

'Bachelor in Paradise' Newcomer & Reality TV Star Chris Bukowski: "Paradise Wasn't Paradise For Me"



By [Sarah Batcheller](#)

We followed-up with *Bachelor in Paradise* contestant Chris Bukowski about his arrival to Tulum, Mexico and the stir he caused on his first night there. For those of you who haven't been watching, the four-time *Bachelor* franchise veteran went on what appeared to be a great date with Clare Crawley and ended the evening with a controversial ocean frolic and a lot of kissing with Elise Mosca. "After the whole makeout session, I don't think Clare and I spoke another word to each other,"

the reality TV star says in our [celebrity interview](#).

Related Link: [‘Bachelor in Paradise’ Star Chris Bukowski Says Dates with Elise Mosca Were “Spectacular”](#)

Reality TV Contestant Opens Up About Relationships and Love

Bukowski, a master at making a memorable first impression, arrived with a date card and asked Crawley to spend a day of pampering with him. The heartbreaker left her looking all giddy and happy, despite the warning about him that she got from the others. He confirms, “Clare and I had a great date, and I do regret not pursuing our relationship and love further, but at the time, it seemed like there was no romantic connection there.”

The real chemistry he felt on *Bachelor in Paradise* was with Mosca, who had already formed a connection with Dylan Petit. But when asked if it was love at first sight, he says, “I didn’t have an instant attraction to Elise. I barely knew who she was. The two girls I was initially considering taking on the date were Clare and Lacy Faddoul.”

We all know that there’s more to these love triangles than what reality TV reveals. And although the show paints Bukowski as the bad boy, he maintains that he’s better than that. “I don’t think anyone will ever be happy with editing, but at this point, it’s all pretty funny to me. Can’t take this stuff too seriously!”

At the end of the episode, he receives a default rose from Mosca (after she was rejected by Petit and gave an awkward speech about what women “deserve” in a partner), but he assures us that what we saw go down on *Bachelor of Paradise* wasn’t *that* dramatic. “Dylan and I squashed the whole thing at the rose ceremony, but that wasn’t shown,” the restaurant

owner shares in our celebrity interview.

Celebrity Interview with *Bachelor in Paradise* Star

You may have noticed on episode 2 that Bukowski wasn't hanging out with the rest of the cast while Petit took Sarah Herron on a one-on-one date. It turns out that he was further courting his new crush: "I definitely hung out with Elise more than what viewers saw. I actually setup a makeshift date on the beach that wasn't aired."

Related Link: ['Bachelorette' Contestant and Hopeless Romantic Chris Bukowski Wants His "Fairytale Ending"](#)

As much as we love Bukowski for adding some spice to the season, it doesn't look like a good start to "happily ever after" for the *Bachelor in Paradise* newcomer. Although he won't reveal any teasers about next week's episode, he does leave us with this closing thought: "I didn't feel the need to be there any more. Paradise wasn't paradise for me..." According to sources, he'll excuse himself next week and leave paradise.

Back home, Bukowski watched the show with former *Bachelor/Bachelorette* contestants Jaclyn Swartz, Christy Hansen (who will be arriving in paradise soon), and some other friends.

We can't wait to see what happens next Monday night!

Keep up with Chris on Twitter @ChrisJBukowski. Be sure to tune in to Bachelor in Paradise on Monday nights at 8/7c on ABC!

Celebrity Interview with 'True Blood' Star Jamie Gray Hyder: "It's Nice to Be With Somebody Who Can Take Care of You"



By [Sarah Batcheller](#)

Jamie Gray Hyder is a young, energetic actress currently starring as Lucia, the sultry sister of a drug lord on USA'S *Graceland*. Video gamers may also recognize her as Echo in PS4's *Killzone Shadow Fall*. Hailing from the Washington D.C. area and being a proud University of Georgia alumnae, she stuns audiences across the nation with her exceptionally sexy

and adventure-seeking characters, but she may be best known for her role as Danielle, the spunky, tenacious werewolf on HBO's *True Blood*. Of the show's epic final season, she says in our celebrity interview, "It's already been pretty intense, and I think we're going to see a lot of the same – I think we're going to lose a lot more people we've come to love!"

Celebrity Interview with *True Blood* Actress

The Virginia native is spending much of her summer on the set of *Graceland*. In fact, she was gearing up to film the two-hour finale episode when we spoke with her. For fans anxiously waiting to find out what happens next, she shares, "You can see a lot of things starting to brew, so you can expect the more recent plotlines that have been introduced to really start to develop and play out. You're going to see a lot more happen between Johnny, Carlito and Lucia!"

Hyder has a firm grasp in her newfound stardom and certainly hasn't let fame change her approach to love – not that she has much time for romance right now. "I'm in a relationship with whatever show I'm on at the time," she says with a laugh. Now, that's true dedication!

Related Link: [Courtney Robertson Tells All In New Book: "I Really Didn't Hold Back!"](#)

Still, she's got some very focused opinions on what she wants in a guy. She's looking for a man who is comfortable with himself and capable of taking the reins in their relationship and love. "I can be stubborn, and I can be sort of like a manager," she admits. "I want someone who puts me at ease, so I don't feel the need to be that way. Plus, it'd be nice to be with somebody who can take care of me occasionally."

Not surprisingly, the actress acknowledges that dating in the

spotlight can be tough, particularly because people aren't always interested in you for respectable reasons. "You're going to get those guys who really appreciate you for you and a sea of others who are only interested because of what you've done or where they see you going."

Jamie Gray Hyder Shares Dating Advice

Regardless of what kind of man eventually captures her heart, she believes that communication is most important in any partnership. "You have to be able to talk to each other about whatever it is that needs to be discussed," she explains in our celebrity interview. "If your partner is going to be defensive or disrespectful, it makes it really hard to have a conversation. Good, open communication can really be helpful to any problem you may face."

Of course, if you can't work through certain issues, the sensible star encourages girls to recognize that truth and move on, no matter how hard it may be to say goodbye. Sharing her best [dating advice](#), she says, "You're supposed to be with more than one person in order to figure out who's right for you. A relationship and love that doesn't go as planned or ends in heartbreak shouldn't really feel like a failure because it's just part of the process. You need that step to get to the right guy."

Related Link: ['Bachelorette' Star Desiree Hartsock Says Confidence is Key to Finding Mr. Right](#)

Hyder was rash and real while discussing the "friend zone," an area that many women feel stuck in when it comes to their relationship with their crush. If someone's been lingering in that place with their love interest for too long, "it's indicative that you make better friends than romantic partners – otherwise, something would have already progressed. It's

harsh, but it's honest!"

In the spirit of her own shining entry into Hollywood, she details her thoughts on how a busy, career-focused woman could better balance her professional goals with her relationship hopes. She remarks that it's important to know why both are big parts of your life, rationalizing, "If I weren't able to focus on my career and do a good job at my work, I wouldn't be a happy person or a suitable partner. So I know that my work is important for me to be a whole person, which is good in a relationship."

After a little thought, she adds, "Having that warm human interaction and affection of a relationship and love, someone's who just there for you, is equally important too."

You can keep up with Jamie on Twitter @jghyder and www.facebook.com/jamiegrayhyder! You can catch her on Graceland on Wednesday nights at 10/9 c on USA.

'Bachelor In Paradise' Star Chris Bukowski on Celebrity Romance with Elise Mosca: Dates Were "Spectacular"





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

Bartlett, Illinois native Chris Bukowski was the fourth runner-up on Emily Maynard's season of *The Bachelorette* and was seen as a main competitor on season 3 of the *Bachelor Pad*. Since his initial reality TV appearance, he has molded himself into quite the entrepreneur as the owner of The Bracket Room, a sports bar and lounge in Arlington, Virginia. Earlier this summer though, Bukowski put his business on the back burner and returned to the small screen with the hope of finding a celebrity romance on *Bachelor in Paradise* (fourth time's a charm, right?).

Chris Bukowski on Looking for Relationship and Love on Reality TV

Related Link: ['Bachelorette' Star Marcus Grodd Is Engaged to 'Bachelor in Paradise' Costar](#)

He recently created quite a media frenzy when he "crashed" the premiere episode of Andi Dorfman's season of *The Bachelorette*.

We saw on the *Men Tell All* episode that host Chris Harrison wouldn't let Bukowski come to the stage and meet her. "I was totally thrown off-guard when Chris said something to me – I wasn't miked or anything. He kind of bombarded me!" he shares in our exclusive celebrity interview. Still, he says that final pick Josh Murray "seems like a good guy for Andi."

When he got the call for *Bachelor in Paradise*, it was no surprise that he was open to the experience. "The producers approached me about it, and I figured, 'Why not?' I was able to take time off from the restaurant, so it worked out really well in that sense. When you have an opportunity to be on reality TV, it's hard to say no!"

Bukowski shows up on the island in tonight's episode and is immediately surrounded by familiar faces, including AshLee Frazier. Although he and Frazier were friends prior to the show, he says she was too busy with Graham Bunn to spend any time with him. "I knew almost everyone there, which made it a little hard to find a relationship and love. Obviously, if something was going to happen, it would've already."

Related Link: ['Bachelor in Paradise' Star AshLee Frazier: "My Goal Was to Know Graham Bunn"](#)

***Bachelor in Paradise* Celebrity Romance and Fling**

Still, that didn't stop him from having a celebrity fling. The restaurant owner had a brief "showmance" with castmate Elise Mosca and gushes that their dates were "simple but at the same time spectacular – not your normal, real world dates." He also states that their celebrity romance is "too good to spoil" for *Bachelor in Paradise* fans, refusing to share any of the hot details.

Evidently, a happy ending isn't in the cards for this

entrepreneur, though. Sources close to us reveal that Bukowski only stays in paradise for two episodes, sending himself home next week. Still, he doesn't blame the show's format for his failure to meet someone special. "I've seen it work on reality TV before, so it was worth a shot. Plus, it's really hard to find a relationship and love in the real world! At the end of the day, I just wanted to have a good time – and I did."

In regard to the Jesse Kovacs drama that audiences are wildly anticipating later this season, the blue-eyed contestant admits, "I'm definitely caught up in some of my own controversy on tonight's episode, but I'm not around when Jesse gets there, so I'm not sure what kind of trouble he got into." Well, now we're awaiting *two* scandals! Make that three gossip-worthy moments as we watch ousted Michelle Kujawa's love life unravel...

Another source shares that Bukowski and fellow *Bachelor in Paradise* contestant Christy Hansen (who hasn't shown up in Tulum, Mexico yet) became good friends prior to the show after meeting in Chicago. Unfortunately, Hansen arrives in paradise *after* Bukowski is gone, so audiences won't get to see them together. While the hopeless romantic clarifies that they're not dating, he won't confirm whether or not he's single.

Related Link: [New Beginnings for Old Flames on 'Bachelor in Paradise'](#)

Back in the real world, Bukowski maintains his determination to find love, as many of his fans witnessed during his recent search for "Deerfield Abby." The *Bachelorette* veteran describes how he and fashion blogger Dana Weiss of Possessionista tracked her down: "Dana saw that I posted on Facebook that I was looking for someone in Deerfield, Illinois. Once Dana and I connected, it turned into quite the extensive search and got way bigger than I thought it would."

Dana is amazing, and she definitely helped find the Abby I was looking for, but it turns out that Abby has a boyfriend, which is why her friend was so mad about Dana's post. At the end of the day, it was settling to be able to find her even though nothing happened from it – except for now I have about 15 new friends named Abby.”

As his time on *Bachelor in Paradise* comes to an end (for now, at least), his business continues to flourish. “We just signed a deal that will open two more Bracket Room's,” he says enthusiastically. “We'll have one at Reagan National Airport and Dulles International Airport, both in Washington, DC.” He's also launching a cold-pressed juice brand this December in Chicago. “I'm not releasing the name for another couple of weeks though.”

Keep up with Chris on Twitter @ChrisJBukowski. Be sure to tune in to Bachelor in Paradise on Monday nights at 8/7c on ABC!

Five Things No One Wants To Hear On a Date





By [Sarah Batcheller](#)

Sometimes, we hear certain phrases, and they alert a big, waving, red flag. Other times, we say those some phrases, not realizing how poorly they come across to someone we're trying to impress. Below are five sayings you want to seriously avoid while out on a date, whether they're coming from your mouth or his:

1. "I hate labels": When someone says they hate labels, it can come across as, "I don't want people to know I'm dating you." Receiving this message is a huge turn-off. By saying it, you're just expressing that you don't want to have to fully commit to anything. But labels aren't always a bad thing! They simply mean both partners have happily defined their relationship.

Related Link: [What Do the Drinking Habits of Singles Reveal?](#)

2. "I don't really have any hobbies": If you say this phrase to someone, they will instantly picture you lounging in a dark basement and going through a bottle of wine alone. Hobbies are

the vibrancy of a person's character; they're telling of where that person came from and what their interests and talents have grown into. Don't be shy to share who you really are!

3. "I've never been in a committed relationship before": Nobody wants to metaphorically hold your hand through the dating process – literally hold your hand, yes, but not actually take on the role of dating coach (besides, we have taken care of that for you!). While it may be true that you've never been in a committed relationship, that's not something you want to share on a date. Your potential boo could interpret this as a premature excuse for an unwillingness to commit to *them*.

4. "I forgot my wallet at home": What you're really saying is, "I forgot my wallet at home." What they're hearing is, "I purposefully forgot my wallet, so I wouldn't have to pick up this check." This age-old trick is a huge deal breaker. Even if it were an honest mistake, any sign of flakiness is a wrong-way sign. Your date wants to know that you came fully prepared to the date and are wholeheartedly into it. Forgetting your wallet shows you rushed out of the door.

Related Link: [So You're Dating a Mama's Boy!](#)

5. "I still live with my mom": Still living with your parents can be a sign that you're not ambitious or responsible enough to get out on your own. Even if you've fallen on trying times and need to lodge there for a little, it's not something you want to highlight to someone on a date. You're basically just telling that person the reasons why you don't see it working rather than focusing on all the reasons why it *could* work.

What's the one thing you never want to hear on a date? Share in the comments below!

'Bachelor in Paradise' Reality TV Star AshLee Frazier: "My Goal Was to Know Graham Bunn"



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

AshLee Frazier is the poised, pure-hearted beauty that viewers first met on season 17 of *The Bachelor* with Sean Lowe. Although she left the [reality TV](#) show as the second-runner up, not as the woman on his arm, she has since made a name for herself as a savvy style entrepreneur. Of course, the fashion

blogger hasn't given up on her dream of finding a strong relationship and love, and with that thought in mind, she returns to the small screen Monday nights on the ABC spin-off *Bachelor in Paradise*. Audiences everywhere (us included!) are crossing their fingers that this Texas girl will finally have her happy ending.

Related Link: [New Beginnings for Old Flames on 'Bachelor in Paradise'](#)

AshLee Frazier Talks About Looking for a Relationship and Love on Reality TV

We had the chance to chat with Frazier about her time on the show, one in which she describes as being less about competition and more about love. "It's a very romantic environment," she gushes of Tulum, Mexico.

It's been no secret that her sights were set on Graham Bunn before filming began. "My point of going on the show was actually to meet him – there was no ulterior motive," Frazier says in our exclusive celebrity interview. "My goal was to get to know him and see what could come out of that." Sources close to us say that, while she stays in paradise until the end, going home in love was not in the cards for the DIY guru.

Of course, fans know that Bunn had a serious celebrity relationship with *Bachelor* alum Michelle Money, who also appears on *Bachelor in Paradise*. Ever the lady, Frazier talked to Money before meeting face-to-face in Mexico, and she explained her interest in pursuing Bunn. "Michelle was very supportive of me going after Graham," the reality TV star tell us. Interestingly, the two ladies became good friends during the taping. "I was actually looking forward to meeting Michelle, and once I did, I really enjoyed my time with her.

I know she had a hard time being there and looking for love, so I tried my best to be there for her.”

Related Link: [‘Bachelor Pad 2’ Couple Michelle and Graham Are Still Talking Everyday](#)

Dating Advice from *Bachelor in Paradise* Contestant

Frazier shares her best dating advice and says that, when you go after someone you like, it’s best to be prepared and know what you want in a partner. “I knew a little bit about Graham going into the show,” she says. “I knew Graham and I were compatible in quite a few areas, and I knew some personal interests we shared, one being on a spiritual level.”

As someone who’s looked for a relationship and love twice on reality TV, she says being vulnerable is the most important part of the process. “If you’re not open and honest about who you really are and what you need and want in life, then you’re setting yourself up to find people who aren’t necessarily right for you.” She admits that she wears her heart on her sleeve during the show – maybe “a little too hard,” as she says viewers will see on the premiere episode.

Last time we spoke with the Love it! Organized founder, she mentioned that she wanted to be more well-rounded before falling in love – and for her, appearing on *Bachelor in Paradise* was part of reaching that goal. “I think this experience has taught me a lot about myself and has opened my eyes to what I really need and want in someone – more so than it did on *The Bachelor*,” she candidly shares. “With every experience in life, you learn something new, and after the show, I can definitely say I’m a lot closer to figuring out what I want.”

Related Link: [AshLee Frazier Says, “I Want to Be Well-Rounded](#)

[Before I Fall in Love](#)

When it comes to other potential love interests, Marquel Martin, from *The Bachelorette* season 10 would have been Frazier's pick had she not focused on Bunn. "I think Marquel's such a great guy. I love his energy and personality, and he's good looking, of course. But we're just friends, and when someone's in that friend zone, it's kind of hard to get them out."

The fierce side of Frazier we all know and love will show it's fangs again this summer. Audiences may remember her stone-faced exit from Lowe's season, and they'll apparently get to see the same this time around, as the veteran reveals that there's one moment she regrets in paradise. "There's a little quarrel that happens with me and another cast member. Unfortunately, I wish it didn't happen, but it did. I wish I could take that part back, for sure." It looks as though either a cat fight or a battle of the sexes is going down!

You can keep up with AshLee (and Bachelor in Paradise fashion!) on her fashion blog and Twitter. Don't forget to catch her and the rest of the dynamic cast on Mondays at 8/7c on ABC!

Be the Best Partner You Can Be with 'The Wholehearted Wife'



By [Sarah Batcheller](#) and Laura Seaman

Looking at yourself and making changes to your habits and perspectives can do a world of good to your marriage. In *The Wholehearted Wife: 10 Keys to a More Loving Relationship*, husband-and-wife duo Erin and Greg Smalley, along with Greg's father Gary, teach readers how to be a better wife and how to have a better marriage. Whether you're newlyweds or celebrating your 30th anniversary, this book will help your relationship thrive and stand the test of time. The Smalley clan teaches you how to rekindle passion, pursue your dreams, bring vitality back into the relationship, and more! CupidsPulse.com recently interviewed the three authors about their book, which was released on June 20th.

We love the sense of empowerment and positivity you give to women. Why did you choose to focus on the wife's role for this book?

Erin: I loved the thought of encouraging women to focus on what they can control – only themselves – and use that to influence their marriage. As wives, we can learn new skills, paradigms, and behaviors and apply them to ourselves, our husbands, and our marriages.

Often, it's easier to remain stuck and frustrated by focusing only on what our husband is or isn't doing. Believe me, I did this for years, and it got me nowhere! *The Wholehearted Wife* is based on my own journey of becoming the woman and wife God is calling me to be, regardless of what my spouse is doing. I'm a work in progress...and hope to continue learning the rest of my life.

Are there any messages that you think husbands can gather from this book?

Greg: A husband can learn the same thing a wife is learning: that he cannot control or change his wife—although I have given a valiant effort over the years! Focusing on her will only keep me stuck as well. Instead, he can focus on who God is calling him to be as a man and as a husband.

In many ways, it's like a game of ping pong. If one person suddenly changes how they hit the ball, the other player will also have to change how they hit the ball back. The same is true in marriage: When one person makes a change, it *will* cause a change of some sort for the other person. Although sometimes it isn't the change you were hoping for, a change will occur – it's a dynamic system. As a husband or wife models the behaviors they hope to see, it gives the relationship a better chance of a positive change.

Related Link: ['Cake Boss' Star Buddy Valastro on His Marriage: "I'm a Lucky Man Because the Show Hasn't Changed Us"](#)

What are some specific, practical things that couples can do to be on the same page more often?

Erin: After Greg and I got married, it didn't take us long to see that we had different likes, dislikes, opinions, and personalities. This set us into conflict pretty quickly—even on our honeymoon! One difference that we quickly discovered was that I was a staunch “rule follower” and Greg saw rules as “suggestions...for other people!” I didn't have any idea how to handle arguments in a healthy way, and Greg liked to avoid them.

The great news is that there are simple tools that I learned to handle conflict in a healthy way: First, take a “time out” when things began to escalate. This allows both spouses to calm down and begin to get their hearts back open. Second, I learned to name what I was feeling in the moment. This is part of de-escalating and gaining perspective of what was happening for me – again, the only person I can control. Third, ask The Lord for His truth about the situation. Your spouse is not the source of truth. Although God will use them to speak truth into your life, they come with their own issues.

Next, approach issues as a team! Just simply seeing your spouse as your teammate is a powerful perspective that can be added into marriage. Commit to each other that you will find win/win solutions to problems – in essence, things that feel good to both of you.

All of these steps allowed me to stop responding in anger and with “what came to mind first”...which never worked. Conflict is inevitable in marriage because of the differences between you and your spouse; however, combat is optional. If I can learn a healthier way to deal with conflict, anyone can!

Related Link: [Create Lasting Love with 'Marriage Meetings'](#)

What core principles do you think should be important to every couple that wants a strong and happy marriage?

Gary: After 50 years of marriage, we have found that what worked best for my wife and I was to make sure that we highly

VALUED each other every day. We both have made a long list of valued qualities and characteristics about each other. We highly value marriage and family, and we're eternally committed to having a relationship that reflects importance and significance.

Neither of us ever thinks of divorce, no matter how difficult our marriage becomes, because we always know that God brings life and hope to our marriage. And we know that somewhere in all of the information that is available to married couples, there is an answer to our specific relationship problems. Plus, Greg and Erin are amazing marriage counselors. There's no way that we could ever divorce!

We also keep a very short list of hurts and discouraging offenses toward each other. Everyday, we "download" our offenses toward each other and either seek forgiveness from our mate or readily forgive. Every new day is a fresh start for us, and we have no "stored up" resentment toward each other. Low hidden anger levels keep our hearts open toward each other, and seeing each other as extremely important keeps our affection for each other at the maximum levels.

When it comes to parenting, what would you suggest parents do to teach their kids about successful marriages?

Gary: I am in the middle of writing about my wish for my grandchildren for the next five generations. I have seven main pillars that my wife and I used in raising our own kids, and they turned out amazing but not perfect. When I see my adult children today, I know it was worth every hour that we spent in raising them. Here is a summary:

- They grew up hearing that "we honor God and His creation above all else."
- We never keep anger inside of us. Forgiveness is key.
- We found blessings, benefits, and "pearls" within all offenses towards us. In essence, "God causes all things

to work together for good. “

- We keep Jesus’s commends and learn from His teachings.
- We learned the 5 M’s: Master, Mission, Methods, Maintain, and Mate.
- We have continued to stay bonded as a family.

Pick up a copy The Wholehearted Wife today!

How to Stop Being a Serial Dater



By [Sarah Batcheller](#)

You've got your calendar filled to the brim with dates, and each one gets a totally different outfit because each one is with a totally different guy. Funk Rock Guy brings you to his favorite music venue/coffee and wine bar; Politically Informed Guy invites you to a live podcast recording; and Health Nut Guy takes you on a breathtaking hike...all in one week! You're having the time of your life until you realize you're becoming the Zodiac of serial dating, and you know you'll never find The One if you've always got two, three, and four lined up. As always, Cupid is here to help! Here are five tips on how to stop being a serial dater:

1. Raise your standards: You'll have less viable options if you sort out the ones who you know just aren't the right fit for you. If Funk Rock Guy is touring too much for you to ever have a foreseeable, solid relationship, then it's probably not worth compromising a potential relationship with someone else just to have a fling.

Related Link: [Are Your Dating Standards Too High?](#)

2. Get to know them better: You can't sort out the soft, brown apples and find the shiny, red ones if you haven't climbed the tree. Make time to communicate with potential beaus rather than just hop around from date to date. It's important to talk to each other when you're not both distracted by laser tag or sitting in silence in a movie. Quality conversation will allow you to determine what kind of partner they are and if they're a good fit for you in the long run.

3. Limit your time for dating: We know, it sounds horribly boring, and you can't imagine why we'd ever say this to you. But there's a whole world out there for you to grab by the horns, and the love of your life will want to know all of your knowledge and passions. Ditch the dates you know won't make it past three weeks and spend that time on yourself. You may even want to pick certain days of the week for dating so that you

know you won't go overboard.

Related Link: [Signs Your Crush Is Into You](#)

4. Know when to say no: If you know you've already got a couple dates on the books, then it's best to slow it down a little. If you've been raising your standards, it shouldn't be hard to say no to some of your requests. Don't feel bad for rejecting someone if you know you won't be able to give them your full attention. It's better to have just a couple dates lined up so that you have enough time with each person to accurately determine who is best for you

5. Don't cling to fantasies: You'll be searching forever if you've got a fantasy guy stuck in your mind. Stubbornly clinging to the mere idea of a perfect man will keep you going from guy to guy when you're not finding *exactly* what you want. Instead, loosen up your constraints and be open to whatever kind of person he may be. You'll have more opportunity to find genuine happiness with just one person.

Cupid wants to know: How did you stop being a serial dater? Tell us in the comments below!

Mother-Daughter Duo Talks Life and Love in New Book 'Have a Nice Guilt Trip'





By [Sarah Batcheller](#)

Growing up and growing older offer a variety of challenges, including the guilt imminently packaged with being a mother or daughter. *Have a Nice Guilt Trip* is the fourth book in its series from this lovable and popular mother-daughter duo and details their journey in vibrant colors. Filled to the brim with witty, hilarious, and heartwarming anecdotes, the authors have mastered the art of tugging at your heart strings and putting a laughing cramp in your side simultaneously. Lisa Scottoline and her daughter Francesca Serritella share the pages, decorating them with the stories of their lives and loves. CupidsPulse.com had the pleasure of interviewing both authors about their new collection of tales, which was released on July 8th.

We love the title *Have a Nice Guilt Trip*! What inspired the two of you to co-author this book?

Lisa: What inspires me is my daughter. I love being her mom, and we've evolved into being best friends. Plus, we both like to make people laugh. By the way, the credit for the title

goes to Francesca – she thinks of them all!

Francesca: Now that I'm an adult, our mother-daughter relationship doesn't always take place in the same room, but you always carry your mother's voice with you, either in your head or calling you three times a day on the cell phone. This book is about the ways we stay close and find our "space" across state lines.

Being that losing and finding love again is a significant theme in your work, what lessons do you think are most important when moving on from a failed relationship?

L: As Francesca will tell you, I think my motto in life is "move on." It's really important to not to get stuck in relationships or in any situation generally, and I think that stasis is really the enemy of growth and creativity. As I've gotten older, I become more able to take risk and embrace change, and I think it's all for the better. I used to think it would be terrible to be divorced twice, and now, I think it's wonderful. Everyday, I wake up, and I am living the life that I truly want to live.

F: I don't think there are any rules about how much time there should be between relationships, and we rarely have as much control over it as we'd like. It's a feeling, a sense of security in yourself, that tells you you are really ready to move on. My mom always taught me to be financially and emotionally independent, to try and build that wholeness in myself first—she's been a great model of that for me. It isn't always easy, but I think it's an essential pre-requisite for any new relationship.

Related Link: [Beauty Expert Kym Douglas on Falling in Love](#)

There seems to be a debate of what it means to define a woman as independent. How would you describe an independent woman?

L: I think it's about maintaining control. We used to talk

about the life you lead, and I think about that phrase a lot. More and more, I try to lead my life; that is, I try to steer it or run it in a positive way according to what I want to accomplish. This is not the same thing as control, but it is really a change for me. I think it's a really good thing for women to try to do. We are so often asked to meet the needs of others that we have defaulted to thinking of ourselves second. I say to myself that we should all be the stars in our own lives. That doesn't mean that we're selfish, but it means that we shouldn't negate our own wishes and desires and subordinate them to someone else's. I was a single mother my whole life, and the only person who deserves to be placed above me was my child.

F: An independent woman isn't looking for someone to complete her. She isn't looking for someone else's goals to give her purpose, and she doesn't need a man to validate her life choices. An independent woman loves herself, even if she struggles with not *liking* everything about herself. She has her own goals and agenda, even if they're flexible or changing, and she's looking for an equal partner.

Lisa, in the "Homely Remedies" section of this book, you find yourself apprehensively conforming to Mother Mary's old tricks of the household, but you still find your own way to do things. What lessons would you like to pass on to Francesca?

L: Believe it or not, I'm not a big advice giver as a mom or as a best friend. So in a paradoxical way, if I pass on any lesson, it's that there are no lessons to pass on and that every woman needs to make her own way in the world, find her voice, and give herself the permission to meet her needs and fulfill her desires. Your time belongs to you and no one else – until you give it to them – and the same thing goes with your money. My only lesson is to trust yourself and find your own way.

Related Link: [Comedian Julia Sweeney Discusses Love and Family](#)

[in Memoir 'If It's Not One Thing, It's Your Mother'](#)

Is there a specific message you hope readers take away from reading this book?

L: It's an entertaining book and one that makes you laugh out loud, but it also has moments of deep poignancy. I'm not sure that it's a message per se, but I think our love of family comes through loud and clear in this book. I think the message is that family matters, and that's much more than lip service with the flying Scottoline/Serritellas!

F: I hope the message is that a mother-daughter relationship is something that can evolve over time and that finding that adult friendship is worth the occasional scuffle.

Pick up a copy of Have a Nice Guilt Trip today!

Date Idea: Road Trip Your Way to Romance





By [Sarah Batcheller](#)

If you and your significant other have taken in all that your town has to offer and you're ready for a change of scenery, it's the perfect time to embark on an unforgettable road trip! With the warmer months approaching, the two of you can follow this weekend date idea to take a small adventure and prepare for spring. Road trips are a great way to spend quality time together, something we often forget to do as we get caught up in the hustle and bustle of a new year. Cupid's [dating advice](#) is sure to help you and your honey make the most of this weekend date idea!

Related Link: [Enjoy a Secret Sunset on Your Next Date Night](#)

Dating Advice for Couples Looking for Adventure This Weekend

If you're ready to leave behind the colder weather once and for all, drive South to a warmer state for some fun in the sun. If you're the more adventurous type and want one last

cold weather rendezvous before the snow melts away, embrace the chilly season and set your sights North for winter sports. Or you can travel to the nearest mountain and go for a romantic hike. Camping together is another idea that will be sure to keep you snuggling all night. It also adds to the minimalist attitude that road trips are all about! For those couples who want to hit as many destinations as possible, you can fuse romance and adventure and take a weekend cruise.

You and your sweetie can take this time to show love like your favorite Hollywood couples do since they're always on the road. No matter where you decide to go, if you plan on being in the car for a while, find ways to beat boredom by playing some fun games or using the time to catch up with one other after a long work week. Playing your favorite music or an audio book will give both of you something to enjoy while driving too.

Related Link: [Date Idea: Kidnap Him!](#)

Just remember to turn off your phone and ignore your calls, emails, and texts. Make this weekend *only* about you and your significant other. For those couples who haven't gone on a getaway, this date idea could be an important next step in your relationship and love.

Ever been on a road trip with your honey? Share your dating advice with us in the comments below!