

# The LOWEdown on 'The Bachelor' Celebrity Wedding of Sean Lowe & Catherine Giudici



By Louisa

Gonzales

We're invited to view arguably one of the biggest celebrity weddings of the year between reality TV stars Sean Lowe and Catherine Giudici, who we all watched fall in love on the ABC reality television series, *The Bachelor*. Come join us as we tune in to see the lovebirds say their wedding vows and tie the knot. Didn't you get the invite? Even though the two are celebrating their commitment in a live, televised wedding ceremony on Sunday, January 26th, they still sent out invites like any other couple.

# 'The Bachelor' celebrity couple Sean Lowe and Catherine Giudici are tying the knot! Were you invited to their celebrity wedding?



Photo courtesy of ABC.

The wedding invitation is a reflection of the beaming celebrity couple's personality, and when reading it, you really get a sense of the type of wedding you're about to witness. The invitation has a goofy description of how they'll be spending the evening: "The LOWEdown: marrying, eating, boogie-ing."

**Related Link:** [Sean Lowe Spoils Fiancée on Her Birthday](#)

The RSVP card is also quite witty. For those attending, it says "can't wait," but for those with regrets, the box to check is "something more important to attend than celebrating the union of Sean & Catherine."

The former *Bachelor* stars, who reside in Texas and plan to move in together after they're wed, first announced the date of their big day on *Good Morning America* in October. The wedding ceremony will be held in Santa Barbara, California. It's no surprise that friends, family, and fellow *Bachelor* and *Bachelorette* reality TV contestants all

seem happy for the pair's pending wedding nuptials. They've certainly captured our hearts too!

Leading up to their wedding vows, the TV sweethearts have had a blast attending wedding-related events, such as their celebrity engagement party, bachelor and bachelorette parties, and two wedding showers. The latest shower was held at the Lowe house on Saturday, January 4th – three weeks before their big “I do's.” Lowe posted a picture of him and Giudici on Instagram (above) looking partied out and in bliss after a long day of celebration. They received gifts from their registries at Crate & Barrel and Macy's. Guests can also make donations to the organization Micheala's Army, which helps children with pediatric cancer. Isn't it nice to see a celebrity couple use their special day to support a good cause?

**Related Link:** [Why 'The Bachelor' Sean Lowe and Bride-to-Be Are Waiting for Marriage](#)

The happy celebrity couple want to make sure that their wedding is unforgettable. They seem to be on the right path, having hired celebrity wedding planner Mindy Weiss to give them a “grown-up sexy” day. The duo have been posting tweets and pictures to share how pleased they are with the progress Weiss has made on their wedding plans.

In preparation for their church wedding, Giudici was recently baptized by Lowe's father Jay at Plymouth Park Baptist Church. Her fiancé is a born-again Christian and has never been shy about expressing his beliefs, but the bride-to-be's decision to be baptized as Christian was reportedly her own. Jay will also be marrying the future spouses.

*Be sure to watch The Bachelor wedding special on Sunday, January 26th at 8 p.m. ET. Stay tuned for more exciting details about their big day!*

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



Interview by [Lori Bizzoco](#).

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

The currently-single star also chats about what type of man she wants and what she learned from the show. “It’s okay to

really put yourself out there. I never would've done that before," she says. "Now, I'm looking for that feeling of being head-over-heels in love."

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

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

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

*Video by Erik Erikson.*

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

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## **‘The Bachelor’ Sean Lowe Buys Louis Vuitton Bag for Catherine Giudici’s Birthday**





By Kerri Sheehan

Reality television stud, and *The Bachelor* Sean Lowe treated celebrity love Catherine Giudici to a Louis Vuitton purse and a nice dinner for her 27<sup>th</sup> birthday. “We had a big party with family and friends last night and then tonight we’re just going to go out to a nice dinner and just celebrate a little bit more,” Lowe told [UsMagazine](#). Lowe realized how much Giudici has sacrificed to move out to Los Angeles during his *Dancing With the Stars* stint and wanted to spoil her a little on her special day.

**‘The Bachelor’ Sean Lowe went all out for celebrity love Catherine Giudici’s birthday. How do you make your partner’s birthday special?**

#### **Cupid’s Advice:**

A significant other’s birthday is always a prime time to show them that you care. How do you show your partner how much they mean to you? Cupid has some suggestions:

**1. Keep it specific:** Does your other half have a certain band they love? Is there a restaurant that tickles their fancy? Maybe a favorite author is doing a book signing nearby? You can never go wrong with a heartfelt gift that shows you're listening to their likes.

**2. Spoil them:** A birthday is the one-day of the year that should be all about your partner. Pull out all of the stops and make that day one they are sure to remember! Relationships and love is all about being there for the other person and showing them how much you care. Their birthday is the perfect opportunity to showcase that.

**3. Do something out of the ordinary:** This tip is especially helpful to those who are in a long-term relationship. Keep the excitement alive by doing something totally crazy that your partner wouldn't expect. Skydiving, parasailing, or even throwing a surprise party are all in the realm of possibility.

**Have any great ideas about how to make a birthday special? Share them with us below!**

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**Reality TV: 'The Bachelorette' Star Arie Luyendyk, Jr. Says, "When You Stop Looking, You'll Find What You're Looking For"**



By [Whitney Baker](#)

## [Johnson](#)

Most women know Arie Luyendyk, Jr. from appearing on Season 8 of *The Bachelorette* with Emily Maynard, but this eligible Dutchman made headlines far before ABC's popular reality competition show.

Growing up the son of a two-time Indianapolis 500 winner and Indy speed record holder, Luyendyk initially made a name for himself in the car racing world. "I grew up at the track, so being a driver felt natural to me," he says of his career choice.

Being a driver wasn't enough, though. "Honestly, I needed a break from racing after Dan Wheldon's tragic death, so when *The Bachelorette* producers called, I thought why not! I've always been a very open and optimistic person. I went into the show with that mentality and met an amazing person."

Although he didn't win Maynard's heart, the handsome runner-up formed lifelong friendships with two of the men he strongly



competed against: Sean Lowe from *The Bachelor* Season 17 and Jef Holm, Maynard's final choice. "Sean and I still chat every now and then, and I'm really happy for him and Catherine. Jef and I have a blast hanging out – we kick it quite a bit." He adds, "You definitely grow close to the other guys. I think it's because being on the show is so crazy and hard to explain."

**Related Link:** [‘Bachelor’ Sean Lowe Fires Back at Rumors Pointing to Troubled Relationship](#)

When it comes to dating, he confesses that he definitely learned some important love lessons from being on the show. First, "love potions don't work!," he jokes, referring to his last date with Maynard in Curacao.

On a more serious note, his relationship advice to others would be "when you stop looking, you'll find what you're looking for." It seems like he's strongly committed to this motto because, simultaneous to our interview with him, he took to Twitter to share the same quote with his fans.

Could these words of wisdom be a result of his short-lived relationships with Courtney Robertson, *The Bachelor* Season 16 winner, and Selma Alameri, one of Lowe's eligible bachelorettes?

"Dating is more difficult now because there are some big expectations." Still, he believes that he'll find "the one" someday. "I think falling in love is rare and the way that you are with someone special is unique. Hopefully, I can meet someone who loves me and not the idea of who they think I might be."

When it comes to the right woman, he says he wants someone who is "witty, amazing and has a good sense of humor." And whenever she comes along, he'll be ready. "When the time is right, I'll know it, but you can't plan a wedding if you don't even have a girlfriend."

**Related Link:** [Desiree Hartsock Is the New 'Bachelorette!'](#)

So would he ever sign on to be *The Bachelor*? "I think I would if it didn't conflict with racing and if I wasn't dating anyone."

For now, though, ladies, when it comes to dating, this man is taking to slow. It seems like he's back to focusing on his career.

Earlier this month, Luyendyk returned to his racing roots, finishing fourth at the season-opening race in Phoenix. This coming Sunday, he'll be driving at The Long Beach Grand Prix in Robby Gordon's Stadium SUPER Truck Series and IndyCar's 2-Seater. "I'm super excited for the weekend. This race is the only one we have on pavement, so I feel like I have the advantage going in," he shares. "I hope the fans enjoy the race and come out to our stand-alone event at the LA Coliseum on Saturday, April 27th."

Plus, he's working towards a new show of his own, so we should be seeing the good-looking driver on the screen again soon. Cross your fingers!

*For more information about Luyendyk, you can follow him on [Facebook](#) and [Twitter](#).*

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**Reality TV: 'The Bachelor' Sean Lowe Fires Back at Dating Rumors Pointing to**

# Trouble in His Celebrity Relationship



By Meghan

Fitzgerald

[People](#) reports that *The Bachelor* star Sean Lowe and celebrity love Catherine Giudici are still going strong despite dating rumors of a troubled celebrity relationship. Lowe, 29, told *People*, "We are happy and could not be better." Backstage at *Dancing with Stars*, Lowe also discusses the dating rumors he has recently encountered. He says, "Nobody knows anything outside of me and Catherine and the people who are closest to us." The celebrity couple is getting through these hard times together.

**'The Bachelor celebrity couple Sean Lowe and Catherine Giudici have to fight off dating rumors about their relationship and love life. How do you keep unfounded rumors from affecting your relationship?'**

## **Cupid's Advice:**

It is essential to keep unfounded rumors out of your relationship. If you allow said rumors to pry themselves into your relationship, it is a possibility of suffering immensely. Although it is possible for rumors to affect your relationship and love, there are numerous ways to keep them out. Cupid has some relationship advice:

**1. Communication:** It is necessary to talk to your partner when there are unfounded rumors surfacing around your relationship. You and your mate both are probably not looking to have your relationship affected by some measly rumors. If you talk to your beau about these rumors going around, your relationship will not suffer. As long as you and your mate are on the same terms and aware of everything going on, you're great.

**2. Eliminate:** Get rid of the rumors. Of course it may be challenging to find the source, cause, and distinguish them. However, it is helpful to have them washed away if you don't want your relationship to be affected. Do not get yourself into heated debates about said rumors. Make sure you and your mate keep calm and collective, with your head high. Do not let others get under your skin because that is exactly what they're trying to do in the first place.

**3. Keep busy:** Keep yourself busy when rumors are around your relationship and love. Make sure people know that the rumors going around are not affecting your life. People will realize how strong you and your partner are for not allowing the rumors to hurt your relationship. Silly gossip can't get in the way of the love you and your mate have. Now go keep busy.

**Have you kept rumors from affecting your relationship? Explain your experience below.**

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# Is 'The Bachelor' Sean Lowe & Catherine Giudici's Celebrity Love Affair in Trouble Already?



By Meghan

Fitzgerald

A source told [UsMagazine.com](http://UsMagazine.com) that Seattle native Catherine Giudici has been 'bored and lonely' since she moved to L.A for fiancé, Sean Lowe. While celebrity love Lowe attends *Dancing With The Stars* practices, Giudici typically stays home and watches TV. Her friends are so-and-so with her relationship and love life with Lowe, mostly because she was previously a driven, career woman. Plus, she gave up an Amazon gig to be

on *The Bachelor*.

**'The Bachelor' winner Catherine Giudici needs some more attention from celebrity love Sean Lowe. What are some ways to keep the spark alive in your relationship and love life after the honeymoon phase?**

### **Cupid's Advice:**

The honeymoon phase in a relationship makes couples believe that the entirety of the marriage will be dreamy, trance-like, and full of passion. Unfortunately, this is not always the case. Once the honeymoon phase is over, your relationship and love may differ. Fights may arise, intimacy may become rare and in between. The honeymoon phase doesn't last forever. Cupid has some advice on how to keep the spark alive:

**1. Try new things:** Usually in new relationships, couples tend to try new things almost constantly. After the honeymoon phase, you adapt to a certain routine. A way you live both of your lives, sticking to the same daily events. Keep the spark alive by trying new things. Go to the new bar three blocks away for Spanish tapas. Check out rock climbing, get out of your comfort zone with your mate.

**2. I love you:** In relationships, it is essential to tell your partner how much you love, care, and appreciate them. Especially after the honeymoon phase when arguments may arise and complications are met. Relationships and love are not typically easy, they require effort and patience. It is easier to fix and have a healthy relationship when you express your love to your partner.

**3. Romance:** Date nights and spontaneity are a great way to keep romance in check with your relationship. Cook your partner their favorite meal: maybe he likes rigotini and meatballs? Or pack a picnic for your mate and take them to a local park on a warm spring day. Friday date nights are also a

great way to get the romance going. It's important to keep the intimate time between you and your boyfriend.

Have you kept the spark alive after your honeymoon phase? Share your experience below.

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## 'Bachelorette' Reality TV Stars Ashley Hebert and J.P. Rosenbaum Speak Out About Waiting for Marriage



By Jessica

Conigliaro

According to [People](#), the newest reality TV couple Sean Lowe

and Catherine Giudici are saving sleeping together for their celebrity wedding night...unlike famous couple Ashley Hebert and her *Bachelorette* winner hubby, J.P. Rosenbaum, who chose not to wait for marriage. "Those are their own personal beliefs, and we're not going to judge them," Rosenbaum says. "We do our thing; they do their thing."

**Two reality TV couples have different opinions when it comes to waiting for marriage. What do you do if you and your partner have conflicting beliefs?**

### **Cupid's Advice:**

Your boyfriend seems to have differing beliefs from you. However, you don't want them to damage your relationship and love in any way. Cupid offers some love advice on how to work through your differences:

**1. Compromise:** You and your love have different religious beliefs. Your man wants to go to church, and you want to go to temple – what now? Make a compromise: Go to church with your man one week and have him come to temple with you the next. You will both appreciate each other's support.

**Related Link:** [Reality TV Stars Ashley Hebert and J.P. Rosenbaum Celebrate Holiday Traditions](#)

**2. Try new things:** Your partner has always wanted to move to a different state before settling down. You, on the other hand, have no interest in leaving. Try going on an extended vacation over the summer and travel from state to state for a few months. You never know what you will end up enjoying, so don't be afraid to try something new!



**Related Link:** [Famous Couple Sean Lowe and Catherine Giudici Speak Out Against the New 'Bachelorette' Twist](#)

**3. Pick your battles:** Your boyfriend has been dead set on getting a dog for the past few months. He has been nagging you about it, but you say no, knowing you'll end up taking care of the pet instead of him. If he continues to bug you about it, perhaps it's time to cave. He clearly won't give up until he gets his furry friend. Sometimes, you have to do things you'd rather not do – like cleaning up dog poop! – for the one you love. He'll surely take notice of your kindness and will some day return the favor.

**How do you deal with conflicting beliefs between you and your partner? Share below.**

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## 'Bachelor' Sean Lowe Says Catherine Giudici Was 'Proud' of His 'DWTS' Debut





By Andrea

Surujnauth

Sean Lowe, the most recent *Bachelor* star, made his debut on *Dancing with the Stars* this week. Although the judges weren't impressed by Lowe's performance, his fiancée sure was. "I went over to her and she just said she was so proud of me, and that she loved me," Lowe told [UsMagazine.com](http://UsMagazine.com), "I think she'd give me a 10, I know the judges didn't tonight. That's what a good fiancee does." His fiancée, Catherine Giudici, was there to congratulate him as soon as he stepped off stage. "Dancing is a challenge and I am one that loves to embrace a challenge and do things outside of my comfort zone," he said. "This certainly fits that mold, and most importantly Catherine was behind me. She was the first person I called after they approached me and she said she would support me and thought it would be a fun opportunity for both of us." The couple has kept their love going strong despite the long hours that Lowe has to spend practicing with his partner, Peta Murgatroyd. "It's tough at times, but lucky for me she understands and supports us and knows Peta's work ethic," he said of spending hours every day training with Murgatroyd. "But when I'm not rehearsing I always make sure to capitalize on our time together." When asked whether there is any jealousy issues between Giudici and Murgatroyd, Lowe responded, "Peta is

certainly a gorgeous girl, anyone can see that, but Catherine is so confident and not worried. And her and Peta have become friends!”

**What are some ways to support your partner’s passion?**

**Cupid’s Advice:**

Your partner is passionate about a sport or activity, so how can you show them that you support them? Here are some tips:

**1. Cheer-lead:** If your beau has taken an interest in a sport or activity that involves some type of performing, be there to cheer them on. Be their own personal cheerleader and show them that you think they can succeed at whatever activity they are taking part in.

**2. Participate:** Show your partner support by participating in their new passion or hobby. Your sweetie will be thrilled to see you enjoy their hobby with them.

**3. Coach:** If your partner’s passion involves competition, support them by helping them practice and improve. Your honey will appreciate you taking such an interest in helping them perfect their skills.

**How do you support your partner’s passion? Comment below and let us know!**

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**Why ‘Bachelor’ - Inspired  
Values Matter in**

# Relationships and Marriage



By Susan Shapiro

Barash, Author of *The Nine Phases of Marriage*

What could be more appealing in today's slick, fast paced society than to watch a dashing handsome bachelor who is also pristine make his commitment known to us? It is little wonder that 28-year old Sean Lowe captured the attention and curiosity of so many female viewers.

And while the heat was on to see his final choice and we waited with baited breath, it was refreshing to learn about a young, charismatic man who has a traditional attitude toward marriage and family. On March 11th when Catherine won Sean's heart, it underscored how much values mean in a relationship. Not only were we watching this couple move forward with great anticipation, but this next step also jolted us into thinking about what it takes for a marriage to be successful.

## The Pillars of a Love Relationship

According to the media, the lucky couple hopes to start a family right away, and this of course is a big part of the picture. When it comes to commitment in a love relationship, there are other factors as well. The foundation of a solid relationship and marriage include:

**1. Honesty and respect:** There is no better way to build the relationship and sustain it through the ups and downs of daily life.

**Related:** [Justin Bieber Proves Honesty is the Best Policy](#)

**2. Commitment and Communication.** A couple should, ideally, discuss their views in depth on the following (in no particular order) family –including in-laws, friendship, children, work ethics, finances, and religion ahead of time with full disclosure, in order to secure the relationship.

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

**3. Flexibility and Understanding.** Both parties should know one another well enough to roll with the punches and support one another in times of need.

### **Shared Values Protect the Relationship**

Many times couples are too caught up in the excitement and the passionate phase of a new relationship and pending marriage to address the important issues stated above. The problem here is that if expectations are implicit and not fully discussed and recognized, this can lead to problems later. If a couple is not prepared as a team for the ups and downs of life (illness, loss of job, problems with children, relocation) and has not discussed the 'what if's, there can be friction ahead and this can drive a wedge into the relationship.

It is wise to remember not only that life throws us curve balls, but that it is our esteem for one another, our shared points of view and methods of coping that will get us through.

*Susan Shapiro Barash is the author of 13 books on women's issues and is frequently sought after by national media to comment on gender and relationships issues. Most recently, she appeared on ABC's 20/20 to discuss "The Truth About Lying" in marriages. In her recent Huffington Post piece, "It's Wives Who Want More Sex and They Are Getting It," Barash reveals some surprising statistics she found about wives and their intimate relationships.*

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## **'Bachelor' Sean Lowe Says He Won't Invite Emily Maynard to His Wedding**



By

Meghan

Fitzgerald

Bachelor, Sean Lowe, and bride-to-be, Catherine Guidici announced their plans to say 'I do' very very soon! [UsMagazine.com](http://UsMagazine.com) reports how Lowe will most likely not be inviting Emily Maynard to their dream wedding. Although he still likes and respects Maynard, he doesn't think it is appropriate for her to be invited. The happy couple stated that they will get married on TV, [Hollywood Life](http://HollywoodLife.com) reports. The two continue to plan their wedding as they move on with their lives!

**What are some things to consider about inviting your exes to your wedding?**

### **Cupid's Advice:**

Inviting your exes to your wedding is never, and I say never, an easy thing to do. What if you rekindle love? What if they try to ruin your dream day? What if your groom and your ex get into a fight? The questions are endless for brides considering inviting their exes to their weddings. Cupid has some advice on this:

**1. Danger:** Inviting your ex to your wedding will cause danger. However much you preach on their changed ways, or how civil you guys are; there will always be a slight bit of chaos. Seeing your ex at your wedding is not something you exactly want to do, you may think at the time it is a great idea however, at the wedding, it is not. Feelings can be brought back up with the sight of them, you could say something inappropriate. Just make sure you know inviting your ex has danger written all over it.

**2. "Just friends":** In all honesty, after you have had sex with another person, you will never be 'just friends' again. It is proven so. Especially if this person was of a romantic value. This being said, you and your ex will never be 'just friends.' Stop thinking it is possible, and just realize that it is not! The sooner you realize you two can never be friends again, the

sooner you'll realize that you probably shouldn't invited them to your wedding.

**3. Showing off:** Alright ladies and gents, did your ex drive you crazy, humiliate you, break your heart and step on it? Are you now happy and wish to show that son-of-a-bitch how better off you are without them? If you are answering yes to all of this, than you are relatively right for considering inviting your ex. You are going to get married, why not rub some salt in the wounds of your ex? Have fun!

**Have you ever invited your exes to your wedding? Share your experience below.**

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## **Why 'The Bachelor' Sean Lowe and Bride-to-Be Catherine Giudici Are Waiting for Marriage**







By Andrea

Surujnauth

*The Bachelor's* Sean Lowe and Catherine Giudici are excited to finally be public about their love for one another. "I'm just so excited that the secret is out," says Lowe. After having a romantic proposal in Thailand on national television, Giudici is happy to get the chance to be in a normal relationship with her man. "Now, we can be a normal couple and hold hands in public!" she exclaims. However, as excited as they are to be together at last, [People](#) reported that the two are waiting until after they are married to be intimate with one another. "From my perspective, I've lived life kind of selfishly for a long time. Now, I'm going to try to live it the way I know to be right." says Lowe who is a born-again virgin and a conservative Christian. How does Giudici feel about this? "I honor him," she says. The two will be tying the knot on national television for an ABC special.

**What are some ways to know your values match with your partner's?**

**Cupid's Advice:**

Having the same values as your partner is a good sign that the two of you will have a long lasting relationship together. But

how are you supposed to know whether the two of you have the same values? Cupid is here to tell you:

**1. Religion:** Having a partner that has the same religious beliefs as you is a good way of being sure that they have the same values as you. Even if the two of you do not have the same exact religion, you and your beau could still have the same values if you both hold your religions close to your heart or if you both don't believe in religion at all.

**2. Family:** How your partner treats his family is a great way of knowing whether or not the two of you have similar values. If your sweetheart loves their parents and keeps them close, then you have a family person on your hands. Are you the same way? Then you two have similar family values which is important if your planning on getting married.

**3. Money:** Do you and your sweetie have the same values when it comes to money? If your beau buys whatever makes them happy at the moment or spends paychecks on luxury items, be sure that you have the same lifestyle. If you are a big money saver, then you two do not have the same financial values. Be careful, you do not want to spend your lifetime fighting with your partner over money.

**How do you tell whether or not you and your partner have similar values? Comment below and let us know!**

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**'The Bachelor' Sean Lowe  
Chooses His Bride-to-Be**



By Meghan

Fitzgerald

This past Monday, *The Bachelor* hunk, Sean Lowe, proposed to the goofy yet beautiful graphic designer, Catherine Giudici, 26. [People](#) reports that the last episode took place in Thailand filled with romantic dates and the final two both meeting Lowe's parents. The emotional season came down to one girl, Catherine. [E! Online](#) announced that very shortly after Lowe proposed, Giudici jumped to Instagram to post a picture of the 3 carat Neil Lane engagement ring. The couple have not set a date, but plan on marrying very soon!

**How do you know if your partner is 'the one'?**

### **Cupid's Advice:**

In many relationship cases, you may think 'the one' appears. There are numerous ways to determine whether or not your partner is 'the one.' Although this process can be excruciating it is worth it in the end to determine if you have found the person you will spend the rest of your life

with. Cupid has some advice on your partner being 'the one':

**1. Love:** Are you willing to jump in front of a bus for your partner? Put aside the exaggeration, and focus on the things you are willing to do for your partner because you love them. Love is one of the easiest ways to determine if your partner is 'the one' or not. Depending on what type of love it is, it could be for the long haul. This 'the one' love needs to be constant, painful, hopeful, passionate, frustrating love. It needs to make you want to rip your hair out because you love your mate so much.

**2. Treats you right:** It is necessary for you partner to treat you right in general. It is especially important for your beau to treat you like a princess if you consider him 'the one.' Ask yourself a few questions on how your partner treats you. Do they kiss you gently, tell you how much you mean to them, do they do chores, celebrate anniversaries birthdays, sacrifice their weekends for family events? You need to make sure the relationship is filled will your mate treating you more than right.

**3. Makes you feel special:** Does your mate make you feel like you are the only one in their world? Do you see them as if they're the only one around? No matter the circumstance does your beau make you feel special? Like you're the luckiest person in the world because you're with them? If all the answers to these are yes than you may have 'the one' on your hands. Tie this rule in with the other one and determine if you have found the love of your life!

**How did you know your partner was 'the one'? Share your comments below!**

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# QuickieChick's Video Dating Tips: Is He "The One" or Just Another Someone?



By [E!'s Famosly Single Dating Coach, Laurel House](#)

## Dating Advice from E!'s *Famosly Single* Laurel House on If He's 'The One'

Is your significant other "the one" or just another someone? In this week's [dating advice](#) video, relationship expert and E!'s *Famosly Single* dating coach, Laurel House shares her ten tips for knowing who's Mr. (or Mrs.) Right. Our favorite piece of advice? If your partner makes you feel like your best self – or even inspires you to be a better

person – than he or she may be around forever. Or use *The Bachelor's* Sean Lowe as a great example. He loved both Lindsay and Catherine, but he knew he'd never be able to say goodbye to Catherine. If you can't see yourself without someone in your life, then he or she may be the best fit for you.

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

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## The Bachelor 17, Finale: Sean Lowe Proposes to Catherine Giudici



By Jared Sais

Can you believe that this season of [The Bachelor](#) is over? Do

you think Sean Lowe found his perfect match in Catherine Giudici? Let's take a look at the body language on last night's finale and see what it tells us...

## **Catherine**

Similar to a white lie, white manipulation is when people manipulate for what they deem a good reason. Catherine is guilty of this behavior when she is talking one-on-one with Sean. Although she means what she's saying (she's not lying), there are times when she talks for his ears rather than from her heart.

After their one-on-one-date, as they said goodbye, they shared a long, loving hug, and both were wrapped around each other with a strong hold. You can even see Sean's forearm muscle tighten. Sean's hand went down to Catherine's butt, and he taps his hand on her (showing dominance and support) as she whispers, "I love you." Remember that a whisper is a sign of lust. Then, the couple's hands go from a tight hug to holding one another as if they were dancing. **This is it: Catherine's the winner.** I don't even need to watch the end of the show. After Catherine won (no surprise), they held each other again in this same way.

Sean breathes a sigh of relief when saying "I am so glad you're here." The blonde beefcake truly enjoys and cherishes her company; you can think of him as "at home" with Catherine. Think about when you come home from a long, hard day at work, and you can finally sit down and relax. You take a deep breath of relief; that's the same feeling Sean has when he's with her.

One micro-expression that's important to point out is Sean's genuine smile when looking at his future fiancée. Plus, his nose wrinkles, which is a strong sign of flirtation. Sean also pulled Catherine closer instead of Catherine pulling him closer, which is different than Sean and Lindsay's

relationship because Lindsay usually reaches towards Sean for affection.

The bachelor and the Seattle native had an incredibly sincere kiss when they parted ways. Sean had a strong grip on her and showed a genuine and long-lasting smile with crow's feet around his eyes.

Catherine used open palms when speaking about Sean, showing her openness and vulnerability when sharing her feelings. Her voice cracks a bit throughout the show, meaning she's feeling strong emotions. It's a non-verbal sign of genuine sadness or a strong emotion of joy (happy tears).

It's important to note that both ladies showed real tears when talking to Sean's parents. If you've read my articles since the beginning of this season, you already know the difference between real tears and fake tears. If not, check out my past recaps here.

Additionally, there were a lot of things that both ladies said that seemed like they were almost reading a script. They both started talking in a rhythm or a beat when asked personal questions by his family. Criminals or people telling lies usually use this speech pattern to try to cover up their actions or guilt.

Finally, when Catherine is walking to Sean to see if she would get his heart and that final rose, she bit half of her lip as the other half sticks to the side, indicating that she's nervous and scared. I would be too if I were her!

**Related Link:** [The Bachelor 17 Predictions: Who's the Best Fit for Sean?](#)

## **Lindsay**

I noticed a definite lack of eye contact when she was talking to the bachelor. It could be a culture thing, but it's most



likely nerves; she feels uncomfortable with “emotional talks.”

While there was a lot of sexual tension when Lindsay and Sean were talking about their future, one of Sean’s arms was limp when they were kissing and sending up the lanterns. So he wasn’t feeling the romance as much as usual; I think he already knew that his wishes for love, happiness and family were coming true with Catherine.

Lindsay kept looking at Sean when his parents asked a question, which tells me that she looks to him for approval. It also shows how dominant Sean is in their relationship.

We saw a great example of a non-verbal lie when Lindsay told Sean that she was okay after he didn’t propose to her. At first, she nods her head yes but then shakes it no. This behavior was one of the things that I used throughout the season to identify any lies that Sean or the girls told. Still, Lindsay handled the bachelor’s rejection with a lot of grace.

**Related Link:** [The Bachelor’s Sean Lowe Blogs About Women Tell All](#)

## **Sean & His Family**

Let’s take a moment to talk about the bachelor and his skeptical yet supportive family.

First, when Sean said, “I know my family will love Lindsay as well,” he shook his head no, meaning he doesn’t believe what he’s saying.

Both his parents showed crow’s feet (wrinkles near their eyes) that represent true happiness when talking with Catherine.

His family members all shook their heads no when saying positive comments about both women, which tells me that they don’t believe what they’re saying. His mother, father, sister and brother-in-law have more doubt than they share with the

bachelor, and they don't feel like either of these girls is right for him.

It's easy to see that Sean's mom is very emotional. When she starts crying, Sean instantly takes care of her, which explains his behavior with many of the contestants this season (always being the protector, giving roses to the girls who cried and shared sad stories). Maybe he had a soft spot for these ladies due to his emotional mother.

## **Conclusion**

As a side note, **Lesley M.** and the host, Chris Harrison, had some sexual tension! She looked into his eyes as she pushed her hair back over her ears. They also reach out and touch each other on the back and arms. Lesley then bites her lower lip. Definitely some flirting going on!

It's been an absolute pleasure working with CupidsPulse.com and being the body language expert during this season of *The Bachelor*. I had an amazing time using non-verbal cues to better understand Sean and the girls each week. I'm so thankful to my readers, and I hope you all have learned some non-verbal tricks during this journey.

Good luck in your search for love!

*[Jared Sais](#) is co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love. You can sign up for his individual or group non-verbal classes or his wingman services by e-mailing him at [jaredsais@gmail.com](mailto:jaredsais@gmail.com).*

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# The Bachelor's Sean Lowe Blogs About Women Tell All



By Andrea

Surujnauth

*The Bachelor's* Sean Lowe blogged about his experience with the *Women Tell All* special on [People](#). The women who were sent home in *The Bachelor* came back to discuss what happened in the show with Lowe. "Walking out and taking a seat in front of the women was such a surreal experience. Having 20-plus 'exes' in the same room is a bit daunting, but I was happy to see them nonetheless," blogged Lowe. He goes on to discuss the love he felt for Desiree, although their relationship did not work out and he mentions the sadness he felt when he sent Sarah home. Lowe then begins to blog about his reunion with AshLee. When Ashlee came over to sit on the couch, she told Lowe that she always viewed him as a southern gentleman, and she was very disappointed that he didn't come check on her after he sent her home. "This totally caught me off guard," blogged Lowe. "I

wanted to be as nice as possible, but I also wanted to tell her that once you don't receive a rose, you know you only get a brief moment to talk it over before going home. She wasted that moment by not saying a word. That's why Chris Harrison says, "Take a moment and say your goodbyes." I don't want to sound unsympathetic, but that's how the show works." Lowe continues to express his confusion as to why Ashlee felt this way about him. "I don't know what I may have said that would have given AshLee the impression she got, but I am sorry if I said anything at all that misled her because that was truly not my intention."

**How can you stick up for yourself when someone says something untrue about you?**

### **Cupid's Advice:**

When someone says something untrue about you, your first reaction is to stick up for yourself. But how can you stick up for yourself without seeming defensive? You want to tell them that they are wrong but you do not want to create a scene otherwise it will look what the other person is saying is probably true since you are making such a big deal about it. Cupid is here to help you figure out the right way to stick up for yourself:

**1. No personal digs:** Do not get personal or attack the person that is saying untrue things about you. Defending yourself does not have to mean putting down anyone else or stooping down to anyone's level. If you attack someone, you will be no better than them.

**2. Speak calmly:** Yelling or screaming will not help you make your point. As a matter of fact, it will make you look guilty. Speak as calmly as possible while still getting your point across. Tell them they are wrong and say why they are wrong. Calmly tell them that it is hurtful when they say untrue things about you.

**3. Be understanding:** Once you tell the person that they are wrong and why, do not expect them to apologize or believe you. Do not force anyone to change their attitude. If you spend your time trying to do so, you will just be putting stress on yourself. It is not worth it. Everyone has their own opinion and not everyone will like you. Just accept it and move on.

**How do you stick up for yourself when someone says something untrue about you? Comment below.**

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## **‘Bachelor’ Star Sean Lowe Surprises Fans and Sends Home AshLee**



By **Meghan**

Fitzgerald

The final two in this season's [The Bachelor](#) has finally come into play! Strange as it may seem, AshLee Frazier is out of the top two. [People](#) reported that AshLee was completely devastated, and visibly upset. AshLee was a big favorite from the beginning, and was so upset, she didn't want 'Bachelor' Sean Lowe to walk her to the car. According to [EOnline!](#) AshLee talked to Sean the [date](#) before that "This man has literally healed my [broken heart](#)." Sorry, AshLee!

**How do you know if your personality and your partner's personality match enough for the long haul?**

### **Cupid's Advice:**

In the beginning of the relationship, you should do if you and your partner's personality mesh well together. I mean, if it the relationship is working between you and your mate, your personalities match. If the beginning is relatively rocky, and you both are fighting often; you may want to reconsider the relationship. To make it for the long haul, your personalities should match enough to match. Cupid has some more advice:

**1. Similarities:** Your personalities generally stem from what you like and don't like. This being said, you and your partners personalities will tie in together if you both like the same things. Of course, there are exceptions present. However, generally speaking, if you both [love](#) the same things in life, you should be able to make it for the long haul. If you don't like the same things and find yourselves fighting on them, look for a different love.

**2. Compromise:** Some relationships are sometimes about compromise, yes it may not be entirely appealing to you; however, it happens. Knowing if you'll make it through to the long haul also depends on how much you are willing to compromise. This is not the case if you and your mates personalities are entirely compatible. If they're not however, you have to make a strong decision. Deciding whether or not

you can compromise your way to the long haul with your [beau](#), or walk out the front door looking for new love.

**3. Passion:** Passion can completely disregard personalities. With passion, you may be able to get to the long haul without even considering you and your partner's personalities. The problem which may ensue is when the [passion](#) fades out. This may not be for a long time however, it may be harmful when it does. If passion is the sole reason why you and your mate are running, attempt to look past it and foresee the future. Yes this is challenging however, it will help determine if you two can make it.

**Have you and your partner's personalities made it to the long haul? Explain below.**

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## **QuickieChick's Video Dating Tips: Are You the Marrying Kind?**





By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House reveals the top eight characteristics that make a woman wife material.

## **Dating Advice from E!'s *Famously Single* Laurel House on Marriage Material**

If you've been following *The Bachelor* this season, you know Sean Lowe has narrowed it down to two lucky ladies. On this week's episode, he told host Chris Harrison that he was ready to propose...although he didn't know who would receive that sparkly ring just yet. So what makes a woman the marrying kind? Why are Lindsay and Catherine more marriage-worthy than the women who have already been sent home?

*For more information about our dating mentor, click [here](#).*

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

**What do you think makes a woman the marrying kind? Tell us in the comments below!**



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# The Bachelor 17, Episode 9: Sean Lowe Sends AshLee Frazier Home



By Jared Sais

On last night's episode of [The Bachelor](#), Sean Lowe and his final three ladies traveled to Thailand for the highly-anticipated overnight dates. So what did their body language reveal about Sean's chances for finding true love? Read on to find out!

## Lindsay

First, let's analyze one of Sean's micro-expressions. When speaking about the potential for Lindsay to be his future

wife, Sean raised his eyebrows, meaning he was surprised about this possibility. I'm sure the raised eyebrows were related to Lindsay's first night in a wedding dress and how Sean thought she was crazy (as did I). But now, to everyone's surprise, she's in the top three (two!).

As for body language, when Lindsay was speaking with Sean on the beach, she did two very common non-verbal cues that indicated she was sexually frustrated. She let her voice drop to a whisper and also bit her lip. Both cues mean one thing: that there is a strong attraction between these two and that spending [intimate](#) time together is on their minds.

By nodding her head as she said, "I am ready to settle down," Lindsay affirmed that she was telling the truth.

When Sean asks if "this woman" could be his wife, I am reminded of Bill Clinton when he spoke about Monica Lewinsky. I knew Bill was lying when he used the phrase "that woman" instead of her name. This word choice is so telling because it puts distance between the two people involved. So while Sean may like Lindsay, he likes AshLee and Catherine more.

Also, when answering this question, Sean did a big shoulder shrug as he said "yes," meaning that he's unsure of what he just said.

As a side note, did anyone else want that sidecar motorcycle? I would also like to say that I'm in the bug club too. Yep, I've eaten a bug.

**Related Link:** [The Bachelor 17, Episode 8: Home Sweet Home](#)

## **AshLee**

When she was talking about Sean, AshLee did a micro-expression of a smile plus a nose wrinkle, which is a sign of flirtation. Now, a wrinkled nose could mean disgust, but when combined with a true smile (as it was in this case), it's a positive

sign.

When they were together and speaking on the couch back in the hotel, Sean showed micro-expressions of sadness. He got [emotional](#) when speaking about his future with AshLee, revealing that he really likes her.

Moving on to their body language, AshLee did a head tilt, which is one of the most common non-verbal cues of attraction and flirtation.

Both had gazing eyes, a sign of strong feelings. When your pupils and eyes widen, it's an indicator that you like what you see. The reason behind this idea is that, when you like something or someone, you let more light come in and allow your pupils to dilate so that you can see more clearly.

As Sean said, "I am falling in love with her," he was speaking the truth. He nodded and looked straight ahead; there was no sign of deceit.

When Ashlee was crying in her video at the end, you can see Sean's Adam's apple jump a few times, which indicates strong emotion. He was sad seeing AshLee sad. Knowing what ultimately happens, I wonder if that was a turn-off for him. Plus, he showed shame when viewing her video – I'm pretty sure had already decided that he was sending her home.

**Related Link:** [The Bachelor 17 Predictions: Who's the Best Fit for Sean?](#)

## **Catherine**

When Sean said, "I can see myself marrying you," he does a full smile, showing that he honestly means what he said.

As for Catherine, she had open hand gestures (palms shown and faced towards Sean). When kissing on the boat, Sean held her around the neck, which indicates extreme attraction and sexual lust. When girls toss their hair or tuck their hair behind

their ear, one of the main purposes of doing so is to show their neck, which is a non-verbal cue of vulnerability and attraction. As they kiss, Sean caresses her neck, meaning Sean and Catherine have crazy intense feelings for each other. Remember that sometimes the most meaningful and romantic touches are on the neck.

When Catharine gets the letter about the fantasy suite, she responds by saying "I would love to" and does a double shoulder raise, not a shrug. This non-verbal cue is a sign of flirtation.

When he said that she was smoking hot, he had bedroom eyes: the lowering of his head with eyes that gaze upwards, right into Catherine's eyes. Sexy, right?

"Can I see myself marrying Catherine? The answer is yes." See, he used her name, unlike when he said an almost identical sentence about Lindsay.

Also, whether we realize it or not, music plays a big role in how we feel about the girls. A lot of people forget to pay attention to the music, but I guarantee it played a major role in whom you liked and didn't like.

## **Conclusion**

Honestly, I was leaning towards AshLee as the runner-up with Lindsay going home tonight. This is the second week that Sean's non-verbal cues towards Lindsay have been strange and off-putting. But there can only be one winner, and my money is on Catherine – so I'm still in the game!

I wonder if Sean picked AshLee to go home tonight because of something that happened in the fantasy suite, something that we didn't see. I did notice one thing that might indicate a clash of personalities. On their date, AshLee's wine glass was almost empty, while Sean's wine glass was almost totally full. This difference could be a sign that Sean might see AshLee as

a “wild girl.”

On a similar note, AshLee may have been a bit too intimidating for Sean. I wonder if she moved too fast. Or did something happen off-camera that put a doubt on their future together? Either way, I can't wait to tune in next week and see what AshLee says on *The Women Tell All* special!

*Jared Sais is co-author of the website The Non-Verbal Game. He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love.*

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## **‘Bachelor’ Star AshLee Says She Knew Sean Would Send Tierra Home**





By Meghan

Fitzgerald

In an interview with [People](#), AshLee confesses to *Bachelor*, Sean Lowe that she was married before in high school. [Tierra](#), full of drama, mocked AshLee on her age. AshLee described Tierra's statement as a character difference between the two of them. AshLee also stated that [Lowe](#) would come and realize that Tierra wasn't "the one," and would send her home. [Huffington Post](#) states, "Ash believes that she has a similar 'connection' with Sean. She thinks everything is 'magical' and 'pixie dust everywhere' and a 'dream come true.'"

**How do you have faith in your partner when others doubt him or her?**

### **Cupid's Advice:**

Keeping faith in your beau when all others around you doubt him/her is hard to do. They give you reasons to be suspicious, reason to doubt your partner, to no trust him, and question him. With this going in in your life, you must keep your relationship with only you and your partner. Do not let outside forces come in and tear down the walls of your love. Cupid has some more advice:

**1. Communication:** Communication is always key. It is essential to communicate directly and sharply with your partner as others are doubting them. It would also help if you talked to the people who doubt your mate. Ask them why they do? What is their reasoning behind the madness? Make sure your [partner](#) is filled in with what others are saying about them. Remember, communication is key!

**2. Trust:** If you trust your partner, don't let other people convince you that they're not trustworthy. Some people can be very persuasive with their opinions. However, you have to push their opinions aside and listen to your heart. Do not let outside forces you tell you what you need to do with your [relationship](#), and whether or not you should break up. That is entirely your decision and if you trust your beau, there is no reason to doubt them.

**3. Love:** Love is all you need. If you [love](#) your partner and your partner loves you, take a deep breath. If you have made it through all the time and obstacles to come to love with your mate, you should not doubt them entirely. For record, there are always exceptions. Chances where the other were right and you should doubt them. However, these events are slim to none and you should only worry about how you can love your partner stronger and better.

**Have you ever had faith in your partner when others haven't? Explain below.**

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## What 'The Bachelor's' Sean

# Love Needs to Do to Find Love



By Amy Osmond

Cook

It was 10:00 p.m. when I dragged myself home and up the stairs of our SoCal suburban tract home. The kids were in bed, and I was ready to relax. From our bedroom, I heard my husband Jeff's voice on the phone raised in alarm. "Can you believe it? That is terrible!" Adrenaline rushed through my body as my mind raced through the possible calamities that could have befallen him. As I walked into the bedroom, Jeff hung up the phone to greet me.

"What's the matter, Jeff?" I cried.

"Oh, nothing," he replied. "My dad and I were just talking about the *Bachelor* episode tonight."

**Related Link:** ['Bachelor' Star AshLee Knew Sean Would Send Tierra Home](#)



My husband, Jeff, is a *Bachelor* fan. Fanatic. We watch every episode, every season. At first, I protested, but now, I have been sucked into the reality show vortex from whence there is no return and am the one popping the popcorn. This season's bachelor, Sean Lowe, is one of my favorites. He seems like an honest guy trying everything he can to find his soul mate—and how can you fault that? Unfortunately, the bachelors don't have a very good track record when it comes to choosing that special someone. So, now that we're down to the top three contestants, here's what I would tell Sean if I were sitting in Chris Harrison's seat.

**#1. Choose the one that flies under the radar.** While the drama queens (ahem, Tierra) might be more fun or interesting, they're going to get on your nerves over time. So, Sean, if you're looking for a lifelong partner, choose the girl who is comfortable in her own skin and doesn't need to go out of her way to get attention.

**#2. Choose the one who makes you laugh.** Dating is full of desire and passion. But it's inevitable that, over time, physical attraction wanes. In a recent study commissioned by Medicis Aesthetics, it was found that physical attraction mattered more in the first seven years of a relationship than in later years. After that, predictors of long-term relationship satisfaction shifted more toward personality traits. So if you really do want a lasting relationship, choose the one you enjoy being with the most.

**#3. Choose the one who can put up with your pranks.** Sean, we all know you as the bachelor who pulls pranks. You pranked Emily when you were a contestant on *The Bachelorette*, who didn't see the humor in it and kicked you off the show the same week. You also pranked the contestants this season, placing them in uncomfortable situations to test their ability to roll with the punches. Because this is apparently an enduring personality trait, you need to choose someone who can prank you back with equal zest—or at least appreciate your

sense of humor. Whether it's pranking, singing in the shower or biting fingernails, we all have idiosyncrasies that may be annoying to some. We just need to find partners who can love us for our uniqueness, not in spite of it.

Jeff and I will be watching what is sure to be "the most dramatic rose ceremony in *Bachelor* history" with popcorn in hand. And I'll be interested to see whether Sean chooses the secure, confident, enjoyable woman that he needs to build a lasting relationship. If only I had Chris Harrison's job...

*Amy Osmond Cook, Ph.D. is a faculty associate at Arizona State University, where she teaches Communication and English classes. She is the publisher of Sourced Media Books and co-author of Hope After Divorce and Full Bloom: Cultivating Success. Amy and her husband, Jeff, have six children. For more information about Amy, please visit [amyosmondcook.com](http://amyosmondcook.com).*

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## The Bachelor 17 Predictions: Who's the Best Fit for Sean?





By Jared Sais

Last night's *The Bachelor: Sean Tells All* special told us a lot about Sean Lowe's connections with the final three women, but did it reveal who he would propose to on the upcoming finale? After Desiree was sent home, it was tough to know who has Sean's heart. Based on his body language, here are my predictions.

### **Lindsay**

It may come as a surprise, but I saw a micro-expression of hate when the bachelor spoke about Lindsay. He used words that indicated he didn't want her, so I say Lindsay is out.

That means Sean's final choice is between AshLee and Catherine.

**Related Link:** [The Bachelor 17, Episode 6: Chemistry in Canada](#)

### **AshLee**

I think AshLee would've been my number one, but maybe I'm just bias. I personally like her a lot. A problem with AshLee? Sean's a Christian boy. AshLee may be sweet, but Catherine's morals move her to my number one pick for Sean.

## Catherine

I think Sean's into the total package of Catherine. Sexually, though, he likes AshLee more. The question is: Will Sean pick the girl who he feels the most chemistry with (AshLee) or the girl who may be a better overall fit (Catherine)? And I think the answer is Catherine.

**Related Link:** [The Bachelor 17, Episode 5: Sean Lowe's Mistakes & Top Picks](#)

In my opinion, the ranking for Sean's final picks are as follows:

#1 – Catherine

#2 – AshLee

#3 – Lindsay

We'll all have to tune in next week to see who makes it to the finale!

**Who do you think will receive Sean's final rose – and an engagement ring? Tell us in the comments below.**

*Jared Sais is co-author of the website The Non-Verbal Game. He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love.*

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# 'The Bachelor' Performer

# Sarah Darling Feels at Home on New Tour with Scotty McCreery



By Whitney Baker

Sarah Darling is one lucky lady: she gets to appear on this season's *The Bachelor* not once but twice. Tonight, additional footage from her concert in Whitefish, Montana, will air on *The Bachelor: Sean Tells All* special. Plus, we'll get to see never-before-seen shots from Sean Lowe's one-on-one date with Lindsay Yenter. Sharing her personal excitement, Darling said, "Tonight's show is going to be amazing! I'm so excited to hear what Sean has to say about all of the ladies, especially Tierra."

**Related Link:** [Exclusive Interview: Sarah Darling Talks 'The Bachelor,' Country Music and Her Top Pick for Sean Lowe!](#)

Darling got a firsthand look at Lowe's connection with Yenter, so does the country star think the contestant has what it takes to get the final rose? "I'm a little surprised that she's in the final three – I guess the wedding dress was a good choice!," referring to Yenter shocking Lowe on night one by stepping out of the limo in a wedding dress.



Still, with Lesley gone – Darling's frontrunner when we last spoke to her – she has to pick a new top choice. "My favorite remaining lady is Lindsay, of course!"

Performing on *The Bachelor* proved to have bigger perks than just meeting the handsome Lowe. Sales of her single "Home to Me" increased by 220 percent following her first appearance. Of this impressive jump in numbers, Darling shared, "Being on the show definitely introduced my music to new fans, and I'm really thankful for that opportunity."

**Related Link:** [The Bachelor 17, Episode 8: Home Sweet Home](#)

She's also expanding her fan base on the Weekend Road Trip Tour with Scotty McCreery, which kicked off on Valentine's Day. "This past week has been a dream come true. This is my first national tour, and I could not be out with a better guy. Scotty is such a great artist, and we're having so much fun," Darling said of McCreery, whom she watched on *American Idol*. "The McCreerians have really welcomed me with open arms, and I'm loving this tour already!"

For those of you lucky enough to attend one of their shows, be

sure to watch closely. “We even have a special number that we perform together each night!”

*Don't miss 'The Bachelor: Sean Tells All' on ABC tonight at 9 p.m./8 p.m. CT! You can check out Darling's 'Home to Me' EP on iTunes and catch her on tour with Scotty McCreery.*

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## The Bachelor 17, Episode 8: Home Sweet Home



By Jared Sais

Last night's episode of [The Bachelor](#) featured the four coveted hometown dates and there were a lot of tells when it came to body language. Based on Sean's behavior, it was obvious to me that he's attracted to these girls, but he isn't ready to move forward with anyone just yet. It looks like reality just hit

him on the hometown dates that the goal of the show is marriage. He says he's excited for that next step, yet he's showing extreme signs of anxiety: heavy breathing, lack of eye contact and shrugging. Sean is more uncertain about his future than ever before.

On that note, let's get started...

## **AshLee**

If anything, Sean's extreme nervousness towards AshLee is telling of his strong feelings for her. However, he showed shame when kissing her by looking down right away. He also looked down and showed shame again when he said, "I'm so happy I'm here."

AshLee's really in love with Sean. She looks at him with admiring eyes (wide eyes that are paired with a strong gaze and slightly raised eyebrows). Of course, she also has a huge smile with crow's feet (wrinkles around her eyes).

**Related Link:** [The Bachelor 17, Episode 7: Victory in St. Croix!](#)

Now, let's move on to AshLee's parents. Her father and mother showed anger when hearing about the dates with Sean, especially the romantic comments, yet they were happy to see their daughter's reaction to the bachelor. They were trying to play bad cops, but you could see flashes of smiling beneath it all. Additionally, micro-expressions of sadness – a dimpled chin, lowering of his corner lips, raising of his inner eyebrows, loss of eye contact – came across AshLee's father's face when he was talking about the first time he saw her. It's easy to see that AshLee has a great family.

After asking about possibly proposing to AshLee, Sean took a deep breath, a sign of relief mixed with anxiety. He really likes her, and asking that question was a big step for him.



Projected Ranking: #1

Family: A+

Sean's Lust Level: A+

Drama: 0 out of 10

Hometown Location: A

## **Catherine**

We heard a giggly laugh from Sean at the start of their date, so he was happy to see her. However, when he said, "When I am with Catherine, I can see my wife," he did a major shoulder shrug to non-verbally indicate his uncertainty about the statement.

Sean went in for a kiss, which would normally be a huge indicator of his attraction. Instead, I noticed a slight body flinch from Catherine, meaning that she only intended to hug him. What many viewers saw as something big was nothing more than a non-verbal fake out.

Maybe Catherine isn't quite sure of her relationship with Sean either. When she was chatting her sisters, she used the phrase "try it out" as she spoke about marriage. She couldn't give a definite yes. Her choice of words allowed her to dodge the question. Plus, when she said she was crazy about Sean, she shook her head no, which means she's either lying or she's not as crazy about him as she says. I think she likes him a lot, but isn't ready for marriage or mature enough to make such a big commitment just yet.

When speaking to Catherine's mother, Sean had his hand in his pocket, which is a sign of intimidation. He also had his feet/legs crossed and pointed at the door, indicating that he doesn't plan on leaving this conversation but would like to flee the room because he is very uncomfortable. Even his body is facing away from her. Still, as Sean was opening up to

Catherine's mother, I could tell he was being genuine by his use of open hand gestures (talking with his hands with palms facing up or towards the other individual).

Projected Ranking: #3

Family: B-

Sean's Lust Level: B+

Drama: 4 out of 10

Location: A-

## **Lindsay**

Sean ran to Lindsay for a hug when they first saw each other, a sign of strong affection and excitement.

He later said, "Lindsay could be the one who I could spend most of my life with." When saying "could be the one," he did a shoulder shrug, which is an accrete non-verbal cue meaning maybe...so his words align with his actions. However, when finishing that sentence with "spend most of my life with," Sean did a micro-expression of anger (lips pinched, eyes glaring, eyebrows lowered). I wish I could ask him why he felt anger at this moment, but it was either towards himself, Lindsay, or the situation. Also, let's focus on the word "most." He could've said "my whole life" or "forever," but instead, he used non-committal language.

We can't forget to discuss Lindsay's parents too. Her mom did a hand steeple, showing that she is the dominant one. Her dad might be a two-star general, but Sean was focused on pleasing the wrong person! Lucky for our 'Bachelor', Lindsay's mom used gestures of openness, showing that she really liked him.

Projected Ranking: #2

Family: A

Sean's Lust Level: A+

Drama: 2 out of 10

Location: C+

**Related Link:** [10 Steps to a Remarkable Relationship](#)

## **Desiree**

I immediately knew that Des's ex-boyfriend was a fake. The actor never showed any real signs of anger or jealousy. He even flashed a smile during his encounter with Sean. The bachelor, though, definitely didn't know that it was a prank, as he showed body language of anger (closed fists) and defensiveness (crossed arms).

Of course, we have to analyze Des's brother's behavior. He called Sean out on liking other girls...and I can't really blame him. Sean might not have liked what he said, but you'd think he'd understand where he was coming from, right? Unfortunately, that's not the case, as Sean's non-verbal cues were very negative after their chat.

Let's observe their facial expressions too. They were primarily those of anger, sadness and shame. I think Sean was truly hurt by Des's brother, mostly by the "playboy" comment. I wonder how much of Sean's actions on *The Bachelor* were his true self versus the producers directing him. I feel like he might not have wanted to be as much of a flirt as he actually was.

Projected Ranking: #4

Family: F

Sean's Lust Level: A+

Drama: 8 out of 10

Location: A

## Rose Ceremony

At the end of the day, family drama was the deciding factor. Des would have been in the top three if her brother would have just been quiet, but instead, he stole the spotlight and, in doing so, ruined his sister's chances with Sean. On one hand, I agree with the bachelor. On the other side, though, I think having an overprotective brother is better than feeling like you'll never fit in, as Sean stated about Catherine's family. After all, an overprotective brother may come around. Though I knew he would ultimately send Des home, I would've picked Catherine.

Be sure to check back in tomorrow for my thoughts on tonight's *The Bachelor: Sean Tells All* special!

*Jared Sais is co-author of the website The Non-Verbal Game. He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love. For more information and to download a free PDF of the speech he gave at NYC's Single In Stilettos, click [here](#).*

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**'Bachelor' Star Tierra LiCausi Is Engaged (not to Sean)!**





By Meghan

Fitzgerald

Drama starter on this seasons' *The Bachelor*, Tierra LiCausi, has announced that she is engaged ... but not to the blonde hunk of a *Bachelor*, Sean Lowe. The world discovered her engagement by a picture posted of LiCausi sporting a very very large diamond engagement ring. [People](#) reports, "The couple's relationship was rekindled the same day that Tierra's TV love interest, Sean Lowe, sent her home." LiCausi's brother talked to [WetPaint](#), stating that her soon-to-be hubby is "...someone she had been seeing before the show. They've known each other three or four years and have been dating most of that time."

**How do you know when to rekindle a past romance?**

**Cupid's Advice:**

Rekindling a past romance takes a certain skill. When you should do it, if you should do it are too important questions. Is it really worth it? Do you want to put yourself out there again? There are many reasons telling you to get back with your ex. Cupid has some advice:

**1. They've changed:** For most people, second chances are given to others who think they are worth it. There was a reason you

and your [ex](#)-mate broke up. Whether it was your fault or theirs, change is an option. If you thoroughly believe that your ex-beau has changed, you may want to rekindle the romance. Only rekindle the romance if you completely believe that your ex has changed for the better. If you have any hesitation to whether or not they have, do not go for it.

**2. Soul mates:** The stories are all out there, the constant stories about soul mates. True love is said to be out there for everyone. The quest for this true love can leave you with a broken heart and many tears. Although the journey is challenging, it will be worth it in the end. This being said, if you believe that your ex is the love of your life and your complete and utter soul mate, rekindle the romance. Go for it!

**3. "I know you":** With an ex, they know almost every single little thing about you. What you like, what you don't like, the names of all your relatives, who loses it at Christmas dinner, what you're allergic to, and the list goes on and on. Do not rekindle the romance with you ex-beau if you solely want someone who "knows you." If the following two apply, and this third one happens to slide in there, drop all of your stuff and rekindle your past romance!

**Have you ever rekindled a past romance? Share your experience below.**