want to go up to someone at a bar, do it. It is as simple as that. You need to saddle up, unholster your confidence and get your flirt on. You could be missing out on the love of your life by degrading yourself or thinking you are better than someone else.

Did you ever go for someone “out of your league?” Share your experience below.

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## ‘Deception’ Star Katherine LaNasa Says New Husband Grant Show Surprises Her All the Time



By Nic Baird

The golden era of soap operas didn't really end in the nineties. When TNT revitalized *Dallas* last year, it gave fans hope for a new wave of the serial dramas. Genre loyalists might have felt threatened when NBC ended *Passions* in 2007, but they've responded with an interesting mid-season



replacement this winter.

Katherine LaNasa stars as Sophia Bowers in *Deception*, which premieres tonight at 10/9c. This soap opera centers on the mystery of a famous dead socialite, Vivian Bowers, and her childhood best friend, Joanna Padget Locasto, a narcotics detective who returns to uncover the true story of her friend's death. LaNasa, who recently starred in the summer comedy *The Campaign* as a peppy and ambitious senator's wife, now plays the much more sombre and maleficent stepmother of the Bowers' family. She describes her character as dark, brooding, smart, alcoholic, tricky and slippery. "It's a fun role to play," she says.

It's the first time that LaNasa's been able to play a woman with this much weight, darkness and stillness. Underneath all the poise of a cultured matriarch, there's a deep sort of power she unleashes to protect her family. LaNasa admits she doesn't exactly know what her character is scheming, but she definitely makes the detective's investigation even more challenging. "When Sophia yells, she's not screaming; she's roaring!"

LaNasa is eager to play someone who takes themselves so seriously, so Sophia is a nice change of pace from her recent roles. As a New Orleans native, she's often called upon to play southern belles; even so, her characters range in intensity from her upbeat portrayal in *The Campaign* as Will Ferrell's wife to the pious school teacher she portrays in the upcoming film *The Frozen Ground*. "I get a lot of really different parts."

*Deception* will, of course, feature all the romance, love triangles and twists that are known as soap opera staples. As for her own character, LaNasa hints that Sophia may not be as malicious as she seems. "I really think she just doesn't understand where the danger lies," she says. "It keeps coming up in these weird places."

**Related Link:** [Kristen Stewart Says She Understands That “Whole Love Triangle Thing”](#)

Besides her new series, LaNasa landed a new husband this summer. Fellow soap opera star Grant Show, best known for his role as Jack Hanson on Fox's *Melrose Place*, and LaNasa exchanged vows this summer. “He’s a total sweetheart,” she says. “And very loving.”

While neither one was looking for another spouse, LaNasa says that she eventually wanted more from her man, and Show obliged. The two tied the knot in a romantic ceremony set in the scenic canyons of Topanga, California on August 18, 2012. Months later, she still gushes about her husband. “He’s just so handsome,” she says.

After two previous marriages, one to Dennis Hopper and another to French Stewart, the actress approached her most recent courtship with caution. “I was very careful getting to know Grant, and I didn’t have any expectations of it, ” she shares. “I wasn’t looking to get married again. It wasn’t a goal or a destination for me.”

Of her husband, she adds, “I’m just surprised by him all the time!”

**Related Link:** [Bachelorette Stars J.P. Rosenbaum and Ashley Hebert Tie the Knot](#)

Despite her hesitation, LaNasa finds herself completely enamoured with Show. The newlyweds don’t have any problem spending time together, and they often have simple dates where they can just enjoy each others’ company. The pair find a lot of couples’ activities to do, she says.

LaNasa also mentions high energy dates like bowling and karaoke as well as romantic evenings at a lighthouse and spaghetti dinners. The couple has plans to play at Susan Sarandon’s new ping pong club SPiN Galactic in Manhattan too.

“I have so much fun with him,” she shares. “We’re really in love!”

*Currently, LaNasa lives in New York where she works on ‘Deception,’ which airs on January 7, 2013 at 10/9c on NBC. She can also be seen in the upcoming films ‘Jayne Mansfield’s Car,’ directed by Billybob Thornton, and ‘The Frozen Ground’ opposite John Cusack.*

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## Recovering Neuroscientist Don Vaughn Talks About Finding Love and Changing the World With Music



By Jennifer Ross

Winner of Cosmopolitan's 2012 Bachelor of Texas, Don Vaughn is more than just a hot body with gorgeous dimples. He's also a neuroscientist, a musician, a model and, more importantly, a man with a big heart. Originally from San Diego, California, Vaughn was a "huge nerd" growing up and found his first love in high school: science. With little attention from girls, he spent much of his spare time learning music and figuring himself out. Fast forward to today, his hobbies have stayed the same, but some things have definitely changed.

After winning the title of Bachelor of Texas, Vaughn was automatically nominated into the Bachelor of the Year competition, going up against some of the hottest men in America, one from each of state. Ultimately, the winner was Mr. Louisiana. Even so, Vaughn is very grateful to have been considered at all and wouldn't change anything about his experience. "The world has ways of working things out; you don't always get what you want. I'm happy with everything that happened."

When it comes to finding that special woman, this 25-year-old bachelor is keeping his heart and mind open. Coming from a science background, he understands how experiments – even in love – usually don't turn out exactly how you plan them, no matter how strict you are with the parameters. So for him, having an idea of his "perfect girl" is out. "What ends up happening is somebody comes along who's totally different and better than you expected," he says. "So, while there are a couple of things I want in a girlfriend, I'm open."

Even though he doesn't have an official checklist, he still has two important traits that he looks for in women: "I need someone who's incredibly supportive, given all the demand on my time, and someone who's definitely fun."

As for starting a relationship with someone new, Vaughn skips out on the traditional "drinks or dinner" for a first date.

Instead, he prefers to learn about a potential partner's personality through her passions and by spending time with her in her natural elements. "Who cares about what kind of pink lipstick you wear for three hours at dinner? I want to know what you normally do, where you normally drive, what you normally eat," he shares. "That's the real person I'm going to be with at the end of the day."

**Related Link:** [How to Tell If He's 'The One' After One Date](#)

Until Vaughn finds his perfect woman, he is focusing his time and energy on making this world a better place through music. In his first attempt to revolutionize this industry, Vaughn and fellow neuroscientist David Eagleman have created a mobile iPhone application called eyeFi, which allows you to "see the world through auditory feedback." Essentially, you can view your surroundings by listening to musical notes rather than using your eyes. By combining these two passions, Vaughn and Dr. Eagleman have created a way to help visually impaired people "see" through their ears.

However, this neuroscientist won't stop there. Inspired by his undying love for music, Vaughn routinely disc jockeys or plays the drums while teaming up with local DJs at various clubs and events. His next experiment is to create an app that will forever change his music gigs. Think in terms of a major jam session where every audience member can participate as Vaughn performs on stage. The concept is to allow concert goers to share what they want to hear through their phones; the information will transfer to Vaughn, who can integrate the ideas into his music set. "Everyone's a part of it," he explains with excitement. "Now, we have the technology to make it happen. We didn't have that 20 years ago."

Even with so many projects in the works, Vaughn still finds time to share his love of music through teaching. Currently a member of the Rotary Club of Houston Skyline, he was introduced to Darren Hightower of the Children's Music

Foundation. From there, he began volunteering his time with sick children at the Ronald McDonald House, teaching them to play a song on the guitar. As simple as it is, a song brings a moment of comfort to the children and a world of joy to Vaughn. “Some of the kids have so many IVs in them, living with cancer, lung transplants and all sorts of serious stuff.”

**Related Link:** [Date Idea: Volunteer Together this Holiday Season](#)

By the end of the visit, the children’s lives are brighter, even if only for a moment, and they have learned a new skill to help them cope with heartache and pain. When Vaughn leaves the Ronald McDonald House, he always lets the kids keep the guitars. He shares, “We always say something like, ‘You know what? This guitar is your’s forever. We just ask that you play it forward and teach someone else that song.’”

Given what Vaughn has already done to combine neuroscience with music, there’s no telling what ventures will come next. Of the future, he says, “What I want is to connect and inspire the world through music in a personalized concert for everyone with generalized empathy, which is the focus of my neuroscience research. How do we access and let people show empathy for more than just friends and family? How do we generalize this feeling to the entire planet?”

“Imagine what a world that would be,” Vaughn adds. “A lot of people may say, ‘That’s just ridiculous. That could never happen.’ But I don’t buy that.”

*For more information about Don Vaughn, you can visit his site at [DonVaughn.com](#). You can also follow him on [Facebook](#) and [Twitter](#).*

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# Celebrity Nutritionist and Trainer Jackie Keller Says, “Those Who Exercise With Support From Their Partners Do Better Overall”



By Whitney Baker

You may have heard the saying, “The couple that exercises together, stays together.” But is it really true? We turned to celebrity trainer, nutritionist and NutriFit co-founder Jackie Keller to find out how to exercise with your honey, what’s it’s *really* like to work with the stars and how to avoid that dreaded holiday weight gain.

When it comes to working out with your sweetheart, Keller believes that success varies from couple to couple. There are numerous ways to approach your joint workout routine. “Some

strength training requires that couples work together: one lifts, while the other spots," she says. "Additionally, many runners prefer to run with company to make the time pass more easily. There are also a lot of stretches that are better done with assistance."

She adds, "One thing we know for sure is that those who exercise with support and encouragement from significant others – friends, family or lovers – do better overall in achieving their goals."

Of course, if you exercise with your boyfriend or girlfriend, it's important to remember that men and women should train differently. Even if you have the same objectives, your bodies will respond to cardio work and toning moves in unique ways. Of this dissimilarity, Keller shares, "With women, I will usually work on the process as much as the result. With men, it's usually the result that overrides any concerns about the process."

**Related Link:** [QuickieChick's Video Dating Tips: Why Hating Your Body is Destroying Your Love Life](#)

Keller, a licensed and certified wellness coach, nutrition educator and Le Cordon-Bleu-trained culinary expert, has worked with celebrities such as Angelina Jolie, Charlize Theron and Penelope Cruz. She has also trained celebrity couples including Zach Braff and Taylor Bagley, Eric Winter and Roselyn Sanchez, and Jake Gyllenhaal and Reese Witherspoon (before they split). Speaking about her experiences working with these famous twosomes, she says, "I have no complaints about our couples. They have been uniformly delightful. I think that having the support and participation from their significant other helps both of them with the process."

Given that celebrities need to look good for their job, they can tap into a deep level of determination that everyday people have a harder time grasping. "The public does not cut



celebrities any slack, and they knew it when they chose that professional path,” Keller explains. ‘They don’t fight the need to look good – they accept it and embrace it as part of the package.’”

Lately, we’ve all taken note of Matthew McConaughey’s extreme weight loss for the upcoming film ‘The Dallas Buyer’s Club.’ According to a recent news spot on ‘Good Morning America,’ he has lost nearly 25 percent of his total body weight. Despite the medical risks that come with this drastic weight loss, Keller believes that there is a healthy way to make these changes. She cites Anne Hathaway, who trimmed up for ‘The Dark Knight Rises’ by eating NutriFit meals three times a day for nearly a year, as an example. “She looked fantastic!,” Keller says. “It can be done without compromising health or delicious meals.”

Perhaps we can avoid any unwanted holiday weight gain by taking a cue from the stars. Keller recommends that you look to exercise as one of your must-do daily tasks, like brushing your teeth and showering. As far as diet is concerned, she says to eat a good breakfast, no matter what your dinner plans entail. “There is no such thing as ‘saving’ calories to enjoy later,” she says.

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

Keller also suggests that you wear snug-fitting clothes, especially at events with a buffet meal, because you’ll eat less if your waistband is tight. And, of course, Keller says you should be aware of how much alcohol you consume, as “drinking uses up calories in a non-nutritive way and loosens up your inhibitions so that you’re far more likely to eat badly.”

When asked what food she *does* enjoy during the holidays, Keller says that she is a fan of “seasonal favorites,” like persimmons, tangerines, oranges, spinach, swiss chard, collard

greens and grapefruit. For specific ideas, you can check out the recipe section of Keller's blog at [www.Nutrifit.wordpress.com/recipes/](http://www.Nutrifit.wordpress.com/recipes/).

*For more information on Jackie, go to [www.JackieKeller.com](http://www.JackieKeller.com). You can also keep up with her on Facebook and Twitter.*

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## Relationship Expert Kailen Rosenberg Shares Dating Advice for Finding the Love We Deserve



By Whitney Baker

You may recognize relationship expert Kailen Rosenberg as “the love guru,” “the love whisperer” or, as Oprah Winfrey recently

named her, the official “ambassador of love.” With her starring role on *Lovetown, USA* from the Oprah Winfrey Network/BBC Worldwide, she put her education and experience to the test: Oprah asked Rosenberg and Paul Carrick Brunson to transform Kingsland, Georgia, into a town filled with grace, kindness and open hearts. Of how she helped the community with her dating advice, she says, “What I look for isn’t necessarily what *is* working, but what is not. I seek out what is broken, the areas that sabotage relationships and love, and help each person to work through their pain and heal, so that they can experience the love and the partner they truly deserve.”

## Relationship Expert Shares Personal Beliefs on Love and Dating Advice

While fans await news of season two of the hit show, Rosenberg is hopeful, recognizing that viewers and critics alike enjoyed the first season. “Oprah’s heart and intentions are completely pure. *Lovetown, USA* was meant to be a social experiment on love,” she shares. “And it worked! It proved that, when one focuses on nothing but love, healing in the most broken places can take place.”

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

Of course, some heartaches are easier to mend than others. As viewers saw on *Lovetown, USA*, the relationship expert was tasked with helping two single dads find love. She approached it much like any other match. “What matters most is this: Is the person kind? Is he emotionally healthy and ready for love?”

Drawing from her own marriage, Rosenberg understands how tricky it is to find a partner that is a good fit for both you and your children. “My husband (who had never been married and had no children) is an amazing stepfather. We have a blessed

family because of his genuine care for himself, me and my sons,” she says. “It all depends on the values of the two people coming together.”

As for how to know when you’ve found a relationship to last lifetime, Rosenberg believes that it’s just a feeling. She elaborates on this love advice and shares, “When you meet your soul mate, there’s something inside of you that’s different; you can’t explain it. There’s a piece of your new partner that challenges you to become a better human being. You grow and love more deeply because of that experience with each other.”

Rosenberg, a master’s-level certified life and love coach, is a successful matchmaker both on and off the show. She’s helped over 400 couples find each other and credits this accomplishment to “teaching people to love and know themselves authentically and to heal what needs to be healed *before* getting into a relationship.” Expanding on this idea further, she explains, “When people are able to listen to their inner voices and are fully aware, they make for better partners and create better relationships and better marriages.”

**Related Link:** [E!’s Newly-Engaged Ashlan Gorse May Head Back to France for Wedding to Philippe Cousteau Jr.](#)

## **Kailen Rosenberg Talks Relationships and Love and Her Next Project**

While Rosenberg’s impressive success rate may suggest otherwise, many people are choosing to remain single rather than look for love. In fact, the Census Bureau statistics show that more than 44 percent of adults 18 and over are unattached. Even so, she isn’t deterred; she even views this number as a positive thing. “Younger people want to take their time and are more sincere about love and marriage, wanting

something different than generations before,” she says. “As much as people want to believe in marriage, I think they are more afraid.”

She then adds, “The good news is that they rarely give up on love, wanting to believe that it can still be real and wonderful.”

As for what’s next, Rosenberg doesn’t plan to slow down anytime soon. She is currently working on a book, which will be released by Simon & Schuster in fall 2013, and tells us, “It will focus on teaching both singles and couples how to find and experience real love.” Additionally, she has received offers to do her own television show to further teach people about love.

Even with her credentials, the dating expert knows just how difficult it can be to find love. For single women and men looking for a relationship, she offers this advice: “Know what is absolutely amazing about yourself, but don’t be afraid to look at what isn’t so lovely and great. Work on healing it and getting to a great place from within, so that when you find love, you can give and receive it at its fullest.”

*For more information about Kailen, please visit [TheLoveArchitects.com](http://TheLoveArchitects.com). You can also follow her on Twitter at [@KailenRosenberg](https://twitter.com/KailenRosenberg).*

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## **Ryan Danz and Abbie Ginsberg Tell Us How They Bonded on**

# 'The Amazing Race'



By Nic Baird

Viewers of 'The Amazing Race' can relax now that the suspense of the CBS show's 21st season has dissipated. The competition is over, and fans can reflect on the brave globe-trotting adventurers they cheered to take the one million dollar prize at the finish line.

While we all rooted for our favorites, it's hard not to feel at least a little disappointed that couple Ryan Danz and Abbie Ginsberg were eliminated in Amsterdam with only three episodes left. The "dating divorcees" team had the first opportunity in the game's history to score double: by winning the first leg of the competition, Danz and Ginsberg became eligible to win two million dollars should they be victorious overall. If that wasn't enough to gain favor with the audience, the trials of this type-A twosome told a riveting love story.

"Because we lasted as long as we did, it bonded us in some very unique ways that most couples didn't get to experience,"

says Danz, referring to the three romantic pairs previously eliminated. Despite having a better average placement than any of their competitors in their ninth and final leg, Danz and Ginsberg were hit by multiple flight delays and a U-Turn penalization that forced them to take an extra detour.

The ensuing elimination did not leave any bitterness or regret in the relationship of these fierce competitors. Instead, they revel in their triumph as a couple. Rather than dwelling on the loss of a two million dollar prize, Danz and Ginsberg focus on how they learned new ways to communicate and support each other. "We ran the race really well," Ginsberg says. "And that's something that makes both of us very proud."

While still in the throws of a young relationship, Danz and Ginsberg faced five other couple teams among the total roster of eleven. The other competitors had been together much longer than this twosome, who had each ended a first marriage when they connected roughly a year ago. Besides the thrill of adventure and the lure of treasure, both teammates were looking for insight into their budding romance when they signed up.

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"We took a lot from that race," Ginsberg shares. The intensity of the competition kept them mindful of their partner's needs. "Like any couple," she points out, "it takes constant checks and balances."

"The whole process has been very positive for our relationship," Ginsberg says but admits that it could have been the opposite. "A lot of people warned us that it would probably tear us apart and make us resent each other." Juggling the double role of teammate and girlfriend, she describes it as "a lot of managing."

Likewise, Danz thought it was important to be supportive and encouraging as a partner outside of dating. "Going into the

race, the most important thing was how I treated Abbie as a teammate.”

As viewers saw, the couple faced obstacles both on and off the race course but always did their best to overcome them. “One team can be very lucky; another can get unlucky,” Danz says. “As far as racing, we wouldn’t do anything differently.”

The pair identify specific relationship challenges they had to face during the competition. As two competitive spirits, they had a early issues sharing leadership, Ginsberg says. Danz explains this problem led to a fight at their hotel. With fresh wounds from his divorce, Danz didn’t want to engage in conflicts with Ginsberg. “She’d say, ‘Why are you pulling away?’”

The couple was able to work on their relationship by communicating during down time. “We were really mature about it,” Ginsberg says. “We got more unified and closer each race.” Ginsberg was glad to have a partner who could take the lead when needed but also share the responsibilities. “It was successful as long as we were able to be open and honest with each other.”

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Danz recalls the time when he was most amazed by his partner. The couple arrived at the Roadblock challenge in Bangladesh, and they spotted a balance scale demonstration. He describes how Ginsberg had to build a balance scale out of bamboo and rope and then figure out how much wood would balance four stones. “I was so blown away by how resolved she was to complete the task. She didn’t give up. She didn’t break down. I am still so impressed by that moment.”

Expanding on Danz’s recollection, Ginsberg shares, “Ryan was really encouraging and supportive during solo experiences.” When the atmosphere got tense, she says they still focused on



the race instead of “little petty things.” As a member of the “dating divorcees” team, she describes how communicating with a new partner is like “learning a whole new language.”

For Danz, he describes the experience as extending much further than the “compressed” TV show.” He says the moments of reflection during their travels as a couple were really important and very empowering. “I’m really proud of her,” Danz shares, “really proud of how we ran the race together.”

*For more information about Ryan, check out [www.RyanDanz.com](http://www.RyanDanz.com). You can also follow him on Facebook and Twitter at @RyanDanz. You can follow Abbie on Facebook and Twitter as well at @AbbieGinsberg.*

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## **Lisa Hochstein of ‘The Real Housewives of Miami’ Says She Is the “Luckiest Girl in the World”**





By Michelle Danzig

She's witty, laid-back, and beautiful—and couldn't be a more perfect addition to this season of Bravo's reality show 'The Real Housewives of Miami.' Former playboy and fitness model, 29-year-old Lisa Hochstein absolutely loves being a cast member. In the beginning, it seemed easy to dislike her, as she is the wife of the "Boob God" Dr. Leonard "Lenny" Hochstein and self-proclaimed "best creation" of her husband.

Despite their first impression, everyone was pleasantly surprised to find that she is funny, genuine and the most real of the cast members. Even amidst the telltale drama of the series, Hochstein finds herself very composed. "I have been through so much and have overcome so many of my own personal struggles and bad situations. So I just roll with it," she says lightheartedly. "It doesn't affect me because it is nothing compared to what I've seen in my past."

Hochstein, however, is not one to stand back when she is being disrespected. During our interview, she mentioned her lavish and infamous lingerie party to benefit Susan G. Komen for the Cure when two of the housewives got into a heated discussion that ultimately got physical. "When [the two women] almost destroyed my party for my charity and the music went off, that just set me off," she says "I was at my breaking point." Despite that particular incident, she still stands by her

calm, cool and collected persona. "If you're going to get angry and lose it, it needs to be something worth it," she says. "There is no sense in getting premature gray hairs over this stuff."

Despite some choices that the viewers might find to be poor decisions, Hochstein doesn't have any regrets about her behavior on the show. In a recent episode, when a fight erupted at Thomas Kramer's dinner party, she was ridiculed for getting up on the table and dancing for the guests – on a stripper pole – in an attempt to lighten the mood. In the middle of the chaos, Hochstein managed to make everyone laugh. "I'm silly; I'm fun," she says. "I'm spur-of-the-moment, and if something comes to my mind, I'll do it."

Hochstein says that what people didn't see on television was that, after the incident, she invited the rest of the ladies at the party to join her on the table to dance. Sticking with her no regrets mantra, she says, "I don't think I did anything inappropriate, and my husband didn't mind."

That is exactly what she loves about her man. "He accepts everything about me," she explains. "I'm a little crazy; I'm a little out there. I like to have a good time, and I like to dance. I entertain him. There is never a dull moment with me. I think that's why he is so in love with me. I always have something outrageous to say, and I make him laugh."

Although the drama may affect the relationships of some of the other wives, Hochstein says that her marriage to Lenny has not changed at all. "We are the same couple we've always been. He's proud of me and all of the things that I'm trying to accomplish." The couple just celebrated their three-year anniversary back in October – "That's a big accomplishment in Miami," Hochstein jokes.

**Related Link:** [QuickieChick's Video Dating Tips: Why Hating Your Body is Destroying Your Love Life](#)

Since being on the show, Hochstein finds that people tend to misunderstand her relationship with her husband. She believes the opening line of the show has caused this issue. "He didn't create me; he fixed a bad boob job," she says. "It was a joke that was taken out of context." In truth, her relationship with her husband isn't about plastic surgery at all.

In their free time, the happily-married pair love to walk their dogs on the beach, travel and ski. They also love to go out to dinner or a club, watch movies and just hang out in bed together. This housewife knows the importance of continuing to "date" your partner, even after you get married. "Having a date night at least once a week is so important to your relationship because you can get off track," she says. "A date night will feel like you're courting each other again." She also recommends taking an annual vacation with your significant other. "We go to Europe every summer. I think the alone time is extremely important."

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Her best piece of relationship advice, though, is one that she learned from her mother. "Never go to bed angry," she recommends. "I'm a firm believer in that."

While Hochstein is working to promote herself and the show, her husband is constantly maintaining his growing practice. Although it has been "crazy busy," they are both loving it. It may be hard to find time for each other these days, but the reality star says that she and her husband are still madly in love with each other. "My husband is young, hot, sexy and smart," she exclaims. "I am the luckiest girl in the world."

*Tune into Bravo on Thursdays at 9/8c for 'The Real Housewives of Miami.' Keep an eye out for a skin care line and fitness supplement line from Lisa Hochstein sometime next year. You can also follow her on Twitter at @LisaHochstein*

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# E!'s Newly-Engaged Ashlan Gorse May Head Back to France for Wedding to Philippe Cousteau Jr.

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



By [Whitney Baker](#)

[Johnson](#)

You may recognize Ashlan Gorse as a correspondent and fill-in anchor on E! News or the new face of Murad Skincare, but lately, she's jumping into a different role: fiancé. Last month, her boyfriend of two years, Philippe Cousteau Jr., proposed on top of the George V Hotel in Paris.

"I was totally surprised!," Gorse says of the romantic

proposal. “Our friend, Jeff Leatham, is the artistic director for the hotel, and he decked out the roof with candles and flowers. Just before the stroke of 10 p.m., Philippe snuck me up there and proposed while the Eiffel Tower sparkled in the background.”



Of course, the famous landmark wasn't the only thing sparkling that night. Cousteau popped the question with an engagement ring he designed with the help of jeweler Jorge Adeler. Considering how shocked she was at the proposal, Gorse had no input when it came to her ring. However, Cousteau did keep her opinion in mind. “I had shown him a vintage oval ring that I loved a while back,” she shares. “He used that ring when designing mine but made it his own.”

She adds, “Honestly, it's more beautiful and more perfect than any ring I've ever seen.”

The couple met in 2010 at an environmental event where Cousteau was giving a speech. Gorse knew right away that they had something special. “I called my sister the next day and told her, ‘I think I just met the man I'm going to marry.’”

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Given their successful careers and busy schedules, they've had to make an effort to ensure that they get to spend time together. Of their long-distance relationship – Gorse has to be in Los Angeles during the week, and Cousteau often travels

for work – the entertainment journalist says, “It’s not always easy, but you make it work. Philippe always comes home to me in between expeditions, speeches and meetings, and we are usually together two or three weeks each month.”

Keeping a long-distance love going can be challenging, but Gorse believes that “if it’s meant to be, you’ll make sacrifices to see each other.” When she and Cousteau are apart, they talk, text and e-mail all day long – “unless, of course, Philippe is off somewhere like the Arctic.”

When they’re lucky enough to be in the same place, they always make time for just the two of them. “Philippe is the most romantic person I’ve ever met or even heard of!” Gorse shares. “Our favorite nights are at home, cooking together or sitting in the backyard with our dog.”

Her go-to date with her fiancé is just as low-key as those relaxing nights at home: a simple picnic, something they can do “on the beach, in the hills or just around the corner.” She’s even got a menu planned: two really good cheeses, apples, radishes, cherry tomatoes, grapes, a baguette, butter and salt along with a half bottle of white wine and a half bottle of red wine.

“It doesn’t really matter where we are as long as we’re together,” she adds.

Now, in their limited time together, they have a wedding to plan. They’ve started to kick around some ideas: “We want to get married in France at a vintage estate. We want to have a fun three- or four-day party with our family and friends and lots of great wine.”

We all look to celebrities for ideas and inspiration – especially when it comes to weddings – and given her line of work, Gorse is no different. She thinks Blake Lively and Ryan Reynolds as well as Natalie Portman and Benjamin Millepied did a great job of making their big day personal, something that

she hopes to emulate with her own wedding. “I really want to make the day about me and Philippe, so we are going to make everything as meaningful as possible to us and our guests.”

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While it’s easy to get caught up in craziness of their daily lives or the many details of wedding planning, Gorse keeps what is most important in mind. “We both know how truly blessed we are to have found each other, and we cherish every moment we have together, especially the little ones,” she shares.

*You can catch Ashlan Gorse on E! News or keep up with her on Twitter at @AshlanGorse and Facebook.*

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## ‘Hollywood Exes’ Daphne Wayans on Divorce: “We’re Still A Family”







By [Lori Bizzoco](#) and

Sarah Ribeiro

When Daphne Wayans got divorced, she didn't let her broken marriage keep her from finding happiness – or stop her from making a name for herself. The ex of comic Keenen Ivory Wayans will be on the upcoming season of 'Hollywood Exes' with an agenda to present herself not as an ex-wife but as a woman. "I've been avoiding being in the public eye for a very long time," Wayans says. "I stopped looking at how I couldn't do it and started looking at how I could. I'm not very interested in necessarily being famous, but I'm interested in the good that comes out of it."

While some women may find themselves embittered after a divorce, Wayans isn't joining the cast of VH1's hit reality show to get anything off her chest. Instead, she wants to help other divorced mothers like her. "I get told that I have a little bit of a different viewpoint in life. I tend to try not to look at the minutia of things. I try to take a big step back and have a bird's eye view of the scene."

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Because of that, she says, 'Hollywood Exes' gives [divorced](#) women a new perspective on how to deal with their divorce. A pivotal moment that brought Wayans on camera happened during

last season of 'Exes': "I was watching one of the interviews on the show, and they focused on the friendship that was left there after the divorce – not what wasn't there or what was destroyed."

That friendship, she says, is the outlook that kept her relationship with Keenen strong after things ended – and the reason she is on board for this upcoming season.

Wayans explains, "That's the kind of thing we expressed during the pitch for the show. Originally, I got cold feet, and I couldn't go on the first season. But in the end, I was really proud of the women – there was no ex-husband bashing."

This, she says, is why her divorce worked out for the better: "It was hard and heartbreaking, but I kept the picture of our friendship in the back of my mind. I just started caring for him as a person, as someone I wanted to care for, and we got back to that point where we cared about each other again."

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Her positive view on a split is what Wayans hopes to bring to 'Hollywood Exes,' and she hopes viewers can take that and apply it to themselves. "The biggest thing that I've learned is – particularly when you've had children – you're still a family. Keenen and I may not be a married couple anymore, but we're tied together by these five children. That's what's left when the smoke clears. Through all the fighting and dismantling of the marriage, you're still left with a family. You need to figure out what you couldn't when you were married: how to get along."

*Tune into the upcoming season of 'Hollywood Exes,' scheduled to premiere this spring, on VH1 to keep up with Daphne Wayans. You can also follow her on Twitter at @DaphneWayans.*

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# Wolfgang Puck of 'Top Chef: Seattle' Says Taste Is the Most Important Part of Cooking for Your Loved Ones



By Whitney Baker

Fans of reality television will recognize world-renowned chef and restaurateur Wolfgang Puck. Not only was he responsible for the food served at the infamous wedding of Kim Kardashian and Kris Humphries (filmed for 'Keeping Up with the Kardashians'), but he has also appeared as a guest judge on previous seasons of 'Top Chef: Las Vegas' and 'Top Chef: New York.' And now, Puck is excited to join the tenth season of the cooking-competition series in Seattle as a permanent judge alongside Tom Colicchio, Gail Simmons, Hugh Acheson and

longtime friend Emeril Lagasse with Padma Lakshmi returning as host.

This season of 'Top Chef: Seattle,' which premieres on Wednesday, November 7th at 10 p.m. EST on Bravo, focuses on the contestants going back to the basics, something that Puck considers incredibly important when cooking. "I really believe that cooking to learn the foundation is the most important part," he shares.

As for this season's 21 chef'testants, Puck says, "I saw that there were a lot of talented people who did great dishes, but a lot of them also lacked fundamentals."

Having a strong foundation of cooking skills can also come in handy when preparing a dish for your significant other. When cooking a meal for your partner for the first time, Puck recommends preparing something you feel confident cooking, "not something completely new where you are unsure of how many minutes you have to cook it or if the seasoning tastes good or if the combinations of spices and herbs are just right." Additionally, it's important to buy the best quality ingredients and to keep it simple.

**Related Link:** [Tips to Keep Things Exciting with a Date Night at Home](#)

Now that you've chosen the right ingredients and a simple recipe that you know how to cook, how do you know if what you've prepared is a hit or a miss? "I tell all of my young chefs – and everybody in the kitchen – that the most important thing for a chef is to taste," Puck explains.

Another cooking lesson that ranks high in Puck's opinion? Learning from your loved ones. After all, the chef began cooking professionally at age 14, and before that, he spent time in the kitchen with his mother, who was a chef in the Austrian town where Puck was born.

Growing up, Puck's mother followed the farm-to-table ideology that is sweeping across America's restaurants, and as the chef shares, it was totally logical at the time. "You know, we went outside into the garden, picked the vegetables and made a vegetable soup" – a statement that reiterates the high importance that Puck places on knowing basic skills in the kitchen!

**Related Link:** [Date Idea: Turn Up the Heat in the Kitchen](#)

Of course, Puck has come a long way since then, having changed the way Americans approach the art of cooking by combining classic French and Asian techniques. Though he's sitting at the judges' table now, Puck can't help but look back and consider how a young Wolfgang would've done on 'Top Chef': "I think I would have done pretty well because I always had good instincts about food, and I was always very clear about using great ingredients."

Even so, the playing field was quite different when he first entered the scene. "At that time, you didn't have as many talented young chefs who worked really hard and were really good at it."

Considering the changing culinary landscape, none of this season's contestants reminded Puck of a younger version of himself; however, that's not to say that they didn't impress him. Offering a glimpse at the upcoming season, he shares, "There are a few contestants who actually had their own ways. You know, there are so many chefs who can execute great recipes, but there are very few who actually have their own ideas for those great recipes."

"When somebody is a 'Top Chef' winner, you almost expect them to have their own ways and their own ideas – and then execute them perfectly," he adds.

*Be sure to tune in to this season of 'Top Chef: Seattle,' which premieres on Bravo on Wednesday, November 7th at 10 p.m.*

*EST. For more information about Wolfgang Puck, you can visit his official site at [www.WolfgangPuck.com](http://www.WolfgangPuck.com).*

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# **Dermatologist Dr. Jeffrey Benabio Says to Keep it Simple When Grooming Skin for Date Night this Fall**



This fall don't let the cooler weather wreck havoc on your skin. As you plan those awesome autumn date nights you can now do it with confidence and keep your complexion looking radiant. Executive Editor, [Lori Bizzoco](#) had the chance to chat with nationally-renowned Dermatologist Dr. Jeffrey Benabio,

called by Glamour the “rock-star of Dermatology.” Lori and Dr. Benabio chatted about the types of foods you can eat, supplements you can take, and topical steps that help ensure your skin looks its best without breaking the bank. For instance, the new, mild formula in [Dove Body Wash](#) is a prime example of a product that works well for both men and women. *For more videos from CupidsPulse.com, check out our [YouTube channel](#).*