

# Bachelorette 9, Episode 7: Confession in Madeira



By [Jared](#)

[Sais](#)

As the ninth season edges closer to its finale, Desiree opens up about her true feelings. Read on to find out who I think will ultimately win her heart...

**Related Link:** [Bachelorette 9, Episode 6: Drama in Barcelona](#)

## One-on-One Date with Brooks

Desiree and Brooks certainly have a lot to talk about! They tend to get so engrossed in conversation with each other that they block out the rest of the world – a significant sign of compatibility. Their non-verbal communication is equally telling. Their body language mirrored each other as they chatted, something found in couples who are truly in love.

Furthermore, when Desiree discussed her feelings for Brooks, she nodded to confirm what she was saying. If she had been lying, she would have shaken her head “no” when she said that she was “at the finish line.”

They are a perfect couple, and it’s clear that Brooks is going to be the winner. The best indication of that is the contrast between her interaction with Brooks and her interaction with the others guys. When she’s with Brooks, her smiles last longer, and her eyes widen more. Plus, she goes in for kisses more frequently.

### **One-on-One Date with Chris**

It looks like Chris is going to be the runner-up. The bachelorette definitely cares about the Oregon native. She was truly touched by his poetry and is attracted to his blatant masculinity. They have some chemistry, but there’s still something missing. Desiree doesn’t latch onto Chris the way she does to Brooks. She kisses Chris the way one would kiss a best friend rather than a lover. It’s no secret that Chris is more interested in the brunette than she is in him. If Brooks weren’t on the show, though, I think Chris would be the winner.

On a scale of one to ten (one being friendship, ten being love), Brooks comes in at nine, and Chris ranks at seven. Brooks is in the lead, but the score is extremely close. Things could change drastically when Des meets their families next week.

### **Two-on-One Date with Drew and Zak**

I thought from the beginning of this date that whoever wins the go-kart race will get a rose – either on the date or at the rose ceremony. Desiree isn’t likely to decide who stays and who goes based on looks but by personal connection. Drew lacks confidence and kept looking downward during their time together. There is something about him that I find very off-

putting. Based on the beauty's unenthusiastic reaction, I doubt that either of them will come close to beating the front runners.

**Related Link:** [Bachelorette 9, Episode 5: Finding Love in Germany](#)

## Ranking

My order remains: Brooks, Chris, Zak and Drew. These last two could easily be switched, but I listed Drew last because I feel that his intangible "off" quality will impact Desiree's decision.

What do you think about our expert's predictions? Share your thoughts in the comments 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.

---

# QuickieChick's Video Dating Tips: 'Bachelorette'-Based Ways to Know If He's Using You



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

# Dating Advice from E!'s *Famously Single* Laurel House on How to Tell if Someone is Using You

If we've learned anything from this season of *The Bachelorette*, it's that men are pretty good at faking their feelings and only pretending that they're into you. Poor Desiree Hartsock has been fooled by not one but *three* contestants so far: Brian had a girlfriend at home; Bryden left because he wasn't "feeling it;" and James was only on the show because he hoped to be the next *Bachelor*. So how can you tell if your guy is just using you? In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, Laurel House offers her tips for figuring out what men are genuine and what men have crummy intentions.

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

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

Have you ever been used by a guy? Share your story in the comments below!

---

## Bachelorette 9, Episode 6: Drama in Barcelona







By [Jared](#)

## [Sais](#)

This week's episode of [The Bachelorette](#) was certainly eventful! James' off-camera comments cast suspicion on his motivations for being on the show and his true feelings for Desiree, causing emotions to run high and loyalties to be questioned. Here we go...

**Related Link:** [Bachelorette 9, Episode 5: Finding Love In Germany](#)

### **Drew's One-on-One Date**

The constant kissing was cute at first, but after a while, it just started getting tedious. That said, there's a noticeable contrast between the first kiss that Drew and Des shared (at the start of their date) and their kiss when he stole the bachelorette away from dinner. The first one lacked intimacy, while the other one was very passionate. At first, it almost seemed as if Drew was kissing Desiree in order to prove his worth as a contestant, making me think that he doesn't really like her as much as he wants to let on.

However, I love that he waited to get the rose before talking about James – it was a smart move.

## Drama with James

James caused a lot of trouble when he pointed out that if he makes it to the top four, he'll have a chance to be the next [Bachelor](#). Although he made this comment during a private conversation off-camera and didn't expect for Casey and Drew to expose his true intentions, there was still some dishonesty and covering up on his part. Ultimately, though, I don't think that he's a bad person; I think his words were taken out of context.

Even so, James did exhibit a lot of signs associated with lying when he was explaining to Desiree what he actually said during that controversial conversation. The following non-verbal cues could indicate that he wasn't being truthful:

- He kept his hands in his pockets, suggesting that he was defensive.
- He took long pauses.
- He was overly argumentative.
- He stood up and behaved like a bully.
- He licked his lips before speaking. When you lie, your mouth gets very dry because lying puts a lot of stress on the body.
- He said, "No, ma'am," which suggests that he was trying to further the distance between himself and the story he was telling. Hearing James say this phrase to Desiree set off my alarm and hinted that, perhaps, he really *did* say something detrimental during that private conversation.

To be fair, though, James also exhibited some non-verbal communication that indicated honesty, including:

- Bulges formed on top of his inner eyebrows as he was speaking, which is an indication of true sadness. He was truly contrite about the situation.
- He didn't use too much eye contact. Often, experienced liars will maintain eye contact in order to see if the person they are speaking to believes them. His steady eye contact



suggested that he was truly apologetic.

**Related Link:** [Bachelorette 9, Episode 4: Atlantic City](#)

Now that I have thoroughly analyzed James' non-verbal cues, I can say that, regardless of his true feelings for Desiree, he would make an excellent salesman. His last conversation with Desiree was, essentially, a sales pitch to keep himself on the show. He played it perfectly – although I believe that about 85 percent of what he said was a lie. I have to credit him for his perspective: if he doesn't end up marrying Desiree, he could very well end up as the next bachelor.

On another note, the rest of the guys are trying to pass themselves off as a bunch of goody two-shoes. Their thoughts may only be on Desiree, but that isn't practical; after all, only one of them will end up winning her heart. They don't have the same realistic expectations as James, but with that said, just because James is logical doesn't mean that he's honest.

Additionally, I think that the guys' argument that "if you love Desiree, you won't think about any other girl" is unfair. I agree that if you love someone, you shouldn't be thinking about anyone else, but I think it's wrong for these men to be applying their own emotions to James. Maybe he just isn't in love with the brunette beauty just yet.

Stay tuned for next week's romantic dates in Madeira!

**What do you think about Desiree's remaining guys? Share your thoughts in the comments below!**

---

# Feel Beautiful and Flawless in Voda Swim – As Seen on ‘Bachelorette’ Desiree Hartsock!



*This post is sponsored by Voda Swim.*

By Sarah Ribeiro

Summer's here! It's time for some fun in the sun and sand with your friends, family and maybe that special someone. Your beach trip won't be perfect without the right swimsuit though. Take a cue from *Bachelorette* Desiree Hartsock and starlet AnnaLynne McCord: they're showing off their hot bikini bodies in Voda Swim. These bathing suits are sure to make you feel great and to catch your man's (or crush's) attention.

Voda Swim is a line created by designer and international print model Yulia Drummond. Her model body may have given her success, but she found herself self-conscious of her small bust when wearing a swimsuit. Yulia and her husband Dustin created Voda Swim for women like her who want to make the most of what they have. With a swimsuit from Voda, you can stop focusing on your insecurities and be a sexy, confident vixen at the beach, in the pool or even at that upcoming Fourth of July lake party.

Voda swimsuits like the Envy Push Up provide the perfect soft, flexible padding to enhance the breast and visually increase the bust by one to two cup sizes. It will give you maximum cleavage, lift and support while looking like a regular bikini.

Now, one lucky CupidsPulse.com reader will win one of these Voda Swim bathing suits as seen on Hartsock and McCord above!

~~**GIVEAWAY ALERT:** To enter for a chance to win a Voda Swim bathing suit, go to Voda Swim's Facebook page and click "like." Then, head to our [Facebook](#) page and click "like." Leave a comment under our giveaway post letting us know that you liked Voda Swim and which swimsuit you'd prefer — AnnaLynne's or Desiree's. We will contact the winner via [Facebook](#) when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is 5 pm EST on Monday, July 8th. Good luck!~~

**Congratulations to Lauren Migdon!**

---

# Bachelorette 9, Episode 5: Finding Love in Germany



By Jared

Sais

Things got intense in this week's episode of [The Bachelorette](#)! Get the skinny on what was really going on in the minds of the [bachelors](#) as passions became more apparent and rivalries heated up.

**Related Link:** [Bachelorette 9, Episode 4: Atlantic City](#)

## Chris' One-on-One Date

There's no doubt about it: Chris is head over heels for Desiree. Even if you missed him saying that he was falling "slowly but surely" in love, there were plenty of non-verbal signs that he's into her. His eyes widen when he sees her; his smile stretches from ear to ear; and when his voice lowers

into a whisper and his eyes lose focus, you can tell that he's thinking only of her. Smiling with a wrinkled nose is another indication of playfulness. Other cues of trust and affection to look for include: leaning in close to one another, cuddling, nuzzling against the chest or shoulder, the ability to act goofy and maintaining eye contact.

The Oregon native clearly loves Desiree, and the bubbly brunette is into him too. When she kissed him, she put both of her hands behind his head and – almost forcefully – pulled him towards her. It was very passionate and sexual non-verbal communication. It looks to me like Des might already like Chris more than she ever liked Sean Lowe on last season's *The Bachelor*. But is it love? I'm not sure yet.

It's important to note that she got a bit tipsy during dinner. She tripped; her speech slowed; and her pupils were dilated. It seems like she gets emotional when she's drunk, and she showed micro-expressions of sadness throughout the date.

### **Bryden's Exit**

It turns out that my instincts about Bryden were spot on – almost. In my Quote Me Now article, I mentioned that his non-verbal cues suggested that he was trying to distance himself from the bachelorette. While my suspicion that he had a girlfriend back home proved incorrect, Bryden did leave the show. Oh well. Goodbye and good luck, Bryden!

### **Group Date**

Brooks definitely stood out the most on the group date. These two hugged and kissed as if they were magnetically attracted to each other. As they kissed, Des grabbed the arm of his jacket, suggesting that she truly missed him and wanted to be with him again. There were some serious fireworks between them! Though she has definite chemistry with Chris, her reaction to Brooks is much stronger.

**Related Link:** [The Bachelorette 9, Episode 3, Dangerous Dodgeball Date](#)

## **Two-on-One Date**

This date with Michael, Ben and Desiree was certainly a spectacle. The two men were battling for the bachelorette the only way that men know how: by trying to prove their dominance. Their attempts backfired though, as their target was clearly uncomfortable. During the date, both men were pinching their lips, and Michael even made a fist at one point, a very strong indication of anger. He was ready to hit Ben (no surprise there – he's made his feelings about the single dad very apparent). I thought the funniest part of the date, though, was seeing Des drinking to avoid having to speak. The date turned out to be more about the guys than about star of the show.

At one point, the bridal stylist leaned back in her chair to give them space to duel it out. Her body position was very expressive. When people are attracted to someone, their bodies usually tilt *towards* the individual. Desiree, however, kept her shoulders, body and feet pointed straight ahead and didn't lean towards either man, suggesting that she's not interested in either of them.

Overall, this was a disastrous date. Honestly, it didn't matter who got the rose at the end of the night – neither of guys will be end up with her heart.

Join me next week to further analyze the non-verbal communication between Desiree and her men as the competition grows more intense and the number of contestants continues to dwindle.

**Let me know your thoughts on the men so far and who you think will be Desiree's future husband!**

---

# Bachelorette 9, Episode 4: Atlantic City



By [Jared](#)

[Sais](#)

Now that season 9 of [The Bachelorette](#) is well underway, some of the contestants' true natures are coming out. Furthermore, we're learning that Des doesn't necessarily see a future with a guy just because they share one romantic date together. So let's get started...

**Related Link:** [Bachelorette 9, Episode 1: The Animal Kingdom](#)

## Brad's One-on-One Date

Desiree emphasized the word "great" when she was describing



her day with Brad, saying, “We are having a *great* time.” This emphasis indicates sincerity – she really did have a blast with him. Think about when you’re describing a delicious meal to someone. You emphasize the adjectives. For example, you might say, “I just had the most *amazing* sushi. So *fresh*! You have to try it.” It’s an easy way to decipher someone’s true opinion.

However, just because the bachelorette said that they had a “great time” doesn’t mean that she felt any chemistry. You don’t have to be a body language expert to know that this date wasn’t going well for Brad. Even so, let’s analyze the most common nonverbal indications of discomfort that Desiree and Brad exhibited during dinner:

- Silence and long pauses
- Nervous laughs
- Concentration on food or other objects
- Short conversations and abrupt endings
- Awkward looks with rolled eyes and pinched lips with a forced smile
- Lack of eye contact

It’s no surprise that this single dad didn’t receive a rose at the end of the night.

## **Group Date**

Now on to the Bachelorette Mr. America Pageant! Only one person with actual talent managed to make Des blush, and that was Zak W. with his guitar and sweet lyrics. All of the other men tried their best but ended up treating the talent competition as more of a joke. Though Zak didn’t win the competition with his song, his performance was the one that stood out the most to me. I always say that, in the dating

world, it's important to stand out by taking a creative approach. If you play the game the same as everyone else, you'll blend in. If you're brave enough to express your individuality – like Zak W. was – then you'll win the heart and mind of that special someone.

Chris also had a successful week, solidifying my confidence that he'll make it to the top five.

Let's take a look at Bryden's body language too. In my [Quote Me Now](#) article, I said that he was "not feeling" Desiree. Sure enough, in this week's episode, Bryden came out and admitted that he wasn't into the brunette beauty as much as he wanted to be at this point in the show. I think Bryden will leave soon, and I still get the feeling that he isn't there for the right reasons. There was one non-verbal cue in particular that proves my prediction correct: During the rose ceremony, when Desiree called his name, Bryden showed shame by lowering his head. Even more interesting was when Bryden gave her the "I got you" look, which is given when someone either lies or manipulates another person and gets away with it. In short, he is manipulating Desiree and isn't who he claims to be. A big warning to Desiree: stay away from Bryden!

**Related Link:** [Bachelorette 9, Episode 3: Dangerous Dodgeball Date](#)

### **James' One-on-One Date**

James definitely likes our leading lady more than she likes him, but they still had a solid date. I didn't see any sparks fly when he received the rose, and even though Desiree leaned for the kiss, there was no passion in it for either of them. I don't see James making it too much longer. He's a good guy, but he has no real connection with Desiree.

This week's episode was certainly an eventful one! Here's my current top five with one slot still open: number one is Brooks, number two is Chris, number three is Zak W. and number

four is Drew. What will happen next is a mystery, but I'm already excited to see if my predictions are proven correct when the gang heads to Germany next week.

Let me know your thoughts on what men you like so far and who you think will be Desiree's future husband!

---

## Bachelorette 9, Episode 3: Dangerous Dodgeball Date



By [Jared](#)

[Sais](#)

They called it right in the trailers when they said “drama” was about to go down on last night's episode of '[The Bachelorette](#)'! There were dangerous games of dodgeball and one mad ex-girlfriend who came out of the woodwork.

Desiree has quite a cast of men vying for her attention. All of these guys were flexing and puffing their chests out, showing nonverbal portrayals of dominance.

Guys usually do this when they see a girl they like; men will take up more space to show how big and strong they are to impress the girl in question. It's right out of the rules of animal kingdom, and not much different than gorillas beating their chests.

**Related Link:** [Bachelorette 9, Episode 1: The Animal Kingdom](#)

## **Brooks**

When Brooks injured himself while playing dodgeball he held Des's hand and she did a comforting rub both on his hand and back. The tone and pitch of her voice changed and you could tell that she really cared. She also toasted Brooks while all the other guys were surrounding her. He remained on her mind and at the end of the night, the kiss between them was full of romance and passion.

## **Body Language of Chris and Des**

There was a lot of leaning in happening with Chris and Des and the two weren't shy about caressing each other. This is one of the easiest ways to identify if someone likes you or not. They also rested their heads on one other which is a big tell of how comfortable they feel together. I am very comfortable with moving Chris into my top 5. Although I am not sure I would put him over Brooks. As of right now, I am still predicting a Brooks win and Chris in 2nd place.

## **Brian's Ex-Girlfriend**

During the whole Brian's ex-girlfriend fiasco I started asking myself if Des was truly upset? I have to say it was a bit staged and I am sure she got the news before going on camera. Des had responses that appeared forced and she did more acting

than naturally caring about what was happening. Des also had pinched lips which is a tell-tale sign that she was angry about the situation, but I don't think she was all that into Brian anyway. She acted angry but my guess is that she was probably feeling more awkward.

Tears were not real from Brian's ex-girlfriend and though she was screaming a lot I didn't see much anger. I think Brian was guilty of something but not everything. Did Brian sleep with his ex before he left for the show? Yes, but they truly could have been broken up before the show started. You could actually see Brian's ex-girlfriend smile as she got back in the limo. I think she was purposely trying to get Brian kicked off the show. I also want to point out her facial expressions didn't even show 50% sadness nor anger. When trying to portray sadness the inner corners of her eyebrows barely rose up and though her voice seemed sad there were no tears or dimples in her chin. As for anger, she was good at screaming but other than that she only had a hint of glaring eyes, which are a telltale for anger. There were a lot of facial expressions that were lacking, maybe she had Botox before coming on the show. The full story was not told and I know Brian was telling the truth about his feelings not being there for his ex-girlfriend.

## **Casey**

I think Casey and Des are better friends than lovers. I didn't really see crazy romance. Not to mention that although they shared a crazy experience together, their date never really did heat up due to the Hurricane that was taking form when they were on top of the roof.

**Related Link:** [Bachelorette 9, Episode 2: Quote Me Now](#)

## **The one-on-one with Juan**

Who Juan? Juan Pablo won. Well he won the contest but I didn't see any nonverbal cues that told me they were so romantically

crazy about each other. Their date was cute but not steamy. Des never dropped her hand full of popcorn as they kissed. Either their kiss was not the kiss of a soulmate or that popcorn was unbelievably amazing.

### **On to Bryden**

Des stated that he is “reserved” and “doesn’t make the first move.” Bryden reserved? Doesn’t make the first move? Hmmm hmmmm please tell me more about how he’s in this to win Des’s heart. This guy is definitely seeing someone at home or is not feeling Des. When he stated, “When we kiss it’s awesome,” he closes his eyes and actually shakes his head no. This tells me it’s not as awesome as he wants to portray. He also does a shoulder shrug which is usually a nonverbal tell of a lie.

### **Ben and his evolving game**

Ben took the words right from my post that I wrote last week. I stated he would have to stop playing the single dad card and play a different game to show he’s a bachelor and fun, just as he did this week. I guess I know just as much about the game of dating, as I know about reading people’s body language, micro expressions, and lie deception.

So lets recap the big news of this week. Chris will definitely be in the top 5, I have him going number two overall, maybe number three if Drew picks up his game. So far three guys made it into my top 5: Brooks, Chris, and Drew. With two spots left we will see within the next week or two who fills the full list of top 5 bachelors.

**Let me know your thoughts on what men you like so far and who you think will be Desiree’s future husband.**

---

# QuickieChick Video Dating Tips: 'Bachelorette'-Based Ways to Make a Great First Impression



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

In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, Laurel House says to get real and get raw.

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

We all know that making a great first impression is essential



for carrying on a successful relationship. ABC's *The Bachelorette* is proof of this idea as we saw on last week's season premiere. Men were either given roses or sent home based on their actions during the first evening. So how do you make a memorable impression when you meet someone? Be vulnerable. Be honest. And most importantly, be yourself.

*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 good first impression on someone new? Tell us in the comments below.**

---

## **Bachelorette 9, Episode 2: Quote Me Now**





By [Jared](#)

## [Sais](#)

The episode last night was very insightful. Before you read this post and the non-verbal communication cues that I saw on last night's episode, I want to clarify that I am a fan of Desiree! I know it may not seem that way given what I am observing, but I am just calling it what it is from my years of training in body language. Please note, that I like Desiree a lot! My head is shaking "yes" and my hands and feet are NOT crossed! So on to the analysis:

Last night, I focused on three specific competitors as I was watching the show, these were the guys that caught my attention when it came to reading their physical cues. I think you would agree:

## **Ben**

If you read my first post, I was a bit iffy on Ben using his kid to get an advantage with Desiree. Though brilliant, I thought it was sneaky when it came to playing this dating game. It appears that my first impression was correct! I am not saying that Ben is a bad guy. What I'm saying is that he's sneaky. I feel that he's looking at this as a competition and game. He might be genuine when it comes to winning Desiree's

heart but, in doing so, he will play all angles and win at any cost.

One thing is for sure, he will need to change up his approach soon. This means that he can't use his kid anymore. "Why," you may ask am I saying that? Well, though Ben's kid came to the rescue again in this episode, I noticed that Desiree pulled back a bit. Desiree showed signs that she was open to the idea that he had a kid but pulling out this card every time is going to hurt him.

It's simple, "If I say 'yes' but I shake my head 'no,' this should send a signal to you that I am not being honest, as my body is contradicting my words." When Desiree said, "I am very open" –referring to the idea of Ben having a child–her body language was very closed off. Her hands, though under a blanket, were interlocked and her body was pulled in tight. Though Desiree is always cold, I have studied her body language enough to determine when she's cold vs. when she is defensive and not open to the situation. I know for a fact that if Ben keeps talking more about his kid, Desiree will soon find issue with it. Right now it's cute, but soon reality will sink in and Desiree will be turned off. For Ben to make it to my top 5, he has to make himself a bachelor and move away from being labeled as the single father.

**Related:** [Bachelorette 9, Episode 1: The Animal Kingdom](#)

Additionally, Desiree said about Ben's son, "he is your love and your joy." Then she pinched her lips, which usually is a sign of anger or disapproval. She also disconnected her eye contact, meaning she lost some interest in what he was saying on the topic. Finally, she rolled her eyes. All of this equals anger or jealousy. Her nonverbal language stated that she wants to be the love, the joy of the man she chooses to be with for the rest of her life. She wants to be the center of attention, not number two. And for a young girl, I think that's more than fair. Right now, Desiree hasn't come to grasp

the reality surrounding the responsibility of entering a relationship with a man that she won't really get to know as well as she should when marrying someone with a child. Not to mention that she will have to be the stepmom of his child which creates a lot of added responsibility. This is probably more than she bargained for initially. Ben knows that he is playing a different ball game and it is most likely why he is playing dirty and pulling out all the stops to keep this reality from Desiree.

Desiree will eliminate Ben but it won't be for another few episodes.

## **Bryden**

From ever lasting smiles to their double arm hold, you might think he's your pick to be Desiree's husband! But, I noticed that he wasn't fully enjoying himself. He was a bit disconnected at times and not willing to commit. In fact, the big nonverbal cue that gave me the impression he was not feeling Desiree (and I will go as far as saying he might have a girlfriend back at home) was during the pool scene. Bryden's arm was relaxing on the side of the pool as his forearm came right in-between him and Desiree, he was creating space and putting up a barrier. What probably seemed to come off as shy, came off to me as defensive and pulling back. Bryden seemed to show contempt when speaking to Desiree, telling me he wasn't feeling it as much as he was trying to portray. Also, he showed a lot of fake smiles, meaning he would smile only with half of his face, usually the mouth region.

From my past articles, I have written about the difference between a genuine smile and a fake smile, but an easy way to know the difference between the two is by thinking of a forced smile when taking a picture. You smile with only your mouth, but when you really find something funny or are really happy, you smile with your entire face, mouth, cheeks and eyes. So when Bryden was only smiling with his mouth, I knew he was

faking this emotion. Finally, I think Desiree likes him more than he likes her. I am looking forward to seeing how this plays out, all I know is that he is not into her as of now. Feelings can change and you can start to like someone more as time goes on but I just don't think this is the case with him. I just don't see him going to the end.

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

## **Brooks**

The second guy that I am picking for my top 5 is Brooks! My first was Drew. I think both of them will easily make it to the hometown episodes, though I don't have the other picks just yet. Let's talk about Brooks...

There were long looks of passion and genuine smiles. Both were sincerely laughing and having so much fun. What really popped out to me was the double kiss. That's something people who have been in relationships for a long time tend to do, not something you see on a first date. This was a very telling sign to me, as it should be to anyone reading this column.

If Brooks is just himself and the genuine, caring man he has portrayed to be so far, he will be Desiree's husband. I know this is a wild prediction as it is so early in the season but they held each other like they were soulmates and looked into each others eyes like they never wanted to look anywhere else. They danced the same way and the vibe was totally different with them than anyone else so far. Yes, I know, "so far," but I have been studying flirtation for about a decade now and I know when something is real, and this was 100% real and passionate and, most importantly, telling. They showed their hands and I am sure Brooks will be in the top 5 if not her husband by the end of the show.

Here is a side nonverbal fun fact on tonight's episode. When Desiree was "lost" driving, I knew she wasn't really scared or lost. The nonverbal micro expression of being scared includes:

- eyebrows raise
- eyes widened
- lips stretch back towards the ears

Desiree did a micro expression of fear in episode one when interacting with the guy who kept wanting to take her to the room alone. So, When I didn't see any of these signals of her being scared, I knew she knew exactly what she was doing and where she was going.

Let me know your thoughts, on what men you like so far and who you think will be Desiree's future husband.

---

## Bachelorette 9, Episode 1: The Animal Kingdom





By [Jared](#)

## [Sais](#)

You may remember my recaps from season 17 of [The Bachelor](#) with Sean Lowe. Well, I'm back to analyze Desiree Hartsock and her suitors on season 9 of *The Bachelorette*. To get ready for last night's premiere, I brushed up on my notes from last season and examined Desiree's past non-verbal cues (her baseline) to help me determine what man will be the last one standing. Join me for another amazing, shocking and addictive season of [The Bachelorette](#)!

First, let's take a look at the men worth talking about.

When Desiree first met **Drew**, her eyes widened; she smiled from mouth to eyes; and she even did a little "mmm" sound when he walked inside. The attraction is there, but will he be a winning personality? I would say that, with his dashing smile, he'll be around for a while.

Tone and pitch are two of the most important ways to tell if someone is attracted to someone else, and when **Robert** started to speak to the lovely bachelorette, his voice went lower, and her voice shot up. These two definitely have chemistry. Another non-verbal cue was Desiree widening her eyes. When someone likes what they see, their eyes widened to let more



light in.

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

I can't decide what I think about Ben bringing his son with him, but I know one thing for sure: Desiree was melting. Her inner eyebrows rose; her eyes got a bit wet; her lips puckered; and her head did a side tilt. These are four non-verbal cues that signify the "aww" reaction. After she showed these quick facial expressions, I knew that all Desiree wanted to do was hug Ben and his little boy. She even asked for a hug, whereas the first 24 guys went in for the hug. Desiree was eager to find similarities during her one-on-one time with Ben, and once she did, he got the first rose. He definitely has some tough competition though.

And then there was "ab man." Desiree was attracted to Zak W., which was his saving grace because it's a risky move to make a first impression like that. So why didn't he wear a shirt? Because it's like *Animal House*. Some guys are peacocks and dress up to showcase themselves, while other men are bulls and clash it out.

I think Juan Pablo is the most interesting man in the world. The only thing he's missing is a Dos Equis, but he made up for that with what he first said to Desiree, "Who's Juan? Juan Pablo." Yeah, he has a catch phrase. Very smooth. He also has a relaxing way of speaking; his voice is soft, slow and charming. It's not always what you say but how you say it, and whatever that guys says sounds good. There will be plenty of non-verbal information on him to come, but sadly, his time was cut short due to a random soccer game. Of course, a competition broke out to prove to Desiree that they could kick a ball well. Very animalistic, right?

Now, let's take a look at the men who will make an early exit. Knights, magicians and bad dancers – oh my! What the heck was going on? #youarenotgettingarose

**Will** won't stick around for long, but I'll take a high five on the way out.

**Related Link:** [Who Is Your #PerfectBachelor? Tell Us and Enter to Win a Pair of Brilliance Diamond Earrings!](#)

As for **Jonathan**, I have no words other than wow. He has no game and no class. During their time together, the brunette bachelorette showed extreme non-verbal cues of fear and stress: the corners of her mouth stretched straight back to the ears; her eyes widened; and her eyebrows raised. She showed these micro-expression a lot and was also very defensive around him, tightening her body and pulling herself a way from him.

When you're in extreme stress, your body goes into alert mode as you try to put space between you and the stressful object or person. Desiree put her hands in front of her as he was leading her away. In other situations, people may do the following non-verbal signs: arms folded across their chest, leaning away to create space, hands clutched in front of themselves and/or an object (like a purse or glass) held directly in front of themselves. Given Desiree's response to Jonathan, I knew he would be eliminated.

Diogo came out in a full suit of armor, which is worse then coming out in a wedding dress. Need I say more?

And finally, there was Larry, who reminded me of Superman: bad dancer by day (with his glasses on) and superhero doctor by night (with his glasses off). If you also want to see a great expression of awkwardness/fear, take a look at their introduction scene: Larry rips Desiree's dress while teaching her a dance move, and then he curses as he walks into the house. The camera pans to a quick shot of Des, and you see the corners of her lips pulled back to ears and her eyes widened as they roll down. *That* is a fearful, awkward look.

*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.*

---

## **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.**

---

**Reality TV: 'The Bachelorette' Star Arie Luyendyk, Jr. Says, "When You**



# Stop Looking, You'll Find What You're Looking For"



By [Whitney](#)

[Baker Johnson](#)

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

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

Being a driver wasn't enough, though. "Honestly, I needed a break from racing after Dan Wheldon's tragic death, so when *The Bachelorette* producers called, I thought why not! I've

always been a very open and optimistic person. I went into the show with that mentality and met an amazing person.”

Although he didn’t win Maynard’s heart, the handsome runner-up formed lifelong friendships with two of the men he strongly competed against: Sean Lowe from *The Bachelor* Season 17 and Jef Holm, Maynard’s final choice. “Sean and I still chat every now and then, and I’m really happy for him and Catherine. Jef and I have a blast hanging out – we kick it quite a bit.” He adds, “You definitely grow close to the other guys. I think it’s because being on the show is so crazy and hard to explain.”

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

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

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

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

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

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

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

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

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

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

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

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

---

# '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.**

---

## Desiree Hartsock Is the New 'Bachelorette'!



By Meghan

Fitzgerald

Starting out as one of the 26 girls in *The Bachelor*, Desiree Hartsock was fan-favorited as the new *Bachelorette*. [People](#)



reports on the *After the Final Rose* special, Hartsock stated, "Just can't even believe I'm here. With the support of everyone, it's just such a blessing." [Entertainment Weekly](#) reports that Hartsock shocked many when she sported a no bangs look, especially the *Women Tell All*. Hartsock will continue to shock many with drama, love, and passion on this summer's ninth edition of [The Bachelorette](#).

**What are some out of the box ways to find love?**

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

Finding love is a relatively hard thing to do. Love does not usually spring itself at you, some effort is required to find the love of your life. The ways to find love seem to be around the same thing; going to bars, blind dates, online dating, and what not. Are you tired of the same pattern over and over again to try and find love? You deserve a different, out of the box way to find love. Cupid has some advice on this:

**1. Yoga class:** Yoga class is great for many things in life. Obviously it is a form of exercise, resulting in happiness. Which inevitably leads to a boost of confidence, and gives you more courage to talk to people of the opposite sex. It also balances your inner self with the natures of the world and others around you. Meeting new people at yoga will give you a look into people who are practicing the same life as you, relatively. Which will make finding love easier!

**2. Volunteering:** Would you ever suspect to meet the love of your life while volunteering? Most likely not. However, volunteering is full of generous, kind-hearted people looking to help the world. Looking for someone to love. Spark up a conversation with an opposite sex at the food pantry, or clothe drive, or helping out with the local blood drive. You never know what will come of the new interaction. So go out and do some good ladies and gentleman!



**3. Friends:** Scratch a blind date, hang out with your friends and converse with someone you don't know. If they're hanging out with your friends, you both must have something in common. If you two hit things off, it could loom into a full blown relationship. Also, if a date occurs from your meeting, it won't be strange because you two will already know each other. Go ahead and be social!

**Have you ever found love in an out of the box way? Explain below!**

---

## **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!**

---

## **'Bachelorette' Stars J.P Rosenbaum and Ashley Hebert Tie the Knot**





By Nic

Baird

Season seven *Bachelorette* Ashley Herbert and fiancé J.P. Rosenbaum got hitched Saturday in Pasadena, Calif., according to [People](#). The couple are only the second in the franchise's 24 seasons to tie the knot after the finale. *Bachelor* and *Bachelorette* alumni Ali Fedowsky, Emily Maynard, and Jason and Molly Mesnick were in attendance, and franchise host Chris Harrison officiated the ceremony. "Today is all about our friends and family," Herbert said.

**What are some ways to celebrate your love without getting married?**

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

It might not be the right time to get married, or maybe you're not that concerned with the institution. Either way, there are many ways you can deepen your love with your partner. Follow your heart, and prioritize your happiness:

**1. Moving forward:** Both of you should want to see your relationship develop. Finding ways to spend more time together, and bringing your lives closer are benefits you can find without marriage. Make time for your partner and find new

ways to enjoy their company.

**2. Children:** A child is a huge commitment, and shouldn't be considered lightly. Many times a baby can pop into your life unexpectedly. No matter how it happens, a child is a celebration of your love. You might feel pressure to get hitched, but giving a baby the significance it deserves is most important.

**3. Special occasions:** Spending the holidays with your loved ones shows their importance in your life. Making Valentine's Day and anniversaries special with thoughtful celebrations will reflect the love you share.

**How does your partner remind you of their love? Share your experiences below!**

---

## How Famous Couple Ashley Hebert and J.P. Rosenbaum Prepared for Their Celebrity Wedding





By Jennife

r Ross

The time came for a celebration in Pasadena, California. *The Bachelorette* famous couple [Ashley Hebert](#) and [J.P. Rosenbaum](#) were so excited for their December 1<sup>st</sup> [celebrity wedding](#). With a beautiful ceremony planned by wedding planner Mindy Weiss, invitees included reality TV show alums Emily Maynard, Trista and Ryan Sutter, and Ali Fedotowsky and Roberto Martinez. Both bride and groom were ready to walk down the aisle, after each having their last “single” party in Scottsdale, Arizona. “The girls had quite the party! They had a stripper for Ashley, and everyone got spa treatments. The guys hung out and went out for a steak dinner,” a source revealed. Besides becoming Mrs. Rosenbaum, Hebert was most excited about finally putting on her wedding dress: “Ashley can’t wait for people to see it!”

**Famous couple Hebert and Rosenbaum had fun while celebrating the night before their celebrity wedding. What are some unique ways to spend**

# your bachelor/bachelorette party?

## Cupid's Advice:

You don't need to be a famous couple to throw a fun bachelor or bachelorette party! With a little creativity and help, here are three party ideas anyone can enjoy before walking down the aisle:

**1. Road trip:** Surprise the bride or groom, and plan a road trip to their favorite destination. To make it extra special, you can "kidnap" them, keeping them completely out of the loop until you near the destination. All you need is a great group of friends, a road map, snacks, and a full tank of gas.

**Related Link:** ['The Bachelorette' Star J.P. Rosenbaum Talks Celebrity Baby News, 'Dad-chelor' Party, and Moving to Miami!](#)

**2. All in:** What better way to prepare the bride or groom to go "all in" with marriage than organizing a poker tournament in their honor! This game is just for fun, although there should be a jackpot to claim in the end. Consider reserving a room at an upscale restaurant, club, or cigar lounge. Be sure to make festive shirts and hats for the party goers.

**Related Link:** [Famous Couple Jason Aldean and Brittany Kerr Have Celebrity Wedding](#)

**3. Go extreme:** Want to make plunging into marriage seem like a piece of cake? Plan a skydiving party for the bachelor or bachelorette! If jumping out of a plane at 10,000 feet doesn't sound like fun, try surfing, bungee jumping, rock climbing, or scuba diving instead. Plus, defying death with friends will always create great bonding memories for the future.

**How did you celebrate your bachelor/bachelorette party uniquely? Share your story below.**



---

# 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/>.*

---

## Cheryl Burke Says She May Be the Next 'Bachelorette'





By Jennife

r Ross

Cheryl Burke is on the hunt for love and she is not afraid to have an audience along for her journey. The *DWTS: All Stars* professional dancer has told [UsMagazine.com](http://UsMagazine.com) that she has met with the TV executives of the ABC's *the Bachelorette* and the discussion was about her being the next contestant. "There hasn't been a firm offer, but if they offer it to me I would love to do it," Burke, 28, said. So why hasn't this single gal found Mr. Right? According to Burke, her hectic schedule keeps her secluded and unable to meet different potentials. "I'm around the same people all the time, I've been on this show for nearly a decade."

**What are some non-traditional ways to meet 'the one'?**

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

With technology constantly changing, the ways of traditionally meeting people are not as effective as before. Although getting to know someone can be very enjoyable, the process of finding that stranger can be a tedious chore in itself. Why not better your odds with each attempt? Here are a few ways to meet that special someone in a more un-traditional setting:

**1. Volunteering:** Depending on the non-profit organization you sign up for, most of them have several personality type men and women to choose from. Whether it's cooking at a soup kitchen or hammering at a building site, you are doing a good deed and possibly receiving a dinner date simultaneously. Best thing of all, the men and women volunteering usually have something that you hardly find drunk at a night club – good values.

**2. Chatting while traveling:** One place you are sure to run into potential mates is in public transportation. Just think about all the charming people you passed up this morning while on a bus, subway, train or airplane. Depending on your travel time, you can strike up an easy conversation about what else...traveling. Didn't find any great prospects partners? There's always tomorrow morning's commute.

**3. Hot Spots:** If you are very particular about the type of potential partner, try searching for them at their hot spots. For someone intelligent and ambitious, check out the local Fortune 500 companies. For someone athletic, hit the neighborhood gyms. Finally, visit your local Apple store for techies of all kinds. No matter what type you prefer, there's a hot spot for every hottie.

**What non-traditional method did you use to meet your soul mate? Tell us below.**

---

## **Emily Maynard Is Spotted Rebounding with Nascar Driver**

# Jason White



By Nicole

Weintraub

*Bachelorette's* Emily Maynard has moved on from her former fiancé Jef Holm with Nascar racer Jason White, according to [UsMagazine.com](http://UsMagazine.com). The single mom has denied her rebound with White, though recent photos have been revealed showing Maynard and White getting cozy. The pair went to a Carrie Underwood concert and then they ventured to a club together. "They were all over each other," said an observer who noticed the two. Maynard has a six-year-old daughter with Ricky Hendrick who was also a Nascar racer, so this is not Maynard's first racing beau. She was also, back in 2006, with Dale Earnhardt Jr.

**How do you know if someone you meet right after a relationship ended is a rebound?**

**Cupid's Advice:**



It can be very enticing to start dating right after a relationship ends – especially if you miss being in a relationship period. Here are some ways to know if you are rebounding:

**1. Slow it down:** There is no need to jump into another relationship after just getting out of one. Take your time before deciding to get involved with another person. You need to get over your past relationship before starting a new one.

**2. Get to know each other:** When you're rebounding, you want to jump into what you know. Though, before you decide whether or not you truly have feelings for someone, get to know them. Go out as friends for a few times first.

**3. Be careful:** No one wants to admit when they're rebounding with someone. Just make sure to be honest with yourself. You want to be fair to both your new love interest and yourself.

**What are some signs when someone is rebounding? Share your thoughts with us in the comments below!**

---

## **‘Bachelorette’ Couple Emily Maynard and Jef Holm Break Up**







By Jennife

r Ross

It looks like there won't be the sound of wedding bells in the near future for Emily Maynard and Jef Holm. The *Bachelorette* couple confirmed last week's rumors that they are splitting up in exclusive statements given to [People](#). "I have nothing but respect and love for Jef and his family, but ultimately we are just at different points in our lives, Maynard, 26, said about Holm. Neither one of them regrets any part of their journey together. In Holm's, 28, statement, he hopes that they will remain life-long friends. "Emily and I are great friends and I hope we can continue to be friends forever... I will always love her."

**How do you know if you're in the same place in your life as a potential partner?**

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

There are many bad reasons why a relationship doesn't work. However, ending a relationship because the two of you are not in the same place in life can be one of the most difficult to handle. Your friends may not understand the decision; yet, you know it is the right one. To help you in the next relationship, here are a few things to consider when looking

for someone on your same path:

**1. Old relationships are closed:** In order to be ready for the next relationship, both of you must have closure in your hearts with previous relationships. Holding on to any negative thoughts or unfinished business with an ex will only become an obstacle in the future. Clearing the air from the past will allow each of you to be independently available to each other.

**2. Know thyself:** To know thyself and what each of you want and need in life is the only way to reduce any future confusion or unexpected arguments. Each person is able to come to the table with an honest plan for the future as a couple. If you don't know yourself, then you cannot expect your potential partner to know you.

**3. You've had the discussion:** To be on the same path means you and your future partner have had the discussion, or several discussions, about what each other want and expects in this relationship. It is not about your list of demands. Rather, it is about the joining of two people to live together in harmony and in love.

**Are you and your new partner in the same place in life? Tell us your story below.**

---

## **'Bachelor Pad' Star Chris Bukowski Says He Still Has Feelings for Emily Maynard**



By

Jennifer Ross

Even though time has passed since Emily Maynard, 28, dumped Chris Bukowski earlier this year on *The Bachelorette*, Bukowski says he's still not over her. Bukowski, 25, has since moved on to ABC's *the Bachelor Pad*, and has found a new love interest, Sarah Newlon. On a date together, he admitted to Newlon, 28, that being dumped by Maynard was probably one of "the worst things I've ever experienced...it's heartbreaking." A good thing he has going for him is how Newlon is willing to lend a shoulder to his pain.

**What do you do if you're having a hard time getting over an ex?**

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

One of the hardest things to go through in life is a break-up, especially when you were the one that was dumped. Many questions arise and the pain can seem unbearable. However, there is light at the end of the tunnel. Here are a few tips

to getting over that heartbreak:

**1. Get your ex off that pedestal:** You may want to remember all the funny or loving moments your ex created, but keep in mind, your ex also created many, many horrible ones too. There's a good reason why this break-up happened, even if you cannot see this right away.

**2. Get rid of the reminders:** The way to ensure you do not relapse into despair is to remove anything that reminds you of the relationship. Trash those cute pictures of you two or that stuffed puppy dog holding a heart that you received at last Valentine's Day dinner. While you are at it, clean your space of your ex's personal belongings fast!

**3. Dust off those hobbies:** Chances are you have let many of your hobbies go while you were in a relationship. What better way to get over your ex than by getting back your swag? Exercising, whether indoors or out, is a great way to relieve emotional pain, along with extra pounds. An added bonus is you'll start to feel better about yourself. If physical activity is not your style, then find something else.

**How do you spend your time forgetting your ex? What hobbies have you rekindled? Tell us below!**