

# Exclusive Celebrity Interview: Karina Smirnoff and Lindsay Rielly Share Dating Advice In 'We're Just Not That Into You'



Interview by [Sarah Batcheller](#). Written by Jenna Bagcal

We've all been on dates that have flopped miserably. Maybe they've even made us think, "What did I do wrong?" or "Why wasn't he into me?" In this exclusive celebrity interview, *Dancing with the Stars* (DWTS) professional dancer [Karina Smirnoff](#) and her best friend and manager Lindsay Rielly remind readers that these dating disasters happen to the best of us.

In their new book *We're Just Not That Into You: Dating Disasters From the Trenches*, which came out on Feb. 10, these ladies, along with some of their famous friends, share their perspective about relationships and love and prove that what seems like a bad date now may turn into a hilarious story that you'll learn from later on.

## Karina Smirnoff and Lindsay Rielly Share Dating Advice and Disasters

Sure, Smirnoff is well-known for her moves on the dance floor, but even winning the mirror ball trophy doesn't make you immune to heartbreak – which is why she decided to share the good, the bad, and the ugly in her new book. According to Rielly, the title of the book is a tongue-in-cheek reminder to women that “it's not that *he's* not into us. It's a mutual thing!” Their main goal was to remind people that “dating is ultimately fun, not something that you have to dread because of your previous experiences.”

**Related Link:** [Exclusive Celebrity Interview: Antonio Sabato Jr. Shares His Best Relationship and Love Advice for Valentine's Day](#)

Embodying this mindset, these two women have not let dating flops get in the way of their positive outlook on relationships and love. Smirnoff's best piece of dating advice is simple: “Open your mind and your heart. Instead of thinking, ‘Oh my god, I gotta go on another date,’ go with good energy. Great things might come out of it! And the least you're gonna do is enjoy yourself.”

The best friends ultimately describe the writing process as “fun” with intense and challenging moments at times. “To be honest, I loved every second of it! It was a lot of work though,” Smirnoff says in our exclusive celebrity interview.

“Once we started remembering the dates and the details, we looked like Bruce Almighty. Remember when he was God and he was answering emails to everyone? At the end, I just wanted to say yes to all! But writing a book is very liberating and empowering too – I didn’t expect to feel that way.”

In addition to dating stories from Smirnoff and Rielly, *We’re Just Not That Into You* includes contributions from their girlfriends and other celebrities, including *DWTS* contestants Leah Thompson, Maria Menounos, and Ralph Macchio as well as fellow professional dancer Cheryl Burke.

## Why Men Will Enjoy This Book About Relationships and Love

While the book is geared towards women, Smirnoff and Rielly share that men may also enjoy reading it. “Our publishers read the book, not expecting to love it, and said that neither of them could put it down. It’s the type of book that, if their wives had it, they would steal and read in private,” they explain.

**Related Link:** [How to Keep the Spark in Your Relationship After Valentine’s Day](#)

No need to worry, guys: You’re not to blame for every dating disaster. “There are stories where we laugh at our own behavior,” Smirnoff says. “There were definite situations where we were the catalyst of our own downfall. But that’s the whole point: It’s not like all guys are bad and all girls are good. We’re all good, and we’re all bad...sometimes at the same time.”

Of course, the authors have their fingers crossed that some of their exes check out their new book about love. “I’m personally hoping that at least one specific person reads it. I think that he might learn something about his love life

by reading his story,” says Rielly.

“I just hope someone picks it up and asks, ‘Why were you talking about me?’” Smirnoff adds with a laugh.

## **Professional Dancer Shares What’s Next for Her in Exclusive Celebrity Interview**

With her new book being released and other secret projects in the works, Smirnoff will not be returning for the next season of *DWTS*. After being on the show for “an incredible decade of her life,” the dancer says that she felt it was time to move on and explore new opportunities. “There are a lot of exciting things coming up!” she shares.

**Related Link:** [Dating Advice: How to Date and Get the Best Results](#)

Some of her favorite memories from the show are the relationships that she formed with other professional dancers and her celebrity partners. “I developed real friendships – friendships where you call each other, where you see each other whenever you’re in town,” she reveals. “I still have that relationship with a lot of my partners, including Ralph Macchio, Jacoby Jones, and J.R. Martinez.”

Speaking of Martinez, one of her favorite seasons was season 13 when she was partnered with the former U.S. Army soldier and actor. She explains, “I love the military. Being partnered with J.R. was very powerful for me because I got to experience some of his world firsthand. I got to experience his story – what he went through and how he came out of it. That was a very important season for me personally.”

*You can keep up with Karina on Twitter @Karina\_Smirnoff. Check out We’re Just Not That Into You on Amazon!*

---

# Discover 'The Old Fashioned Way' in Ginger Kolbaba's Newest Book About Love



By [Sarah Batcheller](#)

Ginger Kolbaba believes in the power of old-fashioned romance, which is why she's written her latest book about love, *The Old Fashioned Way: Reclaiming the Lost Art of Romance*. Setting itself apart from many other self-help relationship books, it's a helpful guide to a timeless, everlasting love. It's based on the screenplay *Old Fashioned* by Rik Swartzwelder, which is being released in theaters over Valentine's Day



weekend. In a world where relationships are consumed by ambiguity, pride, and various shades of gray, Kolbaba enlightens readers to the ways lovers thrived in simpler times. As a result, her fascinating book about love details how you, too, can achieve an old-fashioned romance.

## **Love Advice from Self-Help Relationship Author**

**You encourage readers not to constantly long for “the good old days” because for all we know, these days could be even better! So what do you think is unique to today’s dating scene that older generations may not have experienced back in their 20’s and 30’s?**

We have access now to different organizations that give us information about potential partners and help us connect with other people in a positive and healthy way. That’s a big one – because a hundred years ago, everyone lived on farms or in small communities, so basically, who you went to school with was who you connected with...unless it was someone’s cousin’s cousin’s friend who was visiting from out of town. We have a larger ability to meet people from all over the world.

**Related Link:** [Date Idea: Live Out Your Fairytale](#)

**How do gender roles play into relationships, whether positively or negatively?**

Well, first of all, let me say that I am, at heart, a feminist. I remember once that my mother-in-law said that women were great as companions or as people to step alongside men. She said women should never be doctors; they should be nurses, teachers, or any other supportive role to the real roles that were for men. She and I really bumped heads on this idea.

In relationships, there are significant differences that we can't ignore. We were created in a certain way, and a lot of times we try to push against that instead of flow with it. Science shows that men and women view situations differently. Men tend to be more visual, whereas women tend to be more relational; men tend to compartmentalize more than women do. If something isn't on their screen in that moment, they're not seeing it. But with women, if they get a speeding ticket that day, that means their dress doesn't fit and they're too fat and they're a failure at their relationship. If we understand these differences in relationships, then we don't try to make the other person exactly like us.

Furthermore, a woman's response in an argument is typically to get angry right away and then calm down a little bit after looking at the whole situation from a discerning point of view. The man, though, can deal with a situation immediately, but then, after he processes it emotionally, he gets angry, which is when the woman can step in and be there for him.

## **Ginger Kolbaba Discusses Her New Book About Love**

**You mention that statistically speaking, couples who live together before marriage are more likely to divorce. Why do you think that is?**

This goes so much against the grain of what we think is rational. Wouldn't you think, "If I move in with this person, then I'm really going to get to know them and make a wise decision about whether I want to be with them for the rest of my life"? But statistics and research have shown over and over that there is more divorce and even more abuse that occurs for couples who cohabitate before they get married. I think that, when we decide to try it out and give ourselves this test, we're putting divorce on the table from the get-go. We may not transition over mentally. Basically, we go from a

commitment to a covenant; we feel like there is no out, and we're all in. When we're living together, we think we can get out, so a lot of times, we carry that same mentality into our marriages.

**To shift gears, the movie *Old Fashioned*, whose creation led to the writing of your book, is being released alongside *50 Shades of Grey* over Valentine's Day weekend. In your opinion, what does having these two movies side-by-side say about relationships and love today?**

Well, after I saw the screening of *Old Fashioned*, I realized that the movie leaves you with this sense of hope and this feeling of, "Oh my gosh, that's how I want to be treated!" This movie shows what love is. Now, I haven't seen *50 Shades of Grey*, but I've read the book, and I know it doesn't make you say, "Oh, that would make me feel like someone really cares for me." So what these two movies going head-to-head has to offer is that people can see two different viewpoints of relationships and love. Now, both show very extreme versions of love, but *Old Fashioned* is closer to the way people actually *want* to be treated.

**Related Link:** ['50 Shades of Grey' Star Jamie Dornan Shares Unsexy Secret](#)

**Speaking of Valentine's Day, what is your love advice for couples looking to celebrate the holiday in a fun and romantic, maybe even old fashioned, way?**

People should let go of the expectation that it has to be perfect because it's Valentine's Day. I want to be treated like that every day! I've known couples who have gotten into huge arguments because of trying to plan big, romantic dinners and buying huge gifts instead of just enjoying each other's company and doing something wonderful with each other. People set the expectations too high.

My friend Jonathan got married a couple of years ago, and for



the first Valentine's Day, he went all out. He got her a huge present and took her to an expensive dinner and did all these things. The next year, he did all these things, except he didn't get her a present, and what did she decide to focus on? The missing gift, of course. He came into my office and said, "I don't know what to do. I almost don't want to celebrate it anymore!" Don't end up focusing on a misplaced expectation instead of each other.

*Learn more about Ginger on her website, [www.gingerkolbaba.com/home.html](http://www.gingerkolbaba.com/home.html) and pick up a copy of The Old Fashioned Way today. Be on the lookout for future self-help relationship books from the author!*

---

## **Relationship Author Sophia Dembling Says, "Extroverts Sparkle and Introverts Glow"**





By [Sarah Batcheller](#)

Sophia Dembling is the most outgoing introvert you may ever meet, and she has got a lot to teach her readers who are looking for love. The relationship author previously penned *100 Places in the U.S.A. Every Woman Should Go*, and recently, the Dallas resident released *Introverts in Love: The Quiet Way to Happily Ever After*. In her new book about love, introverts and extroverts alike can learn the true definition of introversion as well as how this personality type functions in a relationship. CupidsPulse.com recently had the chance to speak with the writer and editor about *Introverts in Love* as well as her best dating advice.

## Relationship Author Discusses New Book About Love

**What do you think is the most important thing introverts need to know about themselves?**

That there's nothing wrong with it. The more at ease you are

with your own introversion, the easier it is to navigate the world. You start respecting your motivation. The difference between shyness and introversion is that shyness is fear; it's wanting to be in social situations but being fearful and anxious. Introversion is a measure of how much you need interaction. So when you start respecting that you don't need as much and start giving yourself permission to say "no" or to leave parties when you've had enough, then it makes it a lot easier to go out in the first place. The more you respect your introversion, the easier life is.

**Related Link:** [Single in Stilettos Show: Why Self-Confidence is So Important in Dating](#)

**In your book, you mention that half of couples are introvert-introvert, while the other half are introvert-extrovert. Can you explain why both kinds of relationships may or may not work?**

One of the most common questions I get is, "Do I look for an introvert, or do I look for an extrovert?" The introverts who are with extroverts really like the fact that this person brings a more active social life to the relationship. They drag them out instead of letting them sit at home stewing in their own juices, and the introvert really needs and appreciates that. The challenges of that relationship are getting the extrovert to appreciate your lifestyle and stay home sometimes. You want to make sure that the extrovert is okay with bringing the social aspect and doesn't feel used. You have to understand the parameters of this interaction.

As far as introvert-introvert relationships, I spoke with one woman for the book who was married to an extrovert, and it ultimately wore her out. They eventually got divorced, and when she met her current husband, who is also an introvert, it was a huge relief to have somebody who was happy to stay home and didn't have to go out every weekend. That's what some introverts really need. The peril there is that they sort of

encourage your own worst habits when it comes to being isolated. If something were to end the marriage, you've made your world so small that you don't have many other people. I was also talking to a psychologist who mentioned that, because introverts tend to not express their feelings, the introvert-introvert relationship can flat line – there's just not a lot of passion or interaction going on.

## Dating Advice for Introverts

**The dating game can be tough for introverts because it involves putting yourself out there. How can an introvert overcome the daunting aspects of a first date?**

The hardest part of a first date is small talk – and introverts hate small talk because we put too much pressure on ourselves to be interesting and deep. Small talk is so shallow. But it's important to remember that a first date is just a first date. Don't go in thinking you have to make this intense impression and that it's happily ever after or nothing at all. Instead, tell yourself, "Okay, it's an evening. Maybe it'll be fun, or maybe it won't."

When it comes down to what you wear, wear something that makes you comfortable. If you do yourself up all fabulous, then you won't feel like yourself. It's just like the old advice your mother gives you: You have to be yourself. I'm reading another book right now, and the relationship author talks about finding what your core person is. If you discover and respect that person, then the person you end up with will be somebody who appreciates that. Don't pretend to be an extrovert; just go and see what happens.

**Related Link:** [Cupid's Weekly Round-Up: Building a Strong Bond](#)

**What do introverts bring to the table that extroverts may not?**

We're really good listeners. We're deep listeners that like to

take something into our heads, chew it up, and analyze it. We tend to be very loyal because we are very selective in our relationships. We don't need a thousand friends, and we know that, if we have five friends, we have to take care of our friendships because losing one friend would be a great loss.

What I say is that extroverts sparkle and introverts glow. We have our own quiet glow. We think we're being overlooked, but if we stop being threatened by the extrovert, then we'll realize we have our own quiet, respectful energy that people will be attracted to.

**Do you think that introverts suffer from rejection more harshly than extroverts do?**

Not many introverts are pursuers. They tend to let themselves be pursued. One person in particular who I spoke to for the book said that, once you've been rejected a couple of times, it makes it harder. I will say that if you've always been pursued, then there's a risk that you will end up with people simply because they pursued you *without* actually making the choice that that is the person you want. If you're always pursued, you may not be thinking very much about what you want from your relationships.

**And finally, does online dating help or hurt an introvert?**

I think it's great, and quite a few of the introverts I spoke to in my book met their partner online. It's good because introverts express themselves really well in writing. It also gives you that time to think things through. It takes introverts a while to warm up to people, so it gives us that time before we meet face-to-face. There is that risk, though, that we'll get stuck in e-mailing. Ultimately, it is very low-risk, and it helps us find someone we have a lot in common with.

*For more from Sophia Dembling, check out her blog on [PsychologyToday.com](http://PsychologyToday.com), find her on*

*www.facebook.com/SophiaDemblingWriter, and follow her on Twitter @SophiaDembling. Purchase her latest book about love on Amazon!*

---

## **Dr. Karl Pillemer Interviews Hundreds of Americans for '30 Lessons on Loving'**



By [Sarah Batcheller](#)

Dr. Karl Pillemer is a professor in the Department of Human Development at Cornell University and an internationally-



renowned gerontologist. Being so familiar with the biological and social aspects of aging, he set out to answer some of our society's biggest questions about what it takes to create a long-lasting love. What makes long-term relationships so successful? How do older married couples' feelings change over time? In his book, *30 Lessons for Loving: Advice from the Wisest Americans on Love, Relationships, and Marriage*, Dr. Pillemer interviews elder Americans all across the country in order to convey their messages to our country's young lovers who hope to enjoy long, happy relationships as well.

**What thoughts kept running through your mind when you first set out on your journey to interview couples?**

I'm a little bit of a self-help junkie myself, but looking at marriage and relationship advice books, it really hit me that many of them weren't based on any hard information. They're either written by a top psychologist, a celebrity, or a motivational speaker, but none of it seemed to be based on anything concrete. So the idea occurred to me: Why not talk to people who have actually done what young people are hoping to do?

That led me to collect the data for this study, which does include the largest sample of long-time married people ever done. I essentially wanted to find out if there's something older people know about having a healthy, happy marriage that younger people don't and if I could I distill it to young people by sharing these practical lessons.

**Related Link:** [Cupid's Weekly Round-Up: Date While You're Married](#)

**How did you narrow down 700 interviews into just 30 lessons?**

That was the most difficult part of writing the book. There were thousands of pages of transcripts. There were two ways I did it. First, I used social science methods to code the data,

meaning I went through and assigned codes to the lessons people provided, which allowed me to narrow it down more easily. In addition to this, I read, and re-read and re-re-read all of these interviews. Even though it was very difficult, these lessons emerge very clearly from the data.

**When it comes to dealing with obstacles in relationships, what do older generations have in common with Generation Y?**

I think that young people often forget that a lot of the things that cause stress in marriage were experienced by older generations but worse. People are now trying to start lifelong relationships during the second worst economic downturn in American history, but a lot of the people interviewed were starting relationships in *the* worst economic downturn. Let's put it this way: Our bad jobs would seem like great jobs to those who were starting families during the Depression.

Another example is that people were much more tied to their spouse's family back then, so they had in-law problems, much like people do today. These examples are relevant because they show that older people have been through every kind of problem that keep young people awake at night nowadays. Because these people have experienced the same problems, but perhaps more intensely, that, to me, makes for incredible experts.

**Is there one particular lesson that you think is most valuable? Or one that was most surprising or eye-opening?**

I found all the little lessons to be the most surprising. A number of the elders identified one particular thing that contributes to solving arguments and fights, and that's asking, "Are you hungry?" Often, they describe arguments as going out of range or becoming much worse if one partner hasn't eaten. So, interestingly, one of their solutions to fights is making a sandwich.

Other small insights that never really occurred to me is the small act of being polite and to lighten up. If we use

“please” and “thank you” in our relationships, it really helps. You should also always ask yourself, “Is this thing we’re fighting about really going to make a difference when we’re both 70 or 80?” People tend to forget to have fun. We get stuck in the midst of work, career, and children, and life goes by in a blur.

One personal example I can give is a time that my wife and I were going on a trip, and she left her I.D. in the car and we had to run all the way back and get it and almost missed our plane. So I had to ask myself what’s more important: the quality of our time together and our overall relationship or my being mad about this? That’s what older people want younger people to know about their relationships.

**Related Link:** [4 Questions to Ask Yourself Before Getting Married](#)

**Finally, what do you think is the most difficult part about learning these lessons?**

One problem is that people don’t know where to go for advice about their relationships. Another problem, which research proves, is that often times, in your 20s and 30s, you have an impossible level of perfectionism about how the relationship has to be. One of the lessons from older people that we have to learn is that marriage and long-term relationships are hard. So people have this image of a trouble-free perfection in a relationship when really it’s a mixture of incredibly joyous, exhilarating experiences and very difficult ones. We are treated to a lot of false ideals in our society, but the nuts-and-bolts, nitty-gritty of a relationship is to try and try every day.

*Be sure to pick up a copy of 30 Lessons for Loving today!*

---

# Kim Kardashian Takes Fashion Advice from Husband Kanye West



By [Sarah Batcheller](#)

In today's celebrity news, [UsMagazine.com](#) reveals that reality star Kim Kardashian is enlisting the help of husband Kanye West to revamp her wardrobe for 2015. The famous couple stayed "up all night" to refine looks ready for the new year. The middle sister cites her Givenchy gown that she wore at Paris Fashion Week as her favorite 2014 get-up. Being that the ensemble was slinky and fierce to boot, fans can't wait to see

what fashion advice West gave his wife for the new year!

## How can you share fashion advice with your partner without being pushy?

### Cupid's Advice:

Even if we say we don't, we all have an opinion on what our partner wears. Take a cue from this celebrity relationship, and learn how to influence your partner's style without being overbearing:

**1. Change your style, too:** Make it a team effort – something fun for the both of you to explore and create. That way, it won't come off as you telling them what they can and cannot wear. Maybe you want to channel a glamorous famous couple like Kardashian and West, or perhaps a more laid-back wardrobe is better suited for your lifestyle.

**Related Link:** [The Most Fashionable Celebrity Baby Bumps](#)

**2. Tell them when they look good:** Everyone loves a compliment! Saying something nice about your partner's go-to date night dress will help you come off as supportive instead of bossy. It'll show your partner that you're genuinely interested in their style and love seeing them rock their look. Offer genuine, helpful tips like, "This accentuates your waistline," or "Indigo brings out your eye color."

**Related Link:** ['The Sorrentinos' Stars Frank and Linda Sorrentino Talk Date Night Fashion](#)

**3. Share constructive fashion advice:** Don't just tell them that what they've picked out is tacky. Explain *why* you feel the way you do about that old sweater or those distressed blue jeans. Help them stay up-to-date on trends while maintaining

who they are. It's all about creating a look that speaks to their personality!

How did you help your partner reinvent their wardrobe? Tell us in the comments below!

---

## Jennifer Aniston Says Justin Theroux Gave Her “A Rock”



By [Sarah Batcheller](#)

A celebrity engagement is everyone's favorite vicarious event. Taking a look at [UsMagazine.com](http://UsMagazine.com), you can get a close-up of the enormous engagement ring that Jennifer Aniston is sporting.



According to the latest celebrity gossip, the actress says of the impeccable rock that her fiancé and *Wanderlust* costar Justin Theroux gave to her, “He rocked it up...It took me a while to get used to it. I’m not a diamond girl. I’m more Indian jewelry and stuff.” The celebrity couple has been together since 2012.

## Whether or not you’re inspired by a celebrity engagement, how can you find out what type of ring your partner wants?

### Cupid’s Advice:

Asking too many questions will give away the big surprise, so here’s Cupid’s advice on how to stealthily pick out a diamond worthy of a celebrity engagement:

**1. Log in:** You say: “Hey babe, I’m going to use your laptop to check my e-mail really quick!” What you mean is: “Hey babe, I’m going to open up your Pinterest account because I know that you’ve been pinning images of vintage-style diamond rings that appeal to you!”

**Related Link:** [Sofia Vergara is Engaged to Joe Manganiello After Only Six Months of Dating](#)

**2. Listen to their style opinions:** If you’re a guy, it’s hard to listen to everything your partner says about fashion, but if you do, you can use these comments as clues as to what kind of rock they would like. Is your significant other’s style more classic than trendy? She may want a round diamond. Is she super girly? Perhaps something extra sparkly will catch her eye.

**Related Link:** [Cameron Diaz and Benji Madden Tie the Knot at](#)

[Her Beverly Hills Home](#)

**3. Ask their friends:** Easy as 1,2,3! Ask your honey's friends what kind of ring they want. If you have known for a while that marriage is in your future, it's inevitable that your partner has discussed every detail with their pals. Just make sure these friends can keep it hush-hush until the proposal!

**How did you find out what kind of ring to get your love? Tell us in the comments below!**

---

## **'The Bachelor' Season 19 Premiere: Chris Soules Meets 30 Bachelorettes**





By [Sarah Batcheller](#), [Lori Bizzoco](#), and [Whitney Johnson](#)

If you watched the season 19 premiere of *The Bachelor* last night, you know that Chris Soules is in for quite a ride. The Arlington, Iowa native clearly has his hands full with this group of women! After getting booted by Andi Dorfman, there's no telling which dynamic lady will steal his heart – and when we say dynamic, we mean it. His contestants range from a ballet instructor and a flight attendant (a profession that hasn't reigned superior in *Bachelor* past) to a WWE Diva-in-Training and a former NFL Cheerleader. Some are hotties with big personalities, while others are more bashful and low-key. And then there's the girl who depends a little too heavily on the bottle. Of course, they have one thing in common: They all want the same man. Ahh, aren't you so glad to have season 19 of *The Bachelor* to start off the new year?

To help you keep up with the 30 bachelorettes vying for Prince Farming's heart, we developed a "cheat sheet" with identifying details and our personal opinion of the women. Who will be sent home in tears? Who will embarrass themselves on national television? And, most importantly, who will get that final

rose and prove to be the lady of Soules's dreams? Read on to find out what we think. (Spoilers ahead!)

## Which Bachelorette Will Win Chris Soules's Heart on Season 19 of 'The Bachelor'?

### Top Contender

*Britt, Waitress, Hollywood, CA*

After only one night, we think Britt could easily win the single hunk's heart with her sweet composure and warm personality. Her "free hug" idea was a perfect way to capture his attention. It gave him the chance to show his vulnerability, and she got him to open up and trust her. She even got the first impression rose *and* the first kiss! Nice job! A+ for how to win a man. Still, we have to wonder: What would an L.A. girl do on a farm?

### Most Likely to Make Babies

*Whitney, Fertility Nurse, Chicago, IL*

Whitney is an adorable girl, and Soules said he is excited about her. How could he not be? The girl is smiling from ear to ear and living on cloud nine with her positivity. She sees possibility in everything, including the fact that, because she is a fertility specialist, she could help him raise baby hogs. Not sure her high-pitched, fast-talking, bubbly voice would be a good fit for the laid-back environment of the farm though. She would need to slow down...way down!

**Related Link:** ['Bachelor' Chris Soules Opens Up About Finding His Future Wife](#)

### Winner of the Bachelorette Look-alike Contest

*Kelsey, Guidance Counselor, Austin, TX*

We had to do a double-take when we saw Kelsey exit the limo. For a moment, it looked like Molly Maloney (now Mesnick) had

stepped back into the scene! This short-haired widow would win the former *Bachelor* contestant look-alike contest if there was such a thing, but what she is really hoping for is to win Soules's heart. Only time will tell!

### **Award for Turning *The Bachelor* on During the Limo Introduction**

*Megan, Makeup Artist, Nashville, TN*

"Blondie." "You're gorgeous." "Blue eyes." "I am nervous." "This is crazy." We thought for a moment that the farmer was going to run away with Megan right then and there! It was obvious that he was extremely attracted to her. One thing though: We were shocked that she was the only one, aside from Tara, who looked like she wasn't wearing makeup.

### **Best Dressed and Best Eyelashes**

*Ashley I., Freelance Journalist, Wayne, NJ*

This East Coaster gets two awards: One for being absolutely stunning in her formal dress and the other for her long and just as stunning eyelashes. The girl is drop-dead gorgeous, but we need to see if her inside is as pretty as her outside. So far, she is nervous about the other girls, which really makes no sense. Confidence is key, Ashley!

### **Hardest to Figure Out**

*Trina, Special Education Teacher, San Clemente, CA*

Hello, Farmer Chris! Trina's expression and facial reactions didn't really match her words. There is something somewhat phony about her...but we haven't quite figured it out yet. Stay tuned for more.

### **Craziest Profession**

*Reegan, Donated Tissue Specialist, Manhattan Beach, CA*

It's a toss-up between embalmer Shawntel Newton and this donated tissue specialist for the craziest profession. Reegan brought biohazard waste to meet a man she's trying impress. Really? Fake heart or not, there are some things that are just too much, too soon!

## **Official Train Wreck**

*Tara, Sport Fishing Enthusiast, Ft. Lauderdale, FL*

The girl was probably the first in *Bachelor* history to show up dressed casually. She exited the limo with Daisy Dukes and cowboy boots to show Soules her “real” side. She later changed into a little black dress, climbed into an empty limo, and reintroduced herself as a lady. Unfortunately, she threw down so much Jameson, Jack, and Johnnie (her BFFs, as she mentioned) that she couldn’t pull off the classy lady for longer than 30 seconds. Still, the man of the hour (surprisingly) gave her a rose. We can’t wait to see what she does next!

## **Biggest Baby**

*Amber, Bartender, Chicago, IL*

We’re not sure what to say here. A 29-year-old woman who still needs her teddy bear for comfort? She definitely doesn’t scream “marriage material” to us, but at least she made a memorable impression!

**Related Link:** [The First Official Look at Chris Soules on ‘The Bachelor’](#)

## **Worst Stolen Moment**

*Nikki, Former NFL Cheerleader, New York, NY*

We couldn’t help but be disappointed that this beautiful brunette’s first moment with Soules was interrupted by Tara’s dramatic second hello. Lucky for us, Prince Farming got to know her a bit better at the cocktail party and decided to keep her around!

## **Wackiest Secret Admirer**

*Amanda, Ballet Teacher, Lake in the Hills, IL*

The idea was good, but the girl is a bit off. As Britt put it, she has big eyes that are almost as scary big as those of Ashley S. As beautifully graceful and sincere as ballet is, Amanda is a little awkward. She even admitted in the confessional booth that she was single because she is crazy!



### **Most Likely to Bench Press *The Bachelor***

*Jillian, New Producer, Washington, D.C.*

Jillian has to be the girl most likely to beat the crap out of you! She's pretty but needs to tone down the testosterone and up her femininity if she wants to make it far in this competition. As of now, she doesn't seem like much of a match for small town guy.

### **Simplest Single Mom**

*Mackenzie, Dental Assistant, Maple Valley, VA*

This young mom has a cute little boy and is looking for a husband. She asked Chris about his farm and did some watercolor painting with him. He gave her an education on Alfalfa, and the rest is history. Mackenzie is much simpler than the other women, so that may make it hard for her to compete.

### **Most Awkward Limo Exit (among other things)**

*Ashley S., Hairstylist, Brooklyn, NY*

This was one of the most awkward limo exits we've ever seen. Why it wasn't edited is beyond us, but this girl didn't even look at Soules. She got out and looked around, as if she were high, lost, or confused. Maybe she tried out for the wrong show? During the cocktail party, she spoke in metaphor about being like an onion. Enough said!

### **Worst Sense of Humor—Ever!**

*Kaitlyn, Dance Instructor, Vancouver, BC*

This girl had a great presence when she exited the limo. But as soon as she opened her mouth, it was all over. She introduced herself by telling an inappropriate joke that didn't seem all that funny. Soules later shut her down when she offered to tell yet another corny joke. Despite her awkwardness, the *Bachelor* was impressed with how down-to-earth she is.

After the farmer enjoyed some time with the first 15 ladies, the next group of women showed up. The first four to arrive –

Samantha, Michelle, Juelia, and Becca – were a bit...boring. They were all gorgeous (no surprise there) but didn't offer much in terms of exciting introductions.

### **Hottest Introduction**

*Tandra, Executive Assistant, Sandy, UT*

There's no doubt that this girl made an entrance: She drove in on motorcycle in a beautiful dress. It was graceful, and she was showing Soules that they had something immediately in common (he rides a motorcycle too). She also revealed that, as much as she could be a lady, she could let her hair down too. Even the other women thought it was an amazing way to say hello!

**Related Link:** [Chris Harrison Jokingly Slaps Chris Soules in 'Bachelor' Promo](#)

### **Lamest Prop**

*Alissa, Flight Attendant, Hamilton, NJ*

Alissa is adorable but may be a little immature for Soules. We're still on the fence. For her introduction, she took an airplane seatbelt and put it around his waist. It was a nice technique to get close to him, but she'll need to step it up in order to compete with the other ladies in the house.

### **Best Ice Breaker**

*Jordan, Student, Windsor, CO*

We didn't get to see much of Jordan tonight, but from what we did see, we like her. She was smart enough to bring the nervous *Bachelor* two mini-sized bottles of whiskey, which they proceeded to drink together. Something to keep in mind, ladies: Figure out what he likes and do that!

### **Worst Miss Piggy Impersonation**

*Nicole, Real Estate Agent, Scottsdale, AZ*

Nicole walked out of the limo with what looked like a handmade pig nose that was secured with elastic around her head. It was a cute idea, but it didn't really go over as well as she had

hoped. She was sent on her way.

### **Worst Way to Wear a Doily**

*Brittany, WWE Diva-in-Training, Orlando, FL*

Two strikes for Brittany, thanks to her horrendous outfit (and we mean *horrendous*) and tacky “Soulesmate” poster. She looked like she was wearing a gigantic doily. If this was a hand-me-down from her great, great grandmother, we apologize, but it wasn’t even nice enough for the dining room furniture.

### **Worst Serenade**

*Carly, Cruise Ship Singer, Arlington, TX*

Carly took her pink, girly karaoke machine and serenaded Soules with a song that she wrote for him. Interestingly, she did this while wearing a fluffy-looking chiffon dress. Carly is a cruise ship singer, which somewhat explains the cheese factor in her gimmick. She was sent back to the ship, her singing was not enough to get her a rose!

### **Most Adorable Introduction**

*Tracy, Fourth Grade Teacher, Wellington, FL*

Too cute for words. She read a note to the handsome farmer from one of her students, basically telling him to take care of her teacher and that she thinks he’s cute and that she likes roses. What’s not to like?

Of course, there were other contestants – Jade, Kara, Kimberly, and Bo – but they didn’t make a memorable enough impression for us to include them on our list. Unfortunately, at the end of last night’s episode, Soules sent home eight women: Nicole, Amanda, Kara, Kimberly, Bo, Brittany, Michelle, and Reegan. Kimberly went back inside for the rose she didn’t get...and we were left with another *Bachelor* cliffhanger.

The Bachelor *airs on ABC on Mondays at 8/7c. Check back next week for our recap!*

---

# The Muse Headband from Gaiam Will Help You Relax and Replenish



*This post is sponsored by Gaiam.*

By [Sarah Batcheller](#)

Do you frequently find yourself succumbing to stress caused by your job or family? Is your love life often put on hold because you need to manage that stress? Whether you're a busy bee with no time to relax or you're living a laid-back lifestyle and just want to better tune into your mind, body,

and spirit, the Muse: the brain sensing headband from GaiaM is for you. It's constructed to help reduce the stress you experience by giving you real-time feedback on how well you are focusing, thus improving your productivity and allowing you to stop feeling like your plate is too full.

Similar to the way a heart monitor can sense your heart's activity from the outside of your body, Muse can monitor the electrical impulses from your brain that are emitted while thinking, sleeping, and relaxing. The headband then plays noises to you that reflect the state of your mind: The sounds will be peaceful and calm if you're quiet and focused and become louder and more chaotic as your mind wanders. You are then given feedback via your smartphone or tablet to help you track your improvement. For more details on the science behind Muse, you can visit [meetmuse.com](http://meetmuse.com).

**Related Link:** [Your Soul Needs Nourishment](#)



The Muse headband from GaiaM in black.

If you're all too familiar with trying to balance your relationship with a busy lifestyle, Muse will allow you to clear your mind and achieve the focus and clarity that is

necessary to have a successful, fulfilling love life. It'll also help you set aside that important time for self-improvement if you're constantly telling yourself you need more "me time." If you don't have trouble managing all the aspects of your life and simply want to nurture your mind, body, and spirit and subsequently improve your love life, then you can use the brain sensor to tap into your health.

**Related Link:** [Clear the Clutter](#)

Many people are raving about their successes with Gaiam's brain sensing headband. In one review, a user claims, "Calming and satisfying – it feels good to know that you have a way to calm your brain down with some simple exercises," while another gushes, "I've been meditating for about a year, and it was so wonderful to get real feedback and learn that my mindfulness practice is actually working! Love it!"

With the new year just beginning, now is the perfect time to get started on a more focused and relaxed life. The Muse headband from Gaiam is the perfect addition to anyone's everyday routine.

*For more information, visit [Gaiam.com](http://Gaiam.com) and [Meetmuse.com](http://Meetmuse.com).*

---

## **Dating Coach Laurel House on Her New Book: "I'm Pretty Nervous For My Ex-Boyfriends"**



# to Read It!”



By [Sarah Batcheller](#)

You know her, and you love her. She's Laurel House, and she's the queen of all things "powerfully feminine," as she encourages women to be in her new book *Screwing the Rules: The No-Games Guide to Love*. This California cutie is an international dating coach with clients ranging in age from 16 to 82. She was also featured on MTV's *Made* as an "It Girl" mentor. Listening to House's advice is like talking to your best friend but with more expertise, or maybe a therapist but with a better sense of humor. If you want to learn to embrace your true self and subsequently find your true love, then *Screwing the Rules* is for you. Here at CupidsPulse.com, we had the chance to interview the love expert on all things flirty, fun, and for-real.

## **First, what inspired you to write *Screwing the Rules*?**

I have been a prolific dater for a very long time. I was first married at the age of 21, and that lasted for six months. I was married again at the age of 23; he proposed after three months, and we were married for three-and-a-half years. Since then, I've been engaged a third time and proposed to nine times.

From those experiences, I have made a lot of mistakes. I used to "follow the rules." I had an idea of what you're "supposed to do" in order to play the dating game, which meant keeping my information close to my chest, not being vulnerable at the beginning, being picture perfect, and putting on the facade of what I *thought* the guy would want. I got a lot of guys to fall in love with me, but I wasn't being true to myself, and therefore, I wasn't being true to them. I ended up hurting people because they were in love with "perfect Laurel" and I didn't love them back.

I started to analyze my mistakes and people's responses to them, and I realized there was a pattern, so I came up with a strategy to change it. I started coaching...and people started taking my advice and having different results for the first time. That led me to write *Screwing the Rules*.

**Related Link:** ['The Bachelorette' Way to Date Lots of Guys](#)

## **How would you say your personal experiences and past loves influenced your writing?**

The publishers basically wanted me to reveal my vulnerabilities, insecurities, mistakes, and shame in this book, and I realized, "I'm asking my readers to reveal the same things to me, or at least to themselves, so I need to set the expectation." I wrote the whole thing, and then afterward, I injected my personal stories. I'm actually pretty nervous for some of my ex-boyfriends to read it!

While writing it, I felt like Diane Keaton in the movie *Something's Gotta Give*, where at the end she's sitting at her beach house typing and sobbing. It was hard to go back and remember the bad relationships, the hurt, the things I've been called, and all of the things I went through in order to get here.

### **What are some commonalities you've noticed as a dating coach?**

First, women consistently struggle with voicing their needs. In the beginning of a relationship, even the women who are super successful, strong, entrepreneur types don't voice their needs in a way that is pointed, direct, and authentic but simultaneously loving. Often times, we don't have our needs met because we set the precedent early in the relationship: "Where do you want to go to dinner?" "I don't know. Where do you want to go to dinner?"

Even when it comes to making online dating profiles, we don't focus on our needs; we focus on our wants, like "I want him to be hot; I want him to be rich; I want him to be funny; I want him to like hiking." Well, what do you *need*? "I need him to respect me; I need to respect him; I need him to admire me; I need to admire him; I need him to show up when he says he's going to." The problem with not voicing your needs is that it causes resentment.

Second, we're afraid of our vulnerability. We believe it's weakness, but it's not. Look at the people you're closest with and most connected with. Do you love them because they're pretty, rich, or funny? Probably not. You love them because you have a mutual connection and understanding, often due to hardships. You love them because of their quirks that they often see as weakness. So what you're doing by not being vulnerable is withholding that.

Women often say, "He hasn't proven himself yet." Okay, how much more time are you willing to waste? In the book, I talk

about the “U Strategy,” which refers to this idea of “up, down, up.” On a date, you talk about the good things (up), then the depth and vulnerability (down), and then how you came out of it a better person (up).

**Related Link:** [How to Make a Guy Fall in Love with You](#)

**We love that you encourage your readers to be “powerfully feminine.” Why do you feel that this idea is so important for women as they date? How can women channel this sort of femininity?**

There are three types of femininity: the needy feminine, the masculine feminine, and the power feminine. The power feminine is the most powerful because you’re being true to your core values, your needs, and your femininity. You can be a woman and be soft and nurturing but also say exactly how you feel. We tend to couch things because we’re trying not to hurt other’s feelings, but when we do that, it comes off as manipulative. Instead, just be you. Be your beautiful, feminine self. Allow him to take care of you. As much as I am a feminist, I also believe in gender roles.

*You can learn more about Laurel on her website [screwingtherules.com](#) and keep up with her on Twitter: @QuickieChick and @NoGamesLove. Don’t forget to pick up a copy of [Screwing the Rules: The No-Games Guide to Love](#), out today!*

---

## **‘Vanderpump Rules’ Reality TV Star Katie Maloney Confirms**

# That She and Tom Schwartz Are Still Together!



Interview by [Lori Bizzoco](#). Written by [Sarah Batcheller](#).

[Katie Maloney](#) is a force to be reckoned with on Bravo's hit reality series *Vanderpump Rules*, a spinoff of *The Real Housewives of Beverly Hills*. Maloney's romantic relationship with castmate Tom Schwartz is in the spotlight this season and has made her character very interesting to watch. Intense, drama-filled friendships sum up her social life, and her heated love life is now fodder for [celebrity relationship](#) news. CupidsPulse.com had the chance to speak with Maloney about the most recent celebrity cheating rumors on the show as well as her current relationship with Schwartz.



During our exclusive celebrity interview, the reality TV star confirmed that her employment at SUR was not staged for the cameras and that she's actually still working there. She also says that working with Lisa Vanderpump, the show's matriarch and boss, is "exactly what you would expect it to be." She assures us that Vanderpump "has high expectations – she really wants us to respect her and her business," adding, "She's really smart!"

## **Katie Maloney Discusses Celebrity Scandal on Reality TV Show**

The *Pucker & Pout* style blogger clears the air about her fallout with castmate and ex-best friend Kristen Doute, who slept with their friend Stassi Schroeder's boyfriend, Jax Taylor. "Contrary to what everyone, including Kristen, wants to believe, I didn't end my friendship with her [Doute] because of what she did to Stassi." But Maloney does say it was a contributing factor because Doute's behavior and lies were "disturbing and alarming." Maloney explains, "It opened my eyes to how Kristen is towards her friends. We were best friends for so long, and we had a lot of fun together, but she has some issues that she has to work through. I don't hate her; I just had to move on with my life."

**Related Link:** [Celebrity Couples That Have Bounced Back After Cheating](#)

In regards to her friendship with Schroeder, the SUR employee says, "It's definitely not what it was." Without revealing what happened between them, Maloney says that Schroeder had ulterior motives when it came to helping her through the celebrity scandal and cheating rumors about her boyfriend of four years, Schwartz. Most of Schroeder's motives were fueled by Schroeder's beef with her ex-boyfriend Taylor. "It's a



sensitive subject because there are a lot of things I don't understand about it," Maloney admits.

Maloney says she tries to stay out of the drama, but it's hard. "With the kind of people I run around with, it's impossible not to get caught up in things," she confesses. "I've always tried to keep a level head as much as I can and not let emotions run too high. That's always kind of been my M.O. – I think I've done a pretty good job!"

## Celebrity Couple Katie Maloney and Tom Schwartz Still Together

If history repeats itself, then viewers predict that another celebrity cheating scandal will occur on season three of the popular show – and that it might be Maloney and her boyfriend who end things next. Thankfully, though, Maloney fondly describes their celebrity relationship, recalling, "We met when he moved here from Florida. Kristen moved in with him, and she kept wanting to introduce me to her roommate, and I was like, 'No, I don't really want to date a model dude. There are plenty of those.' But then finally I met him...and the rest is history!" During our exclusive celebrity interview, she confirms that, even though their relationship has been a bumpy ride, they are still together and going strong.

**Related Link:** [Celebrities Who Have Gotten Back Together After a Cheating Scandal](#)

Maloney did go to her boss Vanderpump for relationship advice as we will see on tonight's episode. "I didn't know anyone else with an unbiased opinion who I could talk to about it," she shares. "Everyone was talking about Tom and me. I didn't know where to go. I didn't know how to be around Jax. Lisa could tell how much I was hurting and pressed for information, and I told her everything that happened. I value her opinion because she has more life experience. She's been

married for 30 years, and she's not Jax's ex-girlfriend! It was really nice to go to her."

Since her blog offers beauty and fashion advice, we had to ask Maloney for her best tips on what to wear on a first date. She shares, "It obviously all depends on where you're going, but wear something comfortable. Wear your favorite outfit: your go-to shoes and your go-to dress." If you still can't find something that works, she adds, "A little black dress is always a good option. Just keep it as classic as possible!"

The *Pucker & Pout* creator believes that her and Schwartz's story "tugs on the heartstrings a little" because it's so relatable to those who have also had to work through tough issues with their partner. Maloney is very firm on the fact that she and her beau have a good relationship and she encourages women to be careful of the pressure you get from friends when it comes to making decisions about your love life!

*Keep up with Katie on Twitter @MusicKillsKate, and don't forget to check out her blog Pucker & Pout. Tune in for Vanderpump Rules on Mondays at 9/8c on Bravo!*

---

## **'Bachelor in Paradise' Lovebirds Cody Sattler and Michelle Money Breakup After Six Months**



By [Sarah Batcheller](#)

One of the happiest reality television love stories has come to an end. [UsMagazine.com](#) revealed that Cody Sattler and Michelle Money, who met on Season 1 of *Bachelor in Paradise*, have gone their separate ways after a cross-country move and six months of dating. Both stars took to social media to gracefully announce their split, and inform fans that they will remain lifelong friends. The single mom sweetly wrote, "Cody truly has blessed my life and the life of my daughter in more ways than he will ever know. His positive impact on Brielle is something I will forever be grateful for."

**How can you properly announce a breakup?**

**Cupid's Advice:**

The end of a relationship can be tough not only on you and

your ex but on your loved ones as well. After all, they too have grown close to your former partner during your time together. Here are three ways to gracefully share the news of your breakup:

**1. Inform family and close friends first:** In this case, Money has a young daughter, who spent a lot of time with Sattler. The closest people to you should always hear the news first because it will affect them the most. It's better for those who had some emotional stake in the relationship to be able to process it before everyone else hears about it.

**Related Link:** [Screwing the Rules Video Dating Tips: 'Tis the Season to...Breakup?](#)

**2. Don't share too many details:** Relationships are very personal, and that means breakups are too. If and when you announce your split on social media or in some other public way, don't disclose any intimate details that you'll regret having shared later on.

**Related Link:** [Single in Stilettos Show: How to Move On After a Breakup](#)

**3. Make sure both of you are on the same page:** Per the above statements, you want to make sure that you and your ex agree on who to tell and what details to reveal. You also want to agree on how and when you announce your breakup publicly. It may be uncomfortable, but it's the last thing you'll ever have to negotiate, so keep it amicable.

**How have you exited a relationship gracefully? Tell us in the comments below!**

---

# Racing Stars Graham Rahal and Courtney Force are Engaged



By [Sarah Batcheller](#)

Yesterday, [UsMagazine.com](#) confirmed that Verizon IndyCar series driver Graham Rahal and NHRA driver Courtney Force, who have been together since late 2013, got engaged on November 27th of this year. Rahal proposed to the “lady of his dreams,” as he called her on Twitter, while on vacation in Venice, Italy. The couple is commonly known as “racing’s power couple,” and both took to social media following the engagement to express how happy they were to spend the rest of their lives together.

**What are some ways to incorporate a common interest in your engagement proposal?**

## **Cupid's Advice:**

A way to make your special day creative is to incorporate a common interest that you and your loved one shares into your engagement proposal. Cupid has some tips:

**1. Pick a destination:** Choose to propose at a vacation spot you both love or somewhere that is known for something you both love. For example, if you're both "foodies," go to New Orleans, or if you both love music and films, go to Los Angeles.

**Related Link:** [5 Celebrity Women Who Proposed to Their Partners](#)

**2. Choose an event:** Chances are, if you share common interests, you frequently attend each others' piano recitals, gallery viewings, or lacrosse games. So pick one of those occasions (most likely one of theirs) to pop the big question.

**Related Link:** [Watch the Winners of the Match.com Propose Perfectly Video Contest!](#)

**3. Invite people who also share your interests:** We've all seen the tear-jerking proposal videos that have gone viral, and most of the time there is a large group of friends and family involved in the surprise. Make it an occasion to remember by inviting the people closest to you to be present for the moment.

**How did you incorporate your interests into your proposal? Tell us about it in the comments below!**

---



# Leonardo DiCaprio and Longtime Love Toni Garrn Call it Quits



By [Sarah Batcheller](#)

After over a year of dating, Leonardo DiCaprio and model Toni Garrn have ended their relationship. According to [UsMagazine.com](http://UsMagazine.com), news of the split came shortly after the 40-year-old actor was seen leaving a Miami nightclub flanked by 20 women. DiCaprio has a history of dating models, and sadly, it looks like Garrn won't be his happily-ever-after.

**What are some ways to recover from a breakup after a long-term relationship?**

## **Cupid's Advice:**

Being heartbroken can make you blind to moving on, so you need to recover a bit and get your life back. Cupid has some tips:

**1. Don't act scornfully:** Lashing out at your ex via phone call, text, e-mail, etc., will only worsen the hurt you're experiencing. Instead, whenever thoughts of the break-up cross your mind, choose a peaceful thought or action- like meditation, yoga, or talking to your friends- to ease the sting.

**Related Link:** [How To Break Up Without Breaking Them Down](#)

**2. Stay busy and productive:** It has been proven time and time again (by no one but ourselves) that slumping on the couch with a sad movie and ice cream doesn't help. Don't put your life on hold because of a split! Channel the emotions positively and excel at work, school, or your favorite hobbies.

**Related Link:** [Cupid's Weekly Round-Up: Surviving a Breakup](#)

**3. Don't move on too soon.** If you still find yourself missing your ex, and you're not ready to go out meeting new people, then don't! There's no rush. It takes time to heal and process the end of a relationship- that's the only way to learn from it. Take your time getting over them.

**What do you do to get over a bad break-up? Tell us in the comments!**

---

# If Men Were Like Reindeer, Which One Would You Choose?



By [Sarah Batcheller](#)

We know their names from those famous lines in Clement Clarke Moore's poem *A Visit From St. Nick*: "Now Dasher! Now, Dancer! Now, Prancer and Vixen! On, Comet! On, Cupid! On, Donner and Blitzen!" Since the writing of this poem – 1939, to be exact – Rudolph joined Santa's team, and they were complete. Each of these reindeer have very unique personalities, and here at CupidsPulse.com, we couldn't help but wonder what men would be like if they were reindeer. Would you want to date a strong leader like Comet or an affectionate lover like Cupid? Read on to figure out what reindeer you would choose.

**Dasher:** Dasher is known for his speed and energy – it's in his name, after all! He is the most excited reindeer when the time nears to load up the red sleigh. His quickness makes him a very valuable member of Santa's team. A man like this would be the same in terms of efficiency and speed. He'd be a natural-born athlete and a busy-bee at heart. Everything about him would be fast! You'd have to remind him to slow down and make sure he's not out the door every time you want to relax and snuggle by the fireplace.

**Dancer:** Dancer is popular among the other reindeer for having the most flare and elegance. He is extremely extroverted. Dating a man like this would mean putting on your best dress and heels and going out quite often. He would surely be the most fun date, but you'd have to remind him to share the limelight with his lady love.

**Related Link:** [Top Ten Most Romantic Holiday Getaway Spots](#)

**Prancer:** This reindeer likes to look his best at all times. Pulling the sleigh is important to him, and he never knows who he's going to meet! His impeccable posture contributes to his high performance on Christmas Eve. A man like Prancer would be very put-together and would make an exceptional impression on your friends and family. Be careful, though: This kind of man may become a little too obsessed with what's on the outside.

**Vixen:** The flirt and comedian of Santa's team is loved greatly for his positive attitude and talent of performing magic tricks. Vixen can really brighten up the night (metaphorically speaking, unlike Rudolph) and keep the other reindeer entertained while they wait on the rooftops. Dating a man like Vixen would mean lots of jokes and laughter, but he may have a difficult time taking some things seriously.

**Comet:** The leader of the team is the most looked up to by children. Although he can be quite stubborn and strong-willed,

he's got his team's best interest at heart and always makes good decisions. Men like Comet tend to be the most loyal and dedicated to their lovers; just make sure that he lets *you* take the reins every once in a while.

**Cupid:** Cupid is the most loving and affectionate of all the reindeer. He sees his team as his family and loves to give and receive lots of hugs and kisses. Cupid can really warm a heart during the holiday season! The romance is unforgettable with a guy like Cupid, so long as he doesn't become too needy.

**Related Link:** [Do THIS When Meeting His Family Over the Holidays](#)

**Donner:** The most confident and proud of all the reindeer, Donner has always loved what he does. His name comes from the German word for "thunder," which is fitting because of his strong presence. A man like Donner will make you feel safe in any situation. He'll also be very proud of his relationship with you, but be sure his confidence doesn't spiral into cockiness.

**Blitzen:** This reindeer loves a good challenge. He is the most savvy of all the reindeer and loves to outsmart his friends. You could learn a lot dating a man like Blitzen, as guys like this are usually the most interesting. You've just got to remind him to have a little fun every once in a while!

**Rudolph:** The most famous of all the reindeer, Rudolph is known for his bright red nose that helps him guide his team through the night. He has really proven himself to the other reindeer since his days of being teased and now earns the most credit for helping Santa get to every single child on Christmas Eve. A partner like Rudolph would always provide you with insight and advice to guide you and loves lending a helping hand to his community. Just remind him that it's okay to focus on himself sometimes too!

**If men were like reindeer, which one would you choose? Tell us**



in the comments below!

---

# Dr. Paul Coleman Talks About Love and Loss in 'Finding Peace When Your Heart Is in Pieces'



Interview by [Sarah Batcheller](#). Written by [Shannon Seibert](#).

It's only natural to go through periods of loss or grief in the course of your lifetime, and Dr. Paul Coleman is the perfect person to guide you back to inner peace. The Central



Michigan University graduate has authored 12 books and has accumulated over 25 years of experience in his psychology practice. In his new book *Finding Peace When Your Heart Is in Pieces*, Coleman encourages his readers to utilize the Four Paths of Transformation – acceptance, inspiration, release, and compassion – to move past suffering after a heartbreak. His words provide his readers with support and encouragement during their journey of recovery. Continue reading for our exclusive interview with Coleman and his personal thoughts on finding inner peace.

**How did you come up with the Four Paths of Transformation that you mention in your book?**

In life, we have lower and higher sets of emotions based on fear, desire, anger, worry, anxiety, and yearning for things that affect how we register life events and react to them. The lower set of emotions are what gets strongly activated when we're going through some kind of emotional turmoil, life upheaval, or major loss. It's natural for that to happen; however, you want to get to a place where, in spite of the loss, you can feel some degree of inner peace.

**Can you give us a brief explanation of what each path entails?**

The first pathway is the Pathway of Acceptance. Acceptance doesn't mean that you like the situation or that it's desirable; it simply means that we're not going to emotionally resist reality. When you're able to get to a place that says, "I may not like what happened, but I accept the reality," then you have a bridge between lower emotions and higher emotions.

The second pathway is the Path of Inspiration, where you allow yourself to be inspired or guided by insights or intuitions that ordinarily wouldn't be coming your way.

This transitions to the third step, the Pathway of Release. In order to help yourself transform, you have to go from a place

of pain and suffering to a place where you are able to start integrating the loss with a new life.

The final pathway is the Pathway of Compassion. Up until now, you have been focusing on yourself, but now, you have to extend yourself for others and discover that the meaning of your life is only going to occur in relation to others.

**Related Link:** [Learn the 20 Steps to Heal a Broken Heart in Lesley Robins' New Book 'The Breakup Book'](#)

**Which path do you think is the easiest to follow? Which is the hardest?**

I think the path that is the easiest to follow is the Path of Compassion. You still have the capacity to care for others. It's not that difficult, even when you're in pain, to give a little of yourself to someone else. It doesn't even have to be a great deal; it just has to be a little bit to get going.

I think the hardest one is the Path of Release. This usually occurs at the phase where you've already accepted what has happened; you're not denying it anymore. In this period of time, people feel very alone, but if you get the answers right away, you won't learn the lessons that you really have to learn.

**Is there a particular path that is most important to complete following heartbreak?**

The Path of Acceptance – I call it the “foundational pathway” because, if you're not accepting the loss or the transition, then you are emotionally resisting it. You're basically saying, “This should not be happening,” when it *is* happening. You're stuck on questions that you really can't answer, and all of this keeps you from really moving forward. The beginning steps that people have to take are emotionally accepting their loss. It takes a while for your psyche to adjust to the loss.

When going to your family and friends, you need to find out what it is that you really need from them. A lot of times loved ones try to be helpful, but they give advice that isn't what you need to hear. If you just want people to understand your fears or your pain, it's better to let them know upfront.

**In your opinion, is there one form of loss that is more traumatic than another?**

The unexpected loss of a child seems to be the most devastating. Many parents believe that it is their job to protect their children. Parents feel that sense of "What did I do wrong?" and "Could I have done something else that might have kept them alive?" If it was an accident, the parents often feel guilty.

**Related Link:** [Author Christine Hassler Teaches Us How to Deal with an 'Expectation Hangover'](#)

**How does intuition play into navigating the Four Paths?**

Intuition is very important because you're entering a new world, and the old ways don't quite look the same anymore. In order to have intuition, you have to have a calmer mind. The way I describe it is your mind has to be like a lake where you can detect the ripple of a single leaf falling on that lake. If your mind is full of chatter and questions, that's like rain drops on the lake. You'll never be able to detect the ripple of the leaf.

**In your book, you mention the concept of self-love. This can be a difficult mindset to achieve when faced with loss and grief. What do you think is the most significant step in taking to loving yourself?**

When we think of loving ourselves, we compare it to how someone else loves us, and we often don't have that same level of passion for ourselves. The first step is accepting yourself

because you are not perfect and you never will be. So if you can accept that you have flaws and strong points and if you can accept that you are someone who is trying to do better, then you are on that pathway to self-acceptance. You can't have self-love without self-acceptance; it's an ongoing process that never ends.

*Pick up a copy of [Finding Peace When Your Heart Is in Pieces](#) today!*

---

## **Macy's Exec Talks Thanksgiving Day Parade in Exclusive Interview: "Enjoy With Somebody Who's Special to You!"**





By [Sarah Batcheller](#)

If there's ever a time to step away from the hustle and bustle that life throws at you, it's the holiday season, which begins with Thanksgiving. For those of you who love plopping down in front of the television with family and friends to watch the Macy's Thanksgiving Day Parade, you owe all the bliss and excitement to John Piper, Vice President and Creative Director of the Macy's Parade Studio.

**Related Link:** [Date Idea: Thanksgiving for Two](#)

Piper is happily anticipating the new Thomas the Tank Engine balloon that will be featured in this year's parade. He says we'll be "going from being a train on the tracks to a train flying high in the sky!" The creative craftsman says that his team works year-round to prepare for the parade, and it took about eight and a half months to build Thomas.

## Relationship Advice for Enjoying

# The Thanksgiving Day Parade with a Loved One

The handyman believes that the parade is an exceptional opportunity for couples to build long-lasting traditions. Sharing his best [relationship advice](#), he expresses, “The parade is a celebration of our culture; it’s a celebration of our time. It brings together giant characters floating in the air. There’s something for everybody to enjoy, so enjoy it with somebody who’s special to you.”

It’s no secret that love is in the air during the holiday season. In our exclusive interview, Piper reveals, “Of a team of 200 people...3 couples have gotten married who have met each other inflating balloons!” He also happily proclaims, “You never know who Thomas might bring together for the first time and set them on track for a long relationship.”

**Related Link:** [Cupid’s Weekly Round-Up: Navigate Thanksgiving Weekend](#)

Togetherness is the biggest blessing that the parade brings to families. “I look at the sidelines as I’m working, and I see nothing but kids – it doesn’t matter how old they are; they’re all kids!” he explains. “They’re all just in awe about what they’re seeing and experiencing together.”

*Be sure to catch Thomas the Tank Engine and the other amazing balloons during this year’s Macy’s Thanksgiving Day Parade, airing on Thursday, November 27th at 9 a.m. on NBC!*

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

---



# Author Gina Vucci Defines Consciousness and What True Intimacy Is In 'The Relationship Handbook'



By [Sarah Batcheller](#)

Gina Vucci is a “soccer mom” to three kids in the Bay Area. While her day-to-day schedule is stirring with the practical tasks of carpools and parent-teacher conferences, she has found extraordinary ways to add richness and fullness to her life. Vucci took a deeper look at her relationship as a way to better understand her true self. Her new book, *The Relationship Handbook: A Path to Consciousness, Healing, and Growth*, co-written with Shakti Gawain, uncovers the mysteries

of the subconscious in order to shed light on the parts of our selves we may want to nurture a little more. CupidsPulse.com had the pleasure of discussing life and love with the author.

**We love that, in the title of the book, consciousness, healing, and growth are grouped together in that order. Can you tell us why consciousness is so important as the first step in finding healing and growth?**

The idea of the book is that our relationships provide us with opportunities to become aware of ourselves – who we are, what motivates us, what we're attracted to, and what we reject. In the context of this book, how we describe consciousness is having awareness over all of who we are: the good, the bad, and the ugly. How do we use our relationships to navigate through our lives? How do we use the painful situations to grow from them? And how do we find balance through that consciousness and awareness? That's how consciousness got its placement.

**Related Link:** [Finding Your True Destiny After Losing Love](#)

**How can people incorporate consciousness into their daily routines?**

In the book, there are a basic set of principles that are from a body of work called the psychology of self. We draw on that, and we sort of lay the foundation for what this work looks like. The basic concept is that we grow up; we develop different aspects of our personalities; and we begin to discern what works for us, what doesn't, in which ways are our needs met, and in which ways we experience rejection.

So on a day-to-day basis, this practice would mean asking yourself, "What aspects of my personality are driving me at this moment?" I could be at a public event, and I could see that there's a part of me that's being super social and

wanting everyone to like me. That's one part of me, but there might be another part of me that's feeling shy, uncomfortable, and awkward. Recognizing that I have a more gregarious side and also a side with more vulnerability allows me to be more conscious and balanced. I can recognize how much I'm putting myself out there or how much I'm holding myself back.

Through this model, you can sort out what was driving it or what you were looking for. You can ask yourself, "What part of me was having this conversation?" and "What part of me was my shadow side?" Your shadow side is what you're not aware of. By having this awareness, I can *use* those opportunities; I don't have to get my feelings hurt, and I can change the shape of the friendship or relationship. I can actually use that to feel more comfortable with myself and with that person.

**One of the major themes in the book is the "mirror of relationships." After a breakup, how can someone use that relationship as a lens into their self?**

In mirroring, we look at both aspects, so there's admiring and attraction, and there's judgement. A lot of the time it's a lot easier to access judgement! In our workshops, we lead an exercise around judgement, and it's very helpful. It's all about looking at the other person and how you're either admiring or rejecting them. They're mirroring us; they're reflecting back information about who we are and what parts of our personality are dominant versus what we might have shadowed.

Let's say I'm in a relationship, and my partner is really self-centered and judgmental. I could use those reflections as information for me. I need to look at what value that quality in them would have for me. If I'm not very tolerant or accepting of other people's opinion because I think my way is the right way, I may need to be more open-minded about people and their roles in my process.

**Can you give an example of a common problem you've seen couples face and how you would advise them to "look in the mirror" in order to better themselves?**

Usually, there is one partner who is more outgoing and wants to be more active and social, and there's one who's more of a homebody and wants to have more quiet time. In the book, we break it down more, but in essence, when we're the outsiders, we can see the value of someone who always has a busy schedule being with a partner who prefers a lot of downtime, contemplative time. The benefit of the more outgoing one is that they can tone it down or cut it back to figure out what's driving them to keep their schedule so full. The less outgoing partner could still honor their rhythm, but they could also look at how they're holding their self back. Is there some fear or insecurity there?

**Related Link:** [How to Prevent Yourself from Rushing into a Relationship](#)

**Going off of that, another theme is balancing closeness and independence. How can someone balance these two ideas when they're in a committed relationship?**

I think that we value all of the different energies that are within us and that are expressed in relationships. We value each aspect of our personalities because each one makes us whole. So in a relationship where you're trying to balance independence/autonomy with intimacy, you would look at it more like you were holding a balance. Our conscious self has the capacity to be intimate and experience closeness while staying autonomous.

I think that intimacy and closeness means sharing in a safe way, in a safe relationship, and that makes our relationships, friendships, and family connections more rich. A huge part of that, though, is making sure you're able to be vulnerable on your own. Sometimes, what I might do is take the child that's

inside of me and put it on someone's lap and expect them to take care of it. True intimacy is being able to take care of myself but also being able to share those fears and that vulnerability.

*You can buy a copy of The Relationship Handbook on Amazon or at your local bookstore. To keep up with Gina, check out her website, <http://soccermomspirituality.com/>.*

---

## Let Your Love Shine with Star Registry + GIVEAWAY



*This post was sponsored by Star Registry.*

By [Sarah Batcheller](#)

Nowadays, it's more difficult than ever to pick out a unique present for a loved one. No matter how thoughtful and inspired your ideas may be, someone, somewhere has taken the same idea and outdone it by a thousand. Even though you put so much effort into picking out the perfect present, you still don't feel like your gift-giving aptitude measures up.

Worry no more! We have found the most unique and romantic Christmas gift idea that is literally out-of-this-world. Trillions of light years away, lay presents that no added glitter or chrome paint could ever compete with: the stars! Thanks to the International Star Registry, you can buy and name a star for your own shining star here on earth! Whether it be your significant other, sibling, parent, child, or best friend, no other gift says "I love you" as timelessly as claiming your very own luminous star.

Because we love the idea of such a sweet gift, we wanted to experience the magic first-hand. So, CupidsPulse.com Executive Editor, [Lori Bizzoco](#) received her very own Photographic Sky Chart and praises it as "an amazingly unique and beautiful gift." Fellas, take note because a star is an extraordinary gift for a girlfriend or wife! Nothing says "you light up my life" better.





The Photographic Sky Chart.

Imagine it's Christmas, Valentine's Day, or any other special holiday, and you want to blow away your honey with a present that they never saw coming. Don't be like the majority of people scouring jewelry stores, flower shops or clearing out the designer handbag department. In order to find something that's personal, sentimental, and truly one-of-a-kind, reach for the stars! The International Star Registry gives you the opportunity to name a star after your cutie, or be creative and give a constellation-esque title inspired by your love. Bizzoco gave hers the star name "Natoria" after her two daughters.

The Photographic Sky Chart that comes with your purchase provides a detailed portrait and the location of your specific star, as seen in the image above. Not to mention, the Sky Chart will come custom framed in a 16" X 20" black frame for added style. Bizzoco's experience was a fabulous one, so make your sweetie feel the love too, and buy a star today!

~~GIVEAWAY ALERT: We're giving away TWO (2) Custom Star Kits with the Photographic Sky Chart (unframed)! To enter our giveaway, email [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com) with your full name, address, email, and daytime phone number BEFORE 5 p.m. EST on November 27th. In the subject line, please write "Star Registry Giveaway." You may enter the contest only once. Good luck!~~

**Giveaway is now closed. Thank you to all who participated!**

---

# Celebrity Stylist Derek Warburton on Holiday Fashion: “If You’re Meeting the Family, Wear the Softest Cashmere Possible”



By [Sarah Batcheller](#)

“Fabulous” hardly begins to describe Derek Warburton, a celebrity stylist, media personality, and master of all things fashion. He has dressed the likes of Beyoncé Knowles, Jessica

Alba, and numerous Victoria's Secret models. His love for New York City street style translates into the artistic chicness of his styles, and he has a keen eye for popular trends. Warburton has a slew of tips to offer to the everyday gal, including dressing for day-to-night or planning an outfit for an office party. In our exclusive interview, we chatted with the style guru about holiday fashion as well as fun looks and date ideas for the rest of the year!

## Celebrity Stylist's Best Fashion Looks and Date Ideas

For starters, Warburton suggests two hot trends to consider working into your wardrobe this winter: "This year, it's all about the faux fur. I'm really pushing faux fur because there are so many fun things you can do with it: It can look really fun and feminine on a girl. You can do a faux jacket or a fun accessory, and it just livens up your look. I'm also talking a lot about leather in multiple colors. A burgundy, forest, or even cream-colored leather can be really fun, especially in a skirt." The trend-lover recommends the pleated accordion skirt as an addition to any winter wardrobe, reminding fashionistas with curvy body types to choose longer skirts and those with slimmer bodies to wear shorter ones.

**Related Link:** [Bobbie Thomas on Date Night Fashion: "If You're Looking to Have a Good Time, Don't Be Uncomfortable!"](#)

The tell-it-like-it-is fashion adviser gives some notable fashion [dating advice](#) for different holiday occasions. All of you office-chic stylistas out there, have no fear! "It's all about the button-up shirt," he says of transitioning an outfit from day to night. "If you're wearing a big cardigan and a button-up during the day, a lacy bra is the hottest thing to wear underneath for day-to-night. Just unbutton the shirt a little when it's time to go out." Warburton also suggests

chandelier earrings and colorful bangles as must-have accessories to compliment your nighttime look.

Speaking of work, if you're hoping to be caught under the mistletoe at your office holiday party, he insists you must not overdo any part of your outfit, being that you're still in a professional environment. "Gorgeous chic is what I suggest, something very, very simple," says Warburton. "Add something a little sexy, whether it be a pop of color or a pair of heels."

## **Relationship Advice: Meeting the Family**

He goes on to describe appropriate attire if you're going home with your honey for the holidays and meeting their family for the first time. "Generally, the cleaner, the better. You want to look really tailored and sleek. If it's family you're meeting, you should always look like you're put together with a little bit of personality," he says of his best relationship advice. "Also, wear fabric that feels really good. When someone comes in for that hug and you feel warm and cozy, they're going to have that feeling about you! Try and wear the softest cashmere possible because then everyone is going to want to touch you, which will make them feel more comfortable with you."

As for ringing in the New Year, if you want to escape the cliché of glitter and sparkles, Warburton says, "Metallic metal is huge. Also, you can't be afraid to shine up the room with winter whites. The creamy, clean feel is big all around the world right now!"

**Related Link:** [OK! Magazine New York Fashion Week Celebration](#)

Being in love with New York City street style, the celebrity stylist says that a date night look inspired by such fashion should be feminine yet balanced. "A dress and a high-heeled

boot is a good look,” the celebrity stylist claims. “I always tell girls to wear a dress, but you’ve got to pick showing off some cleavage and wearing a longer skirt or a shorter skirt with a higher neck.”

If we weren’t already excited for holiday fashion, we sure are now! More of the style sage’s favorite looks can be found on his new website called [Instafabulous.com](http://Instafabulous.com), where top model’s Instagram posts will be shared and discussed. Furthermore, Warburton will be touring Texas, New Mexico, and Vegas, discussing the hottest trends for the holidays.

*You can get a glimpse of Derek’s favorite styles by liking him on [www.facebook.com/derektfabulous/](http://www.facebook.com/derektfabulous/) and following him on Twitter @derektfabulous!*

---

## 10 Celebrity Love Affairs with “Normal” People + ‘Beyond the Lights’ Giveaway!







*This post was sponsored by Beyond the Lights.*

By [Sarah Batcheller](#)

We all love to see it when a person who lives in the limelight finds love with someone who is so-called “normal” – someone who does their own grocery shopping and works regular hours to make a regular paycheck. Maybe it’s because we like to fantasize about the possibility of finding love with a celebrity ourselves...or maybe it’s because romances like these prove that love knows no boundaries.

In the new film *Beyond the Lights*, premiering on Friday, November 14, pop star Noni falls in love with a police officer named Kaz, assigned to protecting her. In honor of the unlikely yet heartwarming relationship depicted in the movie, we’ve decided to pay tribute to 10 celebrity love affairs with normal people.





‘Beyond the Lights’ movie poster.

**1. Kevin Jonas and Danielle Deleasa:** Jonas spotted the former Jersey hairdresser while both were on vacation in the Bahamas with their families. He approached her, and their love blossomed from there. The two are now married and have a daughter.

**2. Elizabeth Banks and Max Handelman:** The *Hunger Games* star met her now-husband, a sportswriter and producer, in college in 1992. Banks converted to Judaism upon marrying her true love, and the couple has two sons.

**3. Anne Hathaway and Adam Shulman:** Hathaway’s own princess diaries came true when she married the jewelry designer in 2012, a few years after her previous beau was sent to prison on serious fraud charges.

**Related Link:** [Are Chris Martin and Jennifer Lawrence Back Together?](#)

**4. Jon Bon Jovi and Dorathea Hurley:** The rock legend married his high school sweetheart in a Vegas chapel in 1989. They now have four children together.

**5. Jessica Alba and Cash Warren:** In 2008, the *Fantastic Four* beauty married the son of actor Mike Warren. They now have two adorable daughters, Honor and Haven.

**6. Jimmy Fallon and Nancy Juvonen:** Everyone's favorite comedic TV personality married his lover, a film producer, back in 2007. The two, who were introduced by Drew Barrymore, are proud parents to their daughter and golden retriever.

**7. Julia Roberts and Danny Moder:** Roberts met her cameraman-hubby on set in 2000 while both were still in other relationships. Since marrying in 2002, the couple has welcomed three children.

**Related Link:** [Jessica Chastain Dishes On Not Dating Other Stars](#)

**8. Christian Bale and Sibi Blazic:** The brooding *Batman* star married Winona Ryder's former personal assistant in 2000. They now have two children and are active members of various environmental groups.

**9. Matt Damon and Luciana Barroso:** Damon married the former bartender in 2005, becoming the stepfather to her daughter. Since then, the couple has had three daughters of their own.

**10. Nicholas Cage and Alice Kim:** Cage married the former waitress in 2004 while the divorce proceedings of his previous marriage to Lisa Marie Presley were still taking place. Cage and Kim have a son together, who they named Kal-el after Superman.

~~**GIVEAWAY ALERT: One lucky reader will receive a *Beyond the Lights* prize pack with the following items: branded hoodie, branded lip gloss, branded make-up bag, mini poster,**~~

~~soundtrack digital download, and a \$25 Fandango gift card. To enter our giveaway, email cupid@cupidspulse.com with your full name, address, email, and daytime phone number BEFORE 5 p.m. EST on November 25th. In the subject line, please write "Beyond the Lights Giveaway." You can also enter on [Facebook](#). You may enter the contest only once. Good luck!~~

Giveaway is now closed. Thank you to all who participated!

---

**Achieve Flawless Skin this  
Holiday Season with Jergens  
and Make Your Man Fall Even  
More in Love with You!**





*This post is presented by Jergens.*

By [Sarah Batcheller](#)

What is beautiful about the holidays is that it gives everyone in love a lot of moments in the spotlight with their beau – moments ranging from office parties to family gatherings to alone time by the tree. This can be a problem, though, if you haven't prepared your skin for all of that attention. Luckily, [Jergens](#) is here to help you achieve flawless skin with just one perfect product.

Picture this: You're standing under the mistletoe, and your man comes and wraps his arms around you. You've been waiting for that perfect holiday kiss, but now, all you can think of are those dry spots right around your elbows. Or maybe, you've finally pulled out the sparkly mini-dress that you've been anticipating wearing to your honey's holiday get-together, but the open back exposes dark spots on your skin that don't match your outfit. Your old BB cream didn't go on sheer, so you were afraid to use it on these noticeable areas of your body. Ladies, put down that product (better yet, toss

it in the trash) and pick up Jergens® BB Body Perfecting Skin Cream instead!



Jergens® BB Body  
Perfecting Skin Cream

Jergens® BB Body Perfecting Skin Cream will not only hydrate

and illuminate your skin as soon as you put it on, but it will firm, even, and correct it after only five days of use. Plus, it dries quickly, so there's no need to adjust your usual morning routine to avoid staining your clothes. Better yet, this BB cream goes on sheer and adjusts to your skin tone, so you won't look like you just tried to rub pudding on yourself before that holiday party. Instead, the combination of shea butter, skin-smoothing emollients, and Jergens Firm Perfecting Complex combine to give you luminous, smooth, and firm skin.

5 Benefits	Lighter Skin Tones	Medium–Deep Skin Tones
1. HYDRATE	Superior level of hydration for all skin tones.	
2. ILLUMINATE	Provides subtle sheen to illuminate all skin tones	
3. EVEN	Proprietary Skin Tone Evening Technology evens redness in fair to light skin tones	Proprietary Skin Tone Evening Technology evens discoloration in olive to deep skin tones
4. FIRM	Firm Perfecting® Complex	
5. CORRECT	High blur effect to hide skin imperfections	High level of light reflecting particles to hide skin imperfections

BB Cream Color Chart for Skin Tones.

Celebrity makeup artist Pati Dubroff swears by this product, so much so that she uses it on her own clients in order to



prepare them for the red carpet. Celebrities, including Dakota Johnson, the star of *50 Shades of Grey*, have been turned on to this product by Dubroff. At an InStyle event on October 28th, the beauty guru discussed this fabulous product with the guests.



Pati Dubroff speaks to guests at recent InStyle event. Photo courtesy of Single Edition Media.

*Jergens® BB Body Perfecting Skin Cream can be found at your local Target or CVS. You can Like Jergens on Facebook and discover even more information about these fabulous products!*

---

# For The Love of Cars! Cars.com Launches #newcarface Contest



**ALL DRIVE.** No drama.®

*This post is sponsored by [Cars.com](https://www.cars.com).*

By Sarah Batcheller

Buying a new car is a lot like falling in love. You search far and wide for the one you believe will stick it out with you. As you look, you find that some are too slow, others too fast, some too flimsy, and others too high-maintenance. Like love, you spend a lot of time and effort picking out the right vehicle, so don't you want purchasing a new car to be as rewarding as finding your soulmate?

I remember car shopping for the first time without the help of my parents. I was twenty years old, and I enlisted the help of my boyfriend. At every dealership, he checked the tires, bumpers, and features to make sure I was getting the best deal I could get. He even told off a couple of sales people who he felt were trying to fool me. We found the best fit for me, and you should have seen my #newcarface! It's safe to say that my choice in a guy has paid off – and now, with the Cars.com contest, up to \$25,000 on the car I bought can be paid off too!



Showing off our best #newcarface! Photo

courtesy of Whitney Johnson.

With this new Cars.com promotion, you can enter to have Cars.com pay off up to \$25,000 of your car loan. You can submit an entry on Twitter, Instagram, or Facebook – see specific details below:

**Twitter:** Upload a photo of your new car and most excited, unprecedented new car face. Use the hashtag #newcarface and mention/tag @carsdotcom in your post.

**Instagram:** Upload a photo of your new car and happy new car face. Use #newcarface and mention/tag @carsdotcom in your post.

**Facebook:** Post a photo of your new car and new car face on the Cars.com Facebook wall (as a new post). Be sure to use #newcarface for your entry to be valid.

It's no secret that Cars.com knows how to take the drama out of car buying, and now, they're taking it out of purchasing new cars by paying off up to \$25,000 on a lucky someone's car loan. Good luck!

*Note that participants can only submit one entry during the promotional period. Visit the contest website for more examples of #newcarface entries, additional contest details and rules. Open to legal US residents (excluding MD, NJ and TN), 18+ who hold (or whose immediate family member holds) a qualifying vehicle loan or lease. Begins 7/29/14 at 8:00:00 am CST and ends 1/2/15 at 12:00:00 pm CST. Prize value up to \$25k. Subject to the Official Rules at <http://bit.ly/1pLUGey>. See Official Rules for full details, including eligibility criteria and qualifying vehicle restrictions. Sponsor: Cars.com, a division of Classified Ventures, LLC. Please do not include any personal information, like your license plate number. A "New Car" is considered a new or used car bought or leased on or after 1/1/2012.*



---

# ‘DWTS’ Contestant Antonio Sabato Jr. and Partner Cheryl Burke Are “Still Going Strong”



By [Sarah Batcheller](#)

Antonio Sabato Jr. and Cheryl Burke are revving up their engines for Halloween week on *Dancing with the Stars*! Even though last week's Salsa earned Sabato some blunt feedback from the judges, who referred to his dancing as “stiff,” the soap opera veteran is taking the constructive criticism in

stride and using it to improve as he prepares to do the Viennese Waltz on tonight's show. The saucy duo also promises a group dance that will blow audiences away. As for Sabato's other show *Fix it and Finish It*, the crew is migrating to Cleveland to take on their next task. Check out our [celebrity interview](#) with the actor below!

## Antonio Sabato Jr. Talks Group Dance in Celebrity Interview

**We were so happy to see you back with Cheryl last week, and your Salsa was our favorite dance yet! How did it compare to your previous dances for you?**

**ASJ:** Well, being back with my partner and working with her was great. Being away from her made me miss her and reminded me of how great a teacher she is. Getting back together made it better after being apart. Now, we just want to keep dancing stronger and better. Every week, we put a lot of time and effort into the show and our dancing. It's been almost two months of hard work, but we're still going strong.

**Related Link:** [Antonio Sabato Jr. on His 'DWTS' Journey So Far: "I Have a Passion with Everything I Do"](#)

**How did Cheryl's dad's health scare bring the two of you closer?**

**ASJ:** My family and I are behind her and will support her whenever she needs it. No show is more important than family, so I was willing to do whatever it took to make sure she got whatever she needed.

**We'd love to talk a bit about your storytelling process. Do you help Cheryl come up with the concept for each dance?**

**ASJ:** No, it's all Cheryl. I'm not much involved in that. I get



the routine from her, and we go step-by-step. It's all on Cheryl.

**What about the costumes? Do you have any say in what you wear?**

**ASJ:** That's all Cheryl again! She comes up with the costume, and we work with a designer. She lets me add in my opinion, but all the creative is Cheryl and the designer.

**Related Link:** ['DWTS' Pro Tony Dovolani on Betsey Johnson: "She's Never Felt Pretty in Her Life"](#)

**Julianne Hough commented that it's obvious you take to heart the judges' comments and apply them the following week. So how will you keep in mind their feedback as you rehearse this week?**

**ASJ:** I'm focusing on improving my lines, footwork, and posture. There are so many notes to keep track of and to improve on each week. I have no background in dance, so it's important for me to take what the judges and Cheryl give me and apply it to the dance. It's extremely difficult work but very rewarding at the end!

**Tonight is the group dance, and you have an awesome team! What have rehearsals been like so far? Anything you can reveal about your dance?**

**ASJ:** They've been good. We work really well together and have the whole routine down. It's tough because we all have to be in sync and have our own dance to do as well. Plus, it's a complicated routine. We don't have a lot of hours to work on it as a team, so when we do, we have to focus and get down to business as soon as possible.

**And finally, what's next with the *Fix It and Finish It* crew?**

**ASJ:** We get to Cleveland this week to start production, and I'm looking forward to it!

Follow Antonio Sabato Jr. on Twitter @antoniosabatojr. Watch him on Dancing with the Stars on Mondays on ABC at 8/7c!

---

## Celebrity Video Exclusive: 'Blood, Sweat & Heels' Star Geneva Thomas Moments Before Brawl with Melyssa Ford



Interview by [Lori Bizzoco](#). Written by [Sarah Batcheller](#).  
CupidsPulse.com Executive Editor Lori Bizzoco was on the scene when Bravo's *Blood, Sweat and Heels* filmed on Tuesday evening

and had a chance to booty shake during a celebrity video exclusive interview with reality star Geneva Thomas only moments before her brawl with costar Melyssa Ford.

## Celebrity Video Exclusive with Bravo Reality Star

During the celebrity interview, Thomas was in better than good spirits and shared with us her optimistic views on relationships and love. “I’m still single, unfortunately – but fortunately too because it gives me a chance to focus on my work and also to meet the guy who’s right for me,” she says. “I’m not particularly into rushing into anything. I just want to have fun and enjoy being single!” Feisty as always, the Detroit-born diva showed she was doing just fine on her own two feet.

**Related Link:** [Jennifer Lopez Says She Needs to Be Single Right Now](#)

Further discussing her career, the reality star mentioned the successful launch of 1530 Agency, a digital marketing firm, as well as a website she is currently working on called Jawbreaker NYC, which involves style and pop culture. “I’m a journalist – that’s my passion and my heart!” she exclaims during our [celebrity video exclusive](#) interview. The last thing the Bravo star informed us of was her recent Halloween costume party, where she dressed as the powerful Cleopatra.

So what changed her mood only moments later? A source close to Thomas tells us that the tension between her and Ford has been building since the first season. As viewers know, some of that drama was edited out of the Bravo show. Bizzoco witnessed the altercation that took place on the Hornblower Infinity and spoke to Thomas directly following the brawl but will not comment further.

**Related Link:** ['Blood, Sweat and Heels' Star Brie Bythewood on Departure From the Series and Pregnancy](#)

Thomas is currently facing felony charges as a result of the brawl with Ford, so the big question now is whether Thomas will stay on *Blood, Sweat and Heels* or be asked to leave the show like former cast member and mom-to-be Brie Bythewood. We will just have to wait and see how the series handles the situation on the upcoming season!

*You can follow Geneva on Twitter @GenevaSThomas.*

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