

'Ready for Love' Matchmaker Matthew Hussey Tells Us How to 'Get the Guy'



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

Although he began his career as a life coaching at the age of 17, Matthew Hussey soon became an expert in the field of love and dating. His popularity with male clients grew in the United Kingdom, but it wasn't long before he made the transition to helping women in the UK, eventually crossing the pond to the United States. Hussey has built a platform to help

women find, attract and keep their ideal match through his organization, *Get The Guy*. Over six million single women tune in online for his motivational seminars, and around 50,000 females attend his live events. With all of Hussey's success, including his role on the upcoming NBC dating reality show, [Ready for Love](#), writing a book to share his eye-opening advice seemed to be the logical next step. In his debut book, *Get The Guy: Learn Secrets of the Male Mind to Find the Man You Want and the Love You Deserve*, out today, Hussey gives women the confidence they need to find – and keep – their soulmate.

What are some of the things you talk about in your book that help women find the right guy?

I teach them to look for a man who already has balance and is playing on their level. I let them know if they want a guy who doesn't play games, they shouldn't play games either. Also, it's important to be true to yourself. If they want a guy who is confident enough to walk up to a woman and make something happen, then they need to be confident too. Like any area of life, if you don't go out and get what you want, it won't happen for you.

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

You've had a lot of success coaching men. Was there a pattern that you observed with the men who came to you for relationship help? What was their biggest challenge?

Their biggest challenge was that they weren't being men. I realized that guys have a lot of misconceptions about girls and that men have different stages they go through when dating. The first stage is to be really nice. When they were young, that's what their mother's taught them. But they soon figure out that women don't want a people pleaser; they want the guy who has an edge and might break their heart. Guys

learn quickly that being nice doesn't work.

The second stage occurs when they think they need to become a jerk or a bad guy. Women also think they want this type of guy, but what women really want is a man who is a leader, who is confident in his decision and who carries himself well. A lot of guys find it difficult to strike that balance between being nice and being a jerk.

What was it like transitioning from coaching men to coaching women?

The truth is I was terrified. I know men; I didn't know women. Then it hit me: that was exactly how I could help them. I didn't need to tell them about themselves; I needed to tell women about men and why they do the things that frustrate them. I worked with guys for so long, and working with the other side was so rewarding for me. It was great to see women get happier and figure things out about themselves through my coaching.

Related Link: [The Most Powerful Tool to Help You Find Your Soulmate: Intuition](#)

With the world of technology being used to find love – online dating, texting and even Facebook – women are more overwhelmed than ever. What is your number one piece of advice when it comes to technology and relationships?

People have too many options available, and relationships end up lacking depth. The problem is that as soon as we meet someone, we're already confused about that next step. Do I text, call, Facebook or e-mail them?

Ultimately, you have to boil things down to simple truths. Wherever you engage with someone, you have to be building a connection. Everything text or typing-related is the lowest form of communication. One step above texting or typing is talking on the phone. Regardless of your initial form of

communication, the goal should always be to progress to a phone call as quickly as you can.

And finally, should women initiate it if the guy doesn't ask for her number?

Some guys won't initiate anything. They don't want to seem overly desperate or needy, so they try to play it cool. But then, everyone plays it cool, and you end up in this limbo of no one doing anything. Remember that *someone* has to make a move. You can do this by texting, "Hey, I'm free tonight – give me a call." That way, the ball's in his court.

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

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





By Rachael Moore

and [Lori Bizzoco](#)

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

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

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

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

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

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

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

When it comes to guiding the three bachelors on *Ready for Love*, Hussey explains that Kelleher-Andrews and McMillan use a different method. 'I was more direct because I believe in giving people tools so they aren't dependent on anyone. I'm not prepping them for dates; I'm prepping them for life,' he says. 'I don't care if the women in my group end up with the guy. I care about them gaining an understanding of who they are and what they want and having the strategies they need in the real world.'

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

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

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

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

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

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



By [Lori Bizzoco](#)

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

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

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

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

Hofstra University Publishing Panel Event





Earlier this spring, on Wednesday, March 6, 2013, CupidsPulse.com Executive Editor and Founder [Lori Bizzoco](#) participated in the Publishing Panel Event at Hofstra University. The esteemed group of panelists also included Joy Betran, head recruiter of Simon and Schuster; Karen Bonnet, children's author and marketing manager; Linda Frank, young adult author; Sonia Lynaugh, recruiter at Penguin Group; Dina Santorelli, freelance writer and author; Samantha Swank, publishing studies major and intern; and Becca Worthington, Association of American Publishers. The panelists were from diverse publishing backgrounds, making the event ideal for English and publishing majors. Following the presentations, students praised the panelists for the knowledge as well as the overall experience.

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



By [Lori Bizzoco](#)

and Sarah Ribeiro

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

do it and started looking at how I could. I'm not very interested in necessarily being famous, but I'm interested in the good that comes out of it."

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

Related Link: [Think You Need a Man at Your Side? Think Again!](#)

Because of that, she says, 'Hollywood Exes' gives [divorced](#) women a new perspective on how to deal with their divorce. A pivotal moment that brought Wayans on camera happened during last season of 'Exes': "I was watching one of the interviews on the show, and they focused on the friendship that was left there after the divorce – not what wasn't there or what was destroyed."

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

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

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

Related Link: [7 Lessons We Can Learn from Celebrity Divorces](#)

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

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

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





This fall don't let the cooler weather wreck havoc on your skin. As you plan those awesome autumn date nights you can now do it with confidence and keep your complexion looking radiant. Executive Editor, [Lori Bizzoco](#) had the chance to chat with nationally-renowned Dermatologist Dr. Jeffrey Benabio, called by Glamour the “rock-star of Dermatology.” Lori and Dr. Benabio chatted about the types of foods you can eat, supplements you can take, and topical steps that help ensure your skin looks its best without breaking the bank. For instance, the new, mild formula in [Dove Body Wash](#) is a prime example of a product that works well for both men and women. *For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

Dianne Burnett Steps Out of the Shadows in Her New Book, 'The Road to Reality: Voted Off the Island!...My Journey as a Real-Life Survivor'



By [Lori Bizzoco](#),

with transcription by Kaitlyn Herzog

An hour before her book launch, Dianne Burnett is nothing but smiles as she walks into the room at the Kimberly Hotel in New York City to meet us for an interview. A clearly happy Burnett

speaks with ease about her new book, her former marriage and the exciting ventures that lay ahead.

Dianne released her memoir, *The Road to Reality: Voted Off the Island!...My Journey as a Real-Life Survivor* last Tuesday. Her ex-husband Mark Burnett has been the mastermind behind some of televisions greatest reality shows, including "The Apprentice," 'The Voice' and Survivor,' one of the most successful programs of all time. But this Reality King didn't get there alone, or at least not according to Dianne and her tell-all book.

Nine years after their divorce, the ex-wife of the the TV powerhouse is stepping out of the shadows to tell her side of the story. But, if you are looking for her to bash and destroy her ex, you won't find it here.

Burnett opens the book with her and Mark's decision to move to Morocco and then flashes back in Chapter Two to provide a glimpse into her own childhood growing up on Long Island, New York. She describes in detail her family and the confusion she faces being a young child of divorced parents in the 1960s. She then shifts to her relationship with Mark, the handsome Englishman who swept her off her feet. The story flows through their travels, the beginning of 'Survivor' and their struggles prior to – and after – their divorce. Dianne highlights the good times in their marriage, in particular the beginning of their relationship and how smitten she was with Mark. She writes, "Throughout the entire summer, whatever the day, whatever the hour, wherever I was, I felt intoxicated."

After reading the book and then sitting there with Burnett, the burning question on our mind was why was the book getting so much negative press from Mark. Burnett nodded and admitted that the release of the book has created a rift between the typically amicable exes. "I don't really know him that well right now," she explains. "Just last month we were all

together at Nobu for my son's birthday, but since the book, it's been a little bit...different." However, they both try to keep a brave face for their two children, Cameron, 15 and James, 19. The author even says that part of the reason for writing this book was so that her children would know the truth.

Related Link: [Celebrities: Love, Marriage and the Money in Between](#)

"I gave up everything to be Mark's cheerleader, his support system," Burnett explains. "That's what kept Mark going. I was doing it for all of us though, for our family." She looks back on her marriage to Mark with no regrets and often smiles while discussing their happy times. The one thing she does regret, however, is not giving herself a title when 'Survivor' first aired. "I didn't give myself an individual credit because we were a team; I thought everyone knew it was Mark and Dianne."

So what are Burnett's final words to Mark? "I wish he would read the book," she says. "I think if he reads the book, then he's going to reflect on his reaction in the press and be sad."

Related Link: [How to Make Sure Your Divorce is Amicable, Fair and Fast](#)

With the release of the book giving her some closure, Dianne dedicates much of her time to more positive things. After her mother was diagnosed with esophagus cancer, Burnett began a charity in her honor called Joan Valentine – A Foundation for Natural Causes. The basis for the foundation is that medicine needs to be more personalized for each person's ailment. She believes that "not everything works for everyone. Everybody is treated the same; the person and their individual sicknesses aren't taken into consideration."

Keeping up the positive vibe, Burnett is also launching a new

drink called Mulberry Love, made with fruits, coconut water and antioxidants, which can help prevent disease. She describes the drink as not only healthy but “very yummy.” It hits store shelves later this year.

“This will be my year,” Dianne says affirmatively. With a new book, television and film deals and a healthy drink coming out, how could it not be? “I’m happy now; I’m reinventing myself and finding my own way.”

Burnett’s new book, “The Road to Reality: Voted Off the Island!...My Journey as a Real-Life Survivor,” is in stores and online at Amazon. To learn more about Burnett, you can follow her on Twitter at @DianneBurnett.

Event Discount: Single in Stilettos in NYC!





Are you always looking for love and coming up empty-handed? Do you feel like the man of your dreams is just beyond your reach? Are you getting discouraged trying to navigate the dating scene without any help? If so, Single in Stilettos is the event for you! Hear from a renowned panel of dating experts that will empower, inspire and motivate you in your search for Mr. Right.

This one-day event takes place in New York City on October 6, 2012 with speaking sessions and panels from noon to 6 p.m. EST. Afterwards, enjoy a happy hour of free cocktails sponsored by Balls Vodka as well as goody bags provided by Babeland. Plus, win raffle prizes such as a date-coaching session with a matchmaker, dating books and more!

Speakers include:

- Bill Collins, Movie Director and Producer
- Dr. Ian Smith, Best-Selling Author

-[Lori Bizzoco](#), Executive Editor and Founder of CupidsPulse.com

-Nando Rodriguez, Dating and Relationship Coach

-Thomas Edwards, Jr., Professional Wingman

-And more!

The last time that Single in Stilettos hosted this event it was SOLD OUT. So don't wait – get your tickets today! If you sign up now, you'll be able to buy them at the discounted rate of \$25 (full price: \$80). Use the exclusive CupidsPulse.com discount code LCP12 to receive this deal.

Date: Saturday, October 6, 2012

Location: 1115 Broadway, 10th Floor, New York, NY 10010

Speaking Sessions: 12:00 noon – 6:00 p.m.

Happy Hour: 6:00 – 8:00 p.m.

We hope to see you there!

Hypnotiq Primp and Prep: Everything You Need for That Perfect Girls Night Out





This post is sponsored by Hpnotiq.

By [Lori Bizzoco](#)

It's the weekend and you're ready to hit the town in style! But...what do you wear? You comb through your favorite magazines trying to find inspiration to no avail. It's 6:00pm, you turn on the music and all you hear is talk radio. You could use a cocktail but want something unique and different to start the weekend off right. What's a girl to do? Don't just sit there sulking. It's time to get your BFFs together and start the party right with Hpnotiq's "Primp & Prep" website. The site has everything you need to look and feel just like your favorite celebrity before you hit the town!

Fashion: If you need fashion inspiration there is style advice and beauty tips.

Music: You can even turn on the Pandora music player and

listen to your favorite songs while getting ready!

Drink Recipes and Cocktails: You will find great at home drink recipes and cocktails. I love that you can easily find a new drink to switch it up from the ordinary rum and coke. They offer ideas for new twists on sangria, mojitos, margaritas, and other creative blends. You can even upload your own concoctions for others to try through the website or on twitter @HPNOTIQ. There's something for everyone. Now your night can be better than ever with the Primp and Prep site. It's so great you'll probably want to use it during the work week! So get ready to let your hair down, music up!

But wait...there's more! Even your guy friends can get in on the action (if you let them). There are tips on how to pick up the hottie across the bar; what to say, and what to do.

The site just launched in September...we can't wait to Primp and Prep with the Hpnotiq site this weekend!

Hpnotiq is a trendy and fun brand that all women can enjoy with their friends. The vibe that the site gives off is fun and exciting, from the color choices to the stylish background. Just head on over and check it out for yourself dolls! But remember, you must be 21 years old to enter: <http://www.hpnotiq.com>

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Erin Andrews Says Potential Partners Have to 'Compete'

With Her Dad



If you ask Erin Andrews about her place in the pantheon of women's sportscasters, she will graciously credit the ladies who came before her. However, there's no doubt that she is a trail blazer in sports broadcasting. She has gained notoriety and admiration for her work ethic, knowledge, and natural on-camera abilities. All of this, she says, is part of being an "unapologetically strong woman." Recently, [Lori Bizzoco](#) had the chance to chat with Erin about her new career path, touting her father's influence as a main proponent of pushing her as far as she's come. Further, she says, her father stands as a standard for when she's dating. "He [her father] is a strong man by my side, and I think that's why I can't find

anyone on the other side yet because they have to compete with my old man!"

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

Anna Post Talks Etiquette Rules for Dating



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Oh, you think you've found the perfect man, haven't you?

Everything is going swimmingly right up until... he lets off a biblical belch right in front of your friends. Or maybe he isn't entirely courteous to your server at the dinner party you planned with four other couples. Even worse, his sense of style leaves you cringing at the thought of anyone seeing the two of you together. Deal breakers or bad habits? Whatever the case may be, Anna Post, the great-great-granddaughter of etiquette queen Emily Post, knows what the books say about bad manners, and now, she's teaming with Ponds to help women put their best face forward.

What's great is that Anna is also up-to-date when it comes to technology etiquette in the dating world. For example, is it right for a man to ask me out via text? When should you change your Facebook status? To gain perspective, we chatted with Anna about the small behavioral details that add up to big relationship problems. From eating with your mouth open to digital dating techniques, Anna sheds insight on all of the things you may need to know.

To get more tips from etiquette expert Anna Post and join the beauty conversation, log on to www.facebook.com/PONDS.

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

Mix Up Your Dating Life With Match.com





By: [Lori Bizzoco](#)

Last Friday, SingleEdition and [Match.com](#) hosted the “Mix Up Your Dating Life” event in NYC. There, Match.com representatives taught us how to find local singles, and – if you look closely enough – your perfect match. As a Match.com marriage success story, I was thrilled to attend.



Stir Events by Match.com

Match.com’s new Stir events are the perfect opportunity to find singles living in your area, bridging the gap between online dating and a more organic, face-to-face approach to

finding love. Each Stir event is customized through group matching algorithms in terms of age, gender and interests so that singles will be attending events with like singles.

As the world's largest dating site, Match.com isn't just throwing these live singles events – they're doing it on a massive scale. This month alone, they're throwing 189 events in more than 62 markets! Match.com has found so much success in their Stir events that they are expanding nationwide, planning to host 200 events each month by September.

Stir events range from large scale happy hours at local bars and venues, to more intimate, interest-based events such as cooking classes, wine and tequila tastings, dance lessons, bowling nights, rock climbing, and more! The happy hour events are free and open to both registered and subscribed Match.com members, while the interest-based events are only free for Match.com subscribers.

If you're a Match.com member, you can learn about and sign up for these events via Match.com under the "Events" header on the site.

We'll be heading to our closest Stir event soon, so be sure to check back for a review from us!

Disclosure: This review is sponsored by Single Edition and Match.com. All opinions expressed here are strictly my own.

**Lori Bizzoco Discusses
Hollywood Love Lessons at**

Single in Stilettos Event



On Saturday, April 28, 2012, CupidsPulse.com founder and executive editor [Lori Bizzoco](#) spoke at the second Single in Stilettos event in New York City. Her presentation, titled **Finding the Value in Celebrity Gossip: Love Lessons Learned from Hollywood**, focused on the impact that gossip consumption has on our everyday interpretations of love and relationships. Lori demonstrated that, with each sensationalized story, there are valuable lessons that can help us during our search for love.

Additionally, Lori looked at reality television, including the *Bachelor* franchise, and shed light on what really happens behind-the-scenes. As a surprise to the audience, Lori dialed

in ABC's *The Bachelorette* season four winner, Jesse Csincsak, to talk to the women about finding love on reality television.



Jason Alan Miller, Marni Kinrys and Lori Bizzoco. Photo courtesy of Facebook.

Other speakers at the event included Suzanne Oshima, matchmaker and founder of Single in Stilettos; Marni Kinrys, founder of The Wing Girl Method; Marni Battista, founder of Dating with Dignity; Laurie Davis, author and eFlirt expert; and Thomas Edwards, founder of The Professional Wingman.

Platinum is a Celebrity's Best Friend, It Can Be Yours Too



This post is sponsored by Platinum Guild International USA.

By [Lori Bizzoco](#)

When it comes to celebrities and their diamonds, nothing makes them glow better than when they're set in precious platinum.

Whether it be diamond rings, earrings or bracelets, platinum is a celebrity favorite. Ann Hathaway, Mila Kunis Halle Berry, Sandra Bullock, Nicole Kidman and many more have worn it over and over again on the red carpet. In February, Jennifer Hudson who gave an emotional tribute to Whitney Houston at the Grammy's, wore a radiant pair of platinum and onyx earrings by Neil Lane.

But, what happens if you don't have a movie stars budget? Well, your are in luck because for the first time in recent

history, the price of gold per ounce has risen higher than that of Platinum. So, now platinum is more attainable than ever before.

Three Key Reasons to Buy Platinum:

- It's eternal and has everlasting radiance
- The durability and resistance to wear makes it the most secure and protective metal, which means your jewelry will be protected for a lifetime
- Platinum does not change shape or wear away so precious stones are held firmly and securely.

If you are in a relationship and ring shopping, now is a great time to invest in this rare commodity. A women's wedding band and engagement ring are two of the most sentimental and important pieces of jewelry that she will ever own. For a man, his wedding band needs to last a lifetime too. Platinum will stand the test of time and look just as good fifty years into the marriage as the first day its put on.

Visit <http://platinumjewelry.com/> for more.

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





By Daniela

Agurcia and [Lori Bizzoco](#)

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

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

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

discuss, she knows that she can come to me too.”

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

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

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

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

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

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

Malika gave us a glimpse of another relationship on this season’s *Khloé & Lamar* as we watched her fall head-over-heels for Arizona Cardinals defensive back, Adrian Wilson. Once the

couple got serious, she even moved to Arizona to be with him. “Most of our relationship was quite good,” she shares.



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

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

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

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

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

Setting her love life aside, Malika shifts gears and talks about her recent focus: auditioning and producing projects for herself. Starring in the films *Sky High* and *ATL*, she also played the lead role in Omarion’s music video for “Speedin’,”

posting a TwitPic with Omarion onset. She assures us that we'll be seeing more of her soon!

Sharing her positive outlook, Malika says that she always tries to go with the flow and live life with an open mind.

"I'm just open to new experiences and doing things I haven't done."

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

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





By [Lori Bizzoco](#)

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

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

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

As many fans know, Holly and Blake’s path to wedded bliss was all but easy for fans who watched it unfold on national television. Holly and her ex-fiance, Season 5 *Bachelorette* contestant, Michael Stagliano both appeared on the spinoff series, *Bachelor Pad 2* last summer. Although the two weren’t together romantically, they partnered as a team, and split the

grand prize of \$250,000 dollars. But, for Holly money wasn't all that she won. It was on that show that she met her future husband, Greenville, South Carolina Dentist, Blake Julian.

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

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

Ben and most of their fellow contestants from *Bachelor Pad 2* will be invited to their June 2 wedding in South Carolina.

"Invitations are almost ready to go out," she laughs. "We had a little envelope emergency and the stamps wouldn't stick on the finish of the envelopes so we spread them all over the apartment to get the stamps to stick and dry." Holly says that's the only snafu they've faced, everything else has been easy sailing.

The wedding will take place June 2nd (one day before Blake's 29th birthday) and they are estimating about 150 guests to attend the southern affair that will be decorated in a neutral tone of white. "I wanted a color that wouldn't date the photos. But, there will be a hint of pink throughout, because I love pink so much." Holly chose Alfred Angelo for her dress and pink for her six bridesmaids, all of whom are close friends and family.

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

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

In addition to planning the wedding, this month Holly is launching her first children's book. "I have been writing for about six years and I have several children's books and a

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

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

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

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

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

‘The Bachelor’ Season 16 Episode 9: Ann and Jesse

Csincsak Discuss Ben's Final Dates in Switzerland



By [Lori Bizzoco](#)

On this week's episode of The Bachelor, it was time for Ben Flajnik to narrow the girls down to two. The scene for the infamous one-on-one fantasy suite dates was set in Switzerland where Nicki, Lindzi and Courtney had the opportunity to get some alone time with Ben. In the middle of it all, was an unexpected twist. Kacie B. decided to return. She timidly knocked on Ben's hotel room door and wanted him to give her a reason why he let her go. His reasoning being simply because they were "world's apart." Personally, we didn't think he could muster up the courage to say that her parents were too

old-fashioned for his taste (e.g., they were opposed to having their daughter move in with him before she was married).

Kacie then continued the conversation by letting Ben know that Courtney was up to no good and could break his heart.

This all happened directly following Ben's one-on-one talk with Courtney about this very issue. Nevertheless, when it came to the final rose ceremony it wasn't Courtney being sent home; it was Nicki. Sometimes, a man has to do, what a man has to do. And, then there were two! As if we didn't know who was "winning!" Here's a look at the weekly Q&A from your resident Bachelor Couple, Ann and Jesse Csincsak:

1. Overall, what did you think of tonight's episode? What was your favorite part?

Jesse: It's was very uneventful! I was glad to see Kacie come back; it made it a little more interesting.

Ann: I enjoy watching the show more towards the end because you're a little more invested in the girls and who goes home and who stays. In the beginning, I don't care as much about who gets cut!

2. Ben seems extremely confused (for good reason), is there anyone he can call or talk to about his feelings or is it all on him?

Jesse: Nope! He's all alone on this one. He really isn't even supposed to talk to his family.

Ann: No, the producers are not the ones to talk to because to be honest they are probably the CEO's and Board of directors for Team Courtney, THEY want him to pick her.

Related: [What Does Astrology Tell Us About Bachelor Ben Flajnik and His Quest for Love?](#)

3. That scene where Ben and Nicki were dropped off on the cliff by helicopter, how long do they leave them there in the

middle of nowhere?

Jesse: A couple of hours they just film a couple of shots and all the producers and camera men are there.

Ann: I would say they were up there long enough to get a good shot and kiss and that's about it. It just made for good TV because it was so dramatic to be standing on a cliff.

4. Why do they keep making Lindzi do these daring dates instead of giving her a romantic one-on-one? Do you think these type of dates work for or against someone?

Jesse: She told producers she was afraid of heights so they play on that. I think he likes her at this point so the dates are just for show.

Ann: They have her do it 1) because she is afraid of heights. 2) He is probably not as romantically interested in her. They just have a really good time together. I think in the begging these stunts work well for women because it shows a sense of adventure in them but towards the end it just feels like a repeat of the daring ones from the beginning.

Related: [The Bachelor Season 16: Ann and Jesse Csincsak Discuss Hometown Dates and One Big Faux Wedding](#)

5. What's really going on in the fantasy suite?

Jesse: Exactly what you think happens in the fantasy suite happens in the fantasy suite.

Ann: N/A

6. Do you think Courtney was sincere in apologizing? Do you think she really likes Ben?

Jesse: Yes and no. I think she's sorry she is getting flack but not sorry she's gotten so much attention.

Ann: I think she likes the idea of ben and WINNING! That's it.

Related: ['The Bachelor' Season 16: Ann and Jesse Csincsak Weigh in on Awkward Kissing Scene and Serial Nudist Courtney](#)

7. What did you think of Kacie B's return? Was that done by the producers to position her as the next Bachelorette like we've seen many times before?

Jesse: Totally produced! I don't think she'll be the Bachelorette but you'll see her again on the pad.

Ann: I think she will be forgotten by the time the next Bachelorette (after Emily) comes around, so no. But it was producer planned and it made for a few minutes of excitement. I kept thinking he would let her come back.

8. What would you do if you were Ben and everyone kept warning you about someone you had strong feelings for?

Jesse: Ignore it! People do what they want in the end.

Ann: It would depend on how I felt for that person. There are plenty of people my friends have dated that were bad news and me telling my friend made no difference to them. Maybe it gets someone thinking but in the end people have to decide for themselves.

9. Anything you hope to hear or see on the tell-all next week?

Jesse: A whole bunch of drama! Haha! They are gonna destroy Courtney and she can't even defend herself. Oh well!

'The Bachelor' Season 16

Episode 8: Ann and Jesse Csincsak Discuss Hometown Dates (Three Girls and a Wedding)



By [Lori Bizzoco](#)

This week on The Bachelor Season 16 with Ben Flajnik, we were taken to the horse country, the Bible Belt, a Texas-style dress-up party and a mock wedding. Yes, three women and a wedding. Lindzi got to show Ben what it was like to race horses, ride horses and grow up with horses all around her. She said she rode before she even walked. Nikki's fun-loving

spirit led Ben into a Texan cowboy store where they both bought hats and boots and sported being a Texan all day. Ben said it was something that he always wanted to do. Courtney invited Ben not only to meet her family but to meet his future wife (her) in a full-course wedding with an officiant and all.

They exchanged vows in what some Twitter followers say was a rip-off of Sex and the City. Overall, the parents seemed down-to-earth and warm towards Ben. However, the one family that didn't welcome him as easily was Kacie B. Unfortunately, their traditional values and lack of alcohol consumption (after all, Ben is a wine maker) probably got in the way of his feelings for her. At the end of the episode, she was the one who was sent packing.

Here's this week's Q&A commentary from Ann and Jesse Csincsak:

1. What are your thoughts on Ben's horse date with Lindzi?

Jesse: Umm Lindz is the whole package! She is down-to-earth and fun. Her parents are super fun and she is not bad to look at either.

Ann: Very cute! It seemed very true to who she is. Not just sitting around the house but outdoors enjoying life.

2. What did you think of the coincidences between Lindzi's parents and Ben and Lindzi's first date?

Jesse: Her parents are easy going and I think they would be fun to have as in-laws.

Ann: I thought it was funny Lindzi didn't know any of that stuff about her parents but very funny coincidences...

Related: ['The Bachelor' Season 16: Ann and Jesse Csincsak Weigh in on Ben Flajnik's Ladies in Belize](#)

3. Do you think Kacie B's conservative family had anything to do with Ben not choosing her? Why?

Jesse: No one and I mean NO ONE wants to have in-laws that are up tight and tell you how you're gonna live your life with your other half. LET PEOPLE LIVE THERE LIVES!!

Ann: Yes!!! I think that was most of the reason. If Jesse asked my dad if he could marry me and my dad said no that would be a big deal. Ben must have sensed that after meeting them.

4. Thoughts on Bachelor Ben in a Texas cowboy get up?

Jesse: I know nothing about fashion but I am sure my wife would call it a #FashionFail

Ann: Gag! Ben looked hilarious in that hat. Thank God he didn't audition for Sweet Home Alabama.

Related: [What Does Astrology Tell Us About Bachelor Ben Flajnik and His Quest for Love?](#)

5. There were four bottles of wine opened on this episode (maybe more) over promotional? normal? or on the brink of alcoholism?

Jesse: Producers pump you full of alcohol and try to get you to say things that you wouldn't normally say- PERIOD.

Ann: Most people would call that alcoholism on the bachelor it's just another Monday night!

6. What did you think about Courtney's family? She obviously picked up the skinny dipping hobby from her dad if you saw the last few moments of the episode!

Jesse: Courtney's family seemed ok but she still seems to act like she is better than them or above them. I can't really put my finger on it. The producers are definitely realizing that they need to redeem Courtney and her image and as far as I am concerned it's just too late. And the wedding was a total repeat of a date Ashley Hebert had on her season. I

really wish the producers would stop recycling dates!

Ann: They seemed nice but very negative and skeptical. Probably where she gets it from! I hope she didn't steal skinny dipping tips from her dad.

Related: ['The Bachelor' Season 16: Ann and Jesse Csincsak Weigh in on Awkward Kissing Scene and Serial Nudist Courtney](#)

7. What would you have done if you were the Bachelor/Bachelorette and someone played out the whole marriage scenario like Courtney did?

Jesse: I would refuse. Marriage is the real deal not something fun to do for a joke on a date.

Ann: I wouldn't do it. It would be funny for a second but vows and a ring exchange was too much. Being married and having that moment is serious and shouldn't be cheapened for a good TV episode.

8. Do you think Courtney took a risk setting up the whole wedding or she smartly played right to the cameras?

Jesse: It was totally produced. It was a cut and paste date from Ashley H.'s season.

Ann: I think the cameras and producers set it all up and Courtney said YES! They have very little to do with the dates.

9. Any thoughts or surprises with the final rose ceremony?

Jesse: I thought Nikki could be the one to go home but Kacie's parents shot any of her chances down. It's okay Kacie; you're a doll. You will be just fine.

Ann: I was surprised Kacie B. went home but not surprised after her family's reaction to Ben. Her family doesn't even drink and he MAKES WINE for a living... Those two don't add up.

Related: ['The Bachelor' Season 16: Ann and Jesse Csincsak Talk Skinny Dipping, Ball Playing, Sick of Being Single Bachelorettes](#)

10. Are you looking forward to watching Emily on the next season of 'The Bachelorette'?

Jesse: I think Little Miss Golddigger's season will be the worst one yet. How can you watch someone that you know is a LIAR? She claims that she hates the press and the cameras but yet she's The Bachelorette? Sorry, not interested in seeing you send 24 guys home and choose an ARMDOLL to prance around with for a few months after your season is done. Total fail in my opinion. Her season will be as fake as it gets!

Ann: Yes, but to be honest it's to see her fashion choices. She has great style.

11. They showed what looked to be a dramatic trailer and a surprise appearance on Emily's season, who do you think comes back?

Jesse: Honestly, I think we will either see Brad or Bentley. Either one would be stupid to come back for her.

Ann: That scene was from her season with Brad but I think it might be Brad that shows up or at least I hope it is.

12. Do you think the producers will do what's needed to keep Emily's daughter, Ricki close by? Do you know what took place when Jason Mesnick went on the show?

Jesse: I think Emily bringing them to the south to film is going to be a total train wreck and having her daughter close by is a sketchy situation at best.

Ann: I believe Ty stayed home with Jason's family, not sure. I think Ricky will either stay with family back home or Emily's family is staying in LA with Ricki to be close by.

13. Have you heard anything about Bachelor Pad 3 yet?

Jesse: Nope, but I am sure they have all their producers chipping away at it.

Ann: No but I have a few good guesses for the new cast!

14. Anything to add?

Jesse: I will be surprised if this show gets resigned after Emily's season.

Lori Bizzoco of CupidsPulse.com Discusses Love During Social Media Week Panel





By Steven

Zangrillo

The next time you sit at home, clicking around your computer on Facebook or Twitter, think about your online activity. Have you looked at your current or ex-lover's social media pages today? Have you ever used a dating site? To what extent do you research a new lover once you get to know them? (Admit it, you Google them!) We're in an age where we can, at will, summon information about anyone at anytime with just the click of a mouse or swipe of the tablet. You can even look this stuff up on your smart phone. No stone is left unturned, because we can flip them all over at once with digital precision. This begs the ultimate question: How has social media affected the way we handle our love lives?

On Valentine's Day, Cupid's Pulse Executive Editor and Founder, [Lori Bizzoco](#) was asked to participate in a discussion concerning this very topic. She joined a panel of distinguished colleagues in the relationship industry

including Nancy Slotnick, Founder of Cablight.com, Rob Judge of DateHotterGirls.com, and Tom Miller, General Manager of YourTango.com. The event was staged at Big Fuel, one of the hubs for Social Media Week in New York City.

The main topic of discussion was how the social web has had a profound impact on the way we connect with each other. It's affected our friendships, our relationships with our families, our professional networks, and ultimately our love lives. People are now discovering romantic partners in a whole new way, and social networking continues to play a major role after a relationship has ensued.

Lori drew on her personal success as an online dating success story to highlight the positives that this form of romance can yield. Along with Tom, Rob, and Nancy, there was a general consensus that online dating is fine but maintaining a balance between digital and in-the-flesh experience is key. Sites like HowAboutWe.com were cited as places where the initial spark can be created, and then taken into the real world.

The panel served as a sounding board for the new atmosphere that social media has provided to daters. The way we reconcile it, apparently, is with appropriate balance. Too much of a good thing is, indeed, too much.

'The Bachelor' Season 16, Episode 6: Ann and Jesse Csincsak Weigh in on Awkward

Kissing Scene and Serial Nudist Courtney



By [Lori Bizzoco](#)

and Steven Zangrillo

Welcome to Panama. This season of 'The Bachelor' has taken a turn for the... weird. First, we have serial nudist Courtney Robertson who continues to use her body to command Ben's attention. While on the other end of the sexual spectrum, we have prude-gone-wild Jamie who gives full on kissing instructions to Ben. And, somewhere caught in the middle is Blakely who during the two-on-one date with Rachel, reveals an over-the-top visual board to Ben fantasizing the non-existent romance she was having with him. Jamie and Blakeley

were sent packing.

The one-on-one date was with Kacie B., who Ben took to a private island (surprise!). Over the course of the date Kacie divulges that she once had an eating disorder. Opening up to Ben gets her a rose. On the group date, the girls are taken to a tribal village in Panama. The girls all don traditional Panamanian tribal wear – over their bikinis. Courtney, however, decided that beads alone would do the job.

Ben didn't look so upset about it. However, Lindzi was the one receiving the rose much to Courtney's dismay.

Speaking of being sent home, it was discovered (although with gray areas) that Casey S. has a love interest of her own at home-her (ex) boyfriend Michael who refuses to marry her. Ben wasn't too thrilled and Casey is ousted. And, then there were six!

1. What lessons can we learn from watching Kacie B's interaction with Ben?

Jesse: Realness and honesty are key!

Ann: Be natural and be yourself and it will get you a long way. Like I said a few weeks ago, no games and you will go far in a relationship.

2. Do you think Courtney's strategy of being sexual will keep her in the competition or will it eventually be her demise?

Jesse: Demise! Ben will eventually catch on because being sexual only goes so far. Anyone in a long term relationship knows that you can't base a relationship on it or it will crumble.

Ann: Normally, I would say that doesn't work well for women but in this case I think Ben is under some kind of spell and doesn't realize that he's making the classic mistake of falling for the wrong things about a girl. Courtney is getting

her 15 minutes and she knows that, she'll come out of this looking dumb with a lot of attention!

3. Next week looks interesting. Any thoughts on what will happen with Courtney?

Jesse: Maybe she gets pushed off a cliff? A guy can hope. Sorry.

Ann: I think 'The Bachelor' is creating drama this year more than ever. Tonight's episode is a perfect example. Lots of girls have feelings for other guys and none get called out and sent home.

4. What did you think about Blakeley's inspiration book?

Jesse: Creepy. You have known him a month.

Ann: The scrapbook was *way* too much! I'm just saying. Talk about too much, too fast. She made a vision book about a life with Ben she didn't have. Scary.

5. Why didn't Ben choose Blakeley over Rachel on the two-on-one?

Jesse: Blakeley is always putting her two girls in his face – *not attractive*. Get to know him and cover up your bits and pieces.

Ann: Blakeley came out of nowhere with these serious feelings and was pushing too hard. Lesson for all girls, push too hard and you become too available with no mystery.

6. Regarding Casey S., do you think it's common that people go on The Bachelor/Bachelorette still in love with their ex?

Jesse: Every guy or girl who has ever come on this show has an ex back home and probably had some sort of feelings for them. So, the fact that the producers just pulled this nonsense out of nowhere is ridiculous. They will exploit

anyone and everyone to get drama for this show. It's sad really.

Ann: Yes. I think lots of people go on from all different situations. I think they needed a little drama so they made an example out of this. I think if all those girls were honest on camera they would admit to being there for all different reasons, some including fame (*cough, cough* Courtney).

7. The show felt pretty uneventful until the awkward kissing scene with Jamie took place, we would love to hear your thoughts on that scene.

Jesse: I think Jamie was probably told by producers that if she didn't do something like that, then she was going to be sent home and she fell for it hook line and sinker. I kind of feel bad for her.

Ann: Horrified! I covered my head cause the awkwardness actually made me uncomfortable. It was like watching someone narrate a sex class.

8. Any predictions for who will go home next week?

Jesse: Nikki. No one even knows who she is.

Ann: Emily! Possibly Nikki. I think Emily was kept here for drama but that seems to be gone so, so will she.

**'The Bachelor' Season 16
Episode 5: Ann and Jesse**

Csincsak Talk Skinny Dipping, Ball Playing, 'Sick of Being Single' Bachelorettes



By [Lori Bizzoco](#)

The drama shifted to Puerto Rico this week, where Ben and the remaining ladies visited the island of Vieques. Nicki got the first date, but with a downpour of rain and no umbrellas, the duo was forced to do some shopping for “authentic” and dry Puerto Rican threads. Ben gave Nicki a rose that evening.

For the group date, Ben took the ladies to the historic Roberto Clemente Stadium where they were divided into two

teams and went head-to-head in a baseball game. The winning team would enjoy a wonderful beach party with Ben. Kacie B.'s team won and she got the group rose that night but directly following it, Courtney stole Ben at fourth base with some baseball playing of her own.

The next one-on-one took place on a private yacht with Elyse, the same environment as where Ben fell in love with Ashley.

Unfortunately, "sick of being single" Elyse will have to suffer because Ben sent her packing. After the one-on-one with Elyse, Courtney decided to "make good" on her promise to skinny dip, so she surprises Ben at his room. A Bachelor first, the two take off their clothes, the film is edited and the rest is left to our imagination. At the rose ceremony, Ben admits that he feels "crappy" about what happened, Emily bashes Courtney again and the "best kisser" Jen is sent home.

It's anyone's guess what will happen next week. Here's what Ann and Jesse had to say about the episode:

1. After tonight's episode, which two women do you think have the best shot at being the last ones standing?

Jesse: I think Kacie B, Courtney, and Lindzi have a good shot.

Ann: N/A

2. What did you think of Nicki's one-on-one? The wedding scene? The rain? And most importantly, her neon nail polish?

Jesse: The only thing interesting about this date was the rain.

Ann: Nicki's date was cute and seemed very relaxed. She handled herself well with the rain, most girls would have ran for the first cover they could find (me included, due to having curly hair, haha). As far as her neon nail polish, although cute, I think little things like that show peoples age and she is still very young in her actions and personality.

3. On Elyse's one-on-one she said she was "sick of being single." Do you think that hurt her chances of getting a rose? What would you have done differently to secure a rose if you were her?

Jesse: I think if she said that to me, she would have been sent home. I wouldn't want to be the "I-dont-want-to-be-single" choice.

Ann: Yes! She sounded very sincere about finding a guy but not sincere about finding BEN. I think she forgot that she wasn't just talking to a girlfriend about her wanting to be in love again she was talking to a guy she was "dating." I think that was the exact reason she went home this week. My one complaint with girls sometimes is when they ask "what they did wrong?" If a guy breaks up with you or ends things don't ask what you did wrong, thank them for admitting that they weren't right for you. They're saving you time and more heartache. I felt like we hadn't heard a lot from her as far as her feelings for Ben until this episode and then all of a sudden she went in high gear to tell him she liked him...too much too fast. I would have told him that I liked him and would like to see where this goes. Not: I want to fall in love with whoever and you happen to be here.

4. Okay, we are dying to know your thoughts on the skinny dipping scene.

Jesse: Courtney is a *skank*. I bet Ben's mom was pumped to see what kind of person she really is when she saw this!

Ann: OMG! The bachelor is gettin scandalous! I am very surprised that Ben went along with this. I know she is gorgeous and what guy wouldn't be into that but I think the producers egged that on and he did it in the end because of production value as well as shock value and IT WORKED! Courtney is the girl you have a fun fling with not settle down with.

5. Do you think Ben and Courtney went all the way? If so, how does this change the game for the other girls?

Jesse: I would have to go with 100% "Yes." As far as changing the game for the other girls, I don't think it changes the game at all.

Ann: No, I don't think they did. I think he is too smart for that. That would ruin the rest of his time on the show cause the other girls would find out and never let him live that down. It's not ok to get physical like that for at least another 4 dates! Kidding. I guess it will be ok to let your boyfriend sleep with other girls when theres only 4 left.

6. If Ben really felt "crappy" then why did he go skinny dipping in the first place? Unless he picks Courtney in the end, won't the girl he picked get pretty upset at that scene?

Jesse: I think the producers pushed that scene for the drama factor.

Ann: I think he just said that and maybe was feeling a little guilt because he has feelings for some of the other women. If he didn't pick Courtney, I can guarantee whoever was watching that scene got very upset and that is going to be a game changer whether they are still together or not.

7. Do you think Emily staying on another episode was something the producer's decided or do you think Ben really picked her again?

Jesse: Plain and simple, the producers of the show picked her and are keeping her around.

Ann: Producers, plain and simple. He obviously is getting annoyed with her but it makes for good TV, so she is sticking around till they can't get anything else out of her.

8. Why was Jennifer's departure so anti-climatic? Ben didn't even say anything to her. It went from a great date to him kissing her before the rose ceremony tonight to a good-bye with barely any words and a cold embrace.

Jesse: Sometimes this show has moments where it makes

absolutely no sense, and this was one of those instances.

Ann: Again, I think the producers gave him a small choice between one of the other women and Jennifer and he might have liked the other woman more and that's why she left. When it gets down to the end Ben has feelings for very few women, and the rest are there as fillers and drama. Sad as it may be, that's the truth and they won't know what part they are playing till they are cut from the show. Jennifer seemed very sweet, I think it was too bad she was blindsided by that.

9. Anything you want to add?

Jesse: This was the most boring episode I have ever watched.

Ann: N/A

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





By [Lori Bizzoco](#)

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

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

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

from television?

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

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

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

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

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

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

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

It's a show about friendship and realizing how great it is to grow up with true girlfriends that you can ask honest questions to. It's also telling woman that it's okay to ask

for what you need and to figure out what it is that you need. And, how do you get that? You usually get that from listening to yourself.

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

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

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

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

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

How about your own dating life?

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

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

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

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

CupidsPulse.com wishes Shiri lots of luck on your new show and book! Would you want to get messages from your future self? Tell us in a comment below.

Reality TV Couple Ann and Jesse Csincsak Answer Questions About 'The Bachelor' Season 16, Episode 2





By [Lori Bizzoco](#)

Last night Ben Flajnik brought his 18 beautiful *Bachelor* contestants to Sonoma where things became more intimate and drama unfolded between the girls. There was crying, cat fights and as Blakely said, “claws are coming out.” The claws sure did come out when a bunch of ‘Bachelor’ contestants dressed up as fairy tale characters and preformed a play on stage for Ben’s hometown during the group date.

One-on-ones last night were with Kacie B. and Courtney Robertson. Each girl received a rose at the end of their date. During the rose ceremony Jenna and Shawn left empty handed. Next week the girls head to San Francisco. Ann and Jesse Csincsak are back this week to answer our questions from Episode 2:

- 1. Kacie B seems sweet, and down-to-earth but Ben says, “He trusts her.” When you’re on this show, can you really trust someone after knowing them for such a short period of time? How long would Ben have known Kacie at this point?**

Jesse: This is week 2 so they wouldn't really know each other yet. By the time of the rose ceremony, at the end of the episode, they've probably only known each other about 10 days.

Ann: I wouldn't give my ATM pin number to someone on the second date so I definitely wouldn't say u can trust someone that quickly! He's only known her a few days and he's hardly seen her in that time – way to quick. But, this whole process is dating in fast forward.

2. Why do you think ABC took the show to Ben's hometown?

Jesse: It's very rare, but I actually think this was one decision they let Ben make on his own.

Ann: Every season they attempt to make the show a little different and make the bachelor stand out on his own. By going to Ben's hometown, it made him more relatable. Therefore, better ratings and the girls get attached more quickly.

Related: [Former Bachelor Couple Ann and Jesse Csincsak Answer Questions about Season 16 Episode 1](#)

3. Do you think Coutney is on the show for fame or to boost her modeling career? Do you think she's really into Ben?

Jesse: Totally for the fame in my book, but I've always said never judge someone by their edit. Therefore, I will wait until I actually meet her until I make a real opinion!

Ann: Modeling and apparently an acting career as well – she seems to be fooling Ben pretty good. I think she's into what Ben and this whole show can bring her.

4. Why did Coutney appear so genuine while on her date with Ben and so conniving on camera? Editing can only do so much. What are your thoughts on this?

Jesse: Again, I see some “ok” traits but the editing room can

really switch things up. Plus, it's not too hard to make someone look sweet and romantic on this show.

Ann: Wes Hayden had a made up girlfriend his whole season so don't underestimate the power of editing.

Related: [Chris Harrison Says Ladies Are Excited For Bachelor Ben Flajnik](#)

5. Do you think Blakely's tactics of hogging Ben's attention are going to work or will she eventually suffocate The Bachelor? We still think that the producers have her playing the Michele Money role.

Jesse: She is totally stamped with the Michelle money role! They always make someone go to the Bachelor or Bachelorette who already has a rose to take time away from someone without a rose classic producer move.

Ann: My prediction is she's gone on episode 4 or 5. How many times can u hide in the luggage room before it gets awkward?

6. I know you feel bad for Jenna but she claims to be a relationship blogger-that's a little embarrassing given she can't even form a sentence half the time. Did Ben do the right thing by letting her go?

Jesse: These producers are getting that girl so drunk she can't even talk without her face quivering. This is a perfect case of getting someone wasted and putting them in a situation where they need to think = CRASH AND BURN. This girl understands what has happened now, but didn't see it coming then. However, I will let you know if I smell booze on her breath when I meet her in the future!

Ann: Yes, yes and yes! Guarantee Ben wanted to let her go episode 1 and production let her go episode 2.

7. What are you expecting/ hoping to see next week?

Jesse: This season seems to be a mix of previous seasons. They are in need of some new things happening in my opinion.

Ann: His ex-girlfriend will show up and girls will get jealous. Hopefully we'll see more waterproof mascara cause it's going to be a doozy!

Sweepstakes: TravelPro Luggage Makes the Perfect Holiday Gift





This post is sponsored by TravelPro.

By [Lori Bizzoco](#)

The race is on as couples scramble to find their partners the perfect holiday gift. I only met my husband a few years ago but we decided immediately to end the annual gift-exchange by going on vacation at the beginning of December. It's now something we do traditionally each year. There are no odd-shaped boxes to wrap, or wrong sized shirts to return. A few stress-free days is the perfect recipe during the holiday chaos.

The one thing that I do worry about is my luggage and whether or not it will survive the distance. This is based on an awful experience that took place during a recent business trip. The zipper of my 27-inch suitcase broke and I had to secure the entire bag in masking tape to hold my belongings together. I have no interest in repeating that experience.

Not to mention, with two children under the age of three-years-old, durable products are critical.

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All you do is enter at travelpro.com