

'America Now' Host Leeza Gibbons Says, "Until You Think You're Worth the Love You're Looking For, It Will Elude You"



Interview by [Lori Bizzoco](#). Editorial by Kristin Mattern.

Award-winning host Leeza Gibbons knows heartbreak and learned through experience that sometimes, to find a relationship and love, you have to start over. A successful businesswoman, she climbed from public radio to popular entertainment news broadcast shows like *Entertainment Tonight*, *Hollywood Confidential*, and *America Now*. But while her career powered

forward, Gibbon's romantic life didn't progress so smoothly. After three celebrity divorces, she decided that it was time to focus on herself. Little did she realize that through this process, she would end up meeting her soul mate and now-husband, Steven Fenton. In our exclusive celebrity interview, the popular host gives some inspiring relationship advice for starting life anew.

Leeza Gibbons Opens Up About Her Relationship and Love

The broadcaster met Fenton on a blind date that she mistakenly believed was a business dinner. "I met him at a restaurant, and two hours later, there was no ask, no agenda... and so I went into my comfort zone of asking questions and made it like an interview. He thought I was kind of rude, I think, and I left abruptly thinking, 'What was that about?'"

Afterwards, the two didn't speak for a while but eventually reconnected when Gibbons hired him to work for her. Over time, and after much denial, she realized she had fallen for her genuine, gentle, and loyal team member. "I had found what was missing: being part of a team, being part of a relationship. We really treasure that we are teammates." But before Gibbons found her happy ending, she made the difficult decision to change her life.

Related Link: [How to Know When to Get Hitched](#)

The journalist came to terms with a life "redo" by "standing emotionally naked in front of a mirror and saying, 'Wow, look at that – is this the person you want to be?'" She claims that a redo can come at any point in life, no matter your age or who you are. If you find yourself stuck in a life that doesn't feel like it belongs to you, it's time for a change. But where do you begin? "You have to drop the dread and banish the blame

before you can start any reinvention. Those are the two essentials,” she advises in our exclusive celebrity interview. “It’s not an easy choice, but all choices start with a beginning, and there’s an energy to starting something that can sweep you along to the changes you need to make.”

For the retake on her own life, she used people she admired to become the person she wanted to be. She calls them “pace setters.” Through this positive mindset, Gibbons later had the privilege to meet some of the men and women she looked up to, including Olivia Newton John, who gave her the following advice: “She told me to keep my heart open to love but to walk with the pain of being alone and really re-establish my relationship with myself to become someone who was 100 percent whole. Then, I would attract that kind of person into my life.”

Related Link: [Single in Stiletto Show: Why Do Men Disappear?](#)

Exclusive Celebrity Interview: New Author Shares Relationship and Celebrity Divorce Advice

Gibbons took these words to heart and earlier this year released her first book, *Take 2: Your Guide to Creating Happy Endings and New Beginnings* which delves even deeper into her experiences and teaches others how to take control of their lives. “We are all on a path of becoming who we are, and the secret to the dance is knowing when to do what,” says the author. She shares that you have to learn to gracefully move from one stage of life to the next and let go of the person you were in the past to be happy now. If it sounds like a balancing act, Gibbons thinks otherwise: “Balance is bogus. We have a high standard for ourselves, but at some point, flexibility and forgiveness – the two f-words – are the ones that are going to give us sanity.”

For those who find themselves entering the dating world after a long hiatus, the celebrity host says to get to know yourself and be real about who you were when you got hurt. “We have to teach people how to treat us. We have to treat ourselves with love, dignity, and respect. When we value who we really are, the rest of the world takes note and mirrors that. Until you think you’re worth the love you’re looking for, it will elude you.”

Related Link: [Bill and Giuliana Rancic on Marriage and Parenting](#)

Gibbons also enjoys co-hosting *America Now* with Bill Rancic, who she describes as a “kid brother.” The show aims to empower people, much like she has in other facets of her life. The broadcast gives viewers a snapshot of what’s going on in the often frightening world and provides tools for people to cope. “We send you to our website [AmericaNowNews.com](#), and we put a lot of resources there so you can really take control of your life,” the host explains. “People are so overstimulated today, and everything is moving so darn fast; we want you to feel like you’ve got it going on and can recover.”

In addition to being an author, on-air talent, mother, and wife this inspiring woman is also a philanthropist and created Leeza’s Cure Connection, which works to aid caregivers of family members with Alzheimer’s. She founded the nonprofit organization after she was personally touched by the disease. “My mom and grandma both died of Alzheimer’s. The first time that my mom didn’t know my name...there’s just no pierce to your heart that is worse than that. What we do is offer free services to caregivers: the husbands and the wives, the sons and the daughters. It really has been the greatest work I’ve ever been privileged to do.”

For more information on Gibbons, visit her website, <http://leezagibbons.com/>.

Celebrity Interview with Hair Stylist Chaz Dean: “The Most Important Part is Feeling Sexy”



Interview by [Lori Bizzoco](#). Editorial by Kristin Mattern.

Stylist to the stars Chaz Dean has been creating covetable celebrity looks for years. An authority on hair care, Dean began developing his own natural product line called WEN in 1996. After building an A-list clientele, he started Chaz Dean Studio in Hollywood where celebs can escape the typical salon

products and pestering paparazzi for a calm, rejuvenating experience. With his WEN products as well as the [date night](#) tips he shares below, he brings Hollywood style to the masses in our exclusive celebrity interview.

Related Link: [Hair Battle Spectacular's Blondie Talks Hair Tips For Dating](#)

Celebrity Interview with Chaz Dean

Push your bangs out of your eyes and get ready to see clearly, ladies, because this hairdresser cuts away at the salon facade to reveal the truth about hair care. The way you care for your hair is why you don't have tresses like [Jennifer Aniston's](#), but even America's sweetheart chopped off her locks recently – and it wasn't just to be trendy. “She cut her hair short because of a bad keratin treatment,” Dean explains. Brazilian blowouts, keratin treatments, and Japanese straighteners are touted as healthy for your hair, but this stylist believes differently. “People think it's good, and it's not. It takes such a toll on your hair. Your hair is protein; protein does not need more protein.” He says that added protein makes already dry hair more brittle, causing breakage. If you really want to strengthen your hair, moisture and collagen elements are what you need.

Given his passion for this topic, it's no surprise that hair foibles were part of Dean's motivation for creating WEN. Women want soft, touchable hair that also shines with vibrant color. Looking to keep color from fading, the hair alchemist turned to herbal inspiration: “I literally went to my garden and took sage, rosemary, lavender, eucalyptus, apple, bananas, and pears and boiled them together in my kitchen,” he explains in our celebrity interview. “It smelled incredible, and when I cleansed my hair with it, the natural astringents paired with antibacterial and moisturizing properties made my hair feel clean and silky.” Dean knew he had discovered the miracle

recipe he'd been seeking and wanted to get this product to his customers. After nearly five years of lab work, WEN was born in 2000.

In 2005, the hair stylist started working with QVC. "QVC has been a blessing for me because I get feedback from customers. They all have their opinions, and whether it's good or bad, you learn and you grow from it," the client-centered stylist says. "The most important part to me is making people's life easier by embracing their natural hair's texture and giving them the hair they've dreamed of." On air, Dean showcases his powerful product; whether you have the kinkiest of curls or baby fine locks, WEN makes hair shiny and buttery smooth.

Related Link: [Top 5 Hot Hair Tips You Should Be Taking from Celebrities](#)

Hair Stylist Talks Best Celeb Hair

Celebrities enjoy WEN products at home and trust him to make their hair radiant when they visit his salon. When asked if he had a favorite famous client, Dean candidly responds, "I would say Nicole Murphy because she trusts me to give her the best look." But when it comes to who has the best hair, he thinks Megan Fox has an enviable mane. "She was doing an interview recently, and she looked gorgeous. Gorgeous! Her hair, I believe, always looks good." Who wears the short trend best? Isabel Lucas, whose crop he describes as adorable. Christina Aguilera's hair doesn't get such a glowing review from the master stylist. "If she doesn't stop bleaching it to an inch of its life, she's going to end up having to cut her hair off. Girl, you can have blonde, but it shouldn't be translucent or yellow."

Every woman, famous or not, wants beautiful hair that men find attractive. So do you go Rapunzel long or Daisy Buchanan short? "Men want hair that is soft and touchable, hair that they can run their hands through." The stylist believes only

insecure men need their women to have long hair; secure men are fine with women rocking short hair. To really impress your guy, wear a style that makes you feel sexy. If your man tells you how to wear your hair, the hairdresser says to put him in his place: "Tell him that when he grows his hair out, then you'll do what he wants."

Related Link: [Celebrity Hair & Makeup Artist Predicts Anne Hathaway's Red Carpet Look](#)

A woman's hairstyle is perhaps most important on her wedding day, and brides often wonder what 'do is best to say "I do." Dean suggests being yourself. "Whether you're a sexy rocker girl, a timid and sweet curly girl, or a wavy girl, bring out that element." For damage-free curls, the hairdresser advises rolling hair into sponge rollers, misting with WEN Replenishing Treatment Mist, and taking a shower (without getting your hair wet); by the time you're done with your makeup, your hair will be set with amazing curls without the damage of a curling iron. Don't wait until you get hitched to try this style; use this tip for your next night on the town with your sweetie for a sure-to-wow blowout!

Continuing to expand his popular line, WEN products are for the whole family – even Fido! WEN has a pet line that cleanses while repelling ticks and fleas. The kid's line, nicknamed WEN Sensitive, is allergen-free and perfect for anyone with whey, wheat, gluten, menthol, soy, or nut allergies. The line eventually expanded to include WEN for babies and seasonal varieties like summer honey peach, which Dean calls "heaven in a bottle." Plus, WEN Men will soon be hitting shelves to address men's unique hair issues.

WEN will you and your's be ready to wear amazing hair?

For more information on Chaz Dean and WEN, visit the website, www.wen.com/chaz-dean.html.

'Mob Wives' Executive Producer Jenn Graziano Says, "I'm Not Anti-Marriage; I'm Anti-Ball and Chain!"



Interview by [Lori Bizzoco](#).

From VH1's *Mob Wives* to *Miami Monkey*, Executive Producer Jennifer Graziano transformed the realm of [reality TV](#). She now continues to expand her resume with exciting new projects like releasing a classic, family-inspired Italian cookbook and continuing the recent launch of reality TV star Big Ang's new wine line.

Related Link: [“Bigger is Better”: Mob Wives “Big Ang” Launches New Wine Line in NYC!](#)

Celebrity Video Interview with *Mob Wives* Producer

Graziano recently sat down with CupidsPulse.com’s Executive Editor Lori Bizzoco to talk about the *Mob Wives* franchise and how the series impacted her family and the rest of her career. And, of course, they talked relationships and love: Despite her hectic schedule, this accomplished bachelorette is open to the idea of getting married one day to someone who’s willing to support her ambitions as a thriving businesswoman. As she told us in our celebrity video interview, “I’m not anti-marriage; I’m anti-ball and chain!”

To learn more about Graziano, follow her on Twitter @jenngraziano. Don’t forget to tune in on Thursday, December 5th at 10 PM ET/PT for the new season of Mob Wives: New Blood on VH1!

Video by Erik Erikson.

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

EXCLUSIVE: Kathy Hilton Gives Her Top Tips on Holiday Party

Planning



Interview by [Lori](#)

[Bizzoco](#). Editorial by Sarah Ribeiro.

Kathy Hilton is arguably one of the most glamorous and fabulous hostesses out there. As she explained to CupidsPulse.com in the past, her priorities lie with family and love – but her success in entertaining has made her incredibly popular. With the holiday season quickly approaching, we spoke to the socialite about her party planning skills.

Here are Hilton's top tips for entertaining your friends and family during the holidays:

Related Link: [Kathy Hilton Discusses Fashion Week and Her Collection](#)

1. Do a buffet: Buffets give your guests an extra chance to mingle and meet each other. The designer, mother, and businesswoman suggests playing some light music and allowing guests to serve themselves to set a casual, informal mood. “Introduce people,” she says. “Don’t assume everyone knows each other. If your guests are comfortable, then you’ll be comfortable.”

2. Be mindful: Not all of your guests may get along, so it’s important that you seat people based on their personal links. “There may be people at your party that aren’t speaking,” explains the prime hostess. “You have to be aware of that. Everybody likes to have a place to go. Seat interesting people that will have something in common with each other next to each other. Mix things up too. If you have a shy friend, seat them next to someone that can talk to a wall. But be sure to group friends together – I don’t like to put people among a group that’s composed entirely of strangers. Make it a mixture of old friends and new friends-to-be.”

Related Link: [Kathy Hilton on Her Marriage: “I Thank the Lord Every Day – I’m Very Blessed”](#)

3. Be prepared: Remember that *anything* could happen. Hilton suggests that you prepare for every situation. “I stop by the convenience store and make baskets to place in the gathering room and in the bathroom,” she reveals. “You can fill it with feminine products, band-aids, safety pins, crazy glue, aspirin – anything that someone could possibly need. There’s always that one friend that needs something, and you want to be able to help them out without thinking. This tip extends beyond party planning too – Hilton keeps a basket like this one in her guest bedroom at all times.

If you follow these three tips, “you can enjoy yourself without having to worry or stress out,” according to the Hilton family matriarch. Happy party planning!

Hilton currently manages her fashion line, The Kathy Hilton Collection, while assisting in philanthropic ventures, such as the Make-A-Wish Foundation. Check her out on Twitter @KathyHilton and www.facebook.com/OfficialKathyHilton for more.

'Top Chef' Alum Richard Blais on Healthy Holiday Cooking with Benefiber



Interview by [Lori Bizzoco](#).

Viewers of *Top Chef* recognize Atlanta chef Richard Blais as

the runner-up during the reality show's fourth season and the winner of season eight, *Top Chef: All-Stars*. What may surprise fans, though, is his new found passion for healthy cooking. It even surprised the chef himself: "I would never have envisioned that I'd be standing here today talking to you about being a dedicated chef to health and wellness." In our interview, he discusses the importance of fiber and makes raw oatmeal risotto using Benefiber.

Related Link: [Wolfgang Puck of 'Top Chef: Seattle' Says Taste Is the Most Important Part of Cooking for Your Loved Ones](#)

While the reality star handles most of the cooking duties at home, he knows a thing or two about sharing space in the kitchen. "My kids do cook. We're getting them involved," Blais shares of his daughters, ages five and almost three. "I think it's really important to build a healthy relationship with food with your kids, whether that's going to the farmer's market, going to the grocery store, or getting them at the stove with you."

He adds, "We just made one of these recipes at home – blue corn meal pancakes – with Benefiber."

For more information, check out Benefiber on www.facebook.com/Benefiber.

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

'The Body Language of Liars':

Dr. Lillian Glass on Spotting Pretty Little Liars



Interview by [Lori](#)

[Bizzoco](#). Editorial by Kristin Mattern.

Respected body language expert Dr. Lillian Glass is a professional when it comes to reading through the lies people tell and discovering the truth hidden in their non-verbal movements. She has lectured on body language and deception at the FBI and has been a jury consultant, expert witness, and mediator. Already an author of over a dozen books, *The Body Language of Liars*, which comes out today, proves to be the one of the juiciest. The book focuses on photographs of celebrities like Bill Clinton, Lance Armstrong, Kim Kardashian, and Lindsay Lohan, and Dr. Glass uses her skills to reveal the moments in which these famous individuals lied to their adoring public.

Dr. Glass also teaches her readers how to pick up on signals of deception. Analyze the body language of divorced couples like Tom Cruise and Katie Holmes to see how they're *really* feeling about each other. Plus, she provides the eight reasons why adults lie and tells you how to spot liars by looking at facial expressions, voice tone, speech content, and more. The author chatted with CupidsPulse.com in an exclusive interview and dished insider info on how to see through lying eyes and false statements.

Related Link: [Author Janine Driver Shows How Catching Someone in a Lie Can Save Your Relationship in New Book, 'You Can't Lie to Me'](#)

Tell us: Why *do* people lie?

People want to make themselves look better in the eyes of another person. So they lie that they went to this party or that they met this person. People also lie to manipulate for bad reasons, to really do harm to other people. When you look at lying, it's not really a bad thing – nature even lies! If you look at cats when they sense an enemy, they puff out their fur to make themselves look bigger and more powerful. You see? That's lying.

What are some of the signs of lying?

Well, there are four dimensions. You can't just look at one part of the elephant – you have to look at the body movement, the facial movement, the tone of voice, and the context. All of that together is what tells you if someone is lying or not. For instance, if I scratched my nose right now, that doesn't mean I'm lying. But if we were supposed to have a lunch date, and you saw me at another restaurant, even though I had told you I wasn't feeling well, you busted me. If I scratched my nose while I was telling you my excuses, you know I'm lying because of the situation.

Should you listen to your gut reaction when it comes to someone else lying?

Yes. Your instincts kick in, and you know that you know what you know. You just don't want to believe it most of the time. For instance, when you watch the news and a celebrity you love comes on, you may see that they're lying. Because you don't want to see it, you continue blindly doing what you do.

It's the same in relationships, but the key is to observe *what is*, not what you want it to be. You can't be in denial. Your gut *knows*. There is a thing in your brain that's called the limbic system, and primitive men had it because they lived in a fight or flight world. Now what happens is other emotions come out. Whether it's anxiety, fear, or happiness, that reaction causes your muscles to move in a certain way. That's how body language happens; that's why the body doesn't lie.

Speaking of relationships, what are some signs that someone's in love?

First, they're going to lean towards you. You'll see their toes will be pointed right at you too. When I did celebrity analysis for different magazines and saw a couple whose feet weren't facing each other, I knew it was o-ver. Second, they're going to breathe differently, so the sides of the nose will flare a little bit more, but you'll also see a change in their breathing pattern. And third, you'll hear a softer voice tone.

What body language should a girl look for if she thinks her significant other is going to break up with her?

Usually, he doesn't have as much time for you. His tone of voice changes too – he's more monotonous in his speech patterns. He also has an edge to him, an attitude you've never seen.

Related Link: [Quickie Chick's Video Dating Tips:](#)

[‘Bachelorette’-Based Ways to Know if He’s Using You](#)

Anything else you want to share with our readers?

The message is really you’ve got to put your game on now. This is a new world, a new way to live, and with technology, if you don’t know how to spot deception, then you’re done. You won’t succeed in your professional life, in your personal life, in your family life. If you understand how to read people, especially if they’re telling the truth or not, it’s going to save you money, heartache, and so much more. You’re going to gain a lot as well.

The Body Language of Liars *is available today. To find out more about Dr. Glass, visit her website <https://www.drlilliangulass.com/> or connect with her on www.facebook.com/drlilliangulass and Twitter @drlilliangulass.*

AshLee Frazier Says, “I Want to Be Well-Rounded Before I Fall In Love”





Interview by [Lori Bizzoco](#).

Since vying for Sean Lowe's heart on *The Bachelor*, AshLee Frazier has been focusing on her career rather than her love life. Although the entertainment press says otherwise, the bubbly personality tells us that she hasn't done much dating since her time on reality television. "I want to be well-rounded before I find someone and fall in love," the personal organizer candidly shares.

The currently-single star also chats about what type of man she wants and what she learned from the show. "It's okay to really put yourself out there. I never would've done that before," she says. "Now, I'm looking for that feeling of being head-over-heels in love."

Related Link: ['Bachelor' Contestant Ashlee Frazier and Game Inventor Rob Ridgeway Sing for Love at Match.com Event](#)

And, of course, we had to ask Frazier about her take on the new *Bachelor*, Juan Pablo Galavis! Listen up for her thoughts on the Venezuelan soccer star and her advice to next season's contestants.

For more information about Frazier, follow her on www.facebook.com/ashleenfrazier and Twitter [@ashleefrazier](https://twitter.com/ashleefrazier).

Video by Erik Erikson.

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

‘Bachelor’ Contestant AshLee Frazier and Game Inventor Rob Ridgeway Sing for Love at Match.com Event





It's no surprise that Match.com's "Spontuneous" Stir Game Night was a huge success. Nearly 100 singles gathered for a night of competitive fun as they played board games and belted out their favorite lyrics at Sen Restaurant on 21st Street in New York City.

Related Link: [Play Your Way to Love With Match.com, Spontuneous and AshLee Frazier of 'The Bachelor'](#)

Attendees included *New York Post* Meet Market columnist, Jozen Cummings; Dateologist, Tracy Steinberg; and Single Gal in the City founder, Melissa Braverman.

Our executive editor, [Lori Bizzoco](#), was there to partake in the fun as well. In this exclusive interview, she sat down with Spontuneous creator Rob Ridegeway and *The Bachelor* alum, AshLee Frazier. They chatted about the concept behind this popular new game and how board games can help singles find love as well as Frazier's involvement in the event

All in all, it was a great night at a great location with a *great* game!

For more information about Frazier, follow her on www.facebook.com/ashleenfrazier and Twitter @ashleefrazier.

Stay tuned for a future interview with The Bachelor contestant!

Video by Erik Erikson.

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

Kathy Hilton Discusses Fashion Week and Her Collection



Interview by [Lori](#)

[Bizzoco](#). Editorial by Sarah Ribeiro.

With New York Fashion Week currently underway, it's fun to catch up with your favorite celebrities and see how they're participating. During our chat with Kathy Hilton earlier this summer, we spoke to the businesswoman about designing her fashion line and staying inspired.

Related Link: [Kathy Hilton on Her Marriage: "I Thank the Lord Every Day – I'm Very Blessed"](#)

Hilton launched The Kathy Hilton Collection in the spring of 2011. This line of dresses offers women high-fashion apparel at reasonable costs. The entrepreneur describes her line as "exquisite evening wear that mixes high society with marketplace prices." She designs her dresses for women of all ages, and the line is available in over 400 fine boutiques and at major retailers – including Saks Fifth Avenue, Neiman Marcus and Nordstrom stores – nationwide and in 28 countries.

Always looking to challenge herself, Hilton will be launching additional lines of handbags and home goods soon. "My collection is a little bit of everything, which is important," she explains. "I don't want people walking in and saying, 'Oh, everything looks the same.'"

This, says the designer, is what made the Kathy Hilton Collection so significant at its onset. Hilton was approached by Mon Cheri CEO Steve Lang after years of run-ins at couture shows in Paris, Milan, and New York, and he asked her to design a dress line. "I was over the moon and excited. It's every girl's dream. Who wouldn't want to design their own fashion line?" she exclaims. "I told him my collection would have to be something that makes sense. I wanted to create something to fill a void. I'm sick of spending over a thousand dollars on a dress. There's nothing out there that's beautiful and affordable, so I decided to make something that doesn't break the bank, something that's timeless and classic – no frills, stones, or lace all over the place."

Related Link: [Kelly Ripa's NYC Chic](#)

What's most important to Hilton's collection, though, is its accessibility. "I want to be able to dress my nieces, my daughters, myself, and my friends – women of all ages and all body types."

While the Kathy Hilton Collection will not be shown at New York Fashion Week, the famous face will still be attending the shows for inspiration. "I think it takes a couple years to be established. It's something to look forward to."

Stay tuned for our final post about Hilton, which will focus on her entertaining tips! In the meantime, you can check her out [on](#) [Twitter](#) @KathyHilton and www.facebook.com/OfficialKathyHilton.

Stacy Keibler and Michael Chiarello Are Looking For the Next 'Supermarket Superstar'





Interview by [Lori](#)

[Bizzoco](#); Editorial by Kerri Sheehan

Lifetime welcomed a new reality show to its ranks this summer with the July 22nd premiere of *Supermarket Superstar*. The show has been described as *Shark Tank* with food, giving undiscovered food entrepreneurs a chance to stand out among the big brands in the highly competitive food industry. Stacy Keibler, who made a name for herself as a World Wrestling Entertainment Diva, hosts the program. The blonde bombshell was known as “The Legs of WWE” due to her tall stature, but she rose to even greater prominence during her relationship with A-list actor George Clooney, which ended earlier this year.

On *Supermarket Superstar*, aspiring foodie entrepreneurs pitch their products to three mentors: Debbi Fields, the founder of Mrs. Fields Cookies; Chris Cronyn, the president of Dine Marketing; and Michael Chiarello, megastar chef and retail visionary. These recognizable faces help contestants tweak their edibles so that they can win over Tom Dahlen, the buyer for A&P supermarkets. The *Supermarket Superstar* who Dahlen chooses in each episode wins \$10,000 in cash and \$100,000 in

product development as well as a chance to compete for their product to be sold in A&P supermarkets and their affiliates across the country.

When she was first approached about the show, Keibler was already developing her own healthy food line. The former *Dancing with the Stars* contestant has “always had a love of food and cooking, so it just seemed like the stars were aligned, and it was a perfect fit.” It’s clear that the actress enjoys being a part of the program, even though she has a hard time guessing the winner each week. “I want everyone to win! I just love seeing their journey and watching them evolve through the whole process.”

Food titan and main mentor for the competitors, Chef Chiarello, would agree. He explains, “I think all of their stories are so extraordinary, and you fall in love as you learn more about each competitor.”

Supermarket Superstar gives some people the big break they’ve been searching for but denies others of their dream. Both Keibler and Chiarello are familiar with the nature of competition – as a WWE Diva and *DWTS* contestant and a *Top Chef Master’s* contestant respectively. In the end, they want to see the contestants do well, and Chiarello expresses his hopes that “as the series grows, we’d like to see a regional launch of each week’s winner because they all deserve a regional spot.”

Keibler echos Chiarello’s sentiments, saying, “We have people who have a great idea, people who have put their soul into trying to fulfill this goal, so I think the show is such a perfect platform for people to try to make their dreams a reality.”

The model hopes that the show will be renewed for a second season. She believes that it’s captured viewers because it shows “an inside process that most of us are a part of but

know very little about. We're all consumers of food; we all go to the supermarket; and we all eat. We don't necessarily know the story behind how the products got onto the shelves."

Speaking of being a consumer of food, Chiarello has some tips for cooking a meal for your special someone. The chef has been married since 2003 to his wife Eileen and shares, "When I'm trying to do something romantic, it's not so much about lobster and caviar, but instead, it's about threading a story through the couple of dishes that you have." For example, you could make a delicious poached peach dessert because the scent of peach reminds me of you of your partner.

Chiarello warns against taking your partner out for a swanky four-hour, six-course meal though. "It's not going to end like you hoped!" he jokes. "Keep things fresh and light and build stories with it. After all, it's the stories that create the flavor memories."

You can catch Supermarket Superstar on Lifetime on Thursdays at 10:30/9:30c. For more on Keibler and Chiarello, be sure to follow them on Twitter.

Kathy Hilton on Her Marriage: "I Thank the Lord Every Day – I'm Very Blessed"





Interview by [Lori](#)

[Bizzoco](#). Editorial by Sarah Ribeiro.

Kathy Hilton is no stranger to the spotlight. As a child actor, she played roles on notable programs such as *Happy Days*, *Family Affair*, *The Rockford Files*, and *Bewitched*. Her husband, Richard Hilton, is one of the most high-profile businessmen in the country, and her daughters, Paris and Nicky, have had their share of fame as well. But although you may not see Kathy on the big screen anymore, her life is busier than ever. She works with causes such as Erase MS, the Juvenile Diabetes Research Foundation and the Starlight Children's Foundation. Plus, she designs the Kathy Hilton Collection – “a line of exquisite evening wear for women of all ages that includes an element of high society at affordable prices” – and she does this all while managing a family and keeping her marriage strong.

Life in the public eye can be difficult at times, and maintaining a marriage is just as hard. Hilton met her husband when she was only fifteen years old, and they were married four years later. “We were always together,” she shares. “We grew up together. A lot of people say, ‘Oh, young marriages

don't work out.' I thank the Lord every day – I'm very blessed."

Related Link: [Tips to Win the Love of Someone Rich or Famous](#)

After 34 years together, she credits alone time at the start of their marriage for keeping their relationship strong. "We got engaged, and we moved to New York. Having that time alone without *anyone* poking their nose in our business gave us the opportunity to grow. If we had a disagreement, I couldn't just run home to my parents."

And cherishing that alone time keeps their marriage going even now. When they're not balancing their busy careers or hanging out with their four children, they just like being together."We have date nights all the time," the businesswoman reveals. "We enjoy the social life with our friends, but sometimes, we'll both look at each other and go, 'Honey, I'm peopled out!' I'll dress up, and he'll take me out to dinner, or we'll spend some time in private."

The couple will kick off Richard's birthday – Saturday, August 17th – with some "alone time": sitting in traffic on their drive to the Hamptons. "We do the same thing every year. We live in Southampton, so we'll leave from the city. We stop at William Poll Gourmet Foods for sandwiches – they have the best chicken salad with bacon – and pack a picnic to eat while we sit in traffic for nearly three hours." The family plans to dine at The Palm to celebrate.

Of course, the Hiltons expect to be interrupted at times. "We have our own private life, but as I've always told my girls, 'Anything you sign up for in life, there's a price.' There's always people coming up to say hi or ask to get a picture. It's fine – sometimes, we'd rather people just come up and say hi than whisper and point."

Related Link: [Ali Landry Talks About Expanding Her Family, Date Night](#)

But the family manages the fame well – just as long as they get to be together. Although Paris and Nicky have their own careers and live on their own, they still spend time with their parents and brothers. “We spend all our holidays together, I cherish it, especially having four children,” the family matriarch shares. “I love nothing more than knowing each of my children are in the same building. When we’re on holiday, we have breakfast, lunch, and dinner together every single day. They’re my kids, no matter what. They’re always gonna be my little babies.”

Stay tuned for our future posts about Hilton, which will focus on her Kathy Hilton Collection, her entertaining tips and more! In the meantime, you can check her out on Twitter @KathyHilton and www.facebook.com/OfficialKathyHilton.

Find Your True Weight with the Incredible Dukan Diet





This post is sponsored by Dukan Diet.

By [Lori Bizzoco](#), [Whitney Johnson](#) and Kristin Mattern

If you're ready for a diet that works, a diet celebrities use, a diet that will put you at your True Weight *for life*, then you're ready for the Dukan Diet! During this Four-Phase [Weight Loss Plan](#), you'll lose those pesky pounds and settle into a slimmer weight.

Before starting the diet program, you answer a questionnaire calculate your True Weight, a realistic, healthy weight that can be reached and maintained for life. Additionally, you'll be able to speak with an individualized [Weight Loss Coach](#) who will work with you along the way to keep you on the right track. No coach ever gives up on a client, and their approach is tailored to each individual's Dukan Diet profile and lifestyle. The best part? At less than 1 dollar per day, this is the cheapest online diet out there! We at CupidsPulse.com have taken the plunge ourselves and experienced the Dukan Diet firsthand.

During phase one – the Attack phase – you’ll eat Pure Protein foods in *unlimited quantities* for up to a week. During this time, you’ll lose three to seven pounds. Our reviewers had mixed feelings about this phase. Although it was difficult to stick with an only-protein diet for this time, one reviewer had a positive experience and ultimately did lose the promised pounds when she stuck to this plan. The other reviewer, however, began to feel sick after four days and did not lose any weight. With these thoughts in mind, this diet may not be for everyone, but if you do complete the Attack phase, you can continue to drop the pounds by moving on to phase two.

In phase two – the Cruise phase – you’ll see a weight loss of one to three pounds daily while gradually adding vegetables into your diet until your body finds its True Weight. In phase three – the Consolidation phase, which is the most crucial step of this [Low Carb Diet](#) – you’ll prevent rebound weight gain. Carbohydrates will be slowly reincorporated, and you’re allowed two Celebration Meals a week! Finally, you move into phase four – the Stabilization phase – in which you *maintain* your True Weight *for life*. No foods are restricted, but you follow three rules: eat three tablespoons of [Oat Bran](#) daily, observe Protein Thursday and incorporate daily walking. During this diet, you’ll feel satiated, lose weight easily and *maintain* that weight because your body has settled into its True Weight.



HOW IT WORKS:

4 phases to reach and keep your True Weight for life!

- **Phase 1 – Attack:** The first phase kick-starts the diet and results in immediate weight loss, typically 3 to 7 pounds. The Attack phase lasts just 2 to 7 days, during which members may eat 68 Pure Protein foods in unlimited quantities.



- **Phase 2 – Cruise:** Members reach their True Weight during this phase, with typical weight loss being one pound every 3 days. Thirty-two vegetables are added in the Cruise phase and gradual but steady weight loss is achieved by alternating days of Pure Protein with Protein + Vegetable days.

- **Phase 3 – Consolidation:** The Consolidation phase is the most crucial of the program as it helps prevent the rebound weight gain that the body will naturally aim to achieve. This phase lasts five days for each pound lost. During Consolidation, fruit, cheese, bread and starches are reintroduced to allow the body to adjust to the previously forbidden foods without gaining weight. Additionally, members are allowed 2 Celebration Meals each week, which consist of an appetizer, entrée, dessert and wine. The introduction of new foods is balanced by Protein Thursday – one day of Pure Protein each week.



- **Phase 4 – Stabilization:** Maintain True Weight for life. No foods are restricted, though eating as in the Consolidation phase should be the base, along with 3 simple rules:
 - Eat 3 tablespoons of oat bran per day;
 - Observe Protein Thursday as in the Consolidation phase;
 - Take the stairs and incorporate daily walking whenever possible.

The Dukan Diet is a physician-formulated lifestyle weight-loss program consisting of four phases to reach and keep your True Weight for life. The diet discards counting calories and instead emphasizes lean protein, plentiful amounts of water and daily walking. Plus, it allows unrestricted amounts of 100 healthy foods, ensuring that the dieter enjoys a variety of meals and snacks and never gets bored. The Dukan Diet is designed to help its members overcome common pitfalls and achieve healthy, lifelong weight management. Experience the amazing Dukan Diet and find your True Weight at DukanDiet.com! Sign up now and save 25% off Dukan Diet Coaching using the code F13BG25.

Kelly Ripa on Electrolux and

Her Marriage to Mark Consuelos: “We Still Dig Each Other”



Interview by [Lori Bizzoco](#).

In this exclusive interview, CupidsPulse.com founder and executive editor Lori Bizzoco chats with Kelly Ripa about Super Saturday, which was held this past weekend in the Hamptons; her relationship with co-host and “soul sibling” Michael Strahan; and her strong marriage to Mark Consuelos. “We just love each other. We still dig each other,” the television personality says of the secret to their marriage of seventeen years. “He does it for me, and I think I do it for him. Otherwise, I don’t think he’d still be here!”

The mother of three also discusses her partnership with

Electrolux and their French Door Refrigerator with the Perfect Temp Drawer. Not only does she love their products, but she loves their philanthropic attitude as well. “They’ve been helping me raise money for ovarian research since I’ve been with them. When a company puts forth such an effort not only to make lives easier but also worrying about the health of women, I just think that says something.”

In addition to the event in New York City, Electrolux is inviting Americans to visit www.livelovelux.com through August 22 to enter the Electrolux Perfect Temp Sweepstakes for the chance to win a French Door Refrigerator and a trip to a climate with the Perfect Temp (the Bahamas!). For every entry or share, Electrolux will donate \$1 to the Ovarian Cancer Research Fund (OCRF). Visitors to the site can also download Kelly’s favorite summertime recipes, including her famous spicy mango-peach Greek yogurt popsicle!

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

‘Drop Dead Diva’ Producer Josh Berman and Star Margaret Cho on New Episode About Gay Pro-Athlete





Interviewed by [Lori](#)

[Bizzoco](#); Editorial by [Whitney Baker Johnson](#)

Drop Dead Diva, the relaunched Lifetime hit television show, will be showing their support for the lesbian, gay, bisexual and transgender (LGBT) community on tonight's episode. In an exciting storyline, the cast will welcome Derek Smith, who is playing a gay professional baseball player. Josh Berman, the show's openly gay producer, stated that this issue was vital for him to tackle because being a gay athlete is becoming a rising issue. "Sports is one of the last frontiers where men and women feel they unfortunately need to be closeted," he explains.

Related Link: [RH00C: Fernanda Rocha Speaks Out About Fitness, Love and Being the First Lesbian Housewife](#)

This statement rings true in today's world, as most pro-athletes only decide to be openly gay once they retire from the professional sports lifestyle. In April 2013, the first male pro-athlete in the four major North American professional team sports, Jason Collins, came out of the closet. This series is the first television show to take on the matter in

this specific way; the *Drop Dead Diva* cast had been working on this episode before Collins made history, though. “Oddly enough, only one line had to change,” the producer tells us.

Margaret Cho, who plays Teri Lee, a paralegal assistant to main character Jane Bingham (Brooke Elliot), is also one of *Drop Dead Diva*’s LGBT community members. Cho identifies herself as a bisexual and married husband Al Ridenour in 2003, with whom she has an open relationship. It’s no surprise, then, that she’s especially proud of this episode. “It goes into how we look at men in sports. We have an idea of who they are and what they’re supposed to be.”

Finding the ideal actor for this part was one of the most important parts of the episode. Berman shares that he was “obsessed” with casting the perfect man to play the fictional Major League Baseball player. Derek Smith was taken into very careful consideration for this role and was spoken to numerous times about the importance of his character. “Baseball is the most traditional, all-American sport. It gives us the opportunity to show a character who really needs to feel closeted or uphold the idea of heterosexuality,” says Cho.

Both Berman and Cho want this episode to be viewed by the younger LGBT community, especially those who feel uncomfortable with being athletic and out of the closet. “The importance of sports and the athleticism in the LGBT community can’t be underestimated,” believes Cho, “and I think that this episode really does a good job in promoting it for all of us.”

Related Link: [Blair Late from Bravo’s ‘Newlyweds’ Chats About Divorce and Gay Marriage](#)

The series makes sure to include the LGBT community as a focal point in other episodes as well. In 2011, *Drop Dead Diva* won the GLAAD Media Award for Outstanding Individual Episode for “The Prom,” which was about two gay students going to prom together. It was only right, then, for this cast to tackle

LGBT athletes. "I'm thrilled that we are hitting this zeitgeist shed again with gay and lesbian issues," exclaims Berman.

Be sure to catch this exciting episode of Drop Dead Diva tonight at 9/8c on Lifetime!

Doing It All: 'The Bachelorette' Star Jillian Harris Launches Her Latest Project, Charlie Ford Vintage



Interviewed by [Lori](#)

[Bizzoco](#); Editorial by Kristin Mattern

Many of us remember the charming Jillian Harris from ABC's *The Bachelor* and *The Bachelorette*. Since first revealing her sparkling personality, filled with irrepressible humor and emotional honesty, Harris has moved on to expose viewers to her design expertise on both *Extreme Makeover: Home Edition* and *Love It or List it Vancouver*. Staying true to her motto of "doing it all," she is now sharing her adoration for vintage and antique items as founder and creative director of Charlie Ford Vintage, a website that brings unique pieces, hand-selected by Harris and her team, to people across North America. "I've always been passionate about antiques. My mom used to take me antiquing when I was a little girl," says Harris. "And I realized that there was opportunity to share the things I loved with the world."

Harris is the quintessential busy bee, and she puts all of the energy her petite frame has into everything she does. Driven by her zeal for design and antiquities, she decided to launch her online shop with her closest friends, Tori Wesszer and Alyssa Dennis. *The Bachelorette* star is not only the face of the brand but also helps search for everything you see on the site. The website offers one-of-a-kind items from a variety of Canadian and American antique dealers that adhere to the company slogan of "redefining the way consumers view and buy vintage and antique home décor across North America." Harris is excited to work with her friends and the rest of her team, who she notes "is incredible!"

Related Link: [Exclusive: Maitland Ward of 'Boy Meets World' Believes that "Friendship, Trust and Laughter" Make for a Strong Relationship](#)

The inspiration for Charlie Ford Vintage came from a mixture of her live-in boyfriend Justin wondering what they were to do with the multitude of early 1900s apple boxes that Harris

bought last year and repeated questions on her blog of, “Oh my gosh, where did you find that piece?” The brunette realized that saying she found an item in Vancouver didn’t help someone in Idaho. She quickly decided she should offer the items she found online for others to buy. And with that, Charlie Ford Vintage (named after Wesszer’s one-year-old son) was born.

But this isn’t any regular online antique store. “Essentially, what I’m doing is personal shopping for you,” Harris notes. “I go out, find the items and post them online, and then, our vendors just take a commission. We aren’t marking things up; we’re negotiating to make sure we get the best price.” In the future, she and her team plan to allow for client requests. “If there is something particular you are looking for, like an old cookie jar or a piece of art, we’ll find it. We’re out there all the time, in the trenches, searching for antiques that our customers want.”

Harris certainly has her own sense of style and design. Her favorite piece is a blue, vintage buoy from the early 1900s that she bought while in Paella, Maui and made a part of a nautical vignette in her living room. When it comes to decorating and using antiquated items, she is a pro – and not just for women’s spaces but for men too. “I think the great thing about vintage that a lot of girls don’t realize is that guys love it too. If you put an old box for ammo on your coffee or side table, guys think it’s awesome, and women love the connection and history. You really can’t go wrong,” she observes. “I think guys want the same thing girls do: something that’s unique, something different. When you’re decorating as a new couple or with a guy in mind, going vintage is great.”

The former bachelorette has not only found love with antiques but also in her current relationship. Harris met Justin at a bar, and they immediately hit it off. “He was just gorgeous,” she gushes. “He was very nice too. I was dating someone awful at the time and thought, ‘You know, I’m gonna give this guy a

try.' The rest is history."

"I will never let him go," she adds.

Through heartache, she learned what it takes to be happy in a relationship: "I believe that if you can't be happy with yourself first, you're not gonna be happy in a relationship. You can't beat yourself up too much, and you can't force something to happen. If it doesn't feel right, just let it go. Remember that there are plenty of fish in the sea and that you only live once." Wise words that the current bachelorette, Desiree Hartsock, should take note of.

Related Link: [Bachelorette 9, Episode 7: Confession in Madeira](#)

When not working as co-host of *Love It or List It Vancouver* (*Love It or List It 2* for viewers in the United States) or digging for treasures for Charlie Ford Vintage, she enjoys spending her date nights with Justin making dinner at home, playing cards and sipping wine by firelight. As for their future, she says, "I would like to have children in the next few years – in my late thirties, I think, would be a good time." So do we hear wedding bells? "Marriage is really important to me, but I don't think that marriage defines a relationship. I'm more concerned with our relationship being healthy and happy, and if the marriage part happens, it happens."

Harris also dreams of some more time off and for Charlie Ford Vintage to become her main – and only – project. "It's my passion," she remarks. "I'm hoping one day it can be enough to support me and my family, and I can continue to share what I love about antiques with the world."

To learn more about Jillian Harris, visit her blog www.jillianharris.com/ or stay connected through [facebook.com/designerjillian](https://www.facebook.com/designerjillian) or Twitter @jillianharris

Jill Zarin Says, “Women Can Have It All, But Not All At The Same Time”



By [Lori](#)

[Bizzoco](#) and Marisa Spano

America watched the zesty and talkative redhead on *The Real Housewives of New York City* for four seasons as she threw sophisticated parties and worked for her husband’s fabric shop. While we may not be seeing her on a feisty Bravo reunion again, she’s still making a name for herself. She took a quick break from her hectic schedule to share some advice with CupidsPulse.com on how she manages to juggle it all.

Zarin is definitely one woman who seems to have figured out how to balance her family, career and social life. So we asked her opinion on one of the hottest topics in the news today: Can women really have it all? The former reality star believes that women “can” have it all but goes on to admit that “you can’t have it all at the same time.” She knows firsthand that you need to prioritize. “Maintaining a marriage is the most important thing because the truth is that children grow up and leave home.”

Related Link: [Celebrity Women Who Built Business Empires With Their Husbands](#)

As most viewers know, Zarin has a close bond with her college-aged daughter from her first marriage, Ally Shapiro, and a loving relationship with her husband, Bobby, whom she married in 2001 after five years of dating. But the *Housewife* tells us that having a strong marriage wasn’t always her priority. Over time, she’s learned to be mindful of her husband’s needs. “The priorities in my life are constantly moving around,” she says. “I know when Bobby doesn’t like being in the back row, so I move him quickly to the front row. He’s the first one to get a ticket. If he wants to move his seat, he can move his seat anytime he wants.”

When asked if there was other advice or tips she’d give women to help them have a successful marriage, she says that “being present” is very important. “Nowadays, relationships are so complicated by electronics. It’s difficult to sit down for dinner because you’re dying to see that text or e-mail that you’ve been waiting for.”

Related Link: [Is Your Perfect Man Criteria Keeping You Single?](#)

Of course, when Zarin was growing up, technology was much different. Her house had only one screen: the television. Now, screens are everywhere – on computers, tablets and smart phones and in the living room, bedroom and even the car. It’s no surprise that these “screens” affected her parenting skills. “I don’t think that I was present a lot of the time for my daughter. I was home, but I wasn’t present,” she candidly admits. “My daughter would come home from school, and I’d be on the phone. My

daughter would want a snack, and I'd be on the computer. I was always like, 'Just wait one minute, one minute, one minute.'

She feels that technology has a big impact on dating and relationships too. "There are a lot of things that can make dating challenging, and our phones and computers are two of them," she shares. "People are uncomfortable with verbal communication nowadays." That's one strict rule that Zarin has taught her daughter: don't date through text.

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

Currently, Zarin is working on a relationship with herself and taking her own "spiritual journey." One of her commitments is to be present as much as possible. This means that wherever her feet are placed, she needs to be in that moment. "If I'm at home, I shut everything off. My feet are there, and that's where my mind needs to be too."

Still, the reality star doesn't plan on slowing down anytime soon. She'll be promoting her Skweez Couture shape wear line on QVC this month, and she's filming an *Open House* segment at her new home in the Hamptons. She also has a line of beautiful baubles called Jill Zarin Jewelry Collection.

Zarin is certainly focusing on the good stuff!

For more information about Jill Zarin, follow her on [facebook.com/jillzarin](https://www.facebook.com/jillzarin), Twitter @Jillzarin, or check out her website, <http://jillzarin.com/>.

**Best Selling Author Sylvia
Day Discusses Crossfire**

Series, Love and Having it All



By Nicole Cavanagh and [Lori Bizzoco](#)

#1 New York Times Best selling author, Sylvia Day chats with CupidsPulse.com about her new novel, and shares where her inspirations come from. A true romantic herself, Day knew she wanted to be a romance novelist when she was just twelve years old! She speaks about current trends between relationships, love, and reading and tells us how she wants to spread her message about happy endings. Plus, find out about her newest project, the upcoming groundbreaking collaboration with Cosmopolitan and Harlequin. Day believes women really can have it all and reinforces pursuing your dreams both in life and in love.

For more videos from CupidsPulse.com, check out our youtube

channel, www.youtube.com/user/CupidsPulse

Lori Bizzoco Speaks to Graduate Students at William Paterson University



On Saturday, May 4, 2013, our founder and executive editor [Lori Bizzoco](#) spoke to graduate students at [William Paterson University](#) in Wayne, New Jersey. She discussed the challenges and benefits of being an entrepreneur as well as what's it like to run a digital media company.

Angela Zatopek Talks ‘Ready For Love,’ Saving Herself for Marriage and OneLove



By [Rachael Moore](#) and [Lori Bizzoco](#)

Angela Zatopek, the youngest contestant vying for the heart of Ben Patton on NBC's cancelled dating competition show *Ready for Love*, has always been open about her love life, even before she joined the reality television world. What really sets her apart from other young women are her Christian values, particularly the fact that she has decided to "save herself" for marriage.

Related Link: [Ready for Love, Episode 4: Angela Zatopek Recaps Her First Kiss with Ben Patton](#)

The Texas native feels strongly about breaking the stereotypes that come along with being abstinent. "People think that when you're a virgin, it's a very conservative belief. But I'm not this Amish girl walking around with a bonnet on my head or a person who sits at home and knits sweaters," she explains. "You can still be sexy and fun and have a romantic, passionate relationship even if you're waiting to have sex until marriage. It makes it that much better when you find the right person and don't rush the physical stuff."

Being abstinent was an important choice Zatopek made from a very young age, and surprisingly, she says many guys from her past have been accepting of her decision. "Before the show, I didn't have a problem finding a date. Being a virgin would never be the first thing I said to a guy, but I did let them know within the first couple of dates who I am and what I'm about."

When it comes to sharing her views regarding the show's cancellation, the blonde beauty says that she was very confused when it went off the air. "It was such an exciting thing in my mind, and then hearing that it was cancelled was very hard. But you have to look on the bright side. It's on NBC.com, Hulu and On Demand, and there's a lot of fans who still watch the show and send me supportive messages."

Zatopek also reveals some secrets about Patton and his ex-girlfriend, Kari Krakowski, who makes a surprise appearance on the series. Of course, she had her doubts at first. "We look completely different. She is a brunette with dark eyes, while I'm blonde with blue eyes. So I wondered if I was his type." Still, she says she really likes Krakowski. "It was hard, though, because we were roommates. She would confide in me every night and pour her heart out. I was learning all of this girl's secrets, but then we were competing against each

other.”

Though she claims that she tried to stay away from the drama, she did get frustrated when Krakowski had her one-on-one time with Patton on last week’s episode. “He came back from his date with glitter on his face, and I saw that her lip gloss had glitter in it, so I knew they had kissed. I thought, I’m not going to be here and put my heart on the line if they’re going to work it out. He shouldn’t make all of us go through this show if they’re going to get back together. It’s a very mentally taxing process.”

Throughout their conversations, Zatopek learned that they had a few things in common. She is from Houston, and Krakowski is from Dallas; the Texas social scene can be a small world. “We have a ton of mutual friends. I learned that Ben and I even have mutual friends outside the show, which is so crazy. I felt like it boosted my confidence because it gave me a connection to Ben since we have similar interests from the people we hang out with.”

Even so, the 24-year-old questioned her relationship potential with Patton because of their age difference. She reveals something that was edited out of the first episode: “Before Ben chose me, he asked, ‘What makes you ready to be in a relationship? It worries me because we are at different points of our lives.’ And I told him that I feel like maturity is not defined by your age but by your life experiences. I’m the oldest of four kids, and my mom was a single mom. I know I’m young on paper, but I grew up quick.”

Related Link: [Ben Patton from ‘Ready for Love’ Is Still Dating His Final Pick](#)

Before her *Ready for Love* journey, Zatopek was in two serious relationships. Her first boyfriend was a long-distance relationship that lasted for a year, and her second relationship was with her college sweetheart, who she dated

for three years. The pageant girl says that both guys respected her morals, but she is ready to meet the person she'll be with for the rest of her life. "I want to get to know a guy first and then make those steps towards the altar. I also want to have a huge family."

While she can't reveal how far she got on the show, she's staying busy until the finale airs. She's currently teaming up with Lisa and Brittny Gastineau to form a jewelry line called OneLove. "I want to make cute, trendy purity rings to represent loving yourself first and not needing someone else to complete you. When you're doing your own thing, and respecting yourself first. That's when you're most attractive."

For more information about Zatopek, Ready for Love and OneLove, you can follow her on [Twitter](#) and [Facebook](#) or visit angelazatopek.com. Be sure to watch the remainder of the show on NBC.com!

Ben Patton of 'Ready for Love' Says He's "Still Going Through It" With His Final Pick





By [Lori Bizzoco](#) and [Whitney Baker Johnson](#)

If you've been watching NBC's dating reality competition show [Ready for Love](#), you may have been disappointed to hear that it was cancelled by the network after only two low-rated episodes. Many viewers felt like the new series presented a false reality when it came to dating and relationships, reinforcing the belief that you have to be perfect to find real love.

For those of you who are fans of the show, don't fret! NBC.com is airing the remaining episodes, so you'll still be able to follow the journey of Ernesto Arguello, Tim Lopez and Ben Patton as they search for their soul mates. Filming wrapped last August, so we can't imagine what it's been like for the bachelors to keep their final picks a secret – something that they must continue to do until the finale airs on Tuesday, June 4th. To tide us over, we caught up with Patton, who we interviewed prior to the premiere, and chatted about his current relationship, his take on the other two bachelors and his past love with one of the contestants.

Related Link: [Ben Patton Tells Us Why He's 'Ready for Love'](#)

Since the show is still officially airing on NBC.com, the Texas businessman can't reveal his final choice. However, he did mention that it's been a pretty challenging time since the show finished filming, particularly given the constraints that the new couple has faced (they haven't been allowed to be seen together in public for almost nine months). Even so, he says that he's "still going through it" with his significant other. "After the finale airs, that's when we can see if it's the real thing. Right now, we can't even go through the real experience of dating."

Given their busy schedules, the twosome's time together varies. Sometimes, they see each other every two weeks, but other times, they're apart for over a month. They last saw each other about three weeks ago, and Patton says their relationship has become "more stress than fun. She's really stressed. I'm really stressed. I'm not going to lie, it's very hard." For now, they're learning to balance their individual lives and trying to make it work.

As for the future, the hospital CEO says he can't leave Dallas and hopes that his pick will relocate. However, he does admit that he's a rationale person when it comes to love. "I keep telling her that we shouldn't force the relationship for the sake of the show or to prove America wrong. If it's not working, then it's not working. At the end of the day, we need to think in terms of what's best for us."

He adds, "These challenges make it kind of impossible for people to be happy in a relationship. But that doesn't mean we won't be happy when we can be together."

So did the other men find love? "Yeah, I know that they did. All of us found love, and at the end of filming, we were very happy. We came off the show saying what an amazing experience it was." As for their favorite matchmaker, Patton explains

that the guys bonded most with Matthew Hussey. "He knew what was going on in our heads. We could really relate to the advice that he gave the women."

Until the winners are disclosed, there's one woman who's stealing the spotlight on the show, something that Patton calls "The Kari Situation." He first dated contestant Kari Krakowski in 2006 and describes their relationship as "on-again, off-again for about two years." Of their past, he shares, "When I date someone, it's monogamous. Kari, though, was still emotionally involved with her ex and not quite over him. To be fair, when I wasn't available to hang out because I was busy working, she assumed I wasn't into her. There was just a lot of miscommunication." Patton admits that he really cared about her and was hurt.

Related Link: [Cancelled: Why NBC's 'Ready for Love' Fueled America's Hatred](#)

Although they tried to rekindle things when he returned to the states after spending time in Dubai, they eventually called things off for good. Viewers saw how shocked he was to see Krakowski on the *Ready for Love* stage. On the most recent episode, the pair spent some one-on-one time together and gave fans a glimpse of their chemistry. "I was smitten with her. I remember all of the good parts of being with her, and it's really hard to let go. Plus, it's a lot easier to kiss someone you were once romantically involved with than it is to kiss strangers. There's more history."

Another lady who has captured our attention is Angela Zatopek, who is writing a weekly column for CupidsPulse.com about her experience on *Ready for Love*. Patton describes her as "an amazing girl." The bachelor shares that he never makes the first move, so it was fitting that Zatopek went in for their first kiss on their vineyard date. Only time will tell if that kiss leads to more!

It's no surprise that the most difficult part of the experience for Patton was sending the girls home in The Garden. Since these women were emotionally-invested in him from the start, he felt like he was really letting them down. "They watched videos of me, built this idea in their minds and thought I was 'the one' before the show even started filming. It was really hard to let them go."

Be sure to watch 'Ready for Love' on NBC.com. For more information about Ben follow him on Twitter [@Ben_Patton](https://twitter.com/Ben_Patton).

Married In a Year



Check out our executive editor and founder, [Lori Bizzoco's](#),

video interview with Suzanne Oshima, matchmaker and dating coach at Dream Bachelor & Bachelorette and the founder of Single in Stilettos. Lori candidly shares her story, from a broken engagement five months before the wedding to a whirlwind romance with her now-husband. Through it all, she discovered how to brush herself off and find the positive in every situation, whether it's in your personal or professional life.

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

Dating Advice: How to Meet, Attract and Keep the Right Man!





Single in Stiletto

founder Suzanne Oshima developed a 14-video series called **How to Meet, Attract and Keep the Right Man** to help viewers navigate the dating world. The videos feature 15 top relationship experts including CupidsPulse.com founder and executive editor [Lori Bizzoco](#), dating coach Hunt Ethridge, founder of The Wing Girl Method Marni Kinrys, sexpert Yolanda Shoshana and founder of The Professional Wingman Thomas Edwards. The videos, which are broken up into three series (How to Meet Men, What Attracts a Man and What Keeps a Man), will teach you where to go to meet men, how to get more men to approach you and ask you out, what you're doing to make men disappear, what makes a man think you're marriage material and more.

For more information on the videos or to purchase the series, click [here](#).

Celebrity News: Actor William Levy Plays Casanova in New Pepsi Next Campaign



By [Lori Bizzoco](#)

Actor William Levy has had a very busy career! Modeling, *Telemundo*, JLo's *I'm Into You* music video, VH1's *Single Ladies*, *Dancing with the Stars* and so many other credits to his name. Now Levy is here to chat with us personally and giving us the scoop on his upcoming movies "Addicted" and "Single Moms Club." He also talks to us about life as a single dad, what he looks for in a woman and his newest campaign for Pepsi Next Campaign. William will play six different characters in the upcoming campaign, including the role of Casanova, one of his favorites.

Which William Levy Character is Your Favorite? Check them out [here](#).

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

‘Scary Movie 5’ Actress Molly Shannon Talks About Life’s Biggest Headaches & Being a “Happy Mom”



By [Lori Bizzoco](#)

Actress and comedienne Molly Shannon first stole our hearts on *Saturday Night Live* in the mid-1990s. Since then, her career has expanded to include movie star in *How the Grinch Stole Christmas* and the recently-released *Scary Movie 5*. Additionally, she's a children's author, her book *Tilly the Trickster*, is inspired by her own childhood and the silly antics she used to play. Here, the newly-named Excedrin spokesperson chats about what gives her the biggest headache. Shannon also opens up about life with her husband Fritz Chesnut and their two children, Stella and Nolan. She gives us the inside scoop about how she uses her comedic background and attitude to be a better parent, saying, "I know for sure that my kids think of me as a happy mom, someone full of joy." For more videos from CupidsPulse.com, check out our [YouTube channel](#).