

Emily Maynard's Southern Style – Bachelorette Edition



By Ann Csincsak, Vintage Sweet & Chic

Emily Maynard stole our hearts with her sweet personality and her easy, southern style. For an entire season of 'The Bachelorette,' she has shown us that fashion-forward style mixed with classic elegance can certainly work for any

occasion. I have chosen my three favorite date outfits that any woman can pull off, whether you go out or stay in – and even if your date isn't equipped with helicopter or Ferrari transportation.

This first look (image above) is a perfect example of keeping it simple and still having fun with color! Make what you wear work for *you*. Always wear what you feel most comfortable in (but try to avoid sweat pants for the first date).

1. Joie Aceline Striped Shirt ON SALE NOW at Nieman Marcus for \$72!

2. Wildfox Friday Night Cutoff Shorts \$99

3. Towne and Reese Elena Ring \$40

4. Urban Outfitters Dolce Vita T-Strap \$69

5. Essie Sheer Pink Nailpolish \$8

Our next look is great for a night out on the town with that hot new guy, or it's a good option if you're looking to spice up your look for your man. It doesn't have to be a special occasion to show off a great one-sleeve dress, so don't be afraid to be daring with your date look!



1. Towne & Reese Rowen Silver Hoops \$20
2. ASOS One Sleeve Dress \$98
3. Dior Addict Gloss \$30
4. Aldo Detachable Heel \$89
5. Emily's Signature Makeup Style Temptu \$150

This last look is perfect for that “meet the parents” trip that you have been worried about for months. When she met Sean’s parents, Emily showed us that keeping your hair looking naturally gorgeous and your outfit age-appropriate is the key to gaining Mom and Dad’s approval. Take a few cues from Emily and steal her simple summer style and fabulous hi-lo dress.

1. Towne and Reese Ellie earrings \$20
2. Target Hi-Lo Dress \$29
3. Stella and Dot Pendant Necklace \$79

Finding a good jewelry company at the right price is always a challenge, but Emily chose hers very wisely. Towne and Reese is a stunning company whose jewelry line is carried in

boutiques around throughout the country. This Bachelorette wears dainty pieces that compliment her effortless look.

To find more of her great jewelry and other fashion pieces, be sure to check out vintagesweetandchic.enstore.com! Additionally, CupidsPulse.com readers can still get 15 percent off Towne & Reese jewelry at Pea Pod Paper & Gifts using the discount code **cupidspulse**.

‘Bachelorette’ Contestant Kalon McMahon Apologizes to Emily Maynard



Daytime Date



On the June 11 episode of *The Bachelorette*, Kalon McMahon called Emily Maynard's daughter "baggage," greatly insulting the single mother. As reported by UsMagazine.com, McMahon apologized for his actions this week on the *Men Tell All* show. McMahon says he's glad that Maynard seems happy now, although he's sorry that things didn't work out between them. "I'm trying to use it as a growing experience in my future relationships and I really wish the best for you," he said to her. That said, Maynard does not seem satisfied with his apology. She still doesn't believe him, and seems to stand by her prior statement that she loves her daughter so much that she wants to "rip [McMahon's] limbs off and beat him with them" for insulting her.

What are some ways to tell that your partner is truly sorry about an incident?

Cupid's Advice:

No matter how much you love your partner, you're bound to get upset with them every now and then. However, it's important that when they've made you angry, they're genuinely sorry about it. Here are some ways to tell if your partner is really apologetic for what they've done:

1. They discuss what happened: Just saying "sorry" and continuing with your lives isn't enough for either of you to happily move past the issue. Encourage a discussion about what went wrong and how you feel your beau should act in the future. If they seem willing to have this talk, they probably feel genuine remorse.

2. They're understanding: Make sure that your partner understands why you feel the way you do. If they realize why what they did was wrong, they'll not only be able to give a true apology but they also won't make the same mistakes again. This will make your partnership stronger in the future.

3. They make a change: You're not going to notice this right away, but the best way to be sure that your partner was really sorry for an incident is to see if they ever do it again. Don't expect immediate perfection, but look to see if they at least seem on the right path. If they're not working towards improvement, they probably were never really sorry to begin with.

How do you know when your partner is genuinely sorry? Tell us below.

Jef Holm Refuses Fantasy Suite With Emily Maynard on 'The Bachelorette'



The *Bachelorette* is finally wrapping its summer season with the pretty, prim and proper Emily Maynard and her two remaining candidates. One of the men is Jef Holms, who

shockingly denied the opportunity to stay the night with the seemingly-perfect Maynard in a luxurious suite in Curacao on Monday's episode. According to UsMagazine.com, Maynard said on the pre-finale, "It was very sweet, but he turned me down and I wanted to turn him down!" The 27-year old beauty will definitely have her chance to turn one of the men down for the whole world to see as she chooses her prince charming on the upcoming season finale.

How do you know when it's time to get intimate with your partner?

Cupid's Advice:

Intimacy opens the door to a new, exciting world in a relationship that comes with more emotions and responsibility. Here are some ways to know when to take your relationship to the next level:

1. Exchanging 'I love you's': 'I love you' is an important phrase to share right before getting intimate with someone. Make sure they truly care for you before giving them the privilege of being intimate with you.

2. Meeting families: Your relationship is most likely at a pretty deep level if you are introducing them to your family and vice-versa. After you've done this, getting intimate is the next step.

3. Simply being ready: A lot of times people jump into intimacy before they are ready. Avoid overlooking your true feelings. Your desire to be intimate will come as your relationship grows.

What are some things you look for in a relationship before getting intimate? Share your thoughts with us.

'The Bachelorette' Season 8, Episode 9: The Dos and Don'ts of Masculinity



By Marni Kinrys, of WingGirlMethod.com

OMG I was totally shocked last night when Emily Maynard did not pick Sean Lowe. I totally thought that Jef Holm was going to be sent packing. My husband and I were watching the show (he will deny it if ever asked), and both of us thought that it was going to be Arie Luyendyk and Sean for sure. I actually think my husband has a crush on Sean based on how disappointed he was that this “solid man” was not selected.

After the show ended, my husband and I got into a discussion about masculinity and what it means. The conversation was sparked from my husband commenting on Sean being so solid and then telling me how his exit speech would go. Strange, I know.

In the past, most people would define masculinity as being the Alpha Male: strong, aggressive, fearless, dominant. Today, though, the definition is a little different. And thank goodness for that. Today’s modern masculinity includes balanced men. Men that can listen but also speak. They can be assertive and not aggressive. They can express emotion without being emotional. I like to call these men “nice guys with an edge.”

Related: [The Bachelorette Season 8, Episode 7: How to Express Your Love](#)

During last night’s episode, I have never seen more amazing examples of the modern masculinity – especially when dealing with the whole “forgo your fantasy suite” scenario.

Jef

I loved it when Jef literally took the words out of Emily’s mouth and nobly said, “Out of respect for our families, I don’t think it’s a good idea to use this key.” It was not a tactic to get Emily to want him more. It was genuine and real and masculine. A non-masculine man would have had his sex goggles on, unable to think about the full picture. But Jef is a solid, good man that knows what’s important and is willing to wait so that everyone is comfortable. Amazing!

Related: [Bachelorette Season 8, Episode 6: The Dos and Don'ts of Trusting Your Gut](#)

Sean

Sean also displayed his modern masculinity on his date when he opened up to Emily about what he wants and what he envisions for their future together. He had the perfect balance of being vulnerable and strong. His words were precise and real. You could tell that he had actually put serious thought into the potential scenario. In fact, he even stated that he did in his exit ride.

Arie

Now, I know Arie didn't get a chance to turn down his fantasy suite offer, but his statements on how to form relationships with children won me over last night. Again, a man who has taken the time to think about the full picture. He is not just thinking about getting the girl. He's thinking about starting a life together as a family.

Seeing these three guys makes me even happier that guys like Ryan are no longer suitors on 'The Bachelorette.' Emily has landed herself two solid and strong options for a future husband, and I know this final decision will be especially tough for her.

For all the men that are reading this blog, watch the next episode of the show and take note of the two finalists. These guys are examples of modern masculine men – they're what all women want!

'The Bachelorette' Contestant Sean Lowe Struggles to Say 'I Love You'



Most things are easier said than done. This is not that case for *The Bachelorette* contestant Sean Lowe when it comes to saying "I love you" to Emily Maynard. According

to [People](#), Lowe said, “So desperately I just want to open up and tell her how I really feel which is ‘I love you.’ It’s hard to say those words and it’s always been hard.” Luckily, Maynard still senses that Lowe cares for her, even though he can’t seem to find his words on the most recent episode in Curacao. “Sean does a million things a day to tell me that he’s the one for me,” Emily says in an exclusive preview of the episode. “But I need to know more. I can’t go through this and fall in love and have it not work again.” Hopefully Lowe will find the courage to say those three little words before Maynard questions his affection.

What are some ways to get over your fear of saying ‘I love you’?

Cupid’s Advice:

It may be just three little words, but “I love you” has a lot of impact and implied commitment behind it. If you know you are ready to say it, but can’t seem to find the words, follow these guidelines to overcome your fear:

- 1. Plan it out:** If you plan an extravagant date night and prepare exactly how you want to phrase your expression of feelings, you’ll feel less pressure and won’t fear getting it wrong.
- 2. Say it out loud when no one is around:** Thinking about it is much different than saying it for your loved one to hear. Say it out loud several times so that when the time comes, it will sound effortless just as love should be. Practice makes perfect.
- 3. Remember why you love your partner:** The pressure of saying ‘I love you’ can cause you to forget about the reasons you love your partner and focus more on the theatrics of it. Take a moment to reflect on all the things you love about your significant other, and then it will just come naturally.

How did you get over your fear of saying “I love you”? Tell us below.

‘The Bachelorette’ Season 8, Episode 7: How to Express Your Love, Bachelorette Style



Daytime Date



By Marni Kinrys, of winggirlmethod.com

That's it! I've decided that, if things don't work out with my husband and if I ever have to look for love again, I'm going to have a baby first. There must be some hormone that's released when you have a child that allows you to be more open, real and honest. It's amazing how I continue to be impressed by Emily Maynard. She definitely knows how to date and make sure she's getting what she wants.

Her final four bachelors are truly a solid group of men. They definitely proved themselves last night with their ability to express themselves and communicate with Emily, something that is essential to any great relationship. As I always say, in

order to get what you want, you have to ask for it – and last night, the guys asked for it!

Hopefully, you have heard of The 5 Love Languages, an amazing book that everyone should read, especially if you are looking for a relationship. The book says that there are five ways for humans to express their love: words of affirmation, quality time, receiving gifts, acts of service and physical touch.

Once an individual understands their love language, it makes relationships easier for them because they know what is needed for them to feel loved and appreciated.

Related: [Bachelorette Season 8, Episode 6: The Dos and Don'ts of Trusting Your Gut](#)

It's always interesting to see which language people use most often. For example, Arie is definitely about physical touch. Whether it's a hug or something more subtle, he is always trying to get close to Emily. For him, touch re-connects him to her – and based on her attraction to him, it's definitely working. I'm a touch girl myself, so any touch that Arie gives literally makes me feel warm inside.

Sean, on the other hand, is all about quality time. He makes a point to pull Emily away and ensures that they have good quality time together. His sub-languages (those languages that he uses less often) may be physical touch and words of affirmation.

Related: [Towne & Reese Jewelry Giveaway – As Seen on 'The Bachelorette' Star Emily Maynard](#)

The surprise of the night for me was Jef. I was having trouble getting a read on this guy, and last night, I suddenly felt excited and gushy for his relationship with Emily. Jef's love language is a combination of receiving gifts and words of affirmation. I think words dominate for him because, once he

got that verbal affirmation from Emily, he immediately loosened up and was able to give her what she needed. So cute! I want to hug him.

Knowing how to express your love is so important, both in the real world and on television. Hopefully, every man who was forced to watch last night's episode learned a valuable lesson: do NOT hold back when it comes to expressing yourself. If you really feel it, express it!

'Bachelorette' Contestant Ryan Calls Emily Maynard a "Trophy Wife"



Daytime Date



On Monday night's *Bachelorette*, suitor Ryan had a few words to say that Emily Maynard was not too pleased about. On their one-on-one date, he called Maynard a "trophy wife," to which she aptly responded, "Trophies don't talk back," according to [People](#). Soon after, Ryan was sent home – not without protest, of course.

What are some warning signs that your partner views you as a prize?

Cupid's Advice:

Every girl wants to be placed on a pedestal by her partner. However, sometimes being seen as special can get out of hand,

and soon your partner is treating you like an object. Here are some warning signs that your partner views you as a prize:

1. He's controlling: If your significant other is controlling the way you dress or act, you need to leave immediately. He isn't seeing you for the person you are, but rather the partner he'd ideally like to have – so he can't really love you for you.

2. He calls you "mine": There is nothing sweeter than the person you're dating telling you "I'm yours." However, once they're calling you theirs, they're claiming you as property rather than a person to be loved.

3. He uses you: A deadbeat boyfriend who's always coming to you for money (and other assets) only sees you as a walking ATM. There's no chance for a real relationship in that situation.

What are some ways to prevent being treated like a prize? Tell us your story below.

'The Bachelorette' Season 8, Episode 6: The Dos and Don'ts of Trusting Your Gut



Daytime Date



By Marni Kinrys, of WingGirlMethod.com

If there is one thing I can say about Emily Maynard, it's that she has a super human strength for trusting her gut, instead of listening to her heart. This is a skill set that most women do not have but should definitely work on developing.

Just as the men on 'The Bachelorette' rewarded her for seeing through Ryan's suave exterior, I want to do the same. Emily is a woman who knows what's best for her long term and I can't help but have extreme respect for her, if not a little crush.

This super power that Emily possesses, is learnable and something that all women need to focus on. It will stop them

from falling for jerk's and d-bags.

Here is my list of Do's and Don'ts for Trusting Your Gut:

Do Not – Keep a man in your life because you think they're awesome. One of the worst things for men is being stuck in the friend zone. It's basically like kicking them in the balls day after day after day. I am so happy Emily was honest with Travis and let him go before his feelings got more intense. I know it hurt Travis in the moment, but in the long run it will help him tremendously. His heart was blocked and closed off for two years. I think it will now be open again.

Related: ['The Bachelorette' Season 8, Episode 5: The Dos and Don'ts For Taking Your Relationship To The Next Level](#)

Do – See past a few insecure flaws. I wanted to yank Doug out of my TV, give me 30 minutes of coaching and then sit him back on that couch with Emily. I'm not 100% of this but I think Doug is the kind of guy that's a gentleman, until given permission not to be. I am so happy Emily kept him around, to explore who he is for one more week. But, if he does not get his act together next week, she's going to have to set him free. Which will be a shame, because he is a solid man that I think would make Emily very happy. Show her the Grrrrr..... Doug!!

Do Not – Be swayed by words of persuasion. I was so nervous for Emily when Ryan kept talking to her, using persuasive tactics, after she said she would not be giving him rose. YES there was some sincerity from Ryan's end, but I believe those emotions were driven from the pain of losing the competition rather than losing Emily. You could tell she was so torn, but fighting what her libido wants vs. her heart. I'm glad she chose to let him go. It will give her more space to let the other men into her life.

Related: ['The Bachelorette' Season 8, Episode 1: The Dos And Don'ts of First Impressions](#)

Do – Ask the tough questions. Emily is the queen of understanding that if you want to know something, you gotta to ask to hear it. I know I was not alone when I was shocked by her interaction with Doug. Wow!! She asked for him to open up and he did. Every day women may be missing out because some great men don't show you their greatness until you deserve to see it.

Emily is helping women see the importance of selecting a GOOD, solid partner. A message that I feel is lost in most Bachelor seasons. Keep up the good work Emily. I truly believe you are on your way to finding a great love!

Giveaway: Towne & Reese Jewelry – As Seen on 'The Bachelorette' Star Emily Maynard



Daytime Date



This post is sponsored by Pea Pod Paper & Gifts.

By [Whitney Baker](#)

If you've been watching this season of 'The Bachelorette,' you've surely taken note of Emily Maynard's fabulous wardrobe. Week after week, she continues to impress us with her easy sense of style, transitioning effortlessly from date to date. Whether she's wearing jean shorts and a crochet sweater for a day by the water or a one-sleeve gown at the Rose Ceremony, one thing remains the same: her eye-popping jewelry. And now, CupidsPulse.com readers have the opportunity to win one of two Towne & Reese jewelry giveaways OR receive **15 PERCENT OFF the entire Towne & Reese collection**, including the highly-

anticipated Fall 2012 Collection, from Pea Pod Paper & Gifts. Use the discount code **cupidspulse** at checkout.

Related Link: [‘The Bachelorette’ Season 8, Episode 5: The Dos and Don’ts for Taking Your Relationship To The Next Level](#)

~~**GIVEAWAY ALERT:** Send an email to cupid@cupidspulse.com, with ‘**Towne and Reese Giveaway**’ in the subject line, saying that you want to enter the contest. Once you do, you will automatically be entered to win either the Daisy Turquoise Ring or the Brooke Earrings in Crystal OR Mint Green! Both of these pieces were worn by Maynard on ‘The Bachelorette.’ Giveaway ends at **5pm on Monday, July 9th** so act quick!~~

Congratulations to our winners, and thank you to everyone who signed up!

Ashley Grulich won the Daisy Turquoise Ring, and **Elizabeth Gottier** won the Brooke Earrings in either Mint Green or Crystal.



Towne & Reese
Daisy Ring in
Turquoise. Photo:
Towne & Reese



Towne & Reese
Brooke Earrings

in Mint Green.
Photo: Towne &
Reese

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‘The Bachelorette’ Star Emily Maynard Blows Up at ‘Baggage’ Comment



Daytime Date



Bachelorette Emily Maynard is having some trouble finding her true love. On Monday's episode, set in London, suitor Kalon McMahon brought out a side of Maynard none of the contestants wanted to see after calling her daughter Ricki "baggage," according to [People](#). A hurt Emily exploded on Kalon, feeding him his own line, "I'd love to hear you talk, but not until I'm done," before immediately sending him packing. She also criticized her other dates for not sticking up for her in her absence.

What do you do if the person you're dating doesn't accept your child?

Cupid's Advice:

Any single parent knows how brutal the dating world can be. Here are some tips to make it easier if your significant other doesn't accept your child:

1. Leave: Any date that doesn't accept your child doesn't accept *you*. There's no point continuing a relationship with this person.

2. Be understanding: If you're dating someone who has never been a parent, you have to understand that they don't know what it's like. Try to show them how important your child is and maybe they'll come around.

3. Involve your child: The problem may be that you haven't had your child around enough. Take the little one out with you more so your significant other can see why your child is so amazing.

What would you do if the person you were dating didn't accept your child? Tell us in the comments below.

'The Bachelorette' Season 8, Episode 5: The Dos and Dont's For Taking Your Relationship To The Next Level



Daytime Date



By Marni Kinrys, of WingGirlMethod.com

We've made it! We're finally to the halfway point when the superficial, made-for-TV drama must go away and make room for the real connections to bloom on 'The Bachelorette.' Emily Maynard is now in falling-in-love mode, so it's time for the guys to get serious and show her they're ready to fall in love too.

As you know, I work with thousands of men, and one of their biggest challenges is connecting. Connection is something that comes really naturally to women, especially to a woman like Emily. As a single mother, she is even more open to love. But for men, the ability to share themselves with a woman can be a

daunting task.

Honestly, I have been surprised this season because most of the contestants have it figured out. But there are still some who struggle with opening up, which may hurt their chances of taking their relationship with Emily to the next level – especially as the number of men gets smaller and smaller every week.

Here is my list of dos and don'ts for taking your relationship to the next level and truly connecting with your partner.

Do: Create trust and protection in a relationship. Whether you're a woman or a man, you need to feel safe in a relationship. I love the way that Sean is so willing to share his feelings with Emily. He's expressing his emotions *without* being emotional, a skill that few people are able to pull off. His behavior provides Emily with the security to always know what he is thinking, allowing her to never question their relationship. Safety!

Related: [Bachelorette Season 8, Episode 4: Pucker Up! Lessons Learned from Emily Maynard](#)

Don't: Never put down, belittle or betray a date, especially in front of others. What the hell was Kalon thinking? For someone who cares so much about what others think, you would think he would be more discrete about his true feelings for Emily. He basically made a mockery of the Bachelorette process, and I couldn't have been happier when Emily told him, in her squeaky, sick voice, to get the f*&k out. Loved it!

Do: Have fun! Being able to laugh at yourself is the ultimate sign that you are open to developing new relationships and nurturing old ones. No one wants to be with Mr. or Mrs. Serious. Being uptight and well-spoken all the time is no fun. For instance, on the group date, Doug, Arie and Travis really stepped up to the plate. They showed Emily that, no matter

what crazy situation she threw at them, they could handle it and laugh their way through it.

Don't: Sit there and say nothing when someone talks smack about your partner, especially if you have built a strong bond with each other. I am sure that this situation was a tough one for Arie. If he watched previous seasons where contestants would cause a disconnect when they tattled on one another, then it would've been easy to second guess his instinct. But Emily was starting to see Arie as her protector, and in this instance, he failed her. Hopefully, they can get over that hump and rebuild their strong connection.

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Do: Listen to the Queen of Pop and EXPRESS YOURSELF. When Emily was on her date with Jef, she kept mentioning how hard he was to read – and I wholeheartedly agree, which is why it was so essential for him to put into words what he was feeling and thinking. As much as we like to think we are mind readers, we are not. Expressing yourself is the one sure-fire way to boost a connection and move your relationship to the next level.

Don't: Wait for others (in this case, Emily) to come to you. The only way to get what you want is by asking for it. Alejandro got the boot because he didn't ask for what he wanted. He wanted to get to know Emily better, but he never took the initiative to make that happen. In a room full of 25 dudes, you have to step up and be an Alpha male in order to be noticed.

Connection is the toughest part of any relationship. You can't fake it, but you can open yourself up so that it happens more easily. I can't wait to see what happens next week. Be sure to tune in as these men fall harder for Emily and attempt to take their relationship to the next level!

'The Bachelorette' Season 8, Episode 4: Pucker Up! Lessons Learned from Emily Maynard



By Marni Kinrys, Ultimate Wing Girl

Well, I think we found Doug's imperfection: he has a vagina. "I never make the first move." Come on, Dougy! No wonder you have not been kissed in months. Don't you know women rarely make the first move? They should, but that would be unladylike.

This issue kept popping up over and over again in last night's episode of 'The Bachelorette,' and I could tell Emily was getting frustrated with the guys. Doug turned bright red, and you could see him internally fighting the urge to kiss her, trying to respect his self-imposed rules. And then, there was the young, skateboarder Jef. This was the second time he had her on the beach and he didn't lean in for a kiss. Instead, he opted to cut their time together short. Obviously, Emily felt rejected because these guys wouldn't just go for it.

Related: [Bachelorette Season 8, Episode 1: The Dos and Dont's of First Impressions](#)

As a woman who has worked with thousands of men and helped them learn how to attract, date and be with the women of their dreams, I know how high-pressured and challenging making that first move can be. Just like us ladies, men don't want to get rejected and they don't want to be jerks. One of my clients said to me, "I'm not sure how to balance being a respectful gentleman and being aggressive sexually. I know women want both, but it doesn't feel right to push myself on a woman." This fear is pretty common. Especially in *good* men.

I know Emily was doing her best to help the guys out by giving them "kiss me" signals, but sometimes, these signs were a little too subtle for men to pick up. If she were one of the boys on 'The Bachelor' she would have seen the signs instantly, but men are different. Ladies, you have to step it up a notch and help men understand when you're ready and want a kiss.

I have put together a list of not-so-subtle things you can do

to maintain your dignity and *still* let your date know that you want to be kissed:

Not-So-Subtle Signal #1: Touch a man. My sister-in-law called me a few weeks ago from the bathroom while on a date. She said, "Marni, you gotta help me. My date won't stop talking. I really like him, but he won't stop. What do I do?" I told her that he is probably nervous or worried about having awkward silence. I recommended that she go back to the table, and while he is talking, put her hand softly on his forearm, making eye contact and smiling. She called me after the date and told me that my advice worked. They are now a couple!

Not-So-Subtle Signal #2: Open up. Many women stop themselves from being kissed because of their body language: arms crossed, lips pursed, not talking a lot. I understand that this behavior can be caused by nerves, but imagine how that appears to a man sitting across the table from you. He's not a mind reader. So show him you are open to being kissed by uncrossing your arms, making eye contact, smiling and leaning towards him. If you are nervous, announce the elephant in the room and just tell him how you feel.

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Not-So-Subtle Signal #3: Step into his space and tell him what you're thinking. I know we all dream of a strong man assertively grabbing and kissing us, but with really good guys, that is rarely going to happen, especially in the beginning of the relationship. At the end of the night, if you want a kiss, step in close to him and rub his upper arm. Flutter your eyelashes and lick your lips; tell him that you like him and want to get to know him better. This approach takes out all the guesswork for a guy. With this move, you have stroked his ego. He knows he won you over, and now, he can make his move.

Not-So-Subtle Signal #4: Truthfully, this one is not so obvious, but you should give it a try: tell him you want to kiss him. Say it in a feminine, soft tone, and you'll still feel like the woman in the scenario. He'll probably be nervous, but he'll make it happen for sure.

To make it easier on the lovely men you date, follow these guidelines, and I guarantee you will leave feeling more fulfilled and less frustrated after a date. Instead, you'll be in the afterglow of the first kiss. Let's hope Emily starts to use these tips as well!

'The Bachelorette' Season 8, Episode 3: The Dos and Don'ts of Dating A Single Mom



Daytime Date



By Marni Kinrys of www.winggirlmethod.com

Now, I am not a single mom or even a mother for that matter, but during last night's episode of 'The Bachelorette,' I got a good sense of how it may feel. I had no idea just how much parents put their children before them. It was beautiful.

I really believe that this season is no joke. They are getting down right serious. If this keeps up, Emily Maynard will come out of this experience with a good, solid man and a great relationship. How do I know that? Because this season has one thing that has been lacking from every other season: reality!

Related: [The Bachelorette 8; Episode 1 Recap: The Dos and Dont's of First Impressions](#)

Last night's episode was kind of like a roller coaster for me. One second, I was falling head over heels for guys like Sean, Doug and Arie. The next second, I was ready to punch the screen and throw up. Like when Ryan basically said to Emily, "I won't do you if you become a fatty." I get what he was trying to say, but that man does not know how to sensitively deliver a message and communicate with women. Not a good sign if he wants to be a father to Emily's daughter. He would give the kid an eating disorder in less than a year. Hello, Dating Red Flag!!!

Lucky for Emily, there were numerous men who showed their true colors last night and made those flags very easy for her to spot and eliminate.

Here are my Do's and Don'ts of Dating A Single Mom based on what I learned last night:

Do: Show a single mom that you know how to comfort and take care of another person. For this reason alone, I freaking love Arie. On his date, he checked in with her, touched her, asked her questions. Then, at the Rose Ceremony, he could sense that something had gone wrong, and he pulled her in close to comfort her. That shows leadership, strength and warmth. A great combination for success with any woman, especially when dating a single mom.

Do Not: Wait for a woman, especially a single mother, to bring up "the talk" if you're not feeling it. Like Tony, the single dad who was emotionally breaking down. It was hard for me to watch; I kept thinking, "If you really felt a connection with her, you would push through because that would be the best thing for you AND your son." I could tell that he just wasn't feeling it, which is why he was latching on so tightly to his son. Sweet but not attractive. He was afraid to admit "defeat." Better to be honest with yourself rather than hurt a single mom when so much is at stake.

Related: [The Bachelorette 8; Episode 2 Recap: Soccer, Cookies and Muppets: Emily Maynard Keeps it Real](#)

Do: Calmly express what you are thinking and picturing to a woman, while touching her at the same time. I love when Sean sat down with her, touched her forearm and communicated how a life with him would look. SEEEEXY!!! He did such a great job telling her who he was, what he was ready for and who he hoped to be for Emily.

Do Not: Tell a single mother that falling in love with her and gaining a child is a huge compromise. When Alessandro said that to her, I could feel my chest tightening up. The nerve of that man! Not to mention that he honestly seemed like a buffoon while he was talking to her. He wasn't like that last week, was he? Buddy, leave at week one if the girl's not right for you. No one should ever feel they are compromising BEFORE they get into a relationship.

Can't wait to see what happens next week! Hopefully, Ryan and Kalon will show more of their true colors, and Emily will learn that these guys are NOT father material.

Emily Maynard Says Brad Womack's Recent Comments 'Really Hurt'



Daytime Date



The much anticipated, season-eight *Bachelorette* star, Emily Maynard, decided to be the bigger person when responding to her ex, Brad Womack's, recent nasty remarks. He said that "dodged a bullet" when their engagement ended, according to UsMagazine.com. The single mom faced the smack-talk on *Access Hollywood Live* on Wednesday, making a point to avoid confrontation. The 26-year-old told hosts, "At first, my feelings were really hurt, because we left everything very civil and I've never said a bad word about him. But knowing Brad, he didn't mean it that way." Neither half of the former couple have seen one another since filming for the new season of ABC's *The Bachelorette* started, which is probably for the best. Still on her quest for love, Maynard knew better than to fall for the petty 'he said, she said nonsense, showing not

only her maturity, but also demonstrating that you can't believe everything you hear.

How do you deal with a vengeful ex?

Cupid's Advice:

Moving on from a breakup is difficult no matter what terms the relationship ends on. If you find your ex saying mean things that he knows will get your attention, it's usually a sign that he isn't as over you, or the split, as you thought:

1.No response is the best response: Don't give your ex the satisfaction of dropping to his or her level. If your ex is reaching out to you, it's obviously for a reason, so if you want to keep that relationship in the past, don't let them get a rise out of you – which was likely their goal in the first place.

2.Take it as a compliment: If a past partner is taking time out of their day to say things about you, it's because you're on that person's mind. Smile that they still care enough about you, as they took time out of their day to vicariously reach out to you.

3. Use it as fuel: If your ex is going to say cruel things about or towards you, just remember how much better off you are without that person. You deserve someone who is going to make you happy and your ex's immaturity can be used as a push in the right direction towards the one.

What are some other ways to deal with a vengeful ex? Share your thoughts below.

'Bachelorette' Emily Maynard Discusses Sending Home Joe



Season 8's *Bachelorette* Emily Maynard recently talked about her tough decision to send home hopeful bachelor, Joe, in her blog for [People](#). Maynard discussed her date with Joe, mentioning how fun of a time she had with him. However, she said, "I knew that we were just in different place in our

lives.” So, even though she had a blast with fun-loving bachelor, she knew they weren’t a good match and let him go.

How do you know when to cut ties early in a relationship?

Cupid’s Advice:

1. Know both of your intentions: If one of you is just looking for someone to go on dates with and simply keep them company and the other wants marriage, that’s an issue that needs to be addressed immediately. Like Emily Maynard, you have to recognize when the person you’re dating is in a different place in their life than you. You can’t keep a relationship going if the two of you have battling goals.

2. Don’t make the same mistake twice: If you notice something that your new lover does that ruined your relationship, talk to them and see if this is a problem that can be fixed. If not, it might be time to cut your losses. There’s nothing worse than repeating a bad relationship.

3. Accept that not everyone is your perfect match: Too many people cling to a relationship even when it isn’t working just for the sake of “seeing how things play out.” If it isn’t working now, chances are it won’t work in the long run. Why waste your time?

How do you know when it’s time to cut your losses on a new relationship? Share your stories in the comments below.

‘The Bachelorette’ Season 8,

Episode 2: Soccer, Cookies, and Muppets: Emily Maynard Keeps it Real



Daytime Date



By Marni Kinrys, Ultimate Wing Girl

Has reality TV suddenly gone real? This season of the Bachelorette is actually shocking me because it's *real* (or as

real as reality can get). They're in Emily's hometown. She's living in her own home with her daughter. Friends and family surround her while she seeks romance. Looks pretty real to me. We can only hope that the bachelors match up to that sentiment.

Every time the show wants to veer into la la land, it immediately gets brought back to reality, with Emily. Her life is real and the decisions she makes will not only reflect her, but also her 6-year-old daughter. Things like this completely changes the game for her and the guys on the show.

As dynamic as a date can get, there is huge reality reminder right in front of every guy, at all times. Emily is a mother, and the winner will end his experience with a new wife and child. That should definitely weed out the competition hungry contestants vs. the sincere men who are there for the girl.

Related: [The Bachelorette 8; Episode 1 Recap: The Dos and Dont's of First Impressions](#)

I'm loving how assertive and hard hitting Emily has been right off that bat. For her it's essential. But is it reality?

I work with hundreds of thousands of guys all over the world. I tell them how to attract, date and get any woman they want. My first date advice to them is always "keep it light" but keep your eyes open and don't avoid red flags because she's pretty.

When the show ended I turned to my husband and said, do you think those questions would fly in the real world? His first response was "hell no". Then he thought for a second and said, there are some people that are just really comfortable putting it all out there because it's important to them. When you have a kid involved, that intensity is already increased for you. If you're with a guy who can't handle a little serious conversation on the first date, then he's probably not the guy

for you. I think it's totally acceptable to get real on a first date as long as you don't let your emotions carry you away.

For Emily, dating is about finding a partner in life not a tennis partner for a match this weekend. In real life, you are free to bring up anything that you want on a first date, second, third, twentieth. But you want to make sure you are bringing it up the right way and for the right reason.

Related: [Do Fairytale Relationships Exist Only in Hollywood?](#)

In open conversation there is no room to get emotional i.e. defensive, angry, moody, aggressive. Open conversation, is meant to be handled exactly as it was shown on last night's episode. Over a candle light dinner in a beautiful mansion ☐ Kidding. Open conversation, whether it's on the first date or the hundredth, is about expressing what you think and feel and then listening to what the other person has to say.

Do: Feel comfortable to talk about real things to pertain to you and your life. Talk openly and honestly with tact

Don't: Throw up your emotions and insecurities all over your date

Do: Listen to your date's views/opinions even if they don't reflect your own

Don't: Let your ego dictate your responses. No ego's allowed at the mature conversation table.

No ego's allowed at the conversation table.

So far, Emily is far exceeding my expectations. She is in this for love and family. I'm really hoping she finds her match in that garden of fine men and will be smart enough to pull out the weeds as quickly as possible.

'The Bachelorette' Season 8, Episode 1: The Dos and Don'ts of First Impressions



By Marni Kinrys, The Ultimate Wing Girl

This season of The Bachelorette kicked off last night with a bang. And by bang, I mean the noise that would resonate off all the contestants' abs if you gave them a pat on their bellies. Is it just me, or are these guys extra ripped this year? Last night was all about First Impressions and, as we all know, they can be tough. Join that high pressure with tight competition, cameras and millions of viewers watching and judging. Not an easy stroll on your way to a televised romance.

Some of the guys pulled off their initial encounters with ease and style. Others simply fell flat on their face.

Here is my list of do's and don'ts from last night's episode of the Bachelorette:

Related: [Love Lessons From ABC's 'The Bachelor'](#)

Do: Try to connect on points of commonality, like First Impression rose winner Chris did. But if you try too hard to find common grounds it will feel fake. At first, I was not sure how genuine Doug was with his "point of connection." But all doubts dissipated when Emily read his 11-year-old son's letter. From the look on his face, you could tell it was sincere. The guy was beaming from ear to ear. Only a truly proud father would do that.

Do Not: Sweat profusely. There was one guy who, within seconds, was dripping all over poor Emily's beautiful dress. I feel like such a *biatch* for saying this, but I could not hear a word he was saying to her because I kept concentrating on his sweaty forehead.

Do: Find something eye catching and cute that fits your personality. Loved the grandmother bit but he couldn't hold it after his protective "mask" came off. Mr. Seemingly-Outgoing-and-Fun quickly became Mr. Nervous-and-Silent.

- Skateboarder (Jeff) – Check.
- Prince Charming with the shoe (Tony) – Check.
- Guitar Pick (Michael) – Check.
- Foreign Language (Alejandro) – Double Check.
- Ostrich Egg (Travis) – Could have worked, but flopped and then he was stuck with an egg all night. Half Check.
- Bouncy Boom Box Guy (Stevie) – **NO**.
- Cheesy Poetry said with no sincerity (Jackson) – **EWWW**.

Related: [5 Steps To Turn A Date Into A Relationship](#)

Do: Bring your chopper. I know it's a douchey move – if, in fact, you are a douche is another story. This is a game and the game is all about standing out and catching Emily's attention. What better way to do it than arriving via chopper?

Do Not: Be *that* guy who sits and stewes about what other guys are doing right and wrong. Nothing screams "insecurity" more than judgment of others. If you're judging others that crucially, I can't imagine what you are doing to yourself. So calm down, rooster man.

Do: Have impeccable body language and tonality. There were a couple of guys who knew exactly how to be open and own their space when making an entrance. Head high, calm walk, shoulders back and a smirk. Heavenly. And if you can add in an adorable little routine involving a note saying how nervous you are, to show your balance of masculinity and sensitivity, you are golden. (A.K.A. Ryan, who I love! His hair's a mess... but that can be worked on.)

All in all, I think Emily has a good batch of dudes to choose from. I know I'll be glued to my television every Monday night to find out what happens.

Marni Kinrys, the ultimate Wing Girl is a woman who has worked with 100's of thousands of men all over the world to help them understand women so they can attract, date, seduce and get any woman they want without being a jerk. Marni has been prominently featured in The Los Angeles Times, CNN, The Huffington Post, Fox News, The Chicago Tribune, Marie Claire, Elle, Glamour, Men's Health, BlackBook, Penthouse, Asylum.com, MSN, AOL Personals, Askmen.com & more. For more dating, sex and attraction tips, follow Marni on Facebook and Twitter.

Ali Fedotowsky Says Emily Maynard “Deserves to Find Love” on ‘The Bachelorette’



Daytime Date



Having previously starred on *The Bachelorette*, former contestant Ali Fedotowsky knows what it takes when it comes to finding love. Although she and her love match, Roberto Martinez, recently called it quits, Fedotowsky is hoping that the new leading lady of *The Bachelorette*, Emily Maynard, will have a better shot. "Emily is amazing! She's such a sweetheart," Fedotowsky told UsMagazine.com. "If anyone deserves to find love, it's her." Fans were first introduced to Maynard on Brad Womak's season of *The Bachelor* when she fell for the bar owner, however, Fedotowsky believes viewers can expect something different this season. "Emily told me she likes guys with tattoos, so we'll see what kind of guys she has on this season," Fedotowsky said. "It should be interesting, I'm psyched."

When you have many suitors, how do you choose which one to date?

Cupid's Advice:

In many situations, having options can be a good thing. However, when it comes to your love life, this can become a bit stressful, especially when you have a few great choices to settle on. So what do you do when you're faced with such a difficult decision? Here are some ways to help pare down your list of potential lovers:

1. Personality: This is one of the most important factors to consider when getting to know your list of suitors. Do you have a blast when you're with them? Are they charismatic? If so, this person sounds like a winner.

2. Meet the parents: Mama knows best and so does dad; usually they can be spot on when it comes to knowing the right fit for their son or daughter. If your hopeful mate can get along well with your family and they adore them, this makes it even easier to seal the deal.

3. Genuine only: You may not be able to easily be yourself around everyone, but when you find that one person who you can completely let your wall down with and they can do the same when they're with you, you may have found "the one."

How do you know how to choose the right person when you're dating? Share your comments below.

Emily Maynard is 'Scared to Death' to Date on TV Again



When Emily Maynard and *The Bachelor's*, Brad Womack, ended their engagement, she had absolutely no intention of being the the star of the next season of *The Bachelorette*. But, next month, that's exactly what she'll be doing. "I had no intentions of ever being the next Bachelorette. I genuinely

meant that,” said Maynard. “I feel like the biggest hypocrite because I said that, and now I’m doing it.” According to [People](#), though she knows dating on TV can work, she admits to being scared about diving into the reality TV dating pool once again. The blonde beauty also admits that it’s difficult to date as a single mom. The show will be filmed in Charlotte, North Carolina, where Maynard is raising her 6-year-old daughter as well as in other locations.

How do you get over the fear to date again after a failed relationship?

Cupid’s Advice:

After a failed relationship, it’s okay to take some time off dating. But, when you fall down, you need to get back up again. Cupid has some advice:

1. Go out with friends: You don’t need to actually go on a date to put yourself out there in a social situation. Go out on the town and socialize.

2. Try online dating: With so many relationships beginning online these days, it never hurts to look. Plus, there’s no doubt that it’s convenient. You can filter by the qualities you do and don’t like before the first date!

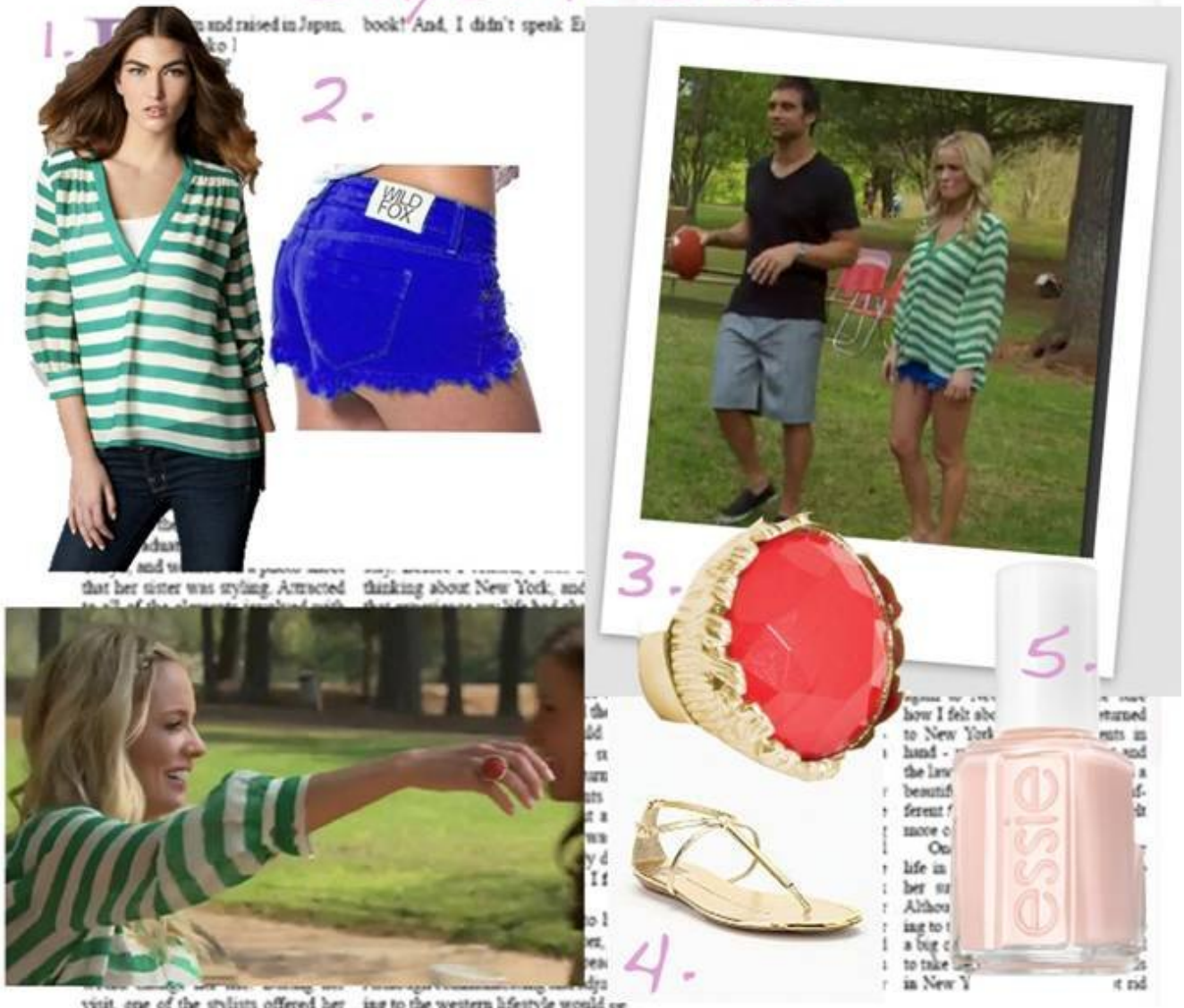
3. Reward yourself: Give yourself small rewards for taking steps to get back into the dating scene. It can certainly be easier said than done.

What are some ways to put yourself out there in order to get back into the dating scene? Share your thoughts below.

Exclusive Interview: Former 'Bachelorette' Winner Jesse Csincsak Gives His Take on Ashley Hebert's Taiwan Dates



Daytime Date



Last night on *The Bachelorette*, [Ashley Hebert](#) said goodbye to Lucas Daniels and Ryan Park, and their journeys ended in Taiwan. In addition to finding out who the final four are – [J.P. Rosenbaum](#), Ben Flajnik, Constantine Tzortzis, and Ames Brown – Emily Maynard returned to the *Bachelor* mansion to speak about her celebrity break-up with Brad Womack. In our [exclusive celebrity interview](#), find out what *Bachelorette* expert Jesse Csincsak had to say about the episode!

Exclusive Celebrity Interview with Former *Bachelorette* Winner Jesse Csincsak

The mood this week was certainly different: Ashley seemed much more serious and focused as she evaluated her relationship and love with the guys. Based on your experience, is it the upcoming hometown dates that cause people to get more serious? For you, was it difficult to introduce a woman to your family that you had only known for a couple of weeks?

At this point in the show, you have been there for over a month so your feelings are definitely growing fast. When hometowns start production, it seems like they let you two be alone a lot without butting in. There are still tons of cameras there, but no producers ever pull you away to talk to you or her – they just let things be as organic as possible. Intros to the family are huge – it's a make or break time for both parties at that point.

Related Link: [‘The Bachelor’ Winner Courtney Robertson Says Her ‘Reality TV Days Are Over’](#)

They didn't show any hint of what happened when Ben didn't come home until the next morning. Do you have any thoughts on why?

I think Ben will be one of the final two. I am assuming they

probably fell asleep snuggling, but they can't show that to the audience because it would seem like not all the guys are getting the same amount of time with her.

Please discuss Ames' fashion choices. It seems like the producers are going out of their way to embarrass him this season – from the pink boxing shorts to his wedding attire this week. Why would they intentionally do this?

First off, Ames is a ROCKET SCIENTIST, not a fashion guru. Secondly, the show has a stylist, Karry Fetman, who outfits all the guys. So he is doing it on purpose for good TV.

Related Link: [Rumor Alert: Are Kris Jenner and 'The Bachelor' Ben Flajnik Dating?](#)

Did either of the departures this week – Ryan or Lucas – surprise you? Why or why not?

I have a friend who is a body language expert, Stacy Kaiser. Check out her weekly column in USA TODAY! She has been explaining things to me, and I saw the Lucas and Ryan exit coming. Ryan was kept around for good TV.

Any theories on whose hometown date idea will be the wackiest?

In the previews, it looks like Constantine's family is throwing money in the air – sounds like a party to me!

What's your best guess at this point of the two men that will be standing at the final rose ceremony?

J.P. and BEN.

Do you think there was re-edit mid-season because they made Ashley look emotionally weak over the Bentley saga?

Nope. I think Ashley is trying to please producers. When she realizes how it will look on TV, she kind of backs off. So it appears that way when we watch the show, but in reality, she

is just trying to please production.

Why do you think Emily came on the show to speak? Ratings? Producers' influence? Is she the next *Bachelorette*?

Emily came on for 15 minutes, crying the whole time and saying absolutely nothing. This tells me production did all of this, and they are trying to make her the next *Bachelorette*. I am sure she will be paid well!

Given the romance with Emily is over, do you think *The Bachelor* fans have seen the last of Brad Womack? Do you think there is any chance we'll see him sit down with Chris Harrison to tell his side of the story any time soon?

I think Brad is sick of the press, but I am sure he would return if he was paid the right amount of money.

Want more The Bachelorette insider insights? Check out the [Bachelorette Beatdown](#) this evening. The Beatdown is hosted by Jesse himself, and he is always joined by notable show alums!

'The Bachelorette' Season 7, Episode 7 Recap: Looking for the Total Package in Taiwan



Daytime Date



By Jennifer Harrington

Last night's episode of *The Bachelorette* left us with the final six men! [Ashley Hebert's](#) game face was on as she committed to finding the total package in a guy – an emotional and physical connection – before she would grant a rose for hometown dates. The episode featured [J.P. Rosenbaum](#) whining about the fact that Ben Flajnik had an overnight date and Ryan Park looking like he was on the brink of a nervous breakdown if he didn't get a solo date with the bachelorette. However, the highlight of the evening was when Emily Maynard came back on the show to chat with Chris Harrison about her relationship and love with Brad Womack – or lack thereof. If you missed last night's episode of the [reality TV](#) show, here's how it all

went down:

Recap of *The Bachelorette* Season 7, Episode 7

There were four dates this week: three one-on-one dates and one group date. The first solo date went to Georgia-based restaurateur, Constantine Tzortzis. He and Herbert's relationship and love had been moving slower than the others, so this was her opportunity to see if there was a connection. The date began with a train ride to a nearby village and concluded with both of them releasing a big balloon-like, paper lantern into the sky, which had included their "love" wishes on it. Hebert said it was "the most romantic date ever." Cliché as it is, love was in the air!

Related Link: [Famous Couple Sean Lowe and Catherine Giudici Speak Out Against the New 'Bachelorette' Twist](#)

The next alone date was given to Sonoma winemaker, Ben Flajnik. It's tough to ignore the obvious chemistry between this duo, as they explored Taiwan on mopeds. Flajnik revealed to the cameras that he was falling in love with the bachelorette but wasn't ready to tell her yet. Hebert revealed to the cameras (not to him) that it felt like he was her boyfriend. The next development was truly shocking: We learned that Flajnik didn't come home from this date until the next morning! Is that a *Bachelor/Bachelorette* first? It really pissed off some of the other guys in the house.

While the activities of the overnight date remained mysterious, there was no secret about the fact that Rosenbaum was annoyed by the sleepover. His crankiness carried over into the group date, where he was accompanied by Ames Brown and Lucas Daniels to try on traditional Taiwanese wedding attire and take wedding photographs. Rosenbaum now sulked about the fact that the other guys were taking kissing photos with his

lady. It all paid off for him though: When he shared his feelings with Hebert, she rewarded the construction manager from Long Island with the only guaranteed hometown rose.

Related Link: [Can You Really Find Love on 'The Bachelor'?](#)

Last but not least, we have Park: the last man standing for a one-on-one date. After a day of checking out local Taiwanese culture, the conversation turned to water heaters, energy preservation, and the environment – certainly not a way to get “in the mood” or build romantic chemistry. At this point, Hebert knew that her first-impression-guy was not going to be her husband, and she tearfully told him goodbye. Park, the eternal optimist (and the “top contender,” according to Brown), left in tears too.

Aside from Rosenbaum, the final three roses went to Tzortzis, Flajnik, and Brown. Daniels was out and graciously said goodbye. With the hometown dates decided, it was time to shift focus to Chris Harrison’s interview with Emily Maynard.

Past Winner of *The Bachelor* Speaks Out About Relationship and Love

Maynard returned to *The Bachelor* mansion to speak about her celebrity break-up with Brad Womack, who declined to appear on the segment. The devastated blonde confessed that she had been hunted by the paparazzi, that she didn’t know who to trust, and that she ultimately didn’t have the reassurance that her fiancé would stand by her side forever. She came on the show to try and end the rumors. Always the devoted mother to little Ricki, Maynard declared she would always love Womack but revealed that the engagement is over. Her focus is now to be the best mom she can be. Are we being set-up for her return?

Check back later today to read *Bachelorette* expert Jesse Csincsak’s thoughts on the episode (and Emily’s interview).

Until then, let us know: after seeing Emily detail her break-up with Brad, do you think there is any truth to the rumors that she will be the next *Bachelorette*?

‘The Bachelorette’ Season 7, Episode 7 Preview: More Wedding Themed Dates in Taiwan and Emily Maynard is Back!



Daytime Date



By Jennifer Harrington

It's been two weeks since we caught up with Ashley Hebert in her search for love on *The Bachelorette*. During the last episode, it seemed like our leading lady finally found closure to her obsession with Bentley, and her feelings for the remaining six bachelors were starting to blossom. This week's episode takes us to Taiwan for more over-the-top wedding-themed dates (you may recall her Vegas escapade with William earlier this season). Certainly, the Taiwan Tourism Bureau had a lot to do with this episode as they're now offering special packages to fans who want to recreate Ashley's dates. During a group date, the bachelorette and three of her men model traditional Taiwanese wedding apparel. When will this wedding

theme end?

Now here's the good part: Monday's episode will include an appearance from Emily Maynard! She'll be stopping by to talk with Chris Harrison about her recent break-up with Brad Womack. Will she be the next Bachelorette? We sure hope so! Tune in on **Monday, July 11 at 8PM Eastern/7PM Central** and be sure to send us your questions for our resident *Bachelorette* expert Jesse Csincsak!

'Bachelor' Alum Emily Maynard Is Spotted Without Engagement Ring



Daytime Date



The rocky relationship between *The Bachelor's* Brad Womack and Emily Maynard may have finally reached an impasse. [People](#) reports that last weekend, Maynard, 25, was spotted without the engagement ring Womack, 38, presented to her in the show's finale. The two released a statement in March, saying: "It has been a bumpy couple of months for us, and our priority right now is to focus on our relationship."

How do you know what engagement ring to choose for your partner?

Cupid's Advice:

If you want her to say "yes," start out by getting her the

right ring! Cupid has some tips on how to know what engagement ring is right for your partner:

1. Ask for help: Poll her friends and family (swearing them to secrecy, of course) about what kind of ring she'd want. They can at least steer you in the right direction.

2. Think about her taste: What kind of jewelry does she like to wear? Pay attention to whether she likes gold or silver and over-the-top or understated pieces.

3. Go with your gut: Buy the ring that feels right, the one you can see yourself proposing with and see her wearing for the rest of her life.

What's your idea of the perfect engagement ring? Share your comments below.

'Bachelor' Brad Womack Drunk Dials Emily Maynard After Breakup



Daytime Date



There appears to be some debate as to what the deal is between Brad Womack and fiancée Emily Maynard. Three sources confirmed in the most recent UsMagazine.com that the couple broke up two weeks ago and that the star of *The Bachelor* has been drunk dialing Maynard. "Brad and Emily are over, and Brad keeps drunk-dialing her," one insider said. "Brad is such a loser." A friend close to the couple, on the other hand, says that the couple is still together and engaged. "They are on and off, but there is a lot of love there. This is just a rough patch," the friend said. A third source said that the 25-year old single mother couldn't handle the long distance relationship and ended things after heading to Texas to smooth things over.

What are some ways to handle an obsessed ex-partner?

Cupid's Advice:

For some people, it's really hard to let go of past relationships, especially if they feel responsible for the breakup. Here are some pointers to dealing with your ex:

1. Keep it to yourself: You're going to have to do your best to avoid your ex's calls and attempts to talk to you. Even if you plan on staying friends, it might be a good idea to defriend him or her on Facebook ... at least for now.

2. 'To the Left': One way to make things easier for both you and your former lover is to give your personal property back to one another. That way you won't have to be reminded of each other.

3. Restrain yourself: In the most extreme cases, you might need to get outside help to keep your former lover away from you. You don't always have to get a legal restraining order, but perhaps just a close friend calmly talking to your ex may do the trick.

Have any stories of exes who wouldn't leave you alone? Leave a comment below.