

'The Bachelor' Celebrity Couple Jesse and Ann Csincsak Are Expecting a "Play Friend" for Son Noah



This week, our favorite celebrity couple from *The Bachelor* and CupidsPulse.com contributors, Jesse Csincsak and his wife Ann, announced their celebrity pregnancy: They're expecting a second child in March! The famous couple, who married in 2010, are excited to give their son Noah a brother or sister. "He is pumped to have a play friend," Jesse says with a laugh. Noah will turn three right before their [celebrity baby](#) is born.

Jesse and Ann Csincsak Open Up About Their Celebrity Pregnancy

As excited as the family is about the new addition, Ann has had some difficulties with her pregnancy so far and has been sick 24 hours a day. “We had to call in her parents to help out,” Jesse shares. “Someone has to take care of Ann, while someone else runs our businesses and takes care of our son.” The mom-to-be experienced some discomfort with their first child, but the celebrity couple says that it’s completely different this time. “She had morning sickness during her pregnancy with Noah but only in the mornings. This is constant and has been from the start,” he tells us. “Not fun!”

Related Link: [Jesse Csincsak Rescues Mother and Son From Same Area as First Date with His Wife](#)

Could all this mean that a little girl is on the way? Jesse told FOX411’s Pop Tarts column that Ann was “secretly hoping for a girl to one day take over the fashion business she is building.”

For right now, the Csincsak’s don’t know the sex of the baby and hasn’t decided on any names yet. They’ll find out if they’re having a boy or girl in the next couple of weeks (Ann is in her second trimester), and they plan on filling us in as soon as they know.



Noah Csincsak
holding a sonogram
of his new sibling.

Of course, they can't escape their *Bachelor* roots. The first-ever *Bachelorette* celebrity couple, Ryan and Trista Sutter, live one neighborhood away and have remained close with the Csincsak's. "They've been amazing," Jesse and Ann reveal. "They helped us move into the area and gave us advice on what doctors to use."

Related Link: ['Bachelor' Alumni Ann Csincsak and Partner Katie Meyer Open Vintage Sweet & Chic Boutique](#)

When the foursome get together, they never really talk about their reality TV past. Instead, they focus on real-life happenings. "Ryan and I are always talking about our kids or good hiking spots. Trista loves shopping at Ann's store, Cashmere & Coco, in Vail Village, so they talk fashion and whatever else it is that girls talk about," Jesse says.

Could this be the makings of a *Bachelor to Babies* spin-off?

Stay tuned for more Bachelor news!

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 and Twitter [@ashleefrazier](https://twitter.com/ashleefrazier).

Video by Erik Erikson.

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

‘Bachelor’ Contestant AshLee Frazier and Game Inventor Rob Ridgeway Sing for Love at Match.com Event





It's no surprise that Match.com's "Spontuneous" Stir Game Night was a huge success. Nearly 100 singles gathered for a night of competitive fun as they played board games and belted out their favorite lyrics at Sen Restaurant on 21st Street in New York City.

Related Link: [Play Your Way to Love With Match.com, Spontuneous and AshLee Frazier of 'The Bachelor'](#)

Attendees included *New York Post* Meet Market columnist, Jozen Cummings; Dateologist, Tracy Steinberg; and Single Gal in the City founder, Melissa Braverman.

Our executive editor, [Lori Bizzoco](#), was there to partake in the fun as well. In this exclusive interview, she sat down with Spontuneous creator Rob Ridegeway and *The Bachelor* alum, AshLee Frazier. They chatted about the concept behind this popular new game and how board games can help singles find love as well as Frazier's involvement in the event

All in all, it was a great night at a great location with a *great* game!

For more information about Frazier, follow her on

*www.facebook.com/ashleenfrazier and Twitter @ashleefrazier.
Stay tuned for a future interview with The Bachelor
contestant!*

Video by Erik Erikson.

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

Play Your Way to Love With Match.com, Spontaneous and AshLee Frazier of 'The Bachelor'





By Kerri Sheehan

Match.com understands that love *really* is a game! That's why they're teaming up with Rob Ridgeway, the creator of a new board game called "Spontaneous," to bring together singles for a night of competitive fun. On Thursday, September 5th, from 7 to 10 p.m. ET, "Spontaneous" will be the game of the night at Stir Game Night. AshLee Frazier of *The Bachelor* will also be in attendance to challenge Match.com members in rounds of the game that brings song lyrics to life.

The game promises to get everyone in the mood to belt out his or her favorite tunes by challenging players to stump each other with lyrics. Hearing what's on people's "inner playlist" can be a real eye-opener, and it's sure to give you a few laughs. "Spontaneous" is less about strategy and competition and more about just having fun together.

"Match.com believes that connecting with new people should be fun. Over the last year, we've seen it happen time and time again at our Stir events – whether it's during a game of kickball, trivia, Ping-Pong or at our first wildly successful

game night,” says Luke Zaiantz, VP of Events at Match.com. “We’re excited to help our members connect over some of the best board games around – from well-known titles to the industry’s newest hidden gems.”

Let Match.com do the work for you so you can make easy connections by taking some time out to unplug and engage with other singles through game play. If you’re looking for love and in the New York area, come on down to Match.com’s “Spontaneous” Stir Game Night and try your hand at Ridgeway’s game. You may not win the game, but you just may be able to win someone’s heart. Best of luck!

‘The Bachelor’ Stars Jason Mesnick and Molly Malaney Share New Picture of Daughter Riley





By Kristyn Schwiep

It's hard to believe that Jason and Molly Mesnick's little girl is already four months old! *The Bachelor* celebrity couple shared an adorable picture of their celebrity baby Riley Anne in a blog post on Monday, Aug. 5. According to UsMagazine.com, Jason, 37, and Molly, 28, hosted a Country Time Lemonade Stand for the "Great American Lemonade Stand-tacular" campaign to raise money for Alex's Lemonade Stand Foundation, which helps fight childhood cancer. "Having a new baby is one of the hardest jobs in the world, but it has made us love each other so much more," the new celebrity mom explains. "We have given each other the greatest gift in the world with Riley, and for that alone, we have a stronger love than ever before."

Jason and Molly Mesnick showed off their celebrity baby Riley at a lemonade stand. How do you

introduce your new child to friends and family?

Cupid's Advice:

Having a baby is such an exciting time! So what are some ways you can introduce your new child to friends and family? Take a cue from this celebrity couple and consider one of these methods:

1. Take the traditional route: Send out announcements and let your family and friends know that you're proud new parents. You can make your own card on sites like Minted.com or enlist the help of a photographer and graphic designer.

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

2. Use Facebook: If you updated your Facebook throughout your pregnancy, the social network is the perfect way to introduce your new baby to family and friends. Update your status with a picture of your new baby and include details like your son or daughter's birthday, weight, and length.

Related Link: ['Bachelor' Couple Jason and Molly Mesnick Renew Vows in Vegas](#)

3. Make a holiday card: If you give birth towards the end of the year, a holiday card is the perfect way to introduce your baby to your loved ones and let them know that you received the greatest gift of all this year!

What are some ways you can introduce your new baby to friends and family? Share your thoughts below.

The New 'Bachelor' Is Juan Pablo Galavis!



By Kerri Sheehan

With the wrap up of the most recent season of [The Bachelorette](#), ABC has announced its newest star in search of a relationship and love: Juan Pablo Galavis! You may recognize Galavis as one of Desiree Hartsock's suitors on *The Bachelorette* season 9. The 32-year-old single dad and former Venezuelan soccer player is hoping to find the perfect person for him and his daughter. According to [People.com](#), this reality TV star and new *Bachelor* said he is looking for "a mom for [my daughter] Camila and someone I can spend many years

[with] together.”

The new star of *The Bachelor* has some Venezuelan roots that make most girls swoon. What are some things to consider when you're dating someone from a different culture?

Cupid's Advice:

Meeting people from other cultures can be shocking, but can you imagine dating someone with a different background? Cupid has some dating advice about what to consider when you're falling for someone from a different culture:

1. Embrace your differences: You were likely raised differently, so don't be too shocked when the two of you do things a bit differently. Don't pressure your partner into doing things your way, as that may feel unnatural to them.

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

2. Learn something new: Learning about another culture can be quite exciting, so soak up every moment of it! Don't stress too much about your differences, as the two of you can find common ground if you work together.

Related Link: ['Bachelorette' Andi Dorfman's Promo Poster Mocks Juan Pablo](#)

3. Take up cooking: Cooking is a great way to dive into your significant other's culture! Just make sure to run the ingredients by each other. For instance, snails and frog legs

are a delicacy in France, but here in the States, they're considered adventurous meals.

Have you ever dated someone from a different culture? Share below!

#PerfectBachelor Contest Winners!



We're excited to share the winners of our [#PerfectBachelor](#) contest with brilliance.com Diamonds! Congratulations to Georgia Beckman (@georgiabeckman1) – we hope you love your new earrings!

Additionally, the ten winners of \$25 gift cards from Restaurants.com are as follows:

- Joanna Smith (@joannaonthelake)
- Megan Serna (@megcharleston)
- Taylor (@Banina9)
- Shawna (@LuckySweeper)
- Susan (@fdp4life)
- Ethel Solinski (@etheldaylily)
- Kristine Photo (@KristinePhoto)
- Patti (@InventingMyself)
- Elle B. (@FashionistaDET)
- Granny Hoff (@grannyhoff)

To claim your prize, please send a direct message (DM) to @brilliancecorp.

**Giveaway: Who Is Your
#PerfectBachelor? Tell Us and
Enter to Win a Pair of
Brilliance Diamond Earrings!**



This post is sponsored by Brilliance Diamonds.

By Kerri Sheehan

Nothing is more brilliant than finding the perfect man. But winning a pair of beautiful and sparkling diamond earrings by Brilliance Diamonds would be a close second! Not only will they dress up your typical outfit like nothing else, but having one in each ear will make every day seem like a party. Plus, the glimmer near your eyes will brighten up your whole face and make even the most tired gal look more energized. These white gold, four-pronged diamonds feature a classic round-cut stone, sure to make every fashionista jealous.

That's why CupidsPulse.com is teaming up with Brilliance Diamonds to give one lucky winner a pair of diamond earrings – worth over \$1,600! – that will put a smile on their face. As we all know, *The Bachelor* and *The Bachelorette* have had their

fair share of male contestants who are sexy, smart and sophisticated, so it's only fitting to use them as the inspiration for The Perfect Man contest. Whether you're looking for someone with a creative personality, strong moral character, practical skills or nice abs, there is a perfect man out there for you!

Many of us are still looking for that perfect man. So we want to know: Who is your #PerfectBachelor? Do you like Sean Lowe's all-American looks? Or did you fall for Michael Stagliano's sweet smile? Tell us your thoughts via Twitter from now until June 27th, and you'll automatically be entered for a chance to win. The first place winner will win a pair of classic round-cut diamond stud earrings held in a white gold, four-prong setting, retailing for \$1,625. Each diamond weighs 1/4 carat for a total diamond weight of 1/2 carat. Additionally, ten second place winners will each receive a \$25 gift card from Restaurants.com.

~~**GIVEAWAY ALERT: To enter our #PerfectBachelor contest, all you have to do is tweet @cupidspulse and @brilliancecorp with your favorite bachelor and tell us why he makes your heart beat faster. Don't forget to include the hashtag #PerfectBachelor! Each tweet will be considered one automatic entry, and each Twitter account is allowed ten entries but only one per tweet. The winners will be randomly selected when the contest ends on Thursday, June 27th.**~~

This giveaway is now closed.

Be sure to tune in tonight for The Bachelorette premiere on ABC at 8/7c!

Rejection Turns to Love for 'The Bachelor' & 'The Bachelorette' Cast-Offs Peyton Wright and Chris Lambton



By Kerri Sheehan

Celebrity couple Peyton Wright and Chris Lambton are both alumni of the popular reality TV show [The Bachelor](#) and its female counterpart *The Bachelorette*. Neither one found a lasting relationship and love with the final rose, but they later met through mutual *Bachelor* friends in 2010. Lambton told [People.com](#), "Every day I thank my lucky stars I was on

that show because I met the woman of my dreams, my wife.” The celebrity couple celebrated their one-year wedding anniversary this month.

Celebrity couple Peyton Wright and Chris Lambton are together thanks to some friends from *The Bachelor*. What are some ways to meet a partner through your pals?

Cupid’s Advice:

Meeting the person who is right for you is easier said than done. Cupid has some dating advice for finding someone special through friends:

1. Be honest: Let your friends know that you’re looking to add members of the opposite sex to your friendship circle. You never know who you’re going to meet, and chances are, you’ll find some awesome new pals in the process. A relationship and love may not come right away, but expanding your horizon never hurts.

Related Link: [Favored ‘Bachelor’ Turns Down Gig](#)

2. Be open: It’s often true that our closest friends know us better than we know ourselves, so let them prove that by setting you up. The worst that can happen is you add another bad date to your list and move on to the next one!

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

3. Build a foundation: Many of the best relationships and love blossom from friendships. Being buddies shows that you’re already compatible on many levels, so why not give a romantic

connection a shot?

Have you ever met a partner through your friends? Share below.

'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 27th 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!

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.

Is 'The Bachelor' Sean Lowe &

Catherine Giudici's Celebrity Love Affair in Trouble Already?



By Meghan Fitzgerald

A source told UsMagazine.com that Seattle native Catherine Guidici 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, Guidici 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.

'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.

'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, "I think she'd give me a 10, I know the judges didn't tonight. That's what a good fiancée 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 as 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!

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.

'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 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.

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!

'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 your 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 with 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!

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





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

Dating Advice from E!'s *Famously 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 *Famously 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](#), check out our [YouTube channel](#).

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.

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.

‘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 able to get to the long haul without even considering you and your partners 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 partners personalities made it to the long haul? Explain below.

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!

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.