

# '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 Lowe 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...

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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.**

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**VDay Heartbreak: 'The Bachelor' Sean Lowe Opens Up About His Feelings for Tierra**



By Meghan Fitzgerald

Sean Lowe, otherwise known now as [The Bachelor](#), has gone through as much tears and drama this season as any man should ... especially with Tierra. According to [People](#), Lowe blogged about his relationships with the girls. He had three one-on-one dates with AshLee, Tierra, and Lesley. [The Examiner](#) reports that Lowe's date with Tierra made him realize that she may not be the girl for him. He described how she comes with drama, a lot of drama. At the end of the day, Tierra told Lowe that she was falling in love with him. Lowe hoped that they could be drama-free.

**What do you do if your friends don't like your new partner?**

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

Having your friends disapprove of your partner absolutely sucks. As much as you can say what you and your mate have is great and it is "only you two," it's not. Your close friends are your second family, and not having them there for your relationship does not help. This will inevitably happen once

in your life, and Cupid has some advice:

**1. Listen:** Although you may not believe anyone could dislike your partner, it is a possibility. When your friends confront you and tell you they do not like your new mate, do not freak out! Even though this may be your first impulse and reaction, take a deep breath. This will not be solved whatsoever if you blow your top and yell at your best friend. The easiest thing to do in this scenario, is to listen. Listen to what your friend, or friends, have to say. Take their comments and concerns in, and go from there.

**2. Know your feelings:** Depending on the person you are, it may be very important that your friends like your partner. Be aware of your feelings with your new beau. Is it worth it to possibly lose your closest friends for this boy? Make sure you are certain of how you feel about the new fella. You don't want to vow "he is the best" and then go back to your friends crying when he hurts you, but have no friends left.

**3. Stay strong:** This time will be challenging for you. You are delving into a new relationship in which your best friends don't agree with. No matter why they dislike him, it will hurt. You will immediately think that your friends don't wish for you to be happy. That they don't want you to be in a relationship, and find the love of your life. Push these thoughts aside as you deal with your friends and your new partner. Keep your chin high and stay strong.

**Have your friends ever disliked your partner? Explain below.**

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# The Bachelor 17, Episode 7: Victory in St. Croix!



By Jared Sais

Since there were only six girls left on this week's episode, I really wanted to hone in on each of their non-verbal cues and micro-expressions to determine their true feelings for the bachelor. I also focused a lot on Sean's reaction to each of them to see how he really feels about the remaining ladies.

Let's start with the first one-on-one date...

## **AshLee**

AshLee was the one girl brave enough to tell Sean the truth about Tierra. As she was talking to Sean about the drama, she showed micro-expressions of anger: pinching her lips, lowering her eyebrows and glaring her eyes. She also revealed feelings of contempt when speaking about Tierra by moving only one side of her face.

In response, Sean said, "When she tells me something about Tierra, I believe it." As he says it, Sean shakes his head no and shrugs, telling me that he doesn't believe what he just said.

Even so, when he's on the beach talking with Ashlee about Tierra, Sean puts his hand on his head with his thumb pointing down, meaning a thumbs down to Tierra. I think he's really beginning to wake up, even if it is *very* slowly.

At the start of their dinner together, the bachelor asked her if there was anything else he needed to know before meeting her family, and when she replied "yes," he gulped, which is a sign of fear. He also showed a micro-expression of surprise with his raised eyebrows and the widening of his eyes.

Sean smiled big enough to have crow's feet (wrinkling at the corners of her eyes) when speaking with her, so he really likes AshLee. You don't show that much emotion (the fear, the surprise and the genuine happiness) if you don't like someone.

Of course, he shook his head no as he said, "I think you're perfect the way you are," meaning that he's still not sold on her just yet. He also shrugged as he told her that he had no questions at this point, revealing that he's either lying or not being 100 percent truthful.

As for AshLee's feelings for Sean? She nodded to confirm that she was telling the truth when she said she loved him.

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

## **Tierra**

It's no surprise that Tierra showed feelings of contempt when speaking about the other girls. What *is* surprising is that Sean also showed signs of contempt multiple times. I think (hope) her drama is finally getting to him.

Tierra totally fibbed and told Sean that she tried bonding

with the other girls in the house. As soon as she stopped talking, she started licking her lips and put her hands up to pull back her hair on both sides of her face. Her body language showed that she's trying to manipulate Sean by lying to him about her feelings towards the girls and also about her feelings for him.

Of course, Tierra did her famous eyebrow raise. And when she said the above comment about the other girls and herself, her right eyebrow rose for a long period of time. This eyebrow raise is a sign of cynicism. The funny thing is she did this facial gesture after something she said, meaning that even *she* doesn't believe the words that just came out of her mouth.

The tone and pitch of Tierra's voice also gave away her true feelings. Both were very choppy as she spoke, revealing that her words were not actually true.

As she was speaking to "her boyfriend," Sean had his lips pinched, meaning he was bit angry with either her or the situation.

The drama queen revealed her own anxiety when she played with her straw throughout dinner. The body goes under a great deal of stress when lying, so it tries to cover that stress up by releasing it through agitated movements and fidgeting.

**Related Link:** [Tierra Causes Drama on 'The Bachelor,' Ladies Against Her](#)

## **Lindsay**

Based on Sean's tone and pitch as he spoke about Lindsay, it was easy to see that he'd give her the group date rose. He slowed down his speech and emphasized his feelings for her. He really is crazy about her. Although he has strong feelings for Desiree and Catherine as well.

## **Lesley**

Her body language told me that she wants to feel more in love with Sean than she does. She really, truly likes him, but she may not be in love with him as she had hoped. When she talked about loving him, she did a lot of shrugs and other non-verbal gestures which mean “I don’t know.”

The sad thing is that I don’t think the show revealed everything that happened between this couple. It seems a bit weird that they really got along last week, but then this week, there was a lack of...well, everything. Their connection was strained on both sides. I really thought she would make it to the top three, but after this date, I didn’t know if she’d end up with a rose.

Sean, you did a great job by getting rid of dramatic Tierra and her “sparkle”, but I have to say, I think you should have kept Lesley around. I think you guys would have been great for each other, but then again, we didn’t really see what happened between you two. Still, I count this week as a major victory. Bye bye, Tierra!

*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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## **‘Big Brother’ Couple Jeff Schroeder and Jordan Lloyd**

# Discuss Living Together, Dieting and Watching 'The Bachelor'



By Michelle

Danzig and Rachael Moore

Jeff Schroeder and Jordan Lloyd instantly had chemistry when they met on the set of *Big Brother* in 2009. Building a strong friendship first, they formed an alliance on the show and became huge targets in the eyes of their competitors. "Being friends was our only option. We knew there were some romantic feelings, but we didn't express them because we wanted to win," said Schroeder.

But being just friends didn't last long. After Lloyd defeated the rest of her houseguests, walking away with the cash prize, and Schroeder was voted America's Favorite Houseguest, their relationship developed into something more intimate. This



gradual shift from friends to lovers helped them with their communication skills. As she explained, “We are so open with each other and never hold anything back.”

Two months later, CBS asked the pair to take part in *The Amazing Race*. Their diverse personalities were tested on the show and their relationship certainly felt the pressure. “We wanted to strangle each other,” Lloyd shared. “We still needed to get to know each other better since we were newly dating.”

**Related Link:** [Ryan Danz and Abbie Ginsberg Tell Us How They Bonded on ‘The Amazing Race’](#)

After they were eliminated from the race, Schroeder and Lloyd returned to their separate homes in Chicago, Illinois and Charlotte, North Carolina respectively, pursuing a long-distance relationship. They tried to see each other two or three times a month and felt that, by putting forth an equal amount of effort, they could make their relationship work.

However, long-distance relationships are never easy, no matter how hard you try. Schroeder advises other couples to “be patient because everything happens for a reason.” Having a goal that you want to pursue with your significant other is also important. “We knew we were always going to move in together; we just didn’t know where because we are from two totally different places.”

“Having complete trust in one another made us worry less about where we were going and who we were seeing,” he added.

After dating and living apart for two and a half years, the couple moved in together in a small apartment in Los Angeles. By taking this next step, they discovered that they were complete opposites, not only competitively but also with food and television. “The way we eat is totally different. I like fried food, and Jeff likes seafood,” Lloyd said of her man.

As for their varying tastes in television, the DVR is a huge help. The adorable pair enjoys watching TV together, even though they like different shows. However, they do share CupidsPulse.com's love of [The Bachelor](#) and have been hooked since the first episode. "Nobody ends up getting married, but we can't stop watching," she said.

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

"We think Tierra is so dramatic and we just can't wait to see what happens," Schroeder added.

With their relationship going strong, the *Big Brother* couple will be celebrating Valentine's Day in a really special way. They're both participating in DietBet, a nationwide dieting challenge where they promised to shed pounds as their gift to each other. Over 367 players are a part of the program, which will end just before the romantic holiday, and vying to win a portion of the \$18,350 pot of prize money; together, the participants have already lost a collective 1,170 pounds. Whoever reaches the goal of dropping four percent of his or her weight will split the pot.

Schroeder and Lloyd believe that DietBet is a great motivator because, with so many people watching and supporting you, you can't fail. To meet their goals, they often do yoga together. "I thought yoga was just stretching, but it's totally different. I didn't know it would help me so much," he revealed. While he also goes to the gym to lose weight, he inspired his girlfriend to run along the beach to get fit.

To stay healthy, the pair also goes food shopping together. They buy a lot of fruit and like to try new recipes to encourage each other's healthy eating habits. But if someone brings cheese in the house, all bets are off!

They've both found success with the program, losing around 10 pounds each. They are confident that they are going to win DietBet, and if they do, they will be giving their earnings to

charity.

Next up for the active couple? Schroeder will be developing some projects for the summer, while Lloyd plans to return to school to get her cosmetology license. And, of course, they'll be tuning in to see who wins Sean Lowe's heart on *The Bachelor*!

Also follow them on Twitter: @jeffschroeder23 and @BBJordanLloyd.

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## Tierra Causes Drama on 'The Bachelor,' Ladies Come Together Against Her



By Meghan Fitzgerald

This week on *The Bachelor*, the lovely ladies and Sean Lowe headed off to the spacious and breath-taking Montana. Lowe takes one of the ladies, Lindsay, on a date consisting of a helicopter ride, dinner and kisses. According to [UsMagazine.com](http://UsMagazine.com), the other women waited at home to see who would get a group date and who would get the two-on-one. Later on in the evening, Tierra came on to Lowe, ignoring the rules of the show. [Huffington Post](http://Huffington Post) reports that the girls were mildly upset with Tierra's actions, and Lowe wasn't realizing them. The quest for the blonde *Bachelor's* love continues.

**What are some ways to keep jealousy and drama out of your relationship?**

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

Many relationships have failed because jealousy and drama have snuck their way into them. Unfortunately, our culture is filled with social media and this plays a large part into why relationships fail. With Facebook and Twitter, we know almost everything about each others' lives. Cupid has some advice:

**1. Communication:** One of the many keys in a relationship is expressing how you feel. It is essential for you and your beau to communicate with one another. Communication allows zero confusion in the relationship and allows the two involved to love each other more. Lack of communication can lead to problems stirring in your relationship. To keep the love together, just communicate.

**2. Personal space:** In a relationship, it is essential to realize that the both of you have their own, separate lives. Being up each others noses all the time will cause drama in a heartbeat. Although you may want to spend every waking minute and day with your mate, you need to give them personal space. Personal space to live their life, not yours. Also, giving your significant other personal space allows them to analyze your relationship and want to work and delve into it more.

**3. Honesty:** Honesty ladies and gentlemen, is necessary in relationships, and generally all aspects of life. You are simply asking for drama if you lie to your partner. To keep your relationship nice and clean, do not in any circumstance lie.

**Have you ever had jealousy or drama in your relationship? Explain below!**

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## The Bachelor 17, Episode 6: Chemistry in Canada



By Jared Sais

Since this episode is the second one this week, let's jump right into it...

## **Catherine**

So we finally got to see a one-on-one date with Sean and Catherine, and it looks like I need to add her to my top picks. I think Catherine has something no other girl has to offer. She is fun, cute and sexy – she’s a triple threat. Or better yet, she’s a quad threat since she also had a sad story to tell.

When Sean talked about her during his interviews, he really lit up. His eyes widened, and he had a smile from ear to ear. Also, remember from one of my previous articles that, when Sean is really, truly happy, his vein shows on his forehead, either near his eyes or above it. That happened again last night, so I know that he was very happy with his time with Catherine.

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

## **The Big Disaster Date**

### **Tierra**

Well, here we go again – Tierra’s hurt – but this time, it’s for real. I am reminded of the story of “The Boy Who Cried Wolf.” There are only so many times that she can fake cry or “fall down the stairs.” Now that she’s really hurt, no one believed her.

I lived in Buffalo for about five years, where snow and freezing weather were the norm. I know what you can fake, and Tierra definitely didn’t fake lips that blue and skin that pale. BUT (and trust me, there is a but) that doesn’t mean she didn’t play off the situation. Tierra had mild hypochondria – oh sorry, I mean hypothermia – and she acted like she had frostnip (the first stage of frostbite) or even frostbite. Just to give you a point of comparison: My good friend had

frostnip, and she couldn't walk for three days. She had crutches and stabbing pains in her feet and hands for a week.

So Tierra, you might have gotten cold, but you also got a cold shoulder from Sean when he gave the rose to Lesley. Ouch.

Even so, I knew she'd get a rose before the show was over, and I've narrowed it down to two explanations. The first reason is that the producers know we all love to hate her, and they, of course, want the highest ratings possible.

Second, Sean is a sap and really likes her and her drama. Some men are "care takers," meaning that they like taking [care](#) of women. Sean most likely falls into this category, seeing as he always gives roses to the girls who tell him stories about their difficult lives. "Care takers" want to feel like they are needed, so the more these girls cry and act dramatic, the more likely Sean is to give them a rose.

### **AshLee**

As you know, I love giving real world examples of non-verbal facial expressions. When AshLee had to jump into the ice water, she presented a great non-verbal expression of fear: eyes wide-open, eyebrows raised and corner of lips pulled straight back towards the ears.

### **Selma**

Selma and Sean had a great run. That kiss was where it went downhill though. It was the kiss of death. It was a peck with very little emotion behind it. Sometimes, a kiss is the true test of chemistry, and in this case, there wasn't much there.

As a side note, Selma's laugh may have been the cutest/weirdest laugh that I've ever heard.

### **Sarah**

I really liked Sarah. Like I said in yesterday's post, she was

one of my top picks for Sean. So Sarah, if you come across this article, I'll help you find love. Come join me in my VIP non-verbal communication class!

**Related Link:** [QuickieChick's Video Dating Tips: Be the Only One on Your Man's Mind](#)

## **Desiree**

Well, she got over her rough patch with an amazing date. If you're keeping track, she's been one of my favorites since day one, and she's still on my top five list. I think she has many of the qualities that the bachelor wants in a partner. If she wants to win that final rose, she must be herself and keep things fun and spontaneous for Sean.

In Montana, their body language was off, but this week, they re-kindled things big time. I want to point out how one bad comment about Tierra (in Sean's eyes, at least) negatively affected Desiree and Sean's chemistry, even if it was only for a week. I think this date brought her back in the spotlight.

Tune in next week to see what happens when Sean and the remaining ladies head to the magical island of St. Croix!

*[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 Stiletto's, click [here](#).*

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# The Bachelor 17, Episode 5: Sean Lowe's Mistakes & Top Picks



By Jared Sais

I had a big problem with Sean this week. Maybe it started when he gave the rose to Tierra over Jackie. Did anyone else actually scream at the television? He's incredibly clueless to Tierra's true colors. Sean, wake up! You're a wreck, so you're picking a girl who is a wreck herself.

I really questioned the bachelor when he said, "I don't want to be naïve. I want people to tell me these things." Whenever someone tries to tell him something negative about someone else, he sends her home! In doing so, he's eliminating the girls who truly care for him and giving roses to the girls with a ton of issues. At least tell me that producers have a role in the eliminations to make me feel better.

Enough about Sean. Let's talk about the girls!

## **Lindsay**

While kissing Lindsay, Sean had a limp arm, which tells us that he wasn't really into their kiss. When you really like a girl, your arms reach out for her.

Later in the date, Lindsay jumped into Sean's arms – a non-verbal cue of really strong attraction and very loving emotions towards someone. So she definitely likes him more than he likes her.

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

## **Desiree**

After Sean announced that the blue team was coming back, Desiree revealed her anger by pinching her lips and licking her front teeth. In all fairness, the girl did drink fresh goat milk to earn her spot at dinner.

She showed surprise through her wide eyes and raised eyebrows when she didn't receive a rose on the group date. Honestly, I was surprised too. It seems like any negative news immediately makes Sean question the show's process. He needs to realize that nobody is perfect and that there are ups and downs in every relationship.

Overall, the body language between Sean and Des isn't as positive as it once was. For instance, when they were sitting on the couch, Sean's body was pointed away from her, which is the opposite of what you do when you like someone.

Before we move on to the next girl, let's consider this: Does Sean asking for the blue team to come back mean that he missed the company of someone on that team? Maybe Lesley, Catherine, Daniella or AshLee?

## **AshLee**

When AshLee was talking about her time on the show so far, she reached for the back of her neck, a non-verbal sign for “pain in my neck,” frustration or annoyance. Even so, she was telling the truth about her positive feelings for Sean. She was implying that it’s a pain for her to be competing for his heart (and who can really blame her?).

## **Tierra**

One thing was clear: Sean did not like that Tierra crashed his date and surprised him. When speaking with her outside, his heavy breathing indicated that he was thinking “not again.” Of course, it won’t matter because she will manipulate Sean with yet another story, and Sean will give her yet another rose.

**Related Link:** [The Bachelor 17, Episode 4: Deception of Love](#)

## **Lesley M.**

Lesley is the girl who Sean went to for wisdom. She has to make sure she doesn’t fall into the “friend zone” next week. I expect a lot of touching and a big romantic scene with Sean and Lesley on an upcoming episode.

## **Top Picks**

So who do I think Sean will pick as his top five ladies?

1. Lesley M.
2. Lindsay
3. AshLee
4. Selma
5. Desiree

Just for comparison, here are my top five picks for Sean:

1. AshLee
2. Lesley M.
3. Jackie
4. Desiree
5. Sarah

*[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, visit [www.thenonverbalgame.com](http://www.thenonverbalgame.com).*

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## **Exclusive Interview: Sarah Darling Talks 'The Bachelor', Country Music and Her Top Pick for Sean Lowe!**





By Whitney Baker

Having been a longtime fan of [The Bachelor](#), rising star Sarah Darling loves when her fellow country music artists make special appearances on the show. As many of you saw last night, Darling was that lucky singer on Monday's episode, performing a surprise concert in Whitefish, Montana, on Sean Lowe's one-on-one date with Lindsay Yenter.

"It was an awesome experience to be a part of such a big show, especially with me being a new artist," Darling said. "Sean is just like he comes across on television: super down-to-earth and sweet, like a Southern boy."

**Related Link:** [The Bachelor Season 17, Episode 4: Deception of Love](#)

And what about the bachelor's date with Yenter? "It was so romantic and gorgeous. They were slow dancing in a crowd of people and looked like they were having the time of their lives," she shared. "It was definitely a magical moment."



As for her song choice, ‘Home to Me,’ Darling’s most recent single, is a great fit for *The Bachelor*, a show that takes the search for love to the most unexpected place: reality television. Describing the song, Darling says home “isn’t necessarily a place but a feeling. A person can be home to you, no matter where you are – and even if the two of you are apart.”

That notion rings particularly true for Darling, who is currently in a long-distance relationship. With her boyfriend living in London, it’s important for them to spend time together even when they’re apart. “We like to have Skype cooking dates, which is really fun. And we make sure we always have something to look forward to.”

**Related Link:** [Tips for Making a Long-Distance Relationship Work](#)

Of course, being on *The Bachelor* wasn’t this country music star’s first experience with reality television. In 2003, shortly after moving to Nashville to pursue her music career, she traveled to Las Vegas to compete on *The Entertainer*, a show on E! hosted by Wayne Newton.

After landing in the top three, she returned to Nashville with a better idea of what was next for her. “It really taught me what I wanted to do and what I didn’t want to do,” Darling said. “For me, I decided that I needed to focus on

songwriting, so that's what I did."

Of her songwriting process, Darling explains that she tries to focus on what's going on in her life at that particular time. "I never know when I'm going to get inspired, but when I do, it's usually a really fast process. I feel like the best songs are written very quickly and very true to the moment."

Country music fans are already looking forward to hearing more of Darling's songwriting on her upcoming album, which will be released this summer. "This album represents how I've always wanted my music to be portrayed," she shared. "My producer, Dan Huff, listened to me, and we worked together on making an album that was really 'me.'"

"It really lets me be an artist and be different, which is really, really good," she adds.

As Darling puts the finishing touches on her album and prepares for the Valentine's Day opening of her Weekend Road Trip Tour with Scotty McCreery, she stills finds time to keep up *The Bachelor* and Lowe's search for love. So who is her favorite contestant this season? "I'm a big fan of Lesley M.!"

*You can check out Darling's 'Home to Me' EP on iTunes and catch her on tour with Scotty McCreery. For more information, follow her on [Twitter](#) or visit [www.sarahdarling.com](http://www.sarahdarling.com).*

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## **'Bachelor' Sean Lowe Explains Why He Sent Home Leslie**



By Jessica Conigliaro

When choosing who stays and who goes, Sean Lowe considers how each girl makes him feel after their date together. Lowe blogs to [People](#) about his incredible date with Selma: “From the first night I couldn’t keep my eyes off of the 5’ 1” dark-haired, olive-skinned, Iraqi beauty. Selma was incredibly beautiful, smart and fun, too! From the moment I picked Selma up, everything seemed so natural. It amazed me how comfortable I was with her.” Unfortunately, Leslie H. did not capture Lowe’s interest quite as much. He said that even though he hoped a spark would develop with her, he felt she put him in the “friend zone” each time he’s want to get affectionate. “I admired and respected Leslie for so many reasons, but I knew she wasn’t the one for me,” he said.

**What are some signs you should cut ties early in a relationship?**

**Cupid’s Advice:**



Dating someone new always leaves you wondering if there is future potential for a meaningful relationship. It can be just as hard to detect the possibility that it will not work out. Here are some tips on how to tell if you need to step away early on:

**1. You have trouble contacting each other:** If you are not hearing back from the person you are interested in, it is possible they are purposely ignoring you. For instance, if you repeatedly try contacting someone and don't get a response, they may be dodging your calls. Vice versa, if you find yourself avoiding the person you have been dating, consider some of the reasons why you don't want to talk to them.

**2. Drama with an ex:** Emotional baggage from past relationships often lingers. The last thing you want to do is get involved with someone who is still in love with the last person they were with. Repeatedly mentioning their ex in conversation is usually a clear indication that they still have feelings for them. If you are dating someone who is recently single and begin to notice they are afraid to commit, you may just be their rebound—which is no way to start a healthy relationship.

**3. You don't get along with their friends and family:** Feeling uncomfortable or annoyed by their friends or relatives could have negative effects later on. As your relationship progresses, you will most likely be forced to spend more time with these people and won't be thrilled to do so. Your partner may begin to feel he has to choose between you and his friends—this is not an easy decision to make and may not work out in your favor.

**How were you able to tell it was time to say goodbye? Share your thoughts below.**

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# QuickieChick's Video Dating Tips: Be the Only One on Your Man's Mind



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

## Dating Advice from E!'s *Famously Single* Laurel House on Staying on the Top of His Mind

Even if you're not on *The Bachelor*, there's a good chance that your new man is already dating another girl – or maybe even a few other girls. How can you stand out in a crowd and capture his heart? In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, Laurel House tells us the do's and don'ts of making him think about you when you're

not together...and even when he's with someone else.

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

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

How do you make sure that your man is thinking about you? Tell us in the comments below!

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## Find Out About Jason and Molly Mesnick's Baby Shower



By Andrea Surujnauth

Jason and Molly Mesnick, former *Bachelor* couple, had a gorgeous and unique [baby](#) shower, reports [People](#). They chose

not to find out about the [sex of the baby](#) so the shower was filled with neutral colors. The [couple](#) chose to go with an “Animal Born Free” theme from Minted. They had a huge desert bar full of cakes, cupcakes, and sugar cookies all matching the neutral color theme made by Jenny’s Cookies. As if the the dessert bar wasn’t sweet enough, there was also a candy bar where the guests could make little goody bags filled with their favorite candy. The mom and dad-to-be also had games for their guests to play including Pictionary and even a guessing game as to whether the baby is a boy or a girl. The gifts that the guests received were little boxes with adorable animal stickers that contained lacy underwear from True&Co. To put the finishing touch on this lovely shower, the couple hung a banner that said “Sweet Baby” to celebrate their upcoming parenthood.

### **What are some ways to personalize your baby shower?**

#### **Cupid’s Advice:**

Everyone knows there are generic ways to throw a baby shower. Measure the mom-to-be’s stomach and see who guesses the closest, or make some cupcakes with pink or blue frosting depending on the gender of the child. Cupid has some ways to make your baby shower unique and special:

**1. Give your guests a favor that is all you:** Favors for the shower do not have to be simple and boring, add your own flavor to them! You could go for something cute and simple like a candle with your name printed on it or you can take the comedic route by giving out microwave popcorn that says “About to pop” on the bag. You can go for the sweeter option by giving your guests chocolate bars with personalized wrappers. There are so many options that you could choose from when coming up with favors. Let your unique favors reflect your unique personality!

**2. Decorations are key:** When throwing a shower, you have to

take into consideration that the decorations are the first thing the guests notice upon arrival. But no need to worry, Cupid is here to help you consider your options. When choosing your theme, keep in mind that you do not have to go for the traditional pink or blue. Try some different colors to make the party pop! Adding in some brown with the pink will make the shower unique and gorgeous. Candy can also be used as decoration. Get different colored candy, put them in jars, and use them to add some more color to the tables.

**3. Satisfy the sweet tooth:** The options for the deserts are endless. Cakes, cupcakes, cookies, and candy are all part of the baby shower experience. Personalize them by using frosting to put your name or the baby's name on them. Try making the cookies and cakes into different shapes. A rattle shaped cake and cookies shaped like baby carriages will have your guest's jaws dropping and mouths watering!

**Comment below and tell us how you would personalize your baby shower.**

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## **The Bachelor 17, Episode 4: Deception of Love**





By Jared Sais

For this week's analysis of [The Bachelor](#), I focus on identifying lies and true feelings rather than my top picks for Sean. Read on to see if you agree with my assessments of Selma, Tierra, Amanda, Sarah and Leslie H.

## **Selma**

Throughout her one-on-one date with Sean, Selma was incredibly close to the bachelor: they locked their hands together and wrapped their arms around each other. She was literally draping herself over him. Proxemics, or the study of space, indicates closeness, and there was definitely a strong attraction between these two.

When Sean asked her if she was okay with rock climbing, Selma replied, "Alright." But based on her non-verbal cues, she was thinking, "Heck no!" First, her pitch and tone went down to almost a whisper, a sign of extreme fear and anxiety. Second, her body revealed the truth: as she was replying, she shook her head "no."

Additionally, the phrase "alright" is a way to say no. It's the same as "sure," which is not a decisive yes and more of an "I don't know." If you ever say something to your loved ones,

and they respond with an “alright” or “sure,” they aren’t completely on board with whatever you asked. They might even go back on their word later.

As for Sean and Selma’s date night...no kiss? No problem! Ladies, I’m going to share a little secret with you: if you hold back and your man gets mad and calls things off, he’s not worth dating. If he really likes you, holding back will actually make him subconsciously try even harder to get what he didn’t originally receive. In this case, I know for a fact Sean will give Selma a rose. And boom, I typed it, and it happened. Men want what they can’t have. Psychology wins once again.

**Related Link:** [The Bachelor 17, Episode 3: The Good, The Bad and The Ugly](#)

## **Tierra**

Let’s talk about the non-verbal cues associated with real and fake tears. During real tears, the inner eye brows will go up towards the forehead; a bulge will be created in the middle of the eyebrows; and the corners of your lips will curl down. Your chin might also dimple. Of course, there are usually tears, and your nose may drip (tears don’t only drain through your eyes; they also come from your nose). Additionally, there is a lack of eye contact and a dazed look.

It’s easy to fake the bulge in between your eyebrows; it’s easy to fake the lowering of your corner lips; and it’s easy to fake the chin dimple. It’s a bit harder to fake the inner brows rising towards your forehead, and it’s really hard to fake tears and a runny nose. It’s also really hard to get your eyes to look as they do when you’re truly upset. But what is almost impossible to do is all of these actions at once. It takes a ton of practice to get it right, and Tierra just doesn’t have that much skill.

So are Tierra’s tears real or fake? 100 percent fake. The

giveaway is her smirk at the end.

## **Amanda**

Amanda's nail biting may just be a habit, but it's also a sign of anxiety. So when she said that she had done roller derby before, I could easily tell she was lying – even though her words were very confident. One of the main ways to tell if someone is lying is by identifying deviations within his or her story. Similar to Selma, Amanda lied with a deviation between her non-verbal behavior and her verbal communication.

As a side note, I liked that Amanda actually confessed and told the truth about playing the sympathy card.

## **Sarah**

Sarah shrugged when she said she was “so happy.” Shrugging is a non-verbal cue that indicates that you don't mean exactly what you're saying, which is different from lying. If I said that I loved a movie but shrugged, I may have hated the movie, but I could've just liked it as well.

**Related Link:** [The Bachelor 17, Episode 2: Love or Lies?](#)

## **Leslie H.**

Did you notice the tears in her eyes? Sure, she was upset, but it wasn't all sadness. The majority of what she felt was anger. That's right, she had all the signs of being pissed off, including pinching her lips and licking her front teeth. I bet her hands were making fists because she was furious. There was no hiding how she felt.

## **Conclusion**

The information in this article can be used to counter the lies that people tell us everyday. In the game of love, people are very good at making us feel loved or special. Some people, though, try to manipulate our emotions and make us feel how



they want us to feel (like Tierra with her fake crying). So remember this as you search for love: it's not about finding just any guy or girl; it's about finding a quality person who is worthy of your affection. These tips will help you read others and figure out if they truly love you or are just deceiving you.

*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, visit [www.thenonverbalgame.com](http://www.thenonverbalgame.com).*

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## **'Bachelor' Alumna Helene Eksterowicz Is Engaged!**





By [Nic Baird](#)

*The Bachelor's* winning competitor, Helene Eksterowicz, is once again [engaged](#) since splitting from season two bachelor Aaron Buerge five weeks after his TV proposal, [People](#) reports. Esterowicz, a middle school psychologist, found love with Andrew Goodman, a senior technology consultant for IBM who Eskterowicz has been [dating](#) for a year and a half. His surprise proposal came during a birthday trip to Poconos for Eskterowicz last weekend. "We are very happy about planning our future together," she said.

**How do you get passed a broken engagement to trust again?**

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

Don't let your baggage weigh you down from developing meaningful relationships. Be patient, but most of all, be happy. Better to have loved and lost, there's [plenty of fish](#) in the sea, etc. Any phrase really that will convince you to move on and stop wasting your time.

**1. Look forward:** You may have seen some sort of closure with [marriage](#) to your ex, and the prospect of an exciting new chapter in your life. While details of this fabulous future will certainly be different, don't doubt that it's going to

happen. Make plans and set goals. If you were hoping to find the love of your life, you haven't lost your shot. It's just time to make priorities for yourself.

**2. Be optimistic:** Easier said than done, but if you're heading for a rut, make sure you start warming your heart. Spend lots of time with friends and family and convince yourself that there are still relationships of trust out there. The fact that your engagement is over doesn't mean there won't be other chances.

**3. Be confident:** When a long relationship ends, you can feel tricked, and betrayed by a person of special importance. Sometimes there is no good reason, or sensible explanation, why events didn't lead you and your partner to [marriage](#). No matter what they said or did to break your heart, your ex is just one person among billions. Don't believe you don't deserve a relationship of trust, depth, and sincerity.

**How have you moved past a broken engagement? Share your experiences below!**

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## **The Bachelor: Lesley M. Breaks Record for the Show's Longest Kiss**





By Meghan Fitzgerald

We're only three weeks into the current season of *The Bachelor*, and tensions are already high. It seems as if one lucky contestant, Lesley M., made *Bachelor*, Sean Lowe, want more after their initial meeting. Lowe toured Lesley to the Guinness World Records Museum. As the tour approached its end, Chris Harrison popped out of nowhere and explained the point of the date. According to [UsMagazine.com](http://UsMagazine.com), the two love birds would kiss on screen for 3 minutes and 16 seconds. [Huffintgton Post](http://Huffintgton Post) reports that the couple enjoyed a rooftop dinner after.

**How can a kiss help you determine if your partner's 'the one'?**

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

It is always challenging to determine if your partner is 'the one' or not, and the kiss you two share is a telling factor. The kiss should emit fireworks! Cupid has some other ways a kiss can help you determine if your partner's 'the one':

**1. Butterflies:** Butterflies are relatively self explanatory. You either feel them, or you don't feel them. The butterflies felt vary from person to person however, if you get the ultimate feeling of flurries in your stomach when you're with

your partner, it is easier to determine. Having butterflies with your partner makes it easier to know that their 'the one.'

**2. You feel "it":** This can also relate to butterflies however, when you kiss, you just know they're 'the one.' You automatically know that your partner is the only one who "gets you." The only person you want to wake up to. The one person you can share everything with. When you kiss, you simply just feel "it."

**3. They lifts up your chin:** Although this may seem like a small gesture, it means a lot. When your partner lifts up your chin to kiss you, it shows that they want to gaze into your eyes. It shows you how much they truly care for you and possibly love you. It shows that they're gentle yet romantic. It shows that they just may be 'the one.'

**How does kissing help you determine how much you like someone? Share your thoughts below.**

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## **The Bachelor 17, Episode 3: The Good, The Bad and The Ugly**





By Jared Sais and

Erika Nitz

*The Bachelor* was action-packed and filled with a lot of underlying emotions that presented themselves nonverbally. No clear winner is coming out of the pack just yet, but let's touch on the the good, the bad and the ugly of last night's episode...

## **The Good**

### **Lesley M.**

Sean looks at Lesley like she's the eighth Wonder of the World, and they are definitely hitting it off. After all, their first kiss broke the Guinness record for the longest on-camera kiss. It started out cute with both of them blushing and smirking a lot, but it quickly became awkward. Leslie's hand in the middle of his chest seemed to have a slight hint of "pushing away." There was no real emotion, which is to be expected when you have a large audience cheering for you.

Their second kiss made up in emotion what the first one lacked. While rubbing Sean's head (her favorite move), her entire body and legs are fully facing her guy. This girl is falling hard! That second kiss could have easily escalated into something more.

Remember that important things get held close to the body. When Lesley and Sean kissed on the rooftop, she had a tight grasp on Sean but a light grasp on the rose, as it's tilted away from her. This indicates that Lesley's priority is the man and *not* the rose.

On a psychological note, it's worth pointing out that Lesley has a lot of similarities with Emily Maynard, who dumped Sean in season eight of *The Bachelorette*. It will be interesting to see if he picks someone similar to a woman who rejected him in the past.

### **AshLee**

When Sean is truly happy, his veins show above his eyes and on his forehead. If you don't see them, he's putting on a show. During Sean's interaction with AshLee, this was happening constantly, and he can't stop smiling when they're together. What does that mean? It means Sean had a *really* good time with AshLee, and Lesley M. might have some serious competition. No way of telling if AshLee is The One yet, but she is getting a lot of positive non-verbal cues from Sean.

**Related Link:** [Host Chris Harrison Says New 'Bachelor' Sean Lowe Is "So Sincere"](#)

### **The Bad**

#### **Desiree**

Desiree called out Amanda, and a lot was revealed in the fight for the rose. It is clear that having a rose is more important to Amanda than having Sean. In this scenario, however, Desiree is the bad one. Even though she got Sean's last rose, there is something a bit off about Desiree. When talking to Sean, she gives weird looks and has a creepy tone to her voice. Sean, beware! You might want to steer clear...that is unless you like your women a little bit crazy (see Lindsay below).

## The Ugly

### Kacie

Kacie went from golden girl to bottom of the barrel in one conversation. She would have had the upper hand, landing in the top five, if it wasn't for the story she had shared with Sean. When Kacie told him about the drama between Desiree and Amanda, she unknowingly removed her halo and associated herself with the negativity of the other two ladies. In the past, blameless bearers of bad news were forever associated with the messages they reported. The origins of the age old phrase "don't shoot the messenger!" came about because of this negative psychological association.

**Related Link:** [The Bachelor 17, Episode 2: Love or Lies?](#)

### Lindsay

Kacie's unintentional downgrade of herself as well as Desiree and Amanda left Lindsay unscathed. Subsequently, she received the rose on the group date.

Dear, sweet, and slightly crazy Lindsay showed up on the first night in a wedding dress and regularly brings up marriage in conversation. The average person would run for the hills in this scenario, but Sean seems to be sticking around, leaving us to think that he might like his girls a little too close to the deep end.

It's a good thing that *The Bachelor* series allows Sean to have multiple dates. A girl can only hide her true self for a short period of time before cracks start to appear. Between Lindsay, Kacie and Desiree, the plot thickens as true colors begin to emerge.

On a final note, Sean is playing his own psychological game. For example, while AshLee was sharing a deeply emotional story about her adoption with him, he chimed in with a perfectly



timed comment about how he would like to adopt. Additionally, in one moment, we'll hear him say, "I could be falling for her," and in the very next moment, he's kissing a different girl. Sean is toying with these women and showing that the person who's playing the game of *The Bachelor* the best...is the bachelor himself!

*Jared Sais is co-author of the website The Non-Verbal Game along with Passport To Love TV Host Erika Nitz. He is an expert in nonverbal communications, body language and micro-expressions as they relate to life and love. For more information and to download a free PDF of the speech they gave at NYC's Single In Stilettos, visit [www.thenonverbalgame.com](http://www.thenonverbalgame.com).*

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## **QuickieChick's Video Dating Tips: How to Get a First Impression Rose**





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

If you're anything like the staff here at CupidsPulse.com, then you're wildly addicted to *The Bachelor*, anxiously awaiting the Rose Ceremony that will conclude your Monday evening. Dallas native Sean Lowe has already captured the hearts of the viewers, and now, he's hoping to find love on the eighteenth season of the popular show. Watching the drama unfold in last week's season premiere, we couldn't help but wonder: How does Sean choose what girls to send home after only one evening of interaction? And more importantly, how did he hand out that first impression rose after only a few minutes?

## **Dating Advice from E!'s *Famously Single* Laurel House on First Impressions**

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House tells us just what it takes to make a lasting first impression – both on *The Bachelor* and in real life. After all, we're all hoping to be our best selves on every great first date. The dating expert

shares her tips to help ensure that you get that first impression rose when starting a new relationship.

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

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

How do you make a memorable impression on a first date? Tell us in the comments below!

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## The Bachelor 17, Episode 2: Love or Lies?



By Jared Sais

We can't help but wonder about the girls when watching this

(and every) season of [The Bachelor](#). Who is genuinely nice? And who is a wolf in sheep's clothing? Who's in it for love, and who just wants fame? Of course, the biggest question we ask ourselves is: who is Sean's future wife?

So in the spirit of *The Bachelor*, I will give out fives roses to the girls whose body language and non-verbal cues—for better or worse—most captured my attention in last night's episode. Do you know who's falling in love and who's lying to get what she wants?

**Related:** [Sean Lowe Hopes to Find a Wife and Mother on 'The Bachelor'](#)

## **Kristy**

It is quite obvious to viewers that Kristy has an ulterior motive for being on the show. If you haven't caught on to this, maybe this quote will help: "I am getting the rose and books, and we are sailing away."

Don't be fooled by her good looks, charm and natural ability in front of the camera. This girl has one thing on her mind: fame. Let me ask a question: Are you bringing Sean on a ship that is sailing away with you, your book deal and your rose? You might be saying that she intends for the rose to represent Sean. Why not just say Sean then? When anyone uses an object to represent a person, it's never a good sign. People are not objects, and it's clear that Kristy thinks of Sean as just that: an object.

## **Sarah**

Let's start from the helicopter. There was the obvious non-verbal cue of Sean putting his arm around Sarah's back. As many of you know, that's a sign of sexual attraction. If you're at a bar or a club, you might be victim to this move. As many of you will notice someone attractive, do a walk by and gently place your hand on their back to carefully get by

them. What you're actually doing is showing that you're interested.

Sarah plays with her hair a lot, which is something that girls do both out of habit and when they flirt. So, how do I know the difference? When Sarah plays with her hair out of habit, she does it sparingly. When she starts talking to Sean alone, the amount of times that she touches her hair increases. With almost every sentence she says, she's moving her hair away from her face and revealing a very sexy part of her body, her neck.

A big sign that Sarah is genuinely into Sean is a simple facial expression. If you look closely, you might see Sarah's nose wrinkle and eyes widen as she smiles at Sean. If there was no sign of a smile or widening of her eyes and just a solo nose wrinkling, I would say that's more disgust and a big negative. But that's not the case here. Sarah is flirting with him and clearly very interested.

**Related:** [5 Bachelor and Bachelorette Couples We Can Learn From](#)

Though there is a lot more to consider from Sarah's date, I leave you with this idea: Sarah is not as innocent as she is portraying herself to be. Even so, there is definitely some chemistry between her and Sean. But the girl I focus on next may have more of an edge.

**Lesley M.**

She said it the best when she said, "Something must have been wrong with my body language." Lesley, you're absolutely right – there were four major reasons why that kiss never took place.

–Lesley never tilted her body fully toward Sean; she only looked at him with the majority of her body still facing the table. This positioning did two things: it blocked her off and made her less approachable, and it also confused Sean and made

him second-guess himself.

–The second thing I noticed was a lack of touch. There was never an escalation of touching. They stayed holding hands. However, as Sean looked for definite approval and an “it’s okay to kiss me” sign, he never saw it.

–The third thing Lesley did wrong was her hand remained in front of her. This body language is the same as crossing your arms or holding a purse in front of you. She blocked herself off without meaning to do so.

–The fourth thing is there was no obvious sign of flirting. Okay ladies, if you get one thing out of this article, it should be this: guys are not the best at picking up your flirting cues. If you think you are sending out an obvious sign that you like us, chances are we didn’t notice it or we convinced ourselves that we’re crazy and a pretty girl like you would never flirt with us. So flirt hard until we get the hint.

Now, what did Lesley do right that made her second chance with Sean end with a kiss? Her body was fully facing Sean, and she had more open body language when speaking with him. She made her intentions fully known when she put her hands on his shirt and went in for the kiss. As they parted ways, Sean reached for her hands. You might have noticed that Sean’s thumbs were on top of Lesley’s hands, his way of giving thumbs up to her (in this case, two thumbs up).

## **Desiree**

If every week were just like this week, Desiree would be the last woman standing. They could not keep their hands off each other from the moment they stepped out of the limo; the chemistry of these two is through the roof. You can see it and hear it in their voices. But the biggest cue of how much they like each other came from two nonverbal cues and one big verbal statement.

When Desiree and Sean were talking, Desiree did a very flirtatious facial expression: she smiled as her eyes widened and her nose wrinkled (just like Sarah). This positive facial expression indicates a very strong liking for Sean.

**Related:** [Is Kim Kardashian Still Upset that Kanye West Shared their Pregnancy News? What Their Body Language Tells Us](#)

The other nonverbal cue was the pitch and tone of her voice. As they talked more and opened up with each other, Desiree's voice went into whisper and sounded more loving. This shift only happens when you are extremely interested in someone. Also, if someone whispers, you naturally move closer to hear him or her better, a perfect tactic to draw Sean closer for a kiss. Sneaky, isn't it?

Lastly, the most revealing verbal statement was that Sean mentioned multiple times that he wants to be married to someone who can be his best friend. After Desiree talked about her relationship with her family and the connection that her father and mother have with each other, Sean was quick to add that he "is working on making Desiree his best friend."

Plus, Sean already has a nickname for her: Dez. It's definitely the start of something special for these two!

## **Kacie**

Both seemed to have crushes on each other when they first met. Can this be fate? The attraction is still there, and once again, we get a first hand look at how easy it is to communicate a false impression. Sean left their initial meeting feeling like Kacie was not interested in him, so he thought of her as a friend. The good news is that they talked it out and both revealed that they have feelings for each other.

This relationship marks trouble for Dez, as Kacie already knew Sean and proved to be a good friend. There is a theory that

states the more times you see something or someone, the more you will like them. Because Sean knew Kacie before the season started, she already is one step ahead of the rest of the girls.

I think this could turn into the battle of Dez versus Kacie. But it's a long road to love, and something tells me we haven't seen anything yet.

### **Honorable Mentions:**

My roses are gone, but there are two more women that I must mention.

I could write a book about **Tierra**, but let's just focus on this quote: "I feel like this is not a competition. I am not going to let any girl stop me from getting the rose." Fantastic – well, I am glad this isn't a competitive game for you. Now that you have let the world know you're here for the rose, how do you feel about Sean? Notice anything in common with Kristy?

At the end of the show, when Sean didn't give a rose to **Diana**, he said he didn't want to keep her away from her kids if he didn't see any potential for love. I have a soft spot for single mothers looking for love, so Diana, I would love to find you a genuine man to be with for the rest of your life. I thought you were amazing, and if there are any single mothers out there, you all deserve roses in this world.

I hope I answered some of your questions, but if I didn't, please leave them in the comments below. I shared my top picks for Sean – **who do you hope he gives a rose to next week? Share your thoughts below.**



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# Sean Lowe Hopes to Find a Wife and Mother on 'The Bachelor'



By Nic Baird

Season 17 star of *The Bachelor* Sean Lowe is looking for a woman to start his family, [UsMagazine.com](http://UsMagazine.com) reports. Lowe originally tried to woo Emily Maynard on *The Bachelorette*, but now he's hoping to find the future mother of his children. "I want to start a family and just have a house that's full of love and laughter," the 29-year-old Dallas insurance agent said. Lowe enjoys being an uncle to his sisters' kids, but said he can only imagine how much it will intensify when he has his own.

## What are some unconventional ways to find your perfect partner?

### Cupid's Advice:

Some people are waiting to fall in love, but others can't stand idle. If you're on the hunt for the perfect partner, then here are some unconventional tips to make your search more aggressive:

**1. Take risks:** If you have a sudden urge to ask for someone's number you saw in a coffee shop or spoke to on a bus, then do it. The worst that can happen is that they'll say no. Don't get your hopes up, but don't be ashamed for giving it a shot. If you meet someone with the qualities you're looking for, don't let them slip by.

**2. Go on blind dates:** When you're looking for potential partners, you might have to do some thorough dating to find the perfect candidate. Go on blind dates recommended by friends. It will at least give your search some filtration. You can always sweat the middle-man/woman for details on your date.

**3. Online dating:** There are a lot of quality people looking for love on the internet, and many healthy relationships have grown from the virtual field. You will have the chance to peruse potential dates, as well as weed out the weirder ones, all from the comfort of your home.

**Did you find your partner in an unconventional way? Share your comments below!**

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# 5 Bachelor and Bachelorette Couples We Can Learn From



By Sara Dawkins

It has been announced that the most recent couple from *The Bachelor* series has split. Shocking. You mean to tell us that finding love in three weeks in front of cameras, a herd of people and being thrown into extravagant romantic dates didn't really build the solid foundation that a couple needs to work out? You could have fooled me. Now that Emily Maynard and Jef 'with one F' Helms are over, we can take a minute to look and learn from other *Bachelor* couples:

**Trista and Ryan Sutter:** That's right they have the same name ... because they actually got married! And two kids later, they boast of a happy and healthy relationship together. This is rare in Bachelor history. They proved that you can find love, but only if you work hard on it and get past all the fame that

comes with reality TV. Congrats to them and we look forward to them being the only successful couple for many more years!  
**Lesson learned: Barrel through the muck.**

**Related Link:** [‘Hope Springs’ Is This Summer’s Guide to a Healthy Relationship](#)

**Jake Pavelka and Vienna Girardi:** Who doesn’t love a good train wreck? This couple was doomed from the start. Way-too-sweet-for-his-own-good Jake chose bad girl Vienna to be his [bride](#). It didn’t take long before there were rumors that Vienna cheated on him, and the next thing you know, both were destined to hang on to their 15 minutes of fame by going to the media. It was very messy, much like Byron Velvick and Mary Delgado’s breakup. Police were involved, so enough said.  
**Lesson: Don’t go for the bad guy/gal and be mature in a break up or you will end up looking like a train wreck.**

**Related Link:** [Five Reasons Men Are Attracted to Celebrity Bad Girls](#)

**Jason Mesnick and Melissa...errr...Molly Malaney:** Another successful *Bachelor* couple, but this marriage happened in the round about way. Jason was originally smitten with the bubbly and beautiful Melissa Rycroft only to dump her on national television for doe-eyed runner up Molly. Despite the outrage from fans and the media, this couple managed to make it through and get married. They just recently announced they are expecting their first child together! **Lesson: Go with your gut and make the right decision first.**

**Ali Fedotowsky and Roberto Martinez:** Ugh. This one was a tough one to get over. Not only were Ali and Roberto cute together, but they actually seemed to be happy in front of cameras. After 18 months they decided to call off the engagement and end their relationship. **Lesson: Pretty people break up, too. Also as much as you want it to work out, sometimes it just doesn’t.**

**Charlie O'Connell and Sarah Brice:** This is an oldie, but a goodie. And yes, Charlie is bro's with actor Jerry. Charlie chose blonde bombshell Sarah way back in 2006 and they broke up in 2007. They got back together in 2008 and then after 5 years, called it off again. It was a mutual break up, as they were both citing they fought over the same things the first and second time around. Who knows, maybe the third time's the charm? **Lesson: You break up the first time for a reason, don't forget why.**

*Sara is an active nanny as well as an active freelance writer. She is a frequent contributor of <http://www.nannypro.com/>. Learn more about her <http://www.nannypro.com/blog/sara-dawkins/>.*