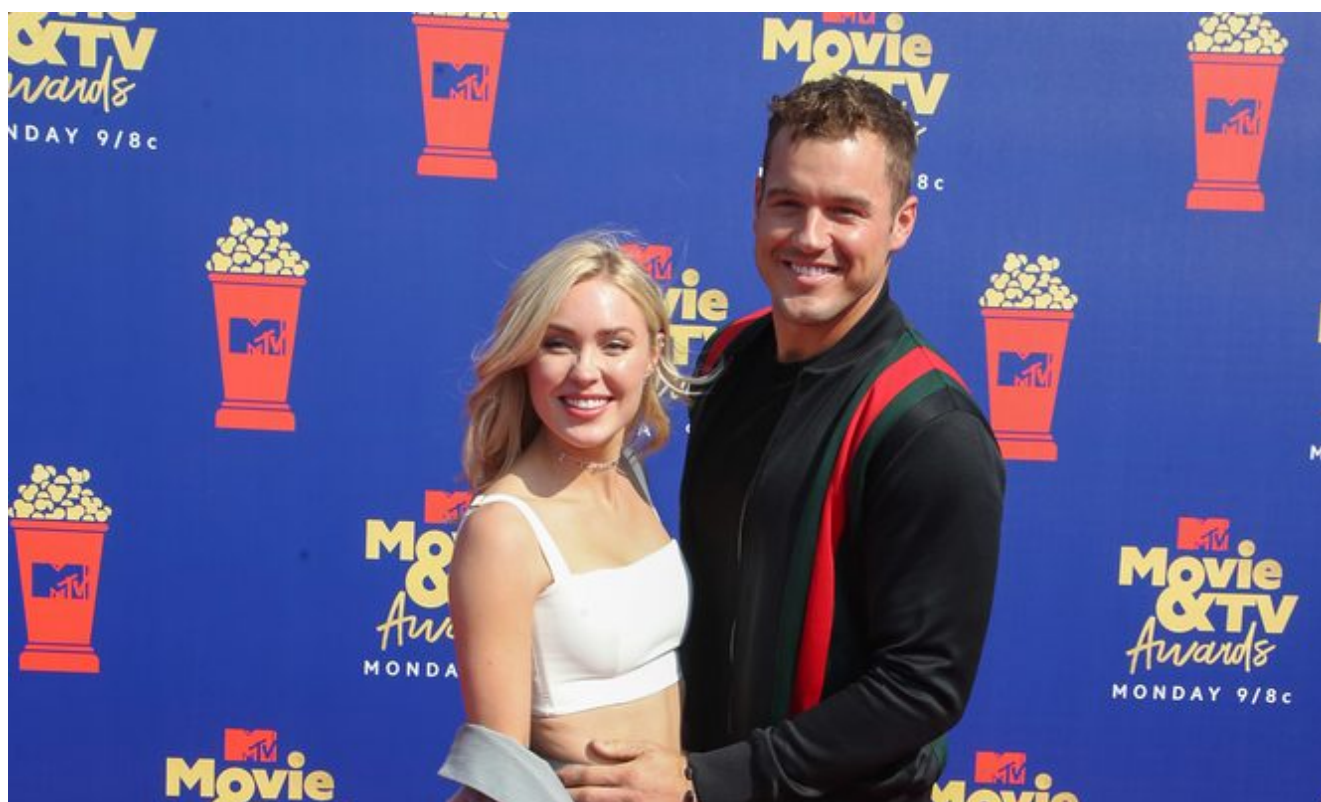


Celebrity Break-Up: 'Bachelor' Alum Colton Underwood Jokes About Split from Cassie Randolph



By Alycia Williams

In latest [celebrity news](#), former [reality TV star](#) Colton Underwood joked about his split from Cassie Randolph with the help of Sean Lowe ahead of the premiere of *The Bachelor*. According to *UsMagazine.com*, Lowe took to Instagram the night before ABC is set to air condensed version of season 17 of *The Bachelor*. Underneath the photo of Lowe and his now wife Catherine Giudici, Underwood commented, "Hopefully you are still with her." Many fans responded, complaining how it's

too soon to joke about his break-up with Randolph. Underwood then stated, "Sometimes people are just meant to be friends and that's okay. We both have grown immensely and been through so much together so this isn't the end of our story, it's the start of a whole new chapter for us."

In celebrity break-up news, Colton Underwood is already joking about his recent split from Cassie Randolph. What are some ways to use humor in the healing process after a break-up?

Cupid's Advice:

Although break-ups can be difficult, laughing about it can really take the edge off. If you want to be able to use humor in the healing process after a break-up, Cupid has some advice for you:

1. Develop a smarter sense of humor: Using humor in tense situations can be hard to pull off. You want to be sensitive your ex's feeling but still make light of everything. Avoid mean spirited jokes. Saying something hurtful in a joke form could come off even worse than just being hurtful.

Related Link: [Celebrity News: Scott Disick Celebrates Birthday with Ex Kourtney Kardashian & Kids After Split from Sofia Richie](#)

2. Don't use humor to cover up your emotions: Even though humor can help you heal from a break-up, if you use humor to hide or avoid your emotions than it can be unhealthy. If you're going to joke about your past relationship, make sure

it's not for the wrong reasons.

Related Link: [Celebrity Exes: Jessie J Shares Sweet Birthday Tribute to Channing Tatum Weeks After Split](#)

3. Make sure you're both in on the joke: Humor only works if both parties are in on it. If you are joking about your past relationship make sure your ex is okay with it. If not it'll just seem like you're picking on your ex and it won't make you feel any better either.

What are some other ways to use humor in the healing process after a break-up? Start a conversation in the comments below!

Celebrity Baby News: Sean Lowe Admits Wife Catherine's Third Pregnancy Happened 'Sooner Than Planned'





By [Bonnie Griffin](#)

In [celebrity baby news](#), Sean Lowe and Catherine Giudici are expecting their third child. According to *UsMagazine.com*, the [celebrity couple](#) had been planning for a future with three children, but this third pregnancy came a little earlier than they had planned. The former *Bachelor* star said they are still excited about the pregnancy, although “the idea of raising three kids under three and a half years old [is] a little daunting.” Ready or not, baby number three is on the way for this couple.

In celebrity baby news, this pregnancy took Bachelor Nation’s Sean and Catherine by surprise. What are some ways to cope with a surprise pregnancy?

Cupid’s Advice:

Not every pregnancy is planned for, but this doesn't mean it's not a happy occasion. Still, an unexpected pregnancy can be a lot to take in, and it can add unneeded stress if you are surprised. Cupid has some advice to deal with a surprise pregnancy:

1. Ask friends and family for help: If this isn't your first child and you're feeling a little overwhelmed talk to your friends and family. Let them know you're feeling tired and ask them for help. If you just ask you may find that you have all the help you need to bring your new child into this world.

Related Link: [Celebrity Parenting: Find Out What Carrie Underwood Is Doing Differently as a Second-Time Mom](#)

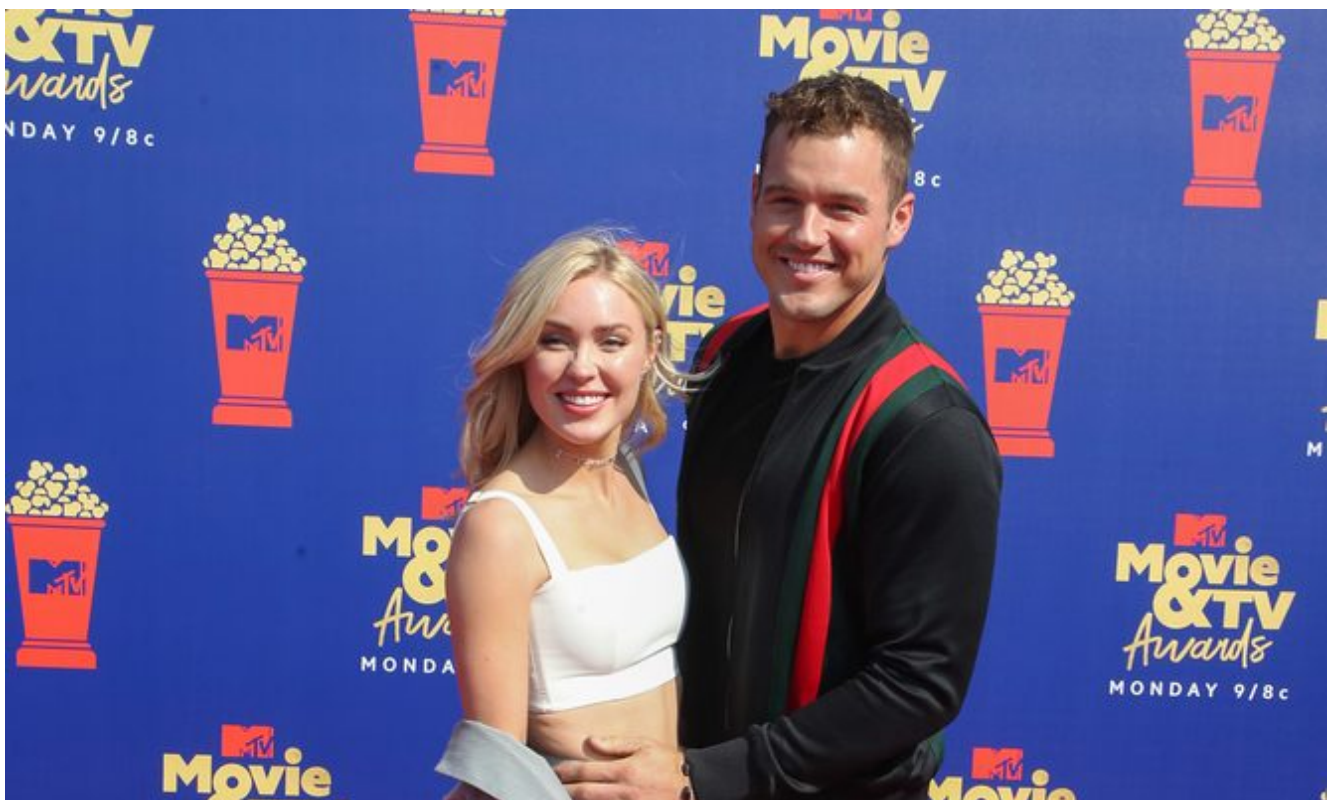
2. Remember it is normal to have negative thoughts: When you're surprised with a pregnancy every thought you have about your upcoming bundle of joy may not be positive. That's okay. Being pregnant alone takes a toll on your body with morning sickness, fatigue, stretch marks, and more. It is understandable that you might have a few negative thoughts about having to go through all of that unplanned.

Related Link: [Celebrity Baby News: Elin Nordegren Is Expecting With Former Football Pro Jordan Cameron](#)

3. Don't panic: It may not feel like you have any time to get ready for the baby, but you have nine months. All you really need to worry about are the important things like a bed for your baby, diapers, clothes, and a few supplies. If you cut back on a few of the extras you splurge on you will find the money you need to get what you need for your upcoming baby.

What are some ways you might handle a surprise pregnancy? Let us know your thoughts in the comments below.

Celebrity Marriage: 'The Bachelor' Star Catherine Giudici Reflects on 4-Year Marriage to Sean Lowe



By [Carly Horowitz](#)

[The Bachelor](#) stars Catherine Giudici and [Sean Lowe](#) celebrate the four year anniversary of their [celebrity marriage](#) today! Giudici shares some secrets to [EOnline.com](#) about maintaining a great marriage over time: "I think I have learned better patience when it comes to our marriage and that rage is kind

of a waste of time. I've been slower to anger when I remember how much Sean loves me and better at explaining how I feel. At least I hope!" Giudici goes on to exclaim that Lowe is the "best thing that has happened" to her. Best of luck in the future for this celebrity couple!

This *Bachelor* celebrity marriage is still going strong! What are some ways to continuously work on your marriage?

Cupid's Advice:

Marriage is a lifelong commitment that takes effort. It is a beautiful thing to be able to go through life with your best friend by your side. You want to ensure that your partner still feels the love that you have in your heart for them as you continue in your marriage. Cupid has some ideas on how to continuously work on your marriage:

1. Give complements to your partner and to yourself: Take time to give honest complements to your partner when you feel as they deserve the recognition. Don't be shy to tell your partner that you really did appreciate the simple action that they did of pulling out your chair for you at the dinner table and let them know how much you admire their kind soul. In addition, don't forget to complement yourself on how caring you are in your relationship! It may sound silly but look in the mirror and complement yourself on the efforts you have made in your marriage.

Related Link: [Celebrity News: How Jessica Biel & Justin Timberlake Keep Their Marriage Strong](#)

2. Take time to look into each other's eyes: Umm... what? Yes -

licensed marriage and family therapy experts have proven that looking into your partners eyes strengthens emotional intimacy that may be lost otherwise. Take time to remind yourself of the overwhelming love that you have to give to your partner.

Related Link: [Marriage Advice: How to Keep the Spark Alive After Having Kids](#)

3. Keep the curiosity: Treat your partner as if you have just met- don't hesitate to ask questions about their day, or about their past, or just about them in general. There is always more exciting things to learn about your soulmate- it's not like the journey just stops when you get married, it is really just the beginning.

How do you continuously work on your marriage? Comment below!

‘Bachelor’ Celebrity Couple Sean & Catherine Lowe Share ‘Foolproof’ Marriage Advice





By [Melissa Lee](#)

Season 17 *Bachelor* contestants Sean and Catherine Lowe have been going strong for nearly four years – a rarity for the *Bachelor* franchise, especially with all the [recent drama](#) surrounding the show. The couple sat down with [okmagazine.com](#) to reveal their “foolproof” marriage advice, which includes attending a marriage group, being committed, and constantly working on their relationship. We wish the best of luck to the Lowes, plus their adorable one-year-old boy, Samuel!

This celebrity couple has come a long way since *The Bachelor*! What are some ways to keep your marriage strong?

Cupid's Advice:

Against most odds, Sean and Catherine Lowe have managed to keep their marriage afloat by working hard to keep committed. If you and your significant other are in a similar position, here are some tips to keep your relationship strong:

1. Problem? Acknowledge it: If there's an on-going issue between you and your partner, don't ignore it – acknowledge the problem by sitting down to have a productive conversation that consists of finding the cause and a solution.

Related Link: [Relationship Advice: How Excitement Drives Your Expectations](#)

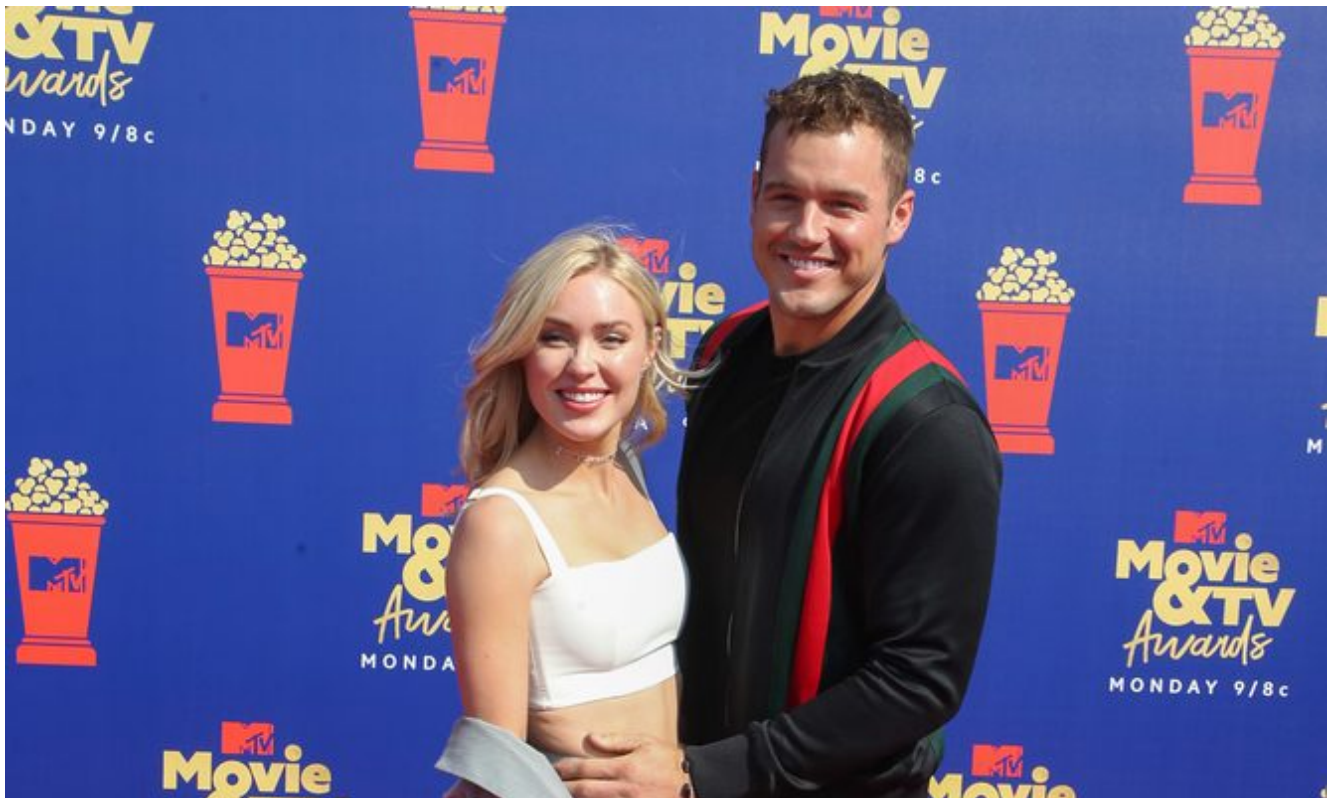
2. Don't be afraid of counseling: Sean and Catherine attended marriage counseling to work out their problems (along with thousands of other couples, celebrity or not), and it ended up heavily working in their favor. There's nothing wrong with seeking help from a professional and it can do amazing things for your relationship, including introducing the opportunity to make your marriage that much stronger.

Related Link: [Relationship Advice: 5 Communication Keys Every Relationship Needs](#)

3. Make time together: If you and your partner tend to live busy day-to-day lives, it's important to make time for one another so you're able to simply sit down and spend time together. This one-on-one time could be extremely beneficial. Whether it consists of a date night, watching a movie together, or even just discussing your days before going to bed, forming this routine could improve your marriage.

What are some of your tips to strengthen marriages? Leave your thoughts below.

'Bachelor' Sean Lowe Is Digging Dad Life with Newborn Celebrity Baby



By [Stephanie Sacco](#)

In [celebrity news](#), [The Bachelor](#) alums Sean and Catherine Lowe have become celebrity parents! Catherine gave birth to a beautiful baby boy named Samuel Thomas. This [celebrity couple](#) will make wonderful parents as they are already enjoying being a mommy and daddy. According to [UsMagazine.com](#), Sean loves being a dad. He said on Twitter, "Someone get me some cargo shorts and Crocs quick. I'm digging the dad life." Their [celebrity baby](#) is already so beloved; it can only go up from here.

You won't see any regrets about this celebrity baby anytime soon! What are some ways to know your partner will be a good parent?

Cupid's Advice:

Deciding whether your partner is parent material is a big deal. You don't want to be hung up on somebody that isn't going to stick around. Cupid is here to help:

1. He's great with kids: If your partner has had younger siblings or little cousins, they might be more equipped to handling children. This experience may or may not have pushed them in the direction of kids. It's best to know where he stands before you assume he's going to be a good daddy.

Related Link: [Celebrity Couple Ginnifer Goodwin & Josh Dallas Welcome Celebrity Baby No. 2](#)

2. He's mature: This doesn't mean he is unfun or serious, but that he is ready to commit to you and your potential kids. He's not playing around with your feelings and he doesn't plan on going anywhere. If it's real for him and it's real for you, there's nothing stopping you from taking your relationship to the next step.

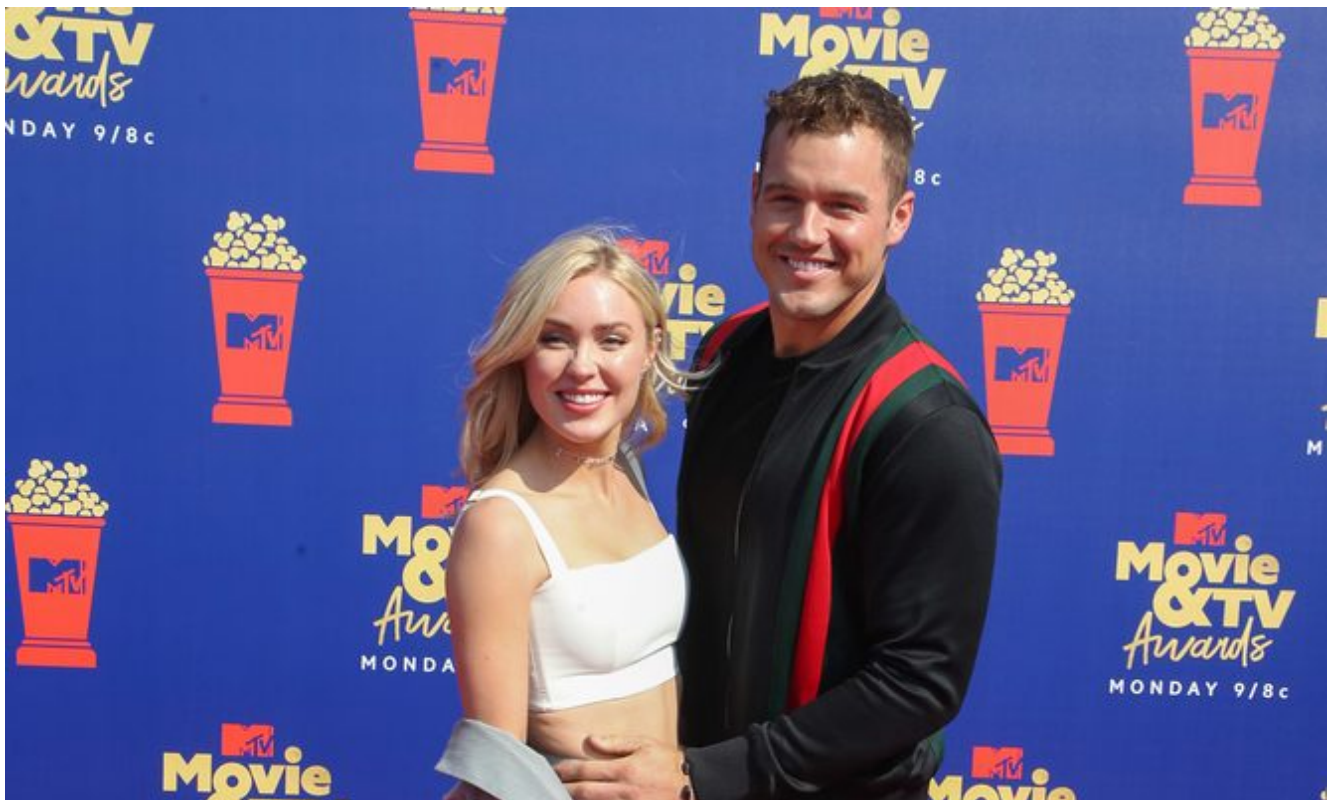
Related Link: [Celebrity Baby News: Louis Tomlinson Files for Shared Custody of Infant Son](#)

3. He's "the one": Only you will know when you and your partner are ready to have kids. Talk to him about it and decide together if that's something the both of you would consider. When the time is right, take the plunge together.

How do you know your partner is parent material? Comment

below!

'Bachelor' Alums Sean & Catherine Lowe Celebrate Celebrity Baby Shower



By [Stephanie Sacco](#)

One of the cutest match-ups from [The Bachelor](#), [Sean Lowe](#) and Catherine Giudici, are expecting their first child. Giudici is due this July and the [celebrity couple](#) celebrated by having a baby shower. According to [EOnline.com](#), the theme for their

[celebrity baby](#) shower was flamingos. Hubby Sean revealed in [celebrity news](#) that the baby shower provided them all the essentials. He says, “We have so much baby stuff now.” He continued, “That’s what we wanted. We want to feel like we have our bases covered.” This celebrity couple seems to be prepared for anything.

This celebrity baby is getting spoiled already! What are some ways to add personal touches to your baby shower?

Cupid’s Advice:

Baby showers are a great way to jump start your baby needs. The nursery can be fully stocked after a shower and it takes the pressure off the parents to buy it all themselves. Cupid is here to help personalize yours:

1. Theme: Having a color palette or a specific theme (like flamingos) can really personalize your baby shower. Centerpieces and banners that match can really make your shower pop. Pinterest and other sites can inspire new moms to plan a fun and fancy party.

Related Link: [Celebrity Baby: One Direction’s Louis Tomlinson Welcomes First Child](#)

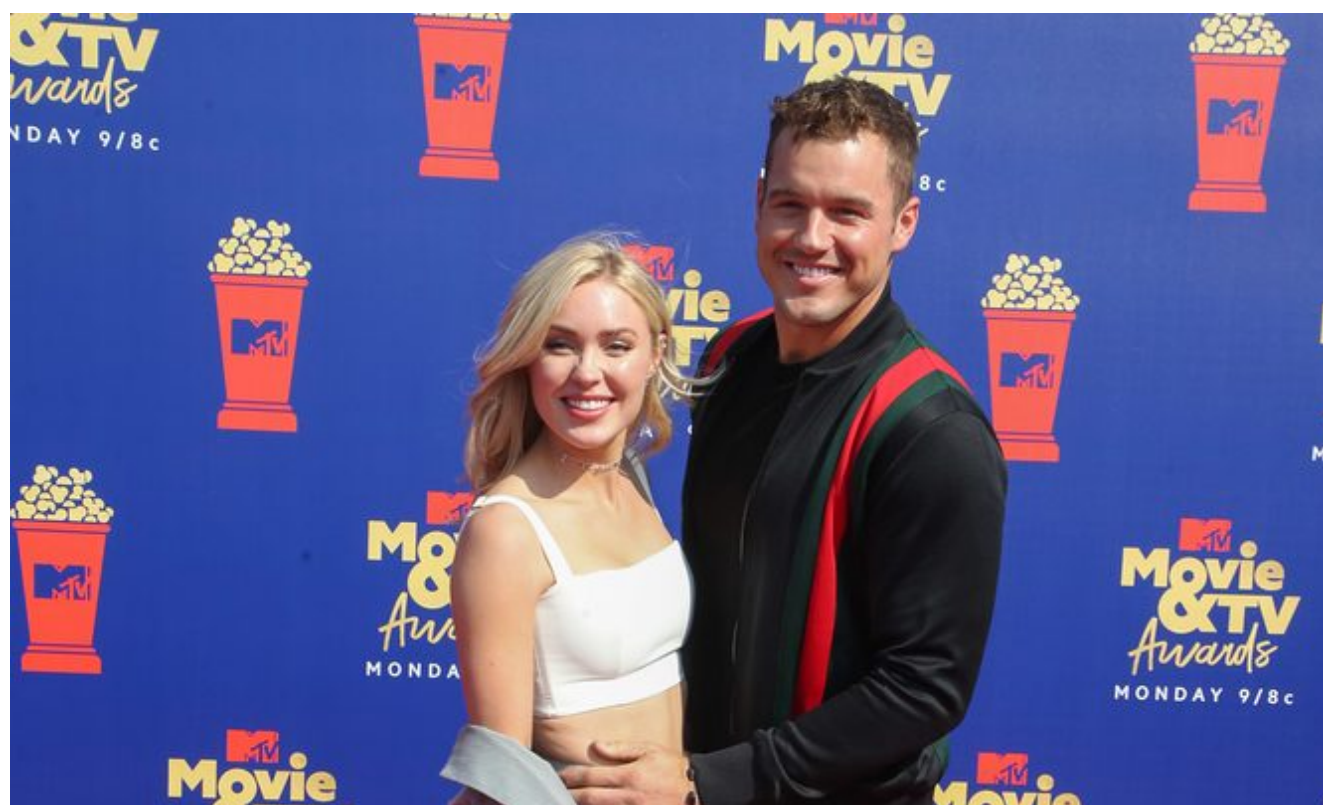
2. Photographs: Give your guests some memories of the baby shower by taking lots of photographs and putting together an album. You want to remember these moments in the future when your baby has grown. Give out photos with your thank you notes so that everybody has a reminder.

Related Link: [Celebrity Couple Kristen Bell & Dax Shepard Talk Disciplining Their Daughter](#)

3. Games: Party games are always a good way to spend a baby shower. It's a fun way to include everybody especially the kids that attend. Involve everyone so that your guests can enjoy themselves while you mingle.

Do you know how to give your baby shower a personal touch?
Comment below!

Celebrity Photo Gallery: From 'The Bachelor' to Babies





Jillian Harris

In March 2016, the former 'Bachelorette' and HGTV host broke her celebrity baby news when she posted a photo of her baby bump next to smiling boyfriend Justin Pasutto with the exclamatory headline, "WE ARE PREGNANT!!!" Photo courtesy of Instagram.

Celebrity News: Catherine Giudici Tells Sean Lowe She's Traumatized About Her Body





By Abbi Comphe

[Celebrity couple](#) Catherine Giudici and [Sean Lowe](#) discussed their insecurities on *Marriage Boot Camp: Reality Stars*. According to [UsMagazine.com](#), Giudici spoke about how uncomfortable she is with her body. This [celebrity news](#) caused a riff in her [celebrity relationship](#) because she doesn't want to take beach vacations with her husband. The couple married in January 2014.

This celebrity news resonates with a lot of us. What are some ways to reassure your partner in the face of insecurities?

Cupid's Advice:

Insecurities can be difficult to talk about and very hard to get rid of. Cupid has some advice on how to reassure your partner in the face of insecurities and how to make them feel

better:

1. Talk to them: When they come to you with these problems, don't just shrug them off. Hear them out and know that you are there to listen to them. Then, let them know that they shouldn't be insecure because you care about them and wouldn't change anything about them.

Related Link: [Celebrity News: What Happens in Vegas On 'The Bachelor'](#)

2. Do something special: Make them feel special and have them forget about their insecurities. Take them to a nice dinner or to their favorite store and treat them to something special.

Related Link: [New Celebrity Couple: Kendall Jenner & Harry Styles Reunite at Party](#)

3. Remind them: Every day when you wake up remind them how special they are. Don't let their insecurities get to them. Show them how much you care and that they are truly loved. It will help them move on.

How you do reassure your partner when it comes to their insecurities? Comment below!

Celebrity Couple Sean Lowe & Catherine Giudici Butt Heads on 'Marriage Boot Camp'



By Jasmine Igwegbe

We can all claim to experience relationship problems similar to celebrity couples for sure. In [latest celebrity news, celebrity couple](#) Sean Lowe and Catherine Giudici's relationship is making progress on *Marriage Boot Camp* with the assistance of celebrity judge Lynn Toler, according to [UsMagazine.com](#). Lowe even admits to Toler that he has trouble being compassionate even when he's really trying. This pair is continuing to work on their issues, even as they prepare to welcome their first [celebrity baby](#) to the world.

This celebrity couple has their issues, just like everyone else.

What are some ways talking to a third party can help your relationship?

Cupids Advice:

Experiencing relationship problems is a common matter we all encounter. What should we do? Cupid has some advice:

1. Unbiased opinion: The third party would be unbiased and make a decision based on the facts you present to them. They're unaffected by the emotions, so they can be more logical and realistic about the situation.

Related Link: [5 Simple Ways to Turn Your Relationship Around](#)

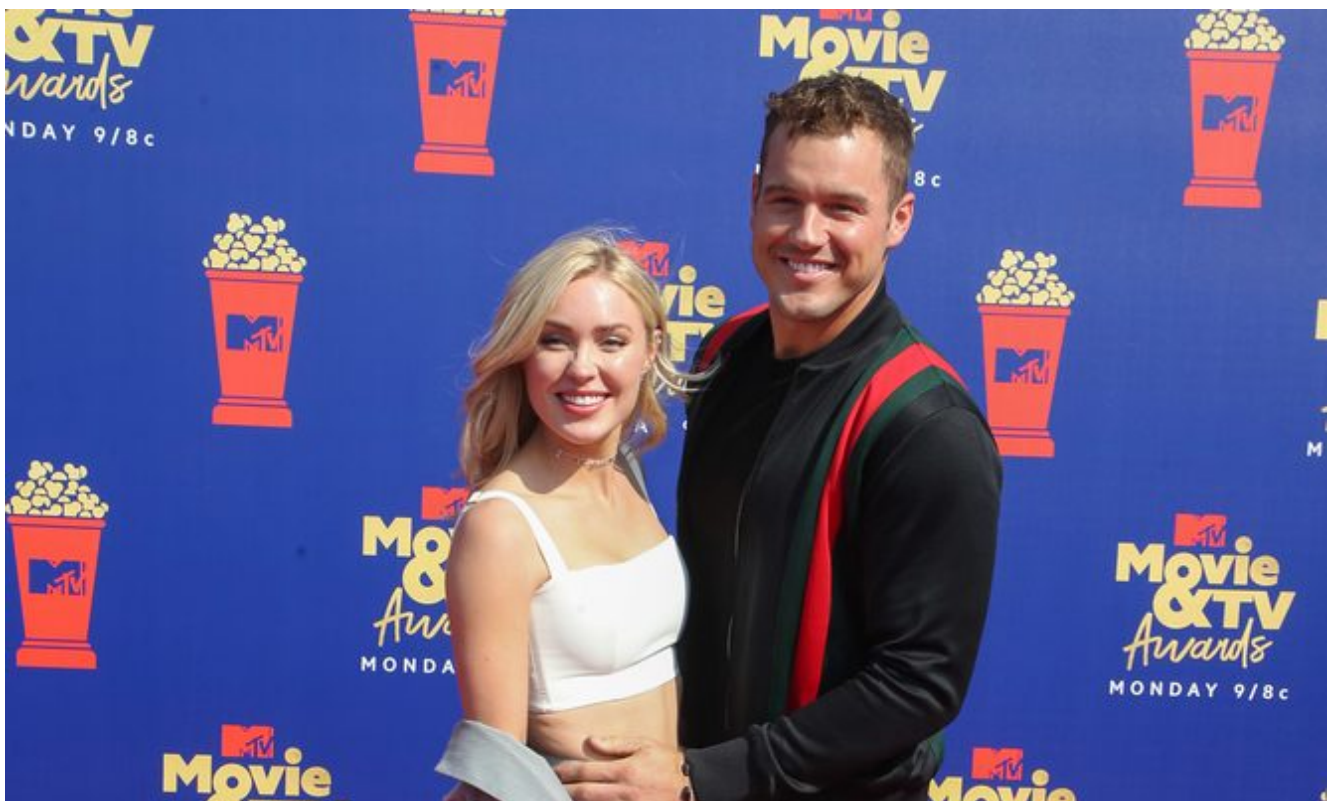
2. Solomon's Paradox: When you distance yourself from a problem, you're able to examine it more clearly, according to the research surrounding what's called the Solomon Paradox. Receiving advice from someone who is distant in the relationship allows wisdom instead of pure emotion.

Related Link: [Is 'The Bachelor' Sean Lowe & Catherine Giudici's Celebrity Love Affair in Trouble Already?](#)

3. New perspective: Hearing someone's side who is not in the relationship gives you an insight from a different perspective. It may also impact how you continue to look at the conflict and help you make a better decision.

What are some other ways consulting a third party can help your relationship? Share your thoughts below.

A 'Bachelor' Baby! Sean Lowe Gushes About Catherine Giudici's Celebrity Pregnancy



By Kyanah Murphy

Love is in the air! After all, cuddles are huge this time of year. The latest in [celebrity news](#) is that [celebrity couple](#) Sean Lowe and Catherine Giudici are expecting their first [celebrity baby](#)! [UsMagazine.com](#) shares that Lowe tweeted the news on December 8th, sharing the joy of their celebrity pregnancy.

We've been waiting for this celebrity pregnancy announcement! What are some unique ways to share your baby news with your loved ones?

Cupid's Advice:

Twitter and Instagram are common ways that celebrity pregnancies are announced, which is very convenient. If you are looking to spice up your social media announcement, Cupid is here with three tips on helping you create a unique pregnancy announcement:

1. Be silly about it: A great way to announce a pregnancy is in a silly way. If you already have two kids, for example, one boy and one girl, you can have them hold scoreboards with a third one saying "tie breaker" and the expected date. Be creative!

Related Link: [New Celebrity Baby: Kim Kardashian and Kanye West Welcome a Son](#)

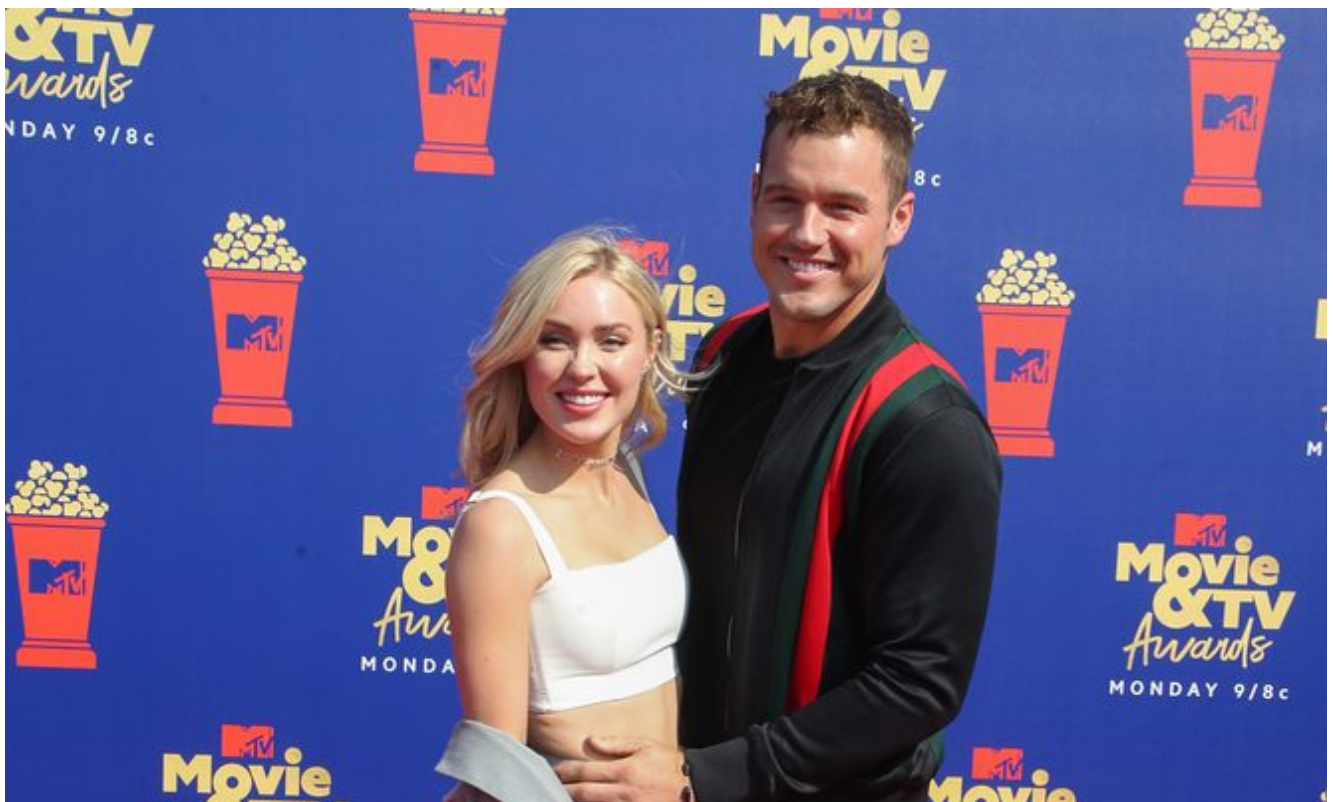
2. Do something cute: You can also take a cute approach to announcing your pregnancy. If you have a dog (or two), for example, you can share your announcement with your dogs saying "baby guard dogs" with the position starting on the due date.

Related Link: [Celebrity Baby News: Josh Hartnett & GF Tamsin Egerton Welcome First Child](#)

3. Be dramatic: You can try to do something dramatic to announce the pregnancy as well. Maybe have your friends and family solve a riddle or put together a scavenger hunt. Whatever you choose, have fun with it.

How did you announce your pregnancy? Comment below.

Celebrity Couple Sean Lowe and Catherine Giudici Join Cast of 'Marriage Boot Camp: Reality Stars'



By Katie Gray

In the latest [celebrity news](#), [celebrity couple](#) Sean Lowe and Catherine Giudici have joined the latest cast of *Marriage Boot*

Camp. The pair is taking the step to make things better in their relationship! According to [People.com](https://www.people.com), they do not always agree on everything and this is evident in the exclusive sneak peek of the series. Fans of *The Bachelor* fell in love with Sean and Catherine, and now they will get to see them work through their issues to make things better for themselves!

This celebrity couple has their share of problems. What are some things to try if you find yourself fighting with your partner a lot?

Cupid's Advice:

Every relationship has its problems, and nobody is perfect. There's a fine line between having normal fights and disagreements, and arguing all the time. If you are fighting with your partner more than not, that is a big problem. You should be enjoying your time with them for the majority of the time. Cupid has some [relationship advice](#):

1. Talk it out: Whenever you are having a disagreement or an argument with your partner, make sure you talk it out. Never go to bed angry, because you don't want anger and resentment to build up. It's best to resolve the issue early on. The fight is likely due to miscommunication, so talk it out with your spouse or partner!

Related Link: [Are Former Celebrity Couple Kourtney Kardashian & Scott Disick Back Together?](#)

2. Space: Everybody needs their own space sometimes. When you are having frequent fights with your partner, it's likely that you just need a little space. This doesn't necessarily mean space for long periods of times; just take a moment to relax

and collect your thoughts. We all get stressed, overtired and burnt out from our busy lives. Take a second to catch your breath, and let the fight blow over. Reconnect once you have started to feel better!

Related Link: [Celebrity News: Will Smith Says Cheating Ex-GF Inspired Him To Become Famous](#)

3. Write this down: If you would rather not go to couples' therapy, why not take matters into your own hands? Jot down in a notebook the feelings that you have for your spouse as well as all of the things you love about them. Once things are spelled out – you will remember why you fell in love with them in the first place. Share your thoughts with each other afterward to rekindle the feelings.

What are some things you have tried when you were fighting with your partner a lot? Share your stories below.

Celebrity Photo Gallery: Famous Couples Who Work Out Together





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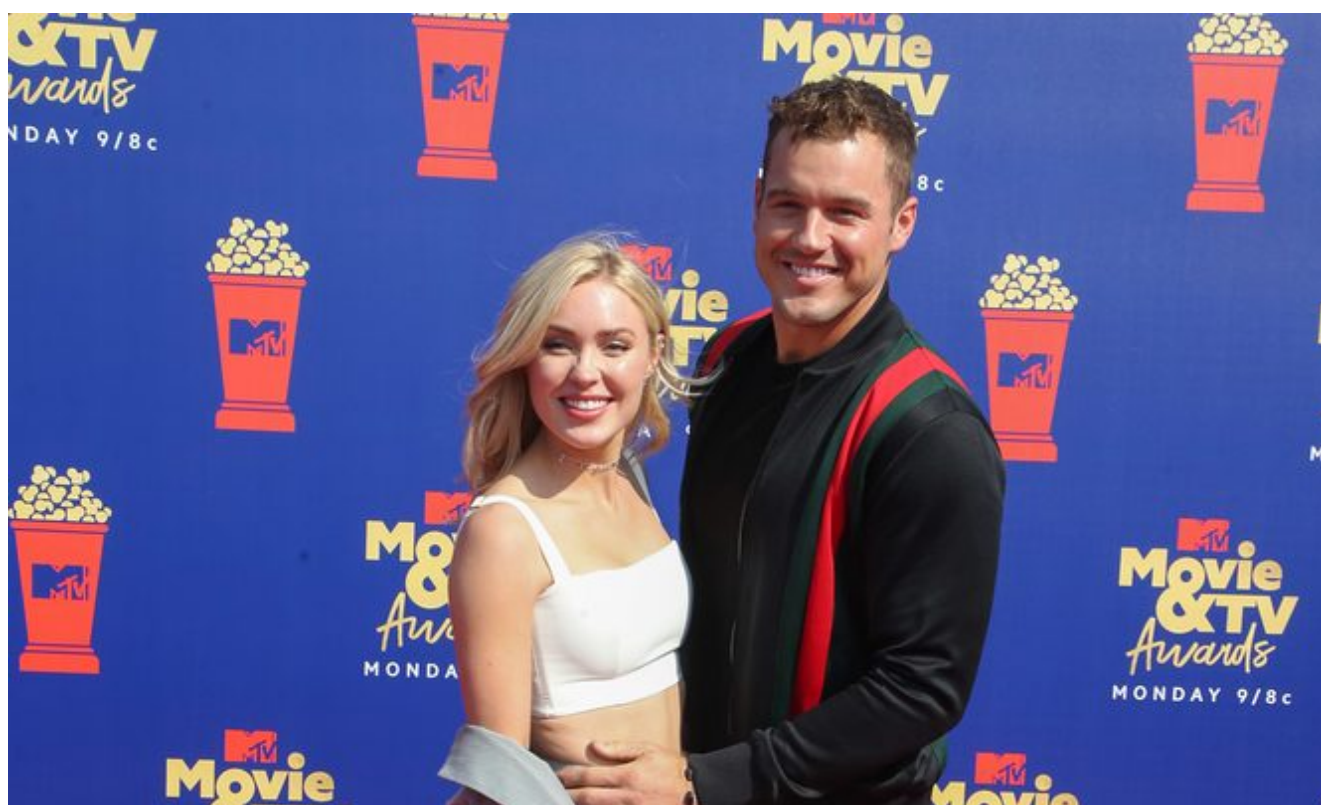


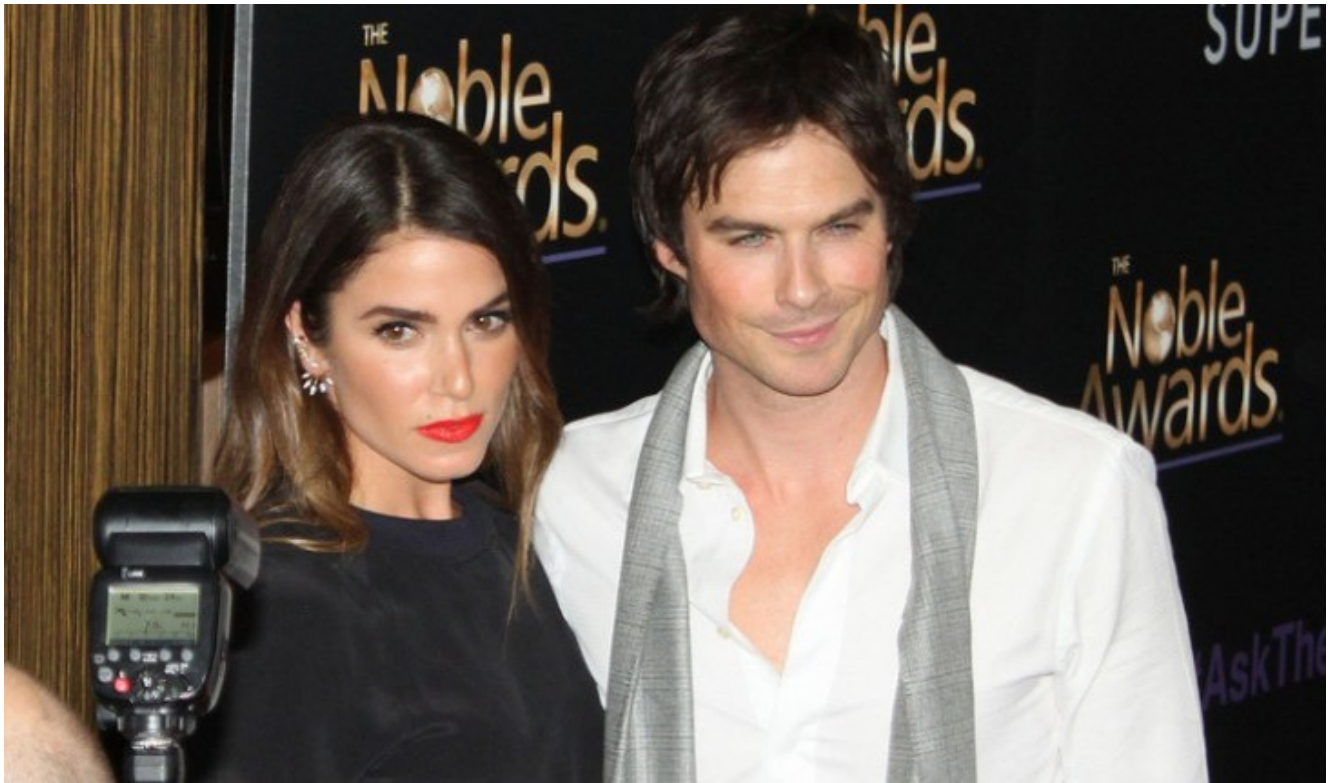
Jessica Biel and Justin Timberlake

The duo that sweats together, stays together! This famous

couple seems to believe this truth, as they are often seen jogging together. Photo: Brian Flannery/FlynetPictures.com

20 Celebrity Couples Who Are Just Like Us





Nikki Reed and Ian Somerhalder

Like many of us, the actors, who tied the knot this summer, have a passion for animals and consider their pets to be their babies. Photo: Willie Pena/Diana Pena / PRPhotos.com

Sean Lowe Gives Love Advice to 'Bachelorette' Couple Kaitlyn Bristowe and Shawn Booth





By [Jessica DeRubbo](#)

[Sean Lowe](#), former *Bachelor* and current happily married man, joined *American Idol* in watching the most recent *Bachelorette*, Kaitlyn Bristowe, give her final rose to Shawn Booth. According to [UsMagazine.com](#), Lowe skipped turning to social media with his commentary, and he instead dedicated an entire blog entry to love advice for the newly engaged celebrity couple. In the blog, he says, "Every relationship takes work, especially relationships formed on TV! I remember the few months between filming and the last episode of my season when Catherine and I had to keep our relationship a secret- everything was so exciting. We were in love and we couldn't imagine having hard times or experiencing any issues that might endanger the relationship," he wrote. "That naiveté wore off pretty quickly once we were thrust into the real world. Your relationship is going to run into issues both big and small. It's imperative that you find a way to work through them."

***Bachelor* franchise alums are well-versed in love advice! Whose love advice should you trust when it comes to your relationship?**

Cupid's Advice:

There's no lack of love advice to choose from, especially with the internet at your disposal. That being said, it's important to weigh whose relationship advice should hold the most importance. Cupid has some tips:

1. Those who have known you for the longest: There's definitely merit to trusting advice from those in your life who know you the best. If someone you don't know is pretending to have in depth insight into your relationship, it's probably red flag. Take whatever those types of people say with a grain of salt.

Related Link: [The LOWEdown on 'The Bachelor' Celebrity Wedding of Sean Lowe & Catherine Giudici](#)

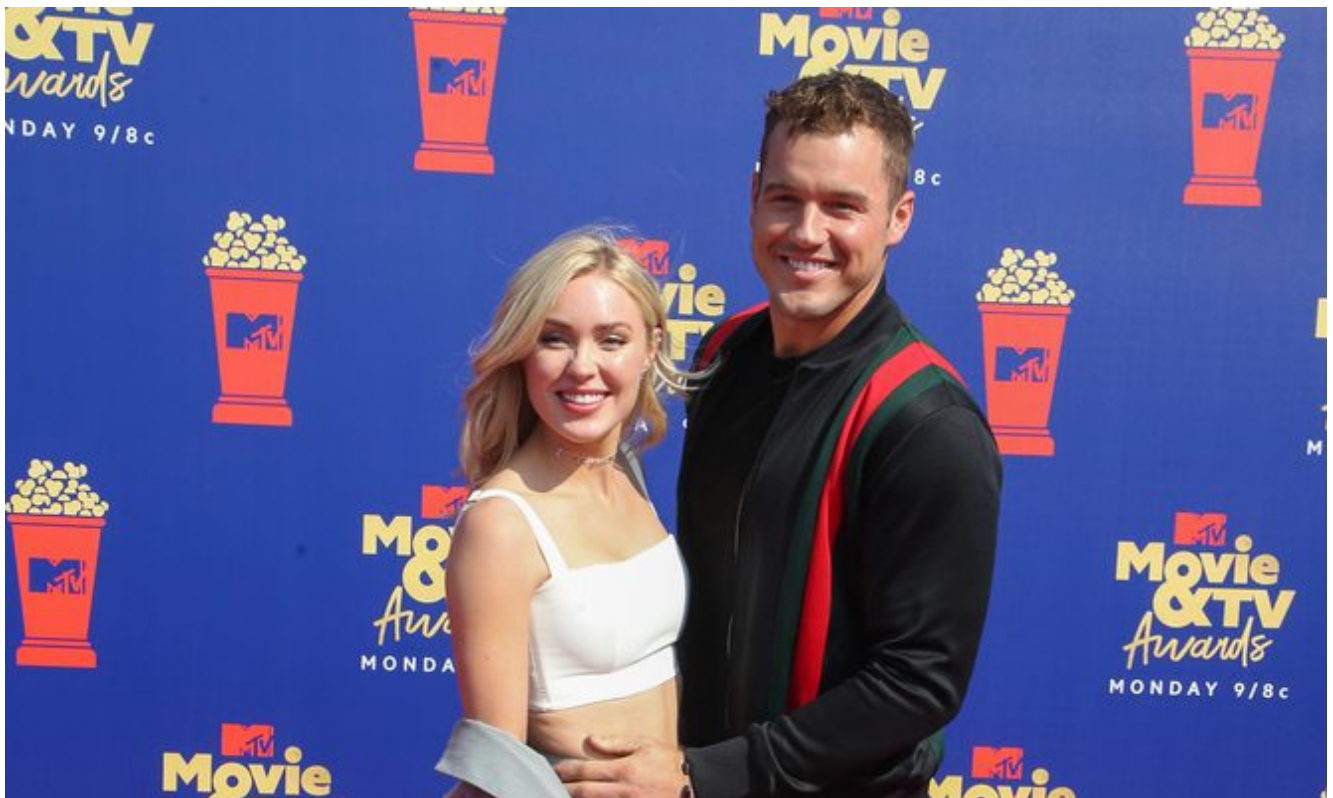
2. Certified/trained professionals: Some people dedicate their lives to helping people and giving advice. Though it's certainly true that you shouldn't trust every single person who says they are professionally trained, it's definitely more valuable that trusting someone who you just met and who isn't certified or trained.

Related Link: ['The Bachelor' Stars Catherine and Sean Lowe on Celebrity Baby Plans: "Not Anytime Soon"](#)

3. Someone who is in a relationship you respect: Sometimes actions speak louder than words, as they say. If you know a specific couple who you wish to emulate someday, they might be good people to get love advice from.

Who else should you trust love advice from? Share your thoughts below.

Famous Couple Sean Lowe and Catherine Giudici Speak Out Against the New 'Bachelorette' Twist



By Meranda Yslas

The latest celebrity news is that two women, Katilyn Bristowe

and Britt Nilsson, will be on the upcoming season of *The Bachelorette*. This announcement has left a lot of people puzzled and some even angry. According to UsMagazine.com, famous couple Sean Lowe and Catherine Giudici, who met on season 17 of *The Bachelor*, are not happy about this change. Lowe wrote on his personal blog that this decision is “downright degrading for the women” because it “transfers the power back to the men on the show specifically designed for the women.” He feels that the contestants on *The Bachelorette* shouldn’t be given the authority to choose which woman will stay and which will go.

Sean Lowe is against shifting the power back to the men on *The Bachelorette*. What are some ways that couples can have equal say in their relationship?

Cupid’s Advice:

An important part of any relationship and love is maintaining a balance of power between the couple. One person cannot be over controlling so that their partner resents them and one person cannot be too submissive where they get walked on. Cupid offers some relationship advice on how to find a middle ground:

1. Sharing the bills : Without a doubt, the idea of gender roles are constantly being challenged in our modern generation. No longer is it a ‘wife duty’ to clean the house, while the husband is the bread giver. Having one partner in charge of the bills will definitely cause some imbalance of power in the relationship. Splitting the bills in half will make sure one person doesn’t feel too dependent on the other.

Related Link: [‘The Bachelor’ Stars Catherine and Sean Lowe on Celebrity Baby Plans: ‘Not Anytime Soon’](#)

2. Create an open environment: Sometimes an unequal say in a relationship stems from one person in the couple being too scared or nervous to speak their mind about something. Instead, he/she will keep their mouth close while their mate continues doing something they don't like. Make sure the relationship fosters an open and honest environment so that both people are free to speak their mind.

Related Link: [‘The Bachelor’ Sean Lowe Writes: ‘My Wife Is Hot and I’m in Love’](#)

3. Make decisions together: Making important decisions in a relationship should be the job of both partners, not just one. When deciding on something, like what school to send your kids or what car to buy, make sure this task isn't in one person's hands, but is considered by both people in the relationship.

How do you maintain a balance in your relationship? Share below.

‘The Bachelor’ Runner-Up Lindsay Yenter Is Engaged





By Emily Meyer

It looks like Lindsay Yenter didn't waste any time sulking around and pining for lost love! After not receiving the final rose from Sean Lowe on *The Bachelor* season 17 finale, the bubbly brunette quickly moved on and began dating now-fiancé Karl Swanson. According to Wetpaint.com, her celebrity love popped the question at the end of October. Yenter posted a photo of her amazing new rock on Instagram with the caption, "You mean I wasn't dreaming?! More details to follow on the blog...#ontopoftheworld." The former reality star credits *The Bachelor* Sean Lowe with helping her see what's important in a potential partner, saying, "After doing the whole show, it made me realize I need to find guys who I want as a husband and as a father instead of going after the bad boy." We cannot wait to hear wedding details and see what's next for this celebrity couple!



Lindsay Yenter shows off her gorgeous engagement ring. Photo courtesy of Lindsay Yenter's Instagram.

Lindsay Yenter knew she was prepared when celebrity love Karl Swanson popped the question. What are three signs that you're ready to get engaged?

Cupid's Advice:

Getting engaged is a big step. Whether you've been dating for a few months or several years, it's sometimes hard to know when the time is right. Cupid has three telltale signs to consider:

1. You bring out the best in each other: Whether it's making your partner constantly smile or helping them achieve new success at work, it's important to always bring out the best in each other. Friends and family will see that, and you'll be sure to get their stamp of approval.

Related Link: [Desiree Hartsock and Chris Siegfried Announce Their Wedding Date](#)

2. You share similar values: You should be on the same page as your future fiancé. Whether it's how many kids you want or where you want to live, it's vital in any relationship to agree on the big issues. If not, one of you may ultimately end up disappointed.

Related Link: [Andi Dorfman Begins Wedding Dress Shopping in NYC](#)

3. You enjoy every moment together: For a relationship to last, you need to enjoy each other's company, no matter what you're doing. Marriage doesn't mean fancy dinners and expensive gifts; you'll have to be content with just hanging out sometimes. Whether it's going to the grocery store or doing the laundry, you need to be just as happy doing these boring chores as you will be on date nights. *The Bachelor* runner-up Lindsay Yenter's instagram tells us her and celebrity love Karl Swanson enjoy spending time with each other no matter where they are.

How did you know you were ready for engagement? Share below!

'The Bachelor' Stars Catherine and Sean Lowe on Celebrity Baby Plans: "Not

Anytime Soon”



Interview by [Lori Bizzoco](#).

It's every *Bachelor* couple's fairytale to walk down the aisle after finding true love on ABC's hit reality TV show. For happy celebrity couple Catherine and Sean Lowe, that fairytale turned into a reality when the couple got hitched in a televised wedding earlier this year. Our executive editor and founder Lori Bizzoco talked to the happy celebrity couple at *OK!* magazine's New York Fashion Week celebration to get the scoop on married life, their recent appearance on *Bachelor In Paradise*, and their [celebrity baby](#) plans.

The Bachelor Couple Talk Marriage

and Celebrity Baby Plans

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

Since becoming Mr. and Mrs., it's no surprise that the newlyweds have learned a few things about each other. For instance, Sean reveals, "She's messy...and I'm a neat freak, so we're working on that." Still, marriage is "wonderful" for the pair. "I'm with my best friend all the time, so I can't ask for anything more than that," the former *Bachelor* adds.

As fans recently saw, the celebrity couple appeared on the finale of *Bachelor In Paradise* to give the final two pairs – Marcus Grodd and Lacy Faddoul and Cody Sattler and Michelle Money – a bit of relationship advice. While they believe that both reality TV dups will last, they're particularly excited for newly-engaged Grodd and Faddoul. "If Lacy ends up moving to Dallas to be with Marcus, we'll be doing some double dates," Catherine says.

We couldn't resist asking about their future plans for a celebrity baby. Not anytime soon!" Catherine shares. "But yes, of course, we want a family."

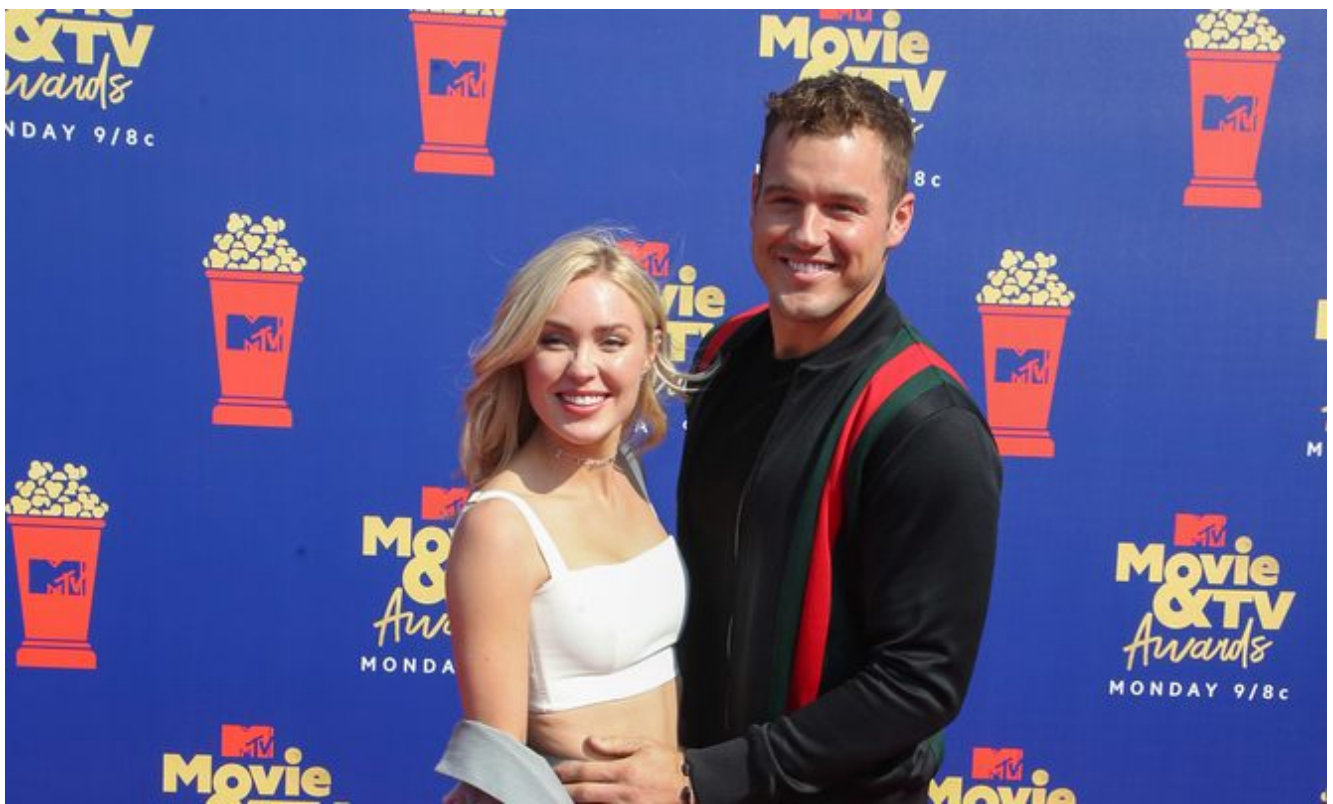
Related Link: [Sean Lowe Writes, "My Wife is Hot and I'm in Love"](#)

In the mean time, the happy couple is enjoying their time together as husband and wife. When it comes to date night outfits, the fashionable graphic designer says, "There is never a go-to. It's always, 'What are we doing?' I need to be appropriately dressed." Looking lovingly at her hubby, she adds, "I like wearing my hair up because he likes my hair up."

Keep up with Sean and Catherine on Twitter: @SeanLowe09 and @clmgiudici!

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

OK! Magazine New York Fashion Week Celebration





Nicky Hilton

**Former ‘Bachelor’ Sean Lowe
Writes: “My Wife Is Hot and
I’m in Love”**





By Amanda Boyer

[Sean Lowe](#) has taken his love for wife Catherine Giudici, who he met on season 17 of [The Bachelor](#), to a new level. While the famous couple often posts sweet Instagram photos of each other, this time, the Texas native published a blog post on his Patheos page titled "Caught in Her Web." As reported by [UsMagazine.com](#), he shared how and when he first fell for Giudici as well as the things about her that he loves most, ending with, "So in conclusion, my wife is hot and I'm in love." After seven months of marriage, the celebrity couple is still very much in the honeymoon stage.

Former *Bachelor* Sean Lowe and winner Catherine Giudici are always expressing their feelings for each other. What are some ways to show

your love to your partner?

Cupid's Advice:

If you want to show your significant other just how much you care but are not sure what to do, Cupid has some love advice for you:

1. Write a note: Take a cue from this *Bachelor* star and write down your feelings! If you have to leave for an early meeting or are going on a weekend trip with friends, hide a sweet card for your love to find while you're gone. Let him know that you're thinking of him and can't wait to see him again soon. This small gesture will go a long way!

Related Link: [Can Love Be Better the Second Time Around?](#)

2. Surprise them: It's easy to get into a daily routine of work, household chores, and social engagements and let your relationship and love life fall to the back burner. To combat this regularity, be spontaneous and plan a Tuesday night date at your favorite restaurant or head to the bowling alley with another couple. Your partner will appreciate that you took the initiative to do something special and unexpected.

Related Link: [10 Signs That You're in Love](#)

3. Try something new together: Has your beau always wanted to go rock climbing or sky diving? Plan an adventure-filled day for the two of you. Even if you're a bit nervous, step out of your comfort zone, knowing that your partner will be there to hold your hand when you get scared.

What are some ways you show your love to your partner? Share your thoughts below!

Valentine's Day Giveaway 4: Win His and Her Gifts from Boots No7 and bella j.!



This post is sponsored by Boots No7 and bella j.

By Louisa Gonzales

Valentine's Day, otherwise known as one of the most romantic times of the year, is a day dedicated to spending time and cherishing loved ones, especially your significant other. If you're still looking for a gift idea, we have a his and her idea inspired by two of our favorite celebrity men.

For Him

The men's grooming product line by Boots No7 Men, a favorite of former *Bachelor* and recent newlywed Sean Lowe. With the Energising Hair & Body Wash, Anti-Friction Shave Gel, and Post Shave Recovery Balm, your man will feel like a star after every shower. All of the skin care products are hypoallergenic and dermatologically tested, working for even the most sensitive skin.

For Her

There's bella j. "Lotsa Love" candle. It has a great smell made with a mixture of floral scents with drops of warm amber. As if the candle isn't enough, a piece of jewelry – ranging in price from \$10 to \$10,000 – is hidden inside. Plus, *Sex and the City* actor Gilles Marini is a fan.

Either of these ideas would make the perfect gifts for your Valentine!

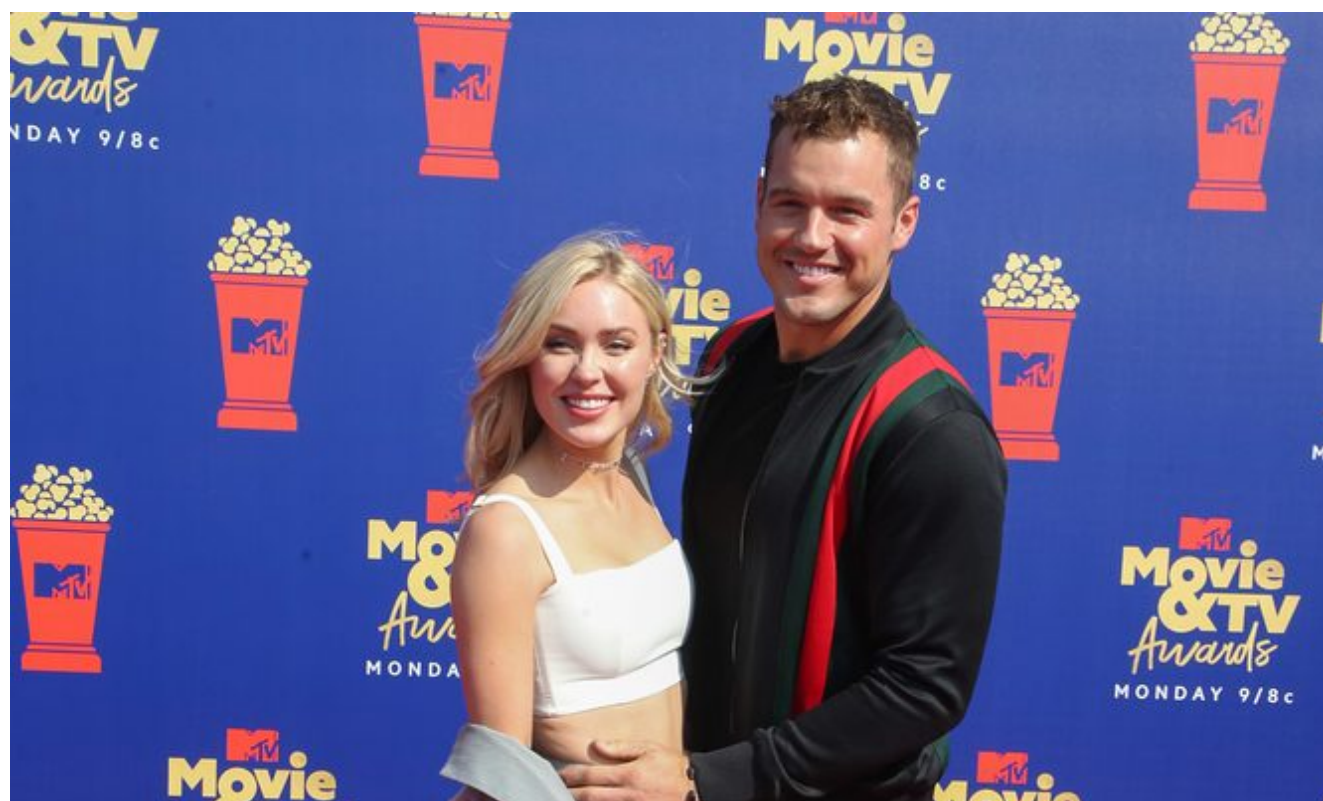
~~This Valentine's Day, CupidsPulse.com will be giving away products from Boots No7 and one bella j "Lotsa Love" candle to one lucky winner!~~

~~To enter for a chance to win please email cupid@cupidspulse.com with your full name, address, email, and daytime phone number NO LATER THAN 12 p.m. EST today. In the subject line, please write "His and Her Valentine's Day Gifts." Winners will be contacted on Monday, February 17, 2014. You can enter each contest only once. Good luck!~~

Congratulations to Wendy Bevenga!

Open to US residents only.

Exclusive Celebrity Interview: 'The Bachelorette' Star Desiree Hartsock Says Confidence is Key to Finding Mr. Right



Interview by [Whitney Johnson](#). Written by Elizabeth Kim.

Fans were overjoyed when Desiree Hartsock, who finished as fourth runner-up on Sean Lowe's season of *The Bachelor*, was named the next *Bachelorette*. The bubbly brunette captured our

hearts even more as we watched her search for true love. It was a gift from Chris Siegfried – a journal filled with a heartfelt message to her and poetry he had written – that ultimately convinced her that she had found Mr. Right. Following his moving proposal in Antigua, the couple moved in together in Seattle, Washington, and are enjoying life since their celebrity engagement.

Related Link: [Desiree Hartsock Says 'Love Can Be Unpredictable'](#)

Reality TV Star Discusses Life Since *The Bachelorette*

In our exclusive celebrity interview, the reality TV star happily admits that there haven't been any rude awakenings and attributes their success so far to good communication. "From our time getting to know each other on the show as well as seeing each other while the show was airing, we had a great idea of what it would be like living together," she explains. "We work well together because we already disclosed all of our little quirks."

They're also lucky enough to live close to *Bachelor* alums Jason and Molly Mesnick. "They have been so great to us, and it's nice to share a common bond," she says of the celebrity couple. "We'll get together with them whenever possible for dinner or even just to hang at their house with Riley, their adorable baby girl."

Although Hartsock may be best known for her role on *The Bachelorette*, she's also an accomplished designer. While working toward a degree in fashion design, she fell in love with the bridal industry and eventually worked as a stylist in various bridal salons. She also worked for a plus-size women's contemporary brand that gave her the experience and

appreciation of designing clothes that flattered all shapes. She even designed and created the dress she wore to fellow *Bachelor* stars Lowe and Catherine Giudici's wedding.

Related Link: [Sean Lowe and Catherine Giudici's Wedding](#)

After devoting so much of her life to the bridal industry, some may think that Hartsock feels pressured to have the ultimate celebrity wedding. But true to her easygoing nature, she isn't stressing over every detail. With an engagement party coming up in a few weeks, the famous couple are in the beginning stages of planning their nuptials. "We are working on setting a date," she shares in our exclusive celebrity interview. And lucky for fans, she adds, "We're open to having it televised and still planning for the fall." As if the prospect of a televised wedding wasn't daunting enough, she also plans to design both her wedding *and* reception dresses.

The former *Bachelorette* is working with award-winning designer Maggie Sottero to help her visions come to life. "I have worked with many designers in the past and found that Maggie Sottero is the most sought-after designer because of the company's commitment to ensuring a bride's happiness as well as providing the best fit possible." She coyly adds that, while she doesn't want to give too many details away, one thing is for sure: "Both dresses will reflect my personality in different ways. I love to dance and be comfortable, so my reception gown will cater to that, while the ceremony gown will be more romantic."

Desiree Hartsock Gives Love Advice

Given her reality TV past, she knows what Juan Pablo Galavis, who competed for Hartsock's heart, and the current season's *Bachelor* hopefuls are experiencing. Of the remaining ladies, she says, "There is definitely chemistry with Nikki, Andi, and Renee as well as with Clare. I don't like to choose favorites, but I do like Renee's demeanor and personality." No

matter who Galavis picks, Hartsock advises the women to focus on their potential future with Galavis rather than worry about the other girls.

Related Link: [Why Confidence is So Important in Dating](#)

It certainly takes a level of self-assurance to be vulnerable in front of millions of viewers, but Hartsock believes that confidence is key to finding love on or off the screen. "My love advice is to know your self-worth and what you deserve, to be confident in who you are, to let him pursue you, to be independent and not desperate, and to be yourself."

With such a dismal track record, past stars of *The Bachelor* and *The Bachelorette* may also want to heed the designer's advice for dealing with broken hearts. "The way that I have always gotten over break-ups is knowing that things happen for a reason, and no matter the circumstance, there is always something more or better to come," she says. "Although it can be really tough to do, it's important to hold on to the hope that there is someone out there who will be everything you deserve and more and to not dwell in the hurt or past, but keep pushing forward with each new day."

To learn more about Desiree visit her website, www.desireehartsock.com/. The Bachelor airs on Monday nights on ABC at 8 p.m. ET!

Can You Really Find Love on 'The Bachelor'?



By [Marni Battista](#)

The reason for our culture's collective obsession with *The Bachelor* franchise is obvious. What single, soul mate-seeking dater wouldn't dream of being presented with 25 gorgeous single men or women and a period of 6 weeks to strategically whittle down that group to a proposal at the end? The all-expenses-paid fairytale dates, exotic destinations, and expensive sports cars probably don't hurt either.

The conducive environment of 'The Bachelor' makes finding relationships and love seem like a breeze. But the real question is,

are the happy celebrity couples really as in love as they look?

But underneath the fluffy fanfare that leaves us hopeless romantics watching at home with hearts a-fluttering, at the show's core is a promise of two people finding everlasting relationships and love. After all, the show has resulted in a few happy marriages, with last month's nuptials of happy celebrity couple Sean Lowe and Catherine Giudici from *The Bachelor* and *The Bachelorette* Season 1 couple Trista and Ryan Sutter's ten-year vow renewal.

Related Link: ['The Bachelor' Stars Sean Lowe and Catherine Giudici Are Married](#)

However, in an environment so unrealistic and clouded with so many distracting factors, I can't be convinced *The Bachelor* process is conducive to building the foundation for lasting relationships and love. Do I think it's possible to fall in love on the show? Taking into account the myriad of other ways couples meet these days, sure. Still, I think the success stories are the exception rather than the rule, and here's why:

1. The Isolation: Before they even meet the star of the season, the 25 contestants who make it through the arduous casting process are then sequestered in a Los Angeles mansion for the remainder of the process. At the beginning of any relationship, I advise daters to make space in their schedule to reflect and allow true feelings to come to the surface. With no escape from this microcosm and no contact with anyone other than the bachelor, crew, and other contestants to distract you, it's easy for the show to become your world, distorting your judgment and emotions.

2. The Game: As much as the creators would like you to think that the show allows one lucky man or woman to naturally

select a lifelong partner, it's simply impossible for one person to get an accurate impression of 25 different people's personalities in one night. From the get-go, the show becomes a strategic game where the more extroverted contestants come out on top and those who take a little bit longer to open up often get shafted without a fair shot. Even the contestants who make it past the first couple of rounds of elimination still have to be pretty brazen to stay on the guy's (and camera's) radar, and as a result, many of them get caught up in the competition while losing sight of their true purpose.

Related Link: [How to Listen to Your Heart and Take Back Control of Your Love Life](#)

3. The Entertainment: Ultimately, the show's creators prioritize entertainment value over all else. That means there's a whole other slew of factors that make this dating game less natural and more complicated. The over-the-top dates to exotic locales with private performances by the latest up-and-coming country artist may be fun for the viewer to watch, but it distracts the two people from truly getting to know one another. I mean, who wouldn't fall in love with someone in a rose petal-dotted hot tub overlooking the mountains of Thailand while Josh Groban serenades them softly in the background?

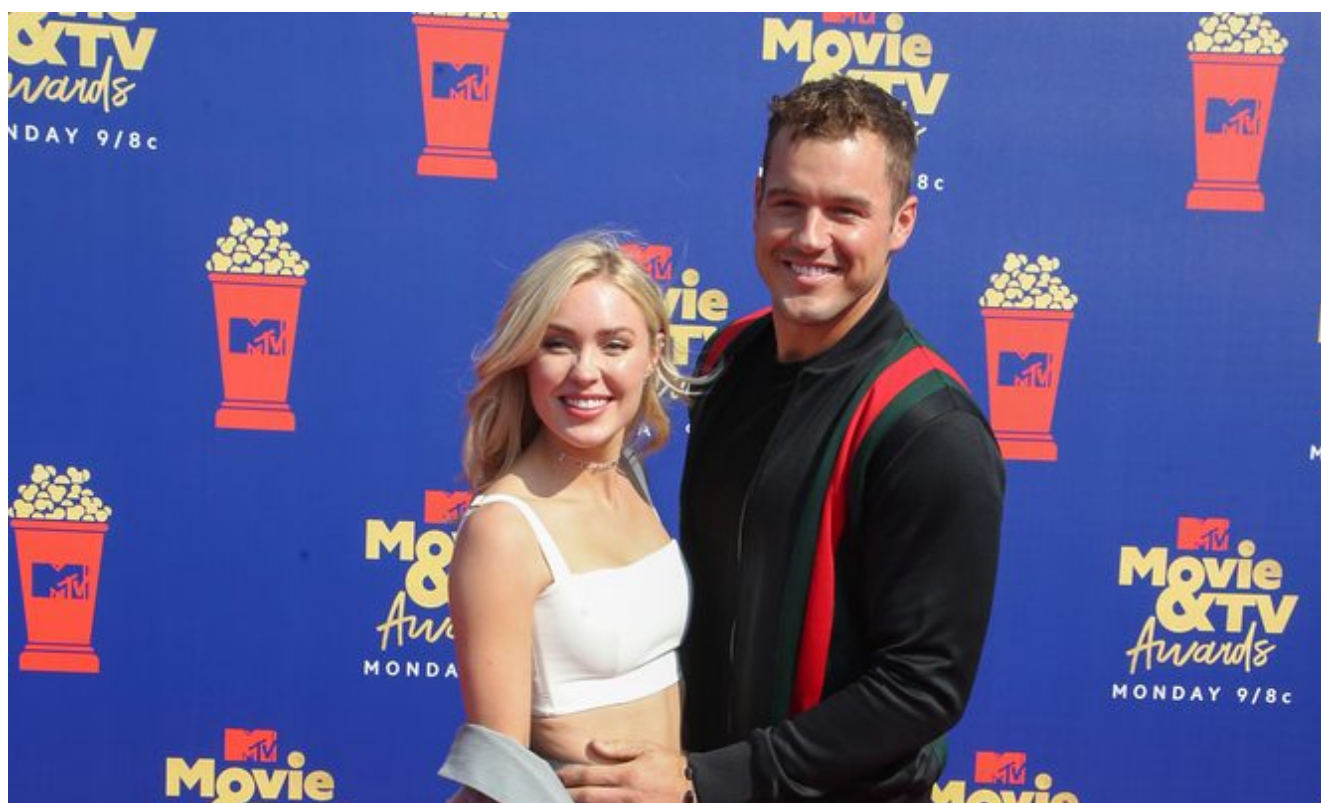
The show's creator, Mike Fleiss, has also openly admitted that they make sure to stock at least half the cast with potential villains or loose screws because they know their audience wants to see drama more than they want to see a proposal. So before the show even begins, cattier girls are selected over more compatible mates, and those stroking the drama are kept around longer than they should be.

To put it simply, any situation that brings people together that normally wouldn't meet carries with it the possibility of true love. But considering the numerous reality-distorting factors involved in *The Bachelor*, I'd steer you toward taking

your chances in the real world.

[Marni Battista](#), founder of Dating with Dignity, is an expert dating and life coach with a 10-step system to manifesting love for your self and others.

‘The Bachelor’ Celebrity Wedding: Sean Lowe & Catherine Giudici



By April Littleton

According to [People](#), *The Bachelor* reality TV stars Sean Lowe and Catherine exchanged celebrity wedding vows on live TV on Sunday. Lowe's father officiated the ceremony. The couple got engaged in Thailand in November of 2012.

'The Bachelor' celebrity couple Sean and Catherine Lowe were able to add some personal flare to their celebrity wedding. What are some unique ways to incorporate your personal style into your big day?

Cupid's Advice:

Your wedding day is fast approaching, but you still haven't found that special "thing" that will make your wedding a one-of-a-kind experience. Don't worry, Cupid has your back:

1. The decorations: Don't pick the same old boring decor every other couple has picked before you. Think outside of the box. Try different color schemes, different flower arrangements. Better yet, create some of your own decorations for the ceremony and reception so that they are truly unique. If you have a creative eye, you can come up with something nobody has ever seen before.

Related: [Kim Kardashian and Kanye West Visit Paris: Wedding Plans?](#)

2. Plan it yourself: This option might be a little tough to do. When it comes to your special day, plan the whole event yourself. This will allow you to have more freedom of thought and ideas as you go. It can be extremely stressful so we do not recommend this for just anyone. Obviously, you can ask for

help whenever you need it, but for the most part, doing it by yourself can feel like a huge accomplishment.

Related: [‘The Bachelor’ Wedding of Sean Lowe and Catherine Giudici](#)

3. The little things: The music. The food. The guest list. Think long and hard about ways you can make the small details creative and fun. Ask your partner to help out. Maybe he/she joked about having chicken nuggets at the reception? You don’t have to order fancy filet mignon just because that’s considered to be a “normal” entree. Do your own thing. If you want a personal friend to DJ at your wedding, let them. After all, this is YOUR wedding day.

What are some other unique ways to incorporate personal style into a wedding? Comment below.

Find Out Details About ‘The Bachelor’ Winner Catherine Giudici’s Celebrity Wedding Gown!





By Louisa Gonzales

The final countdown to the celebrity wedding of celebrity couple Sean Lowe and Catherine Giudici from *The Bachelor* is on! The event will be shown live on ABC in a series first from 8-10 p.m. ET on Sunday, January 26th. The happy celebrity couple first got engaged in Thailand in the 17th season of *The Bachelor*. The gorgeous duo are only days away from tying the knot and in the meantime have been making their way around New York, sharing their engagement experiences and wedding details with the media and their fans.

The big day is coming up quick for this happy celebrity couple and 'The Bachelor' fans are dying to know more about this celebrity wedding.

Related Link: [The LOWEdown on 'The Bachelor' Wedding of Sean](#)

[Lowe and Catherine Giudici](#)

The famous couple was on *Good Morning America* on Wednesday morning, and the major topic of discussion was, of course, Giudici's celebrity wedding gown. Every bride-to-be knows the dress is one of the most important elements on a girl's big day. Lowe's fiancée gushed about her gown and shared that she can't wait for everyone to see it. She described it as "perfect" and "sexy," saying she has always felt like the "cute girl" but is finally ready to show the world her more womanly side.

The reality television starlet didn't reveal too much about her dress, as she wants it to be a surprise, but says it goes with the "grown sexy" theme of the wedding. Some fans of *The Bachelor* are tuning in to see the lovers say their vows, but for many of the viewers, it's all about finally getting a glimpse at the wedding gown! Lowe even revealed that, come the big day, he'll only be focused on his bride in her dress.

The happy celebrity couple also told anchor Lara Spencer that they're "anxious" and "ready" to say their I do's in front of family, friends, and, of course, fans. By just watching the lovebirds in this exclusive interview, one can see how their eyes light up when they talk about each other and how happy they make one another. Interestingly enough, we learned that the one most likely to cry first during the ceremony will be *The Bachelor* stud, confirmed by Lowe himself.

Related Link: ['Bachelor' Sean Lowe Says Catherine Giudici Was 'Proud' of His 'DWTS' Debut](#)

The excitement won't stop after the ceremony; the reception is sure to be a blast as well. Given the fact that Lowe is a former *Dancing with the Stars* contestant, lots of boogieing will definitely occur. The Hollywood couple will share their first dance to "One Woman" by the Randy Rogers Band, a song picked by the future groom.

The couple stated that, while they want their wedding to be

traditional in the sense they're getting married in a Christian ceremony officiated by Lowe's father, the wedding reception is going to be more modern and festive. The soulmates want their special day to be full of laughter, smiles, and love for themselves and all who witness it – us included!

Be sure to watch The Bachelor wedding special on Sunday, January 26th at 8 p.m. ET on ABC.