

'General Hospital' Star Jen Lilley Says "Confidence is So Sexy"



By [Whitney Baker](#)

Fans of ABC's *General Hospital* recognize Jen Lilley as the most recent actress to step into the very fashionable shoes of the sassy, Maxie Jones. In addition to her role in the world of daytime soap operas, Lilley also appears on MTV's hidden camera romance show *Disaster Date* and plays a supporting role in the Academy Award-winning film *The Artist*. Her diverse acting resume, coupled with her family history (her parents are both marriage counselors), makes her a valuable source of advice for all questions related to relationships.

Lilley's time on *General Hospital* has already taught her a lot about the choices we need to make for love. As viewers of the show know, Maxie is currently involved with both Dr. Matt Hunter and Damian "Spinelli" Spinelli. "Maxie really wants her relationship with Matt to work because of the status it gives her versus the love and security it gives her," Lilley explains.

Despite the complications of Maxie's love triangle, there's a clear frontrunner in Lilley's eyes. "Ultimately, I really want Maxie to be with Spinelli," she reveals. "He's head over heels in love with her. He's very selfless and relentless in his love for her."

Unfortunately, Maxie could make a very common mistake by overlooking the good guy. "I think it's a subconscious thing that girls do because we feel like we don't deserve love."

Lilley went on to draw her characters experience to a real life example, explaining, "Maybe that's part of what's going on with Maxie. She thinks she doesn't deserve something so good with Spinelli."

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

Thankfully, Lilley's love life is much less dramatic than that of her character on *General Hospital*. She's been in an "awesome relationship" for eight years and is very much in love. She cites balance as one of the most essential parts of a healthy relationship and uses her own romance as an example.

"My boyfriend is an introvert, and I'm an extrovert. But it works for us," she says. "I have these really lofty dreams, and I want to do a million things at once, but he kind of brings me back down to reality."

Related Link: [Five Reasons Why Opposites Attract](#)

As Lilley discovered from her time on *Disaster Date*, there are a few key things that a couple should agree on, such as

religion, finances and children. “Children are one of the *big* things that you don’t talk about on a first date – and I would always bring it up on *Disaster Date*,” she says with a laugh. “But it is important to know. If one of you wants kids and the other one doesn’t, your relationship is probably going to end. Hopefully, you won’t have that disagreement after you’re married.”

Of course, Lilley grew up with parents who were marriage counselors, so many of this was ingrained in her since childhood. From the time she was young, her parents made sure she, along with her three siblings, knew how to talk about whatever was going on in her life. “Even though I wasn’t in a relationship, they taught me how to discuss things rather than fight through them,” she explains. “In a lot of ways, they really helped me understand conflict resolution.”

Related Link: [How to Master Being in a Relationship](#)

They also ensured that their daughter developed a strong sense of self-value – an indispensable quality for a girl as she’s growing up. My parents always said, “You have worth. You don’t need a boyfriend. They also taught me how to have confidence in who I am and not crush on boys so hard.”

Lilley reveals that this guided her decision making later in life, “I think every person, before they get in a relationship, should know their self-worth. Know that you’re worth having someone love you.”

Perhaps most importantly, Lilley’s parents provided her with a wonderful illustration of a strong marriage. “My parents have been married for thirty years, and while no marriage is perfect, I really respect their relationship. They never fought in front of us, which was really nice. It was always very admirable that they talked through things,” she says.

Based on the example that they set, she developed a distinctive opinion about relationships. “I really, truly

believe that, in any relationship, the guy has to be a little more in love with the girl than the girl is with the guy," she begins. "I'm not saying that I don't 100 percent love my boyfriend – I do. But at the same time, for a marriage to last, the boy has to be a little bit more infatuated with the girl."

Referencing her parent's marriage, she adds, "My mom would do *anything* for my dad. They love each other so much. But my dad is still so completely charmed by her. It's very endearing."

Taking a cue from her parents' line of work, Lilley dispenses a bit of her own advice to our readers. She believes that guys are most attracted to confident women. "I just think confidence is so sexy – not self-centered confidence like Maxie but just confidence in who you are," she says.

Another suggestion for single women? Play hard to get. "My mom would always tell me, 'Jen, men are hunters by nature, and they don't like an easy target.' I hated it, but it's so true!" Lilley says. "I don't mean that you should be rude or be a bitch but just don't be so available. In the beginning, leave some room, leave something to be desired."

Keep your eyes open for Jen on General Hospital as she plays Maxie Jones and tries to decide between the hunky doctor and dorky Spinelli. For more information about what's next for Jen, follow her on Twitter or Facebook.

Paula Patton Says "Passion"

is Key to a Successful Relationship



By Steven Zangrillo

If you didn't have the opportunity to catch Paula Patton sizzle in Mission: Impossible 3, don't fret. Just ask her about her marriage with singer/songwriter Robin Thicke, and you'll see Paula light up the room with her million dollar smile. "Passion," she gushes, is the key to a lasting and happy relationship. She further took the time to discuss her marriage's bumpy ride from a high school romance to a stable and successful marriage. Compromise was another major component, coupled with simply "liking each other."

The rest of us men will just have to remain flush with envy.

Good job, Mr. Thicke.

For more videos from CupidsPulse.com, check out our YouTube channel.

Exclusive Interview: ‘Million Dollar Listing’s’ Josh Altman Says, “Relationships are Harder Than Owning a House”



By [Whitney Baker](#)

Thanks to Bravo's reality television hit *Million Dollar Listing*, viewers have gotten an inside peek at the high-end real estate business. And thanks to the aggressive tactics of real estate agent Josh Altman – also known as “The Shark” – fans of the show know what it takes to make it in such a cutthroat industry. What they may not realize are the lessons in love that Altman learns from selling houses to bachelors, single women, new couples and divorcees alike. Luckily, in an exclusive interview with CupidsPulse.com, he shared some tricks of *both* trades: real estate and romance.

Altman, who works with the Beverly Hills firm Hilton & Hyland, has certainly found success in the Los Angeles real estate market. He recently sold a condominium on Ocean Drive for \$10.5 million, making it the highest sale in Santa Monica history.

“Everybody wants to know, ‘What the hell do you get in a \$10.5 million condo in LA?’ It’s one thing in New York – everything is like \$10 million bucks,” he says with a laugh. “But in LA, you get 8,000 square feet of 360-degree views. Plus, you get an 8,000 square foot rooftop deck. It’s absolutely incredible.”

He continues, “On one side, you have the entire coast, and then you turn around, and you have Hollywood Hills. It was the most spectacular condo I’ve ever seen.”

Related Link: [Three Tips for Moving in Together](#)

Of course, most people cannot afford such an expensive home. Even so, regardless of the price tag, everyone approaches house hunting from a different perspective, with single people and couples perhaps having the most distinctive viewpoints.

“It’s two totally different ballgames,” says Altman. “Most bachelors love to have a nice, plush movie theater. They want the cool, outdoor pool and entertaining area too.”

Couples, on the other hand, have a much more standard focus. “For couples, it’s always about the kitchen and the bathrooms. Always,” Altman explains. “They want to make sure there is a fence outside and not too many stairs inside, so it’s safer if they decide to have kids.”

Related Link: [Monica Pederson from HGTV Shares Advice for a Great Date Night at Home](#)

He adds, “It’s a lot of fun seeing both sides of it.”

Unfortunately, couples can sometimes struggle to compromise when it comes to buying a new home. Just like all aspects of dating and maintaining a relationship, both parties must learn to give and take a bit. “You’ve got to find a happy medium,” Altman recommends. “But if there’s too much argument and they end up buying a house, there’s a good chance that I’ll get two more sales out of it when they divorce!”

Taking his advice a step further, he shares, “I believe that a couple should sit down and each person should come up with a list of the top five to ten things that they want in a house. Then, they can put their lists together and kind of meet halfway. As long as both sides get two to four things that they want, they can both be happy.”

It may sound straightforward, but in truth, even deciding how big of a house to buy – for either a bachelor or a couple – can be a daunting task. For a single woman, it’s often tempting to plan for the future and buy a home suitable for a family.

However, Altman cautions against this plan. “Sure, she may be a wealthy girl who can afford a big house that would be great for the future, but it can be intimidating for the guy,” he says. “He’s going over to his girlfriend’s big, beautiful house, and then he’s going home to his not-so-big-and-beautiful house.”

And the same challenge holds true for couples. “If you get too small of a house, you may be on top of each other. Everybody needs their space, so that can be a disaster,” Altman explains. “But at the same time, if you have too big of a house, it’s a different type of disaster and can lead to financial troubles or difficulty with upkeep.”

For couples just moving in together, Altman believes it is best to test the waters first and move into one of their current homes. If you take things slow, there’s less chance that you’ll end up with a broken heart. “It’s easy to buy or sell a house and not so easy to fall in love,” he says.

Related Link: [Tiffany Current Tells Us ‘How to Move in with Your Boyfriend \(and Not Break Up with Him\)](#)

Some couples, though, are trying to escape from romantic ghosts, so moving into a new house is the best option. “I run into a lot of my clients who are either remarried or still living in a house from a previous relationship, and they want to sell. They want to start from scratch – you know, the new boyfriend doesn’t want to be in the same house as the old guy,” Altman says.

“It makes sense: they want a fresh start. They want to move on from the memories, and that’s the best way to do it,” he adds.

As much as Altman’s learned about real estate from his clients, he’s also picked up a few house-buying tips from his own experiences. When asked about buying his first house, he says one word comes to mind: scary. “I bought my first house in 2002, and it seemed like a huge amount of money, especially when you’re borrowing from a bank,” he shares. “The whole process is overwhelming, which is why it’s so important to have the right realtor who can walk you through everything.”

Since then, Altman has bought a new house every year or so. He explains, “ I don’t like to stay in the same place very

long because I get bored. Most of the time, I'll fix something up and then sell it."

He also knows firsthand the importance of buying a house of the right size. A couple of years ago, he owned a house that was about 6,000 square feet. He says, "It ended up taking up all of my time. It was just too much."

Keeping in mind both his business and personal experiences, Altman boils down his opinion to one simple statement: "Relationships are a lot harder than owning a house!"

You can read more about Altman's real estate success on his Web site or follow him on Twitter. On Wednesday, June 6 at 9 p.m./8 p.m. CT, Altman will reunite with costars Josh Flagg and Madison Hildebrand for the premiere of season five of Million Dollar Listing Los Angeles on Bravo!

Exclusive Interview: Pick-Up Artist Mehow Shares His Secrets





By Samantha Mucha

As women, we read countless articles, stories, opinions and anything else we can get our hands on to help us understand what guys want. Now, there is no need to worry anymore, ladies: Mehow has your answers.

Who is Mehow?

Mehow is one of the most well-known Pick-Up Artists (PUA) in the world of seduction. Back in 2006, he started his own Website called Mehow Inc. where he used his experience and his expert advice to help men meet women and develop happy and successful relationships.

Related: [Creating a Better Relationship](#)

When asked about the top three qualities men look for in women, Mehow replied, "First of all it's hotness, but that's just the truth, right? That's the number one thing for men."

However, woman who may not be the best looking still have a great shot at getting the guy they want. "Fun and personality

are a big factor,” Mehow reveals, but really, “It depends on the guy. A normal dude will look at her stuff, level of fun and see if she’s being logical. She has a better shot, if she has her life together.”

Be fun, cool, compelling and confident. According to this PUA, that’s what it takes to make yourself more attractive to men.

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

So how does Mehow know so much about women? He has been working as a PUA for about seven years and has talked to thousands of girls. He has compiled tons of research and sometimes uses hidden cameras to look at women’s reactions to his methodology. He uses specific methods and ways of communication to make women feel comfortable, but also allow the guy to communicate well. Taking his work a step further, he even believes that with the right amount of funding, he could scientifically prove some of his theories.

Believe it or not, “women are primarily attracted to men’s personalities, and men are primarily attracted to women’s looks,” says Mehow.

If that’s true, then what can women do to help guys – and themselves – out?

“Gives guys a chance,” he urges, sharing his number one piece of advice for women. “Guys often ask themselves the question, ‘Is she cool with who I am?’ A guy’s biggest fear is how to approach a woman.”

Related: [5 Ways Nice Guys Finish First](#)

Women also need to remember that there is no perfect guy; they all make mistakes. If your new man messes up once or twice in the beginning of your relationship, forgive him, accept his screw up and move past it.

Mehow also describes “super hot girl A.D.D.” He says that this refers to the “perfect 10” girl who has no problem getting what she wants but cannot focus on anything serious for more than a minute due to the fact that she was handed everything just from being good-looking. “Perfect 10’s screw it up. How a woman appears to the world around her changes her social behavior.” His advice to these women is to slow down and take a risk with someone. Attractive women should find one guy who they like and stay with him.

The moral of the story is to give guys a better shot. No matter what the situation may be, guys are deserving of a second or maybe even third chance to impress a woman and show off their knight-in-shining-armor side.

No matter who you’re dating – even if it’s Mehow himself or someone who he’s trained very well – you have to be able to let go of small errors and see the bigger picture. “Guys can’t be players forever,” Mehow says.

You can catch Mehow using his system to “pair up perfect couples” on his new reality television show coming out this fall.

That’s all Mehow was able to tell us without sharing too many secrets, but we know enough to know that he is the master of getting inside the heads of both men and women.

You can check out YouTube in the meantime to see how his methodology works.

Nick Cannon Helps To Launch Badoo Project in New York, Discusses Marriage With Mariah Carey



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Interview by Steven Zangrillo. Video by Richard Zangrillo.
If you've grown bored of going through the motions with Facebook and Twitter, you'll be relieved to know that there is new social media busting at the virtual seam.

Badoo, an international stalwart in the Social Media community, recently made it's virtual footprint in the chic

streets of SoHo, New York. The Badoo Project, hosted by Nick Cannon, was a 3 day photo shoot centralized around the idea of putting your best foot forward when choosing your profile pictures. The Badoo Project brought together four top celebrity photographers – Dan Martenson, Brooke Nipar, Danielle Levitt, and Kenneth Cappello – to capture 1000 portraits of New Yorkers. We caught up with Nick Cannon and the rest of the Badoo team, who took us through the whole Badoo experience.

Interested in meeting new people? Maybe it's time you give Badoo a try.

Learn more about Badoo at Badoo.com.

For more videos from CupidsPulse.com, check out our YouTube channel.

Exclusive Interview: Mrs. United States Talks to Us About Life as a Married Beauty Queen





By Ryan Boyle

For a lot of men and women, the idea of balancing a lifestyle dedicated to both work and love can be downright stressful. Mrs. United States winner, Shannon Ford, filled us in on living the life of a beauty queen as well as a newlywed and how she makes time to enjoy both. Ford, a veteran of beauty pageants since she was 18 years old, is no doubt a busy woman.

“I’m traveling a lot,” she said, “from Daytona to Texas to St. Petersburg. It’s fun, but it can be tiring as well.”

It’s easy to see how all of this travel can put a strain on even the healthiest of relationships; not for this couple, however. Ford says of her husband, police officer and amateur Jet Ski racer Ray Quintana, “He’s very understanding. There are things of his that I can’t attend because of my schedule, and there are things of mine that he can’t attend because of his schedule, but we’re both trusting and understanding with each other.”

Related: [Newlywed 911: Protecting Young Marriages](#)

Talk about finding Mr. Right. Ford and her husband met while attending college in Florida and dated on and off for 15 years before finally deciding to tie the knot. As many couples decide to rush into marriage, the decision to wait before making their vows was a blessing. "I really had no idea who I was or what I wanted to do with my life," she went on to say.

A major role in any partnership is making time to be with one another. After all, in a marriage, there needs to be a level of common ground that exists between husband and wife. "We're both very independent," Ford told us, "but when we go out together, it's because we want to and not because we're afraid of being alone."

Related: [Five Things Men Look For in a Wife](#)

When Mr. and Mrs. United States do find the time, it's not spent in as traditional of a sense as you may think. "We run a lot of 5K's" she told us. "We don't go out to dinner too often. I'm not very comfortable with going out to dinner, but running is a passion of our's, so we do that together."

It's not the camera flashes of the paparazzi that have the beauty queen feeling uncomfortable. "I have Celiac disease," she informed us. Celiac stems from the inability to process foods containing gluten, so it's no wonder that going out to eat proves to be difficult for Ford. In fact, she has taken a proactive stance on her condition and has begun a crusade to spread knowledge on the symptoms of Celiac and ways to raise awareness to those who could be suffering.

For more information, visit Shannon Ford's website. You can also visit '1 in 133' to learn more about the fight against Celiac disease.

Exclusive Interview: Khloé and Lamar's Malika Haqq Opens Up About Relationships, Love and Acting Aspirations



By Daniela Agurcia and [Lori Bizzoco](#)

Thanks to the ever-present cameras of *Keeping Up with the Kardashians* and *Khloé & Lamar*, we have all gotten to know and love Malika Haqq, Khloé Kardashian Odom's BFF and former assistant. On the second season of *Khloé and Lamar*, currently airing on E!, we see her deal with the ups-and-downs of being a single woman and navigating the dating world. In an exclusive interview with CupidsPulse.com, the positive-

spirited Malika opens up about her past relationships and what she learned from them as well as her acting aspirations.

As many fans know, Khloé and Malika have been friends since they were teenagers and the two have remained tight despite the Kardashian clan's rising fame.

"We refer to one another as sisters from two different misses and misters." Malika jokes. "I get very emotional about a lot of things Khloe has gone through in the spotlight and I can go to her and discuss it. And if she has things she wants to discuss, she knows that she can come to me too."

Related: [How to Communicate to Get What You Need](#)

When asked about Khloe and Lamar's relationship, the one reason Malika says it works so well is because they talk. "I know that it sounds generic but so many people have issues in their relationship and they don't communicate about it. The thing about Khloe and Lamar is that they are honest and can turn to one another in just about every circumstance."

Khloe and Lamar's relationship isn't the only one fans got to witness this season. There was also a flirtatious display of on-camera chemistry between Malika and Khloé's younger brother, Rob Kardashian, although the two never became an "official" couple.

"Being friends as long as we are and growing up near each other, sometimes you tend to look at people a little bit different than how you once used to but ultimately our relationship never became of a serious nature because what was important to Robert and I was that we would always be friends and that we would always have a relationship," Malika said. "It was a moment in time and it hasn't changed our love for one another at all, in fact Robert is in a relationship now and he's very happy and I am happy for him."

When asked what lessons she could impart to other women who

may be in a similar situation with a guy she said, “If you teeter on the line of not being in a committed relationship, then anything can happen. [Not making a full commitment] also might be a sign that some things just shouldn’t happen.”

Related Link: [How Decoding Your Love Map Can Heal a Broken Heart](#)

Malika gave us a glimpse of another relationship on this season’s *Khloé & Lamar* as we watched her fall head-over-heels for Arizona Cardinals defensive back, Adrian Wilson. Once the couple got serious, she even moved to Arizona to be with him. “Most of our relationship was quite good,” she shares.



Unfortunately, Wilson was in the midst of a divorce – one that began *before* Malika developed a relationship with him – and eventually, the pressure became too much to bear. “It kind of broke us up,” says Malika.

Malika walked away from the relationship with another lesson learned. She explains, “Sometimes it’s just best to not put yourself in the middle of something [like Wilson’s divorce]. Go out with someone who is completely free and clear, and then make the decision to date them or not.”

Even though she has no regrets about her faulty relationship with Wilson, Malika has no plans to get involved with another recently separated or divorced man. “I won’t be running down that dark street again,” she clarifies.

Thinking back on her relationship history, Malika shares one more love lesson with us. She cautions, “We can’t ignore our [romance] [rules](#) because of [what our heart wants]” – a mistake that many girls find themselves making.

Related Link: [5 Ways to Stop Sabotaging Your Relationships](#)

Setting her love life aside, Malika shifts gears and talks about her recent focus: auditioning and producing projects for herself. Starring in the films *Sky High* and *ATL*, she also played the lead role in Omarion’s music video for “Speedin’,” posting a TwitPic with Omarion onset. She assures us that we’ll be seeing more of her soon!

Sharing her positive outlook, Malika says that she always tries to go with the flow and live life with an open mind. “I’m just open to new experiences and doing things I haven’t done.”

Even though Malika is working on her own projects, you can still catch up with her and her love life on *Khloé & Lamar*, airing on Sundays at 10|9c on E!. You can also follow her on Twitter and Facebook.

Video Exclusive: ‘DWTS’ Contestant Sherri Shepherd Chats About the Three Men in Her Life



By [Whitney Baker](#)

The key to a good life is a happy life – and no one knows better than TV personality Sherri Shepherd. In addition to her co-host gig on *The View* and her work with the recently-launched Clorox Toilet Lounge, she has not one but *three* men in her life: her six-year-old son Jeffrey, her husband Lamar Sally and her *Dancing With The Stars* partner Val Chmerkovskiy. Stepping out of her comfort zone and onto the dance floor, Shepherd is sure to keep us laughing as we root for her week after week.

For more videos from CupidsPulse.com, check out our YouTube channel.

Exclusive: Bachelor Pad 2 Winner Holly Durst Plans Honeymoon in St. Lucia with Fiancé Blake Julian



By [Lori Bizzoco](#)

This summer, former *Bachelor Pad* reality stars Holly Durst and Blake Julian will have an intimate wedding in South Carolina and set off to the beautiful Caribbean island of St. Lucia for a romantic, one-week honeymoon.

“Blake is everything I’ve been looking for,” Holly gushed. “I liked him from the moment that I met him and I couldn’t deny that. We have the best chemistry together.”

Related: [Bachelor Pad 2 Recap: Blake Julian Gives Holly Durst a Rose](#)

As many fans know, Holly and Blake’s path to wedded bliss was all but easy for fans who watched it unfold on national television. Holly and her ex-fiance, Season 5 *Bachelorette* contestant, Michael Stagliano both appeared on the spinoff series, *Bachelor Pad 2* last summer. Although the two weren’t together romantically, they partnered as a team, and split the grand prize of \$250,000 dollars. But, for Holly money wasn’t all that she won. It was on that show that she met her future husband, Greenville, South Carolina Dentist, Blake Julian.

When asked if she watches the current episode of *The Bachelor*, Holly says she “keeps up” with her reality TV Alma Mater, but says that Blake likes it more than she does. “He likes Ben a lot, they were buddies on their season together.”

Related: [‘The Bachelor’ Winner Courtney Robertson Tells All In New Book About Love: “I Really Didn’t Hold Back!”](#)

Ben and most of their fellow contestants from *Bachelor Pad 2* will be invited to their June 2 wedding in South Carolina. “Invitations are almost ready to go out,” she laughs. “We had a little envelope emergency and the stamps wouldn’t stick on the finish of the envelopes so we spread them all over the apartment to get the stamps to stick and dry.” Holly says that’s the only snafu they’ve faced, everything else has been easy sailing.

The wedding will take place June 2nd (one day before Blake’s 29th birthday) and they are estimating about 150 guests to attend the southern affair that will be decorated in a neutral tone of white. “I wanted a color that wouldn’t date the

photos. But, there will be a hint of pink throughout, because I love pink so much.” Holly chose Alfred Angelo for her dress and pink for her six bridesmaids, all of whom are close friends and family.

Related: [Five Things Men Look for in a Wife](#)

I am the opposite of Bridezilla, she said. “I’m just going to show up the day of the wedding and say alright that’s good, thanks.”

In addition to planning the wedding, this month Holly is launching her first children’s book. “I have been writing for about six years and I have several children’s books and a novel in the works.” Holly says that she always wanted to write a book that inspired kids that they could be and do anything that they wanted to in life. “I wanted to encourage other kids growing up not to be afraid of anything and to follow their dreams.” The result of this passion is “Chocolate Socks,” a book about taking what you [love](#) and doing whatever you want with it. Holly has always had a love for children, and even went to school to be a teacher before deciding that writing children’s books was her calling.

When asked about having kids of her own, she said we aren’t planning for it but if it happens it happens. “Blake wants two kids, and I want two or three, preferably twins!” Dating Michael who was a twin wasn’t what convinced her, she has eight sets of twins in her own family lineage.

Holly certainly keeps herself busy, dental assistant, children’s author and soon-to-be wife. But, regardless of her hectic life, she is still booming with happiness about finally becoming Blake’s wife.

The wedding festivities are set to begin this month with Blake’s ski-themed bachelor party taking place this month in Colorado and Holly’s bachelorette party in LA in May.

Visit [Amazon](#) to get your own copy of Holly Durst's new inspiring children's book, *Chocolate Socks*.

Video Exclusive: Food Network's Anne Burrell Gives Valentine's Day Cooking Tips



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Food Network star Anne Burrell knows a thing or two about spurring the fires of romance over the flame of a hot stove.

Cooking has always been revered as a mutual romantic touchstone, and no day is better to exploit this fact than on

Valentine's Day. Be it chocolates or spaghetti with a nice bolognese sauce, treating your partner's palette with care can lead to delicious consequences. Anne dishes on how to cook for your partner this Valentine's Day, using the kitchen as an aphrodisiac atmosphere where love can only grow.

For more videos from CupidsPulse.com, check out our YouTube channel.

Exclusive Interview: Celebrity Attorney Ann- Margaret Carrozza Discusses the Pitfalls of Prenuptial Agreements





By Steven Zangrillo

With the national divorce rate spiking like a batch of Twisted Tea, it's no wonder that we've seen a renewed interest in pre-nuptial agreements. More than ever, these agreements have become an integral part of the arrangements a couple will make before tying the knot. Between high profile splits like the Kardashian catastrophe to the everyday scenarios of your neighbors down the block, the specter of divorce knows no singular demographic. As your relationship nears towards the ever-ominous edge that teeters between "dating" and "marriage," you'll probably be in need of a little perspective.

"Everyone should consider pre-nuptial agreements, especially high net worth individuals," says New York City based Celebrity Attorney Ann-Margaret Carrozza. "Sometimes they can lose about half of their net worth unless they are properly protected," Carrozza adds.

Related: [How To Get Back Into The Dating Scene After Divorce](#)

It's not hard to imagine how difficult these negotiations can become. After all, marriage can be a huge financial risk. In Carrozza's experience, she says that the party with fewer assets seem to be a little more contentious. "They are big proponents of adding benchmarks to the agreements. That is, these people will make sure they are given a percentage based on the years they dedicate to the marriage," she says. In essence, they're arranging prorated marriage agreements. If you put in five years, you get a cut.

Related: ['Divorce Court' Judge, Lynn Toler Talks Divorce and Hollywood Couples](#)

As far as mediating this process with perspective in mind, Carrozza says "It goes beyond being a lawyer; I try to expand the discussion. In fact, I tell many of these couples that this will be the least romantic thing they will ever do!"

In truth, prenuptial agreements sound about as comfortable as dental work and with a recent rash of hotly covered high-profile divorces in Hollywood, it appears attitudes towards commitment are shifting. Seal and Heidi Klum, Kim Kardashian and Kris Humphries, Ashton Kutcher and Demi Moore, Katy Perry and Russell Brand, and Jennifer Lopez' heavily documented split from Marc Anthony are all situations that beg a bevy of questions. Is Hollywood getting it wrong? Are we?

Carrozza thinks that it's a little bit of both. She believes that, at the very least, pre-nuptial agreements are indicative of how we approach the institution of marriage. Divorces are going to happen, the best we can do is prepare properly.

"I think that not only with celebrity, but any divorce proceeding, each party wants to protect themselves," she concludes.

That may be all it really is but it's alarming how we've gone from protecting one another to protecting our assets.

EXCLUSIVE: Former 'Bachelor' Contestants Prepare to File Class Action Lawsuit against ABC Producers



In a move that would be the first-of-its-kind in reality television history, former contestants of the ABC hit reality television shows, 'The Bachelor' and 'The Bachelorette' have

spoken to attorneys and are in discussion to file a class action lawsuit, against creators Mike Fleiss and Elan Gale.

This information was disclosed to us in an exclusive interview today by former contestant and 'Bachelorette Season 4' winner, Jesse Csincsak.

"Once you're on the show, they own you," Jesse said. "Even when your contract is up, they still interfere in your life and prevent you from promoting other brands and making money."

Jesse notes that the last straw for him came when Gale contacted his business partners and other companies telling them not to work with him. He says that the producers have also contacted former 'Bachelor,' 'Bachelorette' and 'Bachelor Pad' contestants threatening to blacklist them if they participate in any of Csincsak's events.

Related: [Jesse Csincsak Hosts 'Bachelorette Pad Beatdown' on RTVZone.com](#)

Since appearing on 'The Bachelorette' Jesse has remained in the spotlight by hosting annual bachelor reunion gatherings with the former contestants and most recently he launched the successful web show 'Reality Smackdown.'

Discussion about a class action lawsuit surfaced this month after Csincsak was reviewing his rights with his attorneys.

"I had planned to file my own lawsuit last month but after discussions with numerous people and former Bachelor contestants, we realized that this issue is much bigger than me," he said.

Related: [Former 'Bachelor' Couple Ann and Jesse Csincsak Answer Questions about Season 16](#)

This isn't the first time ABC has been to court regarding the hit show. In 2003, the show's producers filed suit against former 'Bachelor' Season 4 star, Bob Guiney for breaking his

contract by promoting his new CD '3 Sides,' and his music video. Guiney won the case.

Last month, spoiler blogger, Steve Carbone (a.k.a Reality Steve) was slapped with a lawsuit by the producers of ABC for coercing former contestants to breach their confidentiality contracts to help reveal spoiler activities for his website.

Jesse a retired pro snowboarder, who won the heart of DeAnna Pappas on Season 4 of 'The Bachelorette' is now married to former 'Bachelor' Season 13 contestant Ann Leuders.

Shiri Appleby Dishes about New Web Series 'Dating Rules From My Future Self'





By [Lori Bizzoco](#)

It's easy to ask others for dating advice, but sometimes you have to listen to your gut and do what makes you happy. Shiri Appleby (*Roswell/Life Unexpected*) shared that tip with us as we discussed her role on the new web series, *'Dating Rules From My Future Self*. The series, also starring Taylor Kinney (*Vampire Diaries* and Lady Gaga's current beau), is about a young 27-year-old woman named, Lucy Lambert who starts getting text messages from herself 10 years in the future. The messages warn her about her dating strategy. She soon realizes that the man she is about to marry, isn't the one for her and she must change her life. If only there was an app that would allow us to get advice from our older, wiser self! Well, according to Appleby that may not be a good thing.

Below Appleby gives us the scoop on her new series, and how it relates to her personal life. She also shares some great dating advice with our visitors.

Tell us more about the show. How does a web series differ from television?

Related: [Former 'Roswell' Actress Shiri Appleby Debuts Web Series on Dating](#)

It doesn't feel any different from my end. The good thing is that people can watch it at their leisure from their computer and there's an opportunity for it to go viral.

Does 'Dating Rules' compare to your current love life? Do you relate to Lucy?

Yes, I relate to Lucy because as I've gotten older, I've realized that if I stop asking everyone else what they think I should be doing with my love life and I just ask myself, I always end up the happiest. For example, when I think about choosing between A and B, I stop and ask myself what do I really need in my life? If I'm really honest with myself I always pick the choice that makes me the happiest. When you doubt and ask everyone else what to do, you get really confused and end up in situations that don't make you feel comfortable. In the show, Lucy starts to understand herself and you see how she blossoms as a woman.

Do you wish that you had the opportunity at one point to get future text messages like Lucy does?

No, I don't think so. It would be great, but at the same time you learn a lot from your mistakes and why you chose to date someone. Going through the experience is important because whether it's positive or negative, it helps you to understand what you want in the future.

What message do you think the show is trying to send out to viewers?

It's a show about friendship and realizing how great it is to grow up with true girlfriends that you can ask honest questions to. It's also telling woman that it's okay to ask for what you need and to figure out what it is that you need. And, how do you get that? You usually get that from listening

to yourself.

Related: [How Happy Are you?](#)

What do you think was the motivation to create a show like this?

It's important to create something that people will be entertained by, but if you have the opportunity you want to put a good message out there also, especially to young woman.

Do you have any relationship advice you can share with our visitors?

Yes. My advice is that it's not supposed to be as difficult as we make it out to be. The best thing you can do is to kill the idea of what you think you need or want. If you get rid of those preconceived thoughts, then you will be able to find the thing that you actually do need vs. what you think you need. Once that happens, you will discover that what you need is a best friend and the list you once had for finding a partner will feel like nonsense.

How about your own dating life?

Yes, I'm in a great relationship – it's really nice.

Before we go, can you tell us about the book you're writing?

Yes, it's really exciting. I am writing a book about how I've found myself and I tell it through all of the guys I've dated. I'm taking it to publishers at the end of this month. Hopefully it will be a good read.

For more information about Shiri Appleby you can find her on Facebook or follow her on Twitter @shiriappleby. Dating Rules From My Future Self premiered on January 9, 2012. New episodes will air every Monday, Wednesday and Friday.

CupidsPulse.com wishes Shiri lots of luck on your new show and

book! Would you want to get messages from your future self? Tell us in a comment below.

NY Ink's Ami James Chats about New Season and Inking Your Partner's Name



By Jennifer Harrington

The holidays are the perfect time to catch up on television shows, new and old. If you're a fan of tattoos and drama, we have good news for you! The TLC reality hit show 'NY

Ink' will be kicking off Season Two on December 29. We had the opportunity to catch up with renowned artist and main character Ami James, the driving force behind the show and Soho-based tattoo shop- Wooster Street Social Club. In our chat with Ami, we discussed his inside perspective on the series, as well as current tattoo trends. Here's what the reality star had to say in the days leading up to the start of the second season of 'NY Ink'!

Related: [Jon Gosselin Gets Tattoo In Honor of New Girlfriend](#)

Tell us about your experience so far in New York. What's been the biggest challenge?

New York has been home for me for 15 years, although I live in both Miami and New York. I'm constantly going back and forth between the two cities, so I would say the biggest challenge has been giving the Miami and New York shops equal attention, and juggling my family and personal obligations as well.

How does New York differ from Miami?

Miami is very laid-back, where New York is more hustle and bustle. You can really feel the energy in the air in New York. So the cities are different, and the shops in the cities are different as well. The one common thread is really the clients.

Tattoos used to be considered pretty taboo, but it seems there has been a shift in perception. Do you agree?

The world of tattoos has really changed in the past decade, and with the television shows, tattoos have been brought into people's living rooms. The timing of the shows was right.

People have learned more about tattoos, and there has been a dramatic increase in the amount of the population with tattoos.

What's the biggest tattoo trend you are seeing right now?

There are always trends in tattoos, but thought and education are important when considering a tattoo. Be sure to think

long-term and know that the tattoo will likely last a lifetime. That being said, the biggest trend I'm seeing right now is women getting tattoos on their ribs. The upside of this location is the ribs are usually covered by clothes, but the downside is this is a very painful location!

So many people ink the name of their significant other on their body. We all remember when Kasey Kahl got a tattoo to declare his love for Bachelorette Ali Fedotowsky. What do you think motivates people to do this?

It's popular to get these types of tattoos, but I don't recommend it unless it's somebody you absolutely know you will love forever. I respect the freedom of choice, but I do try to give people insight that the tattoo is permanent. And I can speak from personal experience; I have a portrait tattoo of my ex-wife [Jordan]! Today, we're best friends so I can honestly say I don't regret the tattoo. I embrace it as part of my personal history.

Related: [Angelina Jolie Inks New Tattoo for Brad](#)

For people who decide to get a tattoo with their partner's name, is there a place on the body you recommend that is best for this type of statement?

In our business, we don't typically provide recommendations as much as we advise customers of locations on the body that might not work very well. For example, some spots on the body are very painful to get a tattoo. It's all about making sure the customer is informed and making the best decision for their body.

We all know tattoos are permanent, but sometimes relationships are not. What advice do you give to people who may have a tattoo of a former lover?

Well, we know relationships have the potential to end up as disasters. I'm thinking of Tiger Woods right now, and we all understand what it's like when a relationship ends. Personally, I have a tattoo linked to my ex-wife, but we were

lucky. Although our marriage didn't last, we ended the relationship really respecting each other, so I'm okay with the tattoo. If you end up with a tattoo you don't want, you really have two options, cover it up or laser it off.

How many tattoos do you have, and which is your favorite?

I have so many great tattoos. I especially like a tattoo I had done in Japan, because it really taught me a lot about the Japanese culture. I also really like my tattoo that is a portrait of my daughter [Shayli Haylen James].

Thanks to Ami for sharing his perspective into the world of tattoos! In case you missed season one of NY Ink, you can pick up the DVD (available on December 20) and catch up before the second season begins.

Food Network Chef Marcela Valladolid Shares Her Sexiest Dish to Impress a Date





Food Network celebrity Chef Marcela Valladolid released a new cook book this past fall titled, *Mexican Made Easy: Everyday Ingredients, Extraordinary Flavor*. In this interview she talks about food, relationships, and sexy spiked peppermint hot chocolate. What they say is true—food is the key to someone's heart!

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

**Tonight: Reality TV Star
Premiere Party in Hollywood!**





Some of our favorite *Bachelorette* and *Bachelor Pad* all-stars are gearing up to celebrate the premiere of the sixteenth season of ABC's *The Bachelor* during a Reality TV Star Premiere Party hosted by Jesse Csincsak, Jesse Kovacs and David Good. The event will take place at The Parlor Hollywood on Monday, January 2, 2012 from 6 p.m. to midnight.

There will be a Red Carpet Entrance, VIP gifting area, appetizers, cocktails and a special viewing of the Season Premiere of *The Bachelor*—LIVE!

As if that's not enough, rounding out the good time will be a celebrity date auction, featuring *Bachelor Pad*'s Kasey Kahl and *Most Eligible Dallas*' Matt Nordgren. All proceeds benefit Alex's Lemonade Stand, a foundation that raises money to fight childhood cancer. The auction will be followed by music, dancing and a midnight champagne toast!

The party will be hosted by three of *The Bachelorette*'s fan favorites but it will be one huge Reality TV celebration. Expect appearances from your favorite reality stars of *The Bachelor*, *Most Eligible Dallas*, *Survivor*, *Big Brother*, *Dancing*

With The Stars, The Hills, The Real World, and many more!

RSVP: SocialStefProductions@gmail.com

'Married to Rock' Josie Stevens Talks About Communication, Patience and Roller Skating Naked





By Shoshana Davis

Being in love under the spotlight comes with many disadvantages. All your critics have something to say about you. Celebrity marriages have lasted between nine days (Carmen Electra and Dennis Rodman), to two weeks (Mario Lopez and Ali Landry) and the infamous 72 days (Kim and Kris). With the start of "Kourtney and Kim Take New York" last week on *E!*, fans are hoping to get a glimpse into what caused the new marriage between Kim and Kris Humphries to collapse. It's not just rich and famous relationships that are tough. For every two marriages in the United States each year, there is one divorce. Most couples could learn a lot from what makes designer Josie Stevens' marriage to rocker Steve Stevens special.

Josie, featured with her husband of Billy Idol Fame on another *E!* Network reality show, "Married to Rock," knows what it takes to keep that wedded bliss going and not fall victim to the typical relationship hurdles. "What keeps the spark alive starts outside the bedroom," she said. "We video chat, we text, we call each other, we send each other cute emails,

photos, little presents or flowers.” Josie also claims that the key to a stress-less relationship is communication and patience. “No one is perfect, and everyone is going to have a few quirks that drive you crazy, but you have to remember that you have a few that drive them crazy too.”

Related Link: [Five Ways to Get Your Partner to Put Down the Phone When You're On a Date](#)

The couple met in person for the first time at a store called The Pleasure Chest almost ten years ago and have been together ever since. They avoided having a public wedding in 2008, and were married in a park by a justice of the peace they found online. The decision to have a smaller ceremony was largely because Steve's father had just passed away and they did not feel it was appropriate to have a big event. A year later they joined the cast of “Married to Rock”, and during the taping of the show they threw a rock star sized wedding of their dreams. Josie and Steve's dream wedding took place in a castle and had lots of pink accents. It was also broadcast on the same network that televised the Kardashian mega-wedding.

Kim has been quoted in the media as saying she felt a burden to move forward with her nuptials due to being a public figure, but Josie felt quite the opposite. “The only pressure I got was from some of my friends to have a more traditional wedding, but I knew what I wanted and just followed my heart.” She continued, “I think a wedding should reflect your personality, relationship and love.” The Stevens' wedding did just that. Josie came down the castle roof on a trapeze, and the bridesmaids wore Hello Kitty necklaces.

Josie is a makeup artist by trade, and just launched a new clothing line called Josie Loves JValentine. Steve tours on his own, with Billy Idol's band, and occasionally with The Magnificent Seven and Camp Freddy. Although the two lovebirds travel between two to nine months a year, they make an effort to be together whenever they can, and often go on the road as a pair. Josie credits Steve as an inspiration for her work,

and she acts as his stylist, make-up artist and day to day business manager.

Related Link: [Kim Kardashian's Divorce: A Reminder About Relationship Mistakes to Avoid](#)

“One of the most important things in any relationship is to always make the other person feel loved and appreciated, whether you are together or apart. It’s easy to take the other person for granted or get too comfortable.” “On Married to Rock,” Josie went as far as to create a “Josie Doll,” which was a complete replica of herself to send to Steve while he was on the road. “Don’t get so caught up in life that you stop taking time to just have fun and enjoy each other. Do something silly now and then.”

The Stevens’ are a good example of a couple who know how to keep the romance alive, and still focus on their careers. If all else fails, Josie has “found roller skating through the studio naked tends to work wonders,” for getting Steve’s attention.

For more information on Josie’s fashion line, you can find it at www.jvalentinecatalog.com.

‘The Voice’ Winner Javier Colon Shares His Holiday Date Night Plans During

Rockefeller Center Tree Lighting



By Steven Zangrillo

As the weather goes from brisk to brash, we drag out our North Face jackets and holiday scarves in preparation for the winter ahead. Sometimes it takes the glow of a loved one to keep us cozy, which is why the Rockefeller Center Christmas Tree can produce some of the warmest moments of the holiday season.

Beneath the glow of the freshly lit evergreen, Javier Colon (Winner of NBC's "The Voice") serenaded a crowd with Christmas classics. Afterwards, we chatted with him about his upcoming plans with his family for the Holiday season.

Video courtesy of Richard Zangrillo and NBC Studios.

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

Food Network's Anne Burrell and Geoffrey Zakarian Talk Holiday Cooking and Love



By Steven Zangrillo

As the Holidays draw closer and families get together, it's easy to get roped into the manic hustle and bustle. Cooking

with your loved ones, especially your special someone, can act as a great escape from all of the stress. It can even bring you and your partner closer. CupidsPulse.com spoke with Food Network's Anne Burrell and Geoffrey Zakarian and got their take on whipping up some holiday romance in the kitchen.

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

'Bachelor' Alumna Ann Csincsak and Partner Katie Meyer Open Vintage Sweet & Chic Boutique





By Lauren Kochendarfer

Get ready to shop! Ann Csincsak (née Ann Lueders) of *'The Bachelor' Season 13* and her business partner, Katie Meyer will be opening a new clothing boutique in Breckenridge, Colorado called Vintage Sweet & Chic on November 12, 2011.

Although formerly a dream of Katie's, when she met Ann, the two joined forces to get the business off the ground. During a recent interview, both ladies expressed their overwhelming excitement about the venture and emphasized the need for a place on Main Street that carries cute and trendy pieces.



“Breckenridge’s staple clothing piece is snowboard pants and tall tees,” Ann said. “So unless we wanted to dig through our husband’s closets to fit in them, we decided to make a change rather than conform.” The ladies also decided to keep the name of the place simple. “Vintage Sweet & Chic, comes from ‘Vintage’ which speaks for itself, ‘Sweet’ is the old fashioned candy wall, and ‘Chic’ defines that it’s a totally



awesome boutique for the ladies.

Despite the fact that Ann and her husband **Jesse Csincsack**, the winner of ‘*Bachelorette*’ Season 4, are both very busy with their newborn son Noah (the store mascot), Ann does plan on being at the store as much as possible. In fact, for the time being she and Katie will be the only employees. “We are everything from the cleaning crew to the head buyers to the personal stylists of the store,” Katie noted. For the single ladies traveling to the area, Ann and Katie say that if you happen to meet someone on the slopes, come by their shop. They will help make sure that your outfit turns that weekend fling into a lifelong romance! Vintage Sweet & Chick inspires great date night clothing pieces and also offers vintage fur coats, an essential winter piece in a chilly place like Breckenridge.

This is one Grand Opening event that you don’t want to miss.

In addition to Ann’s husband, Jesse, here are a few names of famous reality stars you may see on the red carpet:

Natalie Getz – Bachelor 13 / Bachelor Pad 1 Co Winner

Erica Rose – Bachelor Rome / Bachelor Pad 2 / VH1 Cut off
Jeff Medolla – Wine Maker / Bachelorette 7 = THE MASK
Nikki Kaapke – Bachelor 13 / Bachelor Pad 1
Eliza Orlins – Survivor
Richard Mathy – Bachelorette 4
John Hardesty – Bachelorette 5
Kirsten Pittman – Bachelor 14
Mark Huebner – Bachelorette 5
Suzie Williams – Bachelor 5

Also attending are some ladies from the upcoming season of “The Bachelor” with Ben Flajnik and survivor ‘South Pacific’ contestants. The event is being sponsored by Popchips, Freaky Muscato and Rubywood at Paragon Lodging.

RH00C: Fernanda Rocha Speaks Out About Fitness, Love and Being the First Lesbian Housewife





By Whitney Baker

Many reality television viewers know Fernanda Rocha as a new addition to season six of *The Real Housewives of Orange County* (RHOC) – and the first lesbian housewife to boot. But Rocha's story begins far away from the O.C. and long before her television debut. Before moving to Los Angeles, Rocha received her degree in kinesiology and worked as a personal trainer and gym manager in Brazil.

"I grew up in Brazil in a small and simple family filled with love. They always supported my crazy mind," she says. "And the freedom that they gave me to follow what I wanted to do was very important – it made me who I am."

That type of support led Rocha to land a spot on Bravo's wildly popular reality television show. It all began after a photo shoot for a line of fitness clothing when Rocha went to a restaurant in Laguna Beach, where Bravo happened to be filming. The "Housewives" began talking to her about her clothing line, and shortly after, Tamra Barney, and two friends came to one of her Brazilian Booty classes at a local

gym. Last year, when Bravo called to see if she wanted to join the show, she was ready to take a risk and try a new experience. And, based on the response from her fans, it appears that the risk has paid off.

“I get a positive answer from people – very nice and very loving. The show put a good message out there about me,” she says.

Related Link: [RHOBH Life Coach Talks About Working with Taylor Armstrong Before Her Husband’s Death](#)

As for her status as the first lesbian housewife, for Rocha, the message is simple: equality. She strives to show that there is no difference between her and the other girls, saying “I’m not this way. I’m like you! It’s so important to stop labeling.”

When asked what she’s looking for in a partner, it’s no surprise that Rocha knows exactly what she wants. “I want someone who is sexy and fun. I look for chemistry, attraction, honesty, someone who knows what they want sexually,” she says. “I want someone who is happy with herself and with what she does. I want someone who is positive about life and believes that we are here to dream big and be happy.”

Rocha adds, “There are a lot of bisexual people out there, but I don’t want that for me. I had to go through my own process of knowing the difference between being with a woman and a man, and I know who I am.”

With that thought in mind, Rocha has certainly done her part in the fight for gay rights. She supports the NOH8 Campaign as well as It Gets Better Project (TM), a project to give hope to LGBT youth. Most recently, she served as the grand marshal of Chicago’s Gay Pride Parade 2011. “It was so exciting, just being there and being Fernanda. Any opportunity that I have to go and support [LGBT causes], I’m 100% there.”

Of course, it wasn't always an easy road of self-discovery.

Keeping her own experiences in mind, she encourages young people to be honest with themselves. "Don't expect people to accept your choice; be happy with yourself and embrace it.

Focus on that, and don't worry about acceptance," she continues. "If you know who you are and you're happy and proud of yourself, [acceptance from others] doesn't matter."

Related Link: [Date Idea: Get Fit Together](#)

Rocha uses her interest in fitness to promote her beliefs on self-assurance. In order for her workout routine to reach people outside of Orange County, she is currently working on a series of Brazilian Booty workouts, set for release at the end of the year and available on seven DVDs and also OnDemand.

Additionally, she is creating Fernanda's Weekly Body Transformation, an online program that includes nutritional supplements. This fitness guru is also a supporter of Let's Move, a program developed by First Lady Michelle Obama to solve the epidemic of childhood obesity.

Rocha's positive outlook and joie de vivre shines through all aspects of her life, whether it be her role as a reality television star or her fitness empire. Even when it comes to finding the one, her energy is contagious, "I have hope. I don't want to settle; I want everything. I am open to love!"

You can follow Fernanda on Twitter or find her on Facebook.

And be sure to stay tuned for the next season of *The Real Housewives of Orange County*!

Tough Love Miami: Michelle Betts Talks About Life Before and After Romance Bootcamp



By Andrew Pryor

Michelle Betts is no stranger to tough love. As a personal trainer, she's the one who is usually dishing it out to her clients. So how would someone like her handle being a contestant on VH1's *Tough Love Miami*, taking part in a relationship bootcamp run by dating drill sergeant and master matchmaker Steve Ward?

Very well, as a matter of fact. "I could take it because I

knew how that type of criticism worked,” says Michelle. “I’m a personal trainer, and I know that sometimes you can be soft and encouraging, but other times you really have to break people down.”

Before her appearance on the show, Michelle lived a very disciplined life, keeping a strict and structured schedule for every activity—including finding love. “I wasn’t the type of person who obsessed over a date calling me back,” says the *Season 4* contestant. “I wouldn’t call someone out of desperation.”

Related Link: [Learn a New Sport with your Honey](#)

The few lasting relationships Michelle did have in the five or six years before *Tough Love* she says she’d like to forget. Michelle devoted herself to living a life of positivity, emphasizing exercise, meditation, and her now-infamous “vision board,” where she would build a collage of all the qualities she wanted in a man.

“*Tough Love* was rehab for my broken heart,” she says. “Honestly, if I hadn’t gone on the show, I would have spent 5-10 more years being held back by my own personal issues. People would always ask me, ‘Why are you single?’ and eventually I started saying, ‘Yeah, why *am* I single?’”

Initially, it was difficult for Michelle to adjust to the new environment because she had not lived with other women before. Over time, she did form bonds with the others and even left the show with “two lifelong friends.”

Related Link: [Get Fit With Your Significant Other This Weekend](#)

But Michelle never forgot the true reason she was there. “I went in for myself,” says the fitness expert. “I went in not to meet a guy, but to have the tools I needed to build a relationship when I went back to California.”

So did Michelle find love through the *Tough Love* process?

“I can’t tell you that much yet,” she laughs. “What I can tell you is that it was a difficult process, and the challenges definitely got harder as the season went on. Oh, and there’s a whole lot of drama this season.”

Always a good reason to keep watching!

Tough Love: Miami is on VH1 on Sundays at 8 ET/7 CT.

Tough Love Miami: Steve Ward Talks About A “FunSexyCool” Way To Find Love In The Digital Age





By Andrew Pryor

Simply put, Steve Ward knows his way around the human heart so well it's a wonder he's not a cardiologist in his spare time. Having joined the family matchmaking business straight out of Drexel University, he's currently the CEO of Master Matchmakers, working alongside his mother, JoAnn Ward. They also co-host the breakout VH1 series *Tough Love*, now in its fourth season.

Being a co-host of *Tough Love* helped Steve share his relationship expertise with a much wider audience, and the show itself provided VH1 with a reprieve from the stigma of past shows like *Flavor of Love* and *Rock of Love*. "The executives over at VH1 were looking for more transformative programming," says Steve, "so that was kind of our hook." And that "hook" turned into a successful program that brought him and his mother into the limelight.

Related Link: [VH1's Flavor Flav Says Keep it Real to Make Your Relationship Work](#)

So what's a big part of their success, both on-and-off-camera?

Well, in Steve's opinion, a lot of it has to do with the way their business melds hands-on relationship advice with new technological developments. "I really enjoy being on the cutting edge of technology, especially when it comes to the dating world," he says. "We just have to keep up with the times. Dating and mating are evolving faster than we are."

This particular subject made its way onto a recent episode of *Tough Love*, where the women were taught how to text responsibly and were ambushed during dates with photos from their Facebook pages.

And Steve's newest innovation: a smartphone app named FunSexyCool. It combines technology and matchmaking in a way that's accessible and fun to use. It's an app that let's you upload a photo of yourself, look at the photos of other users, and rate them as Fun, Sexy, or Cool, hence the name. It's also one of the few social romance networks that actually rewards you for being active—the more pictures you rate, the more conversations you can have with other members of the site. It also includes a feature where you can contact a user in your general vicinity and chat with them.

Related Link: [Five Reasons Why Men Text Instead of Call](#)

"Me and a couple of tech developers I know were talking about how people seemed frustrated with the options that were out there for finding love, so we worked together to come up with something new," he says.

Interested daters can sign up for the app at funsexycool.com.

And for those who want more of Steve Ward, visit MasterMatchmakers.com or watch *Tough Love* at 8 ET/7 CT.

Steve may be a practitioner of tough love, but it's definitely not difficult for people to fall in love with all that he's done to better people's lives.

NBC 'Chuck' Star Vik Sahay Shares 10 Love Lessons for Men (Lester Patel Style)



By Whitney Baker

With the fifth and final season of NBC's television series, 'Chuck', set to premiere this month, fans of the show are anxiously awaiting its return. When we last left the gang, Chuck (Zachary Levi) had to lead a team to fight against a deadly plot by Vivian Volkoff (Lauren Cohan) to save his [bride](#), Sarah (Yvonne Strahovski) – all the while planning the beginning stages of his freelance spy agency.

Related Link: [‘Chuck’ Star Sarah Lancaster is Married and Pregnant](#)

Canadian actor, Vik Sahay, who has been a series regular since the second season, plays Lester Patel, a “Nerd Herd” member and vocalist of Buy More’s resident rock band, Jeffster. When asked about his relationships for the upcoming season, he reveals that he wants his character to find the right girl, and “to be made a better man by a big, bad love.” Of course, it’ll take more than your average woman to capture Lester’s heart. “She must be beautiful, smart, daring, and powerful,” explains Sahay. “I don’t think he’d settle for anyone who didn’t scare him a little.”

Before diving into his personal perspective on romance, Sahay gives us a peek into the inner thoughts of his character. Here are a few lessons in love according to Lester:

1. Don’t ask her to pick you up. If you can’t get your hands on a car, spring for a cab.
2. No arm wrestling.
3. Don’t take calls from your mother at the table.
4. Beer is not a good kissing drink. Vodka is.
5. Smile. No frowning, grimacing, or raging.
6. Laugh at her jokes.
7. Know her name. Remember it throughout the night. Sprinkle it in conversation liberally, but not aggressively.
8. Don’t expect a woman to pay for your dinner.
9. If you intend to bring her back to your place, pack up any cosmetics, including hair products, moisturizers, and fake eyelashes. A woman does not want to know you have more beauty products than her.

10. Music is great for setting the mood...on a stereo. Save the serenades for anniversaries down the road, if you can get there.

Related Link: [What Your Favorite Summer Song Says About Your Relationship](#)

For Sahay, there is one piece of romantic advice that rises above the rest: be funny. “There are well-sculpted hunks of male beef in gyms all over the planet. You look good, so then what?” he says. “Laughter is sexy and emotional. It gets you in your body and opens your heart. I can’t think of anything more conducive to falling in love.”

Fortunately, Sahay’s relationship history has yet to mirror Lester’s romantic troubles – although he adds, “I have been told that my energy can be exhausting, as I’m sure his would be.”

Even so, dating in Hollywood comes with its own unique challenges. According to Sahay, the most challenging part is “the fact that everyone is constantly ‘on’ in this town – constantly working, constantly career-building, etc.” He expands, “Plus, with distances across the city (and insane working hours), it’s a major commitment to hook up for a drink, making it tough to be casual about it.”

That’s not to say that it doesn’t have its benefits too. The biggest perk? Sahay says, “Many romantic restaurants have patios year-round. Coming from Toronto, that’s a major plus.”

And if humor and romantic restaurants fail to impress a date, Sahay has one more trick up his sleeve: dancing. When asked if he’s ever used his dancing skills to win over a woman, he responds, “Oh yes. Many a move has been busted on dates.”

Tune into the season premiere of Chuck on NBC on Friday, October 28 at 8/7 c.