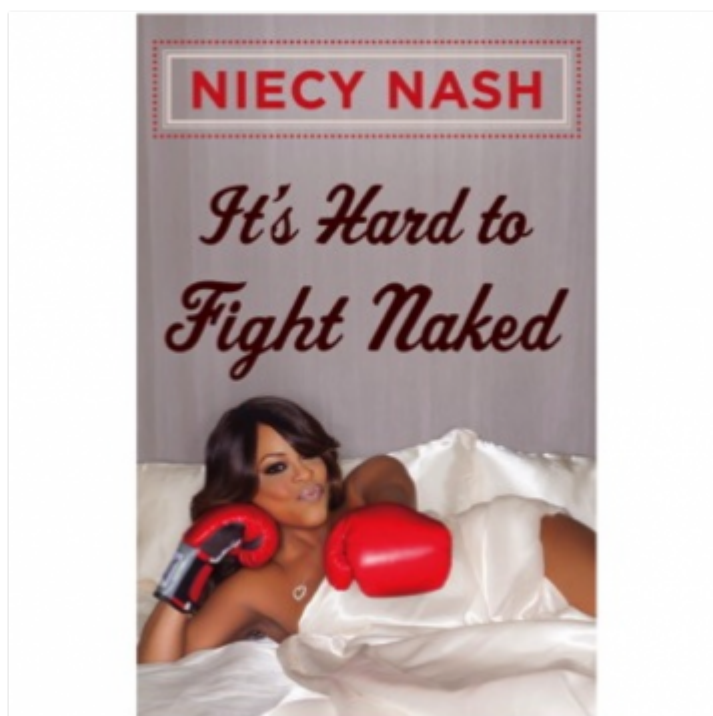


Niecy Nash Explains Why 'It's Hard to Fight Naked'



By [Whitney Baker](#)

[Johnson](#)

We all know and love Niecy Nash as an actress, television host and comedienne. What you may not know, though, is that she's quite the matchmaker as well. In fact, it was at her first matchmaking party that she introduced best friend and *The View* co-host Sherri Shepherd to her now-husband Lamar Sally. From there, she began hosting an online show on Yahoo! called "Let's Talk About Love," which eventually developed into her new book, *It's Hard to Fight Naked*. In it, she invites her readers to think differently about matters of the heart and

shares her tips for finding true love. We chatted with the newly-minted author about the book's eye-catching title and many words of wisdom.

Related Link: [Video Exclusive: Sherri Shepherd Chats About the Three Men in Her Life](#)

What inspired you to write a book of relationship advice?

I fell in love! After I experienced the best part of a relationship, I wanted that for all of my girlfriends. I feel like we struggle most at the thing we were created for, which was love.

What can readers expect to learn from *It's Hard to Fight Naked*?

First, you will attract what you are. So inevitably, you should be what you want to receive. If you're dating and all of your potential partners are crazier than the last person, then you need to look in the mirror and say, "Good morning, crazy!" That's part of what you're bringing to the table.

Also, it's one thing if you just want to hang out and have fun. But when you're looking to settle down, then you have to move into a place where you date with your priorities versus your preferences. There are certain things that you require in a relationship that are more important than superficial things. You have to find someone who meets the priorities of what you want in a man, and then you can consider the outer wrappings of a relationship.

Let's talk about the title!

It has a figurative and a literal application. Figuratively, when you are exposed and vulnerable, you're at your truest self. And you have to walk in the truth. I think people sometimes approach relationships like they're a game – they don't really want to show their hand or their feelings or

their fears. When you're honest, though, you're exposed, and that's when you're most "naked."

The literal meaning takes us back to Adam and Eve when they were really naked and unashamed in the garden. If you have your clothes off, there's a party! I'm a lover, not a fighter, so I'd rather stay in any state that leads to love as opposed to fighting.

Related Link: [Harlan Cohen Shares Why 'Getting Naked' Will Help Us Find Love](#)

And did this type of vulnerability help you meet your husband, Jay Tucker?

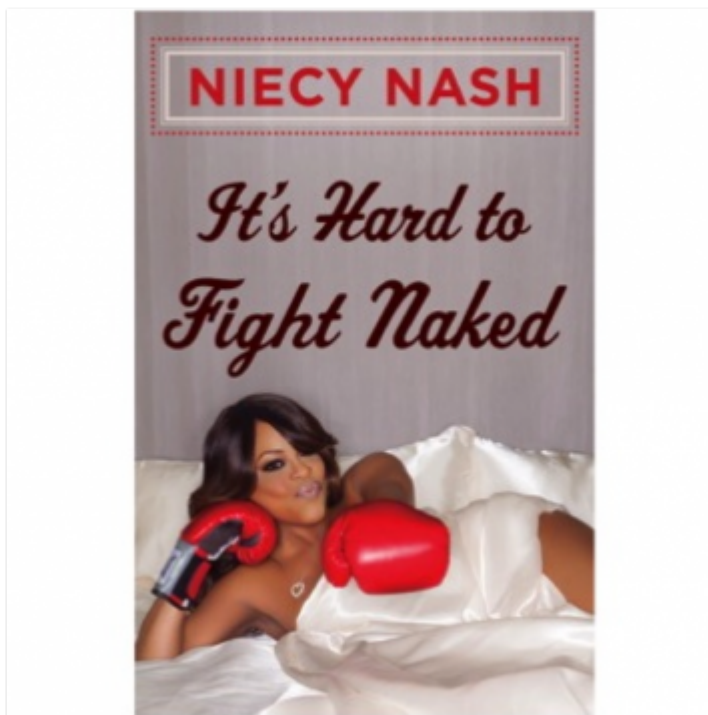
I was very honest with him. When you're deciding to marry someone, there has to be a like-mindedness. Your partner needs to know the truth about how you think, you feel.

Finally, what advice do you have for someone struggling to show her true self?

You have to work on being honest with yourself. You see women who say they don't care if they ever get married or have a family, yet every Sunday morning, they watch a marathon of *Say Yes to the Dress*. Knock it off! You have to be honest with yourself first. Once you walk in your own truth, you'll be better able to communicate that to a man. If you're living a lie, of course, it's going to be hard to be open with someone else.

You can purchase Nash's new book [It's Hard to Fight Naked](#) on [Amazon](#). To keep up with the author, follow her on [Twitter](#) and [Instagram](#). Be sure to check out [www.niecynash.com](#) too!

Dating Advice: 5 Date Ideas Created Just for Moms



By [Whitney Baker](#)

[Johnson](#)

It's always important to recognize the hard work moms do – not just on Mother's Day, but every day of the year. They often put their partners and children first, forgetting to take time for themselves. This May, we're encouraging moms to step away from their household duties and embrace some kid-free time with their significant others. Remember, your loved ones want to make you just as happy as you make them. Below are five date ideas that every mom will enjoy.

1. Chick Flick: Sure, your beau may want to see the latest action movie, but instead, pick the most romantic movie in theaters and enjoy every cheesy minute of it. Take this opportunity to snuggle up to your hubby and reignite the spark that may be dimming. You'll have at least two hours to relax and decompress before you resume your mom duties.

Related: [Create an Action Plan to Make Every Date Feel Like Valentine's Day](#)

2. Spa Day: While your man may be hesitant to admit it, he'll enjoy a couple's massage just as much as you do. Be fully in the moment as you both take this time to recharge. Get a manicure, pedicure or a facial to make the most of your day of pampering. Your partner can sip on some champagne and keep you company while you feel like a princess for an afternoon.

3. Just Dance: Sometimes, the best way to let loose is to literally *let loose*. Sign up for weekly dance classes and learn a romantic waltz together, or head to a local salsa club and practice your moves in an environment filled with passion. Any mom will love the chance to not only bond with her significant other, but to also do an adult-only activity. End your night with a glass of wine at your favorite restaurant.

4. Date Night at Home: Plan for grandma and grandpa to watch your children so that you and your honey can have a fun evening in the comfort of your own home. Cook a romantic meal together and open up your favorite bottle of wine. Enjoy the warm weather by cuddling up outside and counting the stars. Steer conversation away from your babies, and instead, focus on your marriage. When bedtime rolls around, don't set an alarm!

Related: [How Celebrity Moms Keep an Active Dating Life](#)

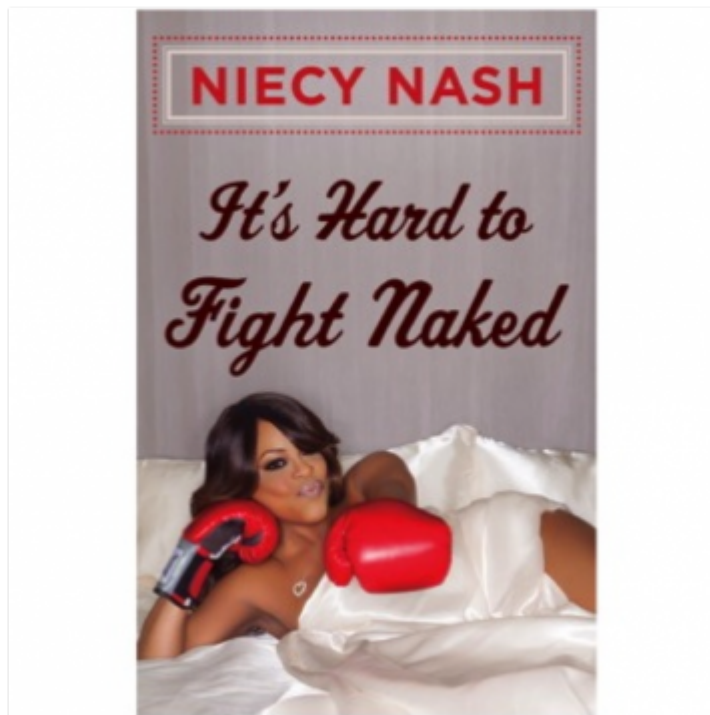
5. Breakfast in Bed: Don't let your date night at home end when you crawl in bed. Wrap up your alone time with breakfast in bed. You can make an extravagant meal with all of your

favorite foods: from scrambled eggs with cheese and fresh vegetables to crispy bacon and toast topped with butter and homemade jam. Order in from a local diner – somewhere you may have frequented before the kids came along – and enjoy every greasy bite.

Moms, we want to hear from you: What's your favorite date idea? Share below.

Ben Patton of 'Ready for Love' Says He's "Still Going Through It" With His Final Pick





By [Lori Bizzoco](#) and [Whitney Baker Johnson](#)

If you've been watching NBC's dating reality competition show [Ready for Love](#), you may have been disappointed to hear that it was cancelled by the network after only two low-rated episodes. Many viewers felt like the new series presented a false reality when it came to dating and relationships, reinforcing the belief that you have to be perfect to find real love.

For those of you who are fans of the show, don't fret! NBC.com is airing the remaining episodes, so you'll still be able to follow the journey of Ernesto Arguello, Tim Lopez and Ben Patton as they search for their soul mates. Filming wrapped last August, so we can't imagine what it's been like for the bachelors to keep their final picks a secret – something that they must continue to do until the finale airs on Tuesday, June 4th. To tide us over, we caught up with Patton, who we interviewed prior to the premiere, and chatted about his

current relationship, his take on the other two bachelors and his past love with one of the contestants.

Related Link: [Ben Patton Tells Us Why He's 'Ready for Love'](#)

Since the show is still officially airing on NBC.com, the Texas businessman can't reveal his final choice. However, he did mention that it's been a pretty challenging time since the show finished filming, particularly given the constraints that the new couple has faced (they haven't been allowed to be seen together in public for almost nine months). Even so, he says that he's "still going through it" with his significant other. "After the finale airs, that's when we can see if it's the real thing. Right now, we can't even go through the real experience of dating."

Given their busy schedules, the twosome's time together varies. Sometimes, they see each other every two weeks, but other times, they're apart for over a month. They last saw each other about three weeks ago, and Patton says their relationship has become "more stress than fun. She's really stressed. I'm really stressed. I'm not going to lie, it's very hard." For now, they're learning to balance their individual lives and trying to make it work.

As for the future, the hospital CEO says he can't leave Dallas and hopes that his pick will relocate. However, he does admit that he's a rationale person when it comes to love. "I keep telling her that we shouldn't force the relationship for the sake of the show or to prove America wrong. If it's not working, then it's not working. At the end of the day, we need to think in terms of what's best for us."

He adds, "These challenges make it kind of impossible for people to be happy in a relationship. But that doesn't mean we won't be happy when we can be together."

So did the other men find love? "Yeah, I know that they did.

All of us found love, and at the end of filming, we were very happy. We came off the show saying what an amazing experience it was.” As for their favorite matchmaker, Patton explains that the guys bonded most with Matthew Hussey. “He knew what was going on in our heads. We could really relate to the advice that he gave the women.”

Until the winners are disclosed, there’s one woman who’s stealing the spotlight on the show, something that Patton calls “The Kari Situation.” He first dated contestant Kari Krakowski in 2006 and describes their relationship as “on-again, off-again for about two years.” Of their past, he shares, “When I date someone, it’s monogamous. Kari, though, was still emotionally involved with her ex and not quite over him. To be fair, when I wasn’t available to hang out because I was busy working, she assumed I wasn’t into her. There was just a lot of miscommunication.” Patton admits that he really cared about her and was hurt.

Related Link: [Cancelled: Why NBC’s ‘Ready for Love’ Fueled America’s Hatred](#)

Although they tried to rekindle things when he returned to the states after spending time in Dubai, they eventually called things off for good. Viewers saw how shocked he was to see Krakowski on the *Ready for Love* stage. On the most recent episode, the pair spent some one-on-one time together and gave fans a glimpse of their chemistry. “I was smitten with her. I remember all of the good parts of being with her, and it’s really hard to let go. Plus, it’s a lot easier to kiss someone you were once romantically involved with than it is to kiss strangers. There’s more history.”

Another lady who has captured our attention is Angela Zatopek, who is writing a weekly column for CupidsPulse.com about her experience on *Ready for Love*. Patton describes her as “an amazing girl.” The bachelor shares that he never makes the first move, so it was fitting that Zatopek went in for their

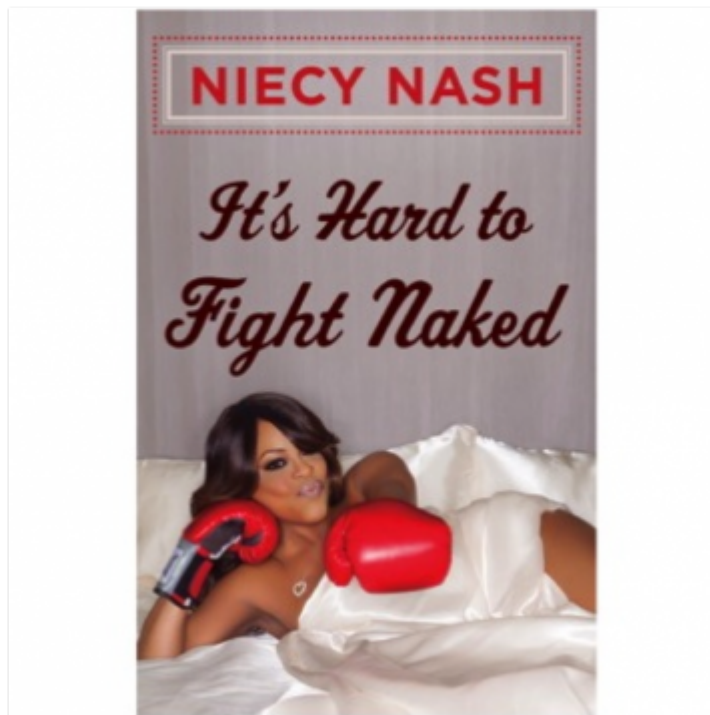
first kiss on their vineyard date. Only time will tell if that kiss leads to more!

It's no surprise that the most difficult part of the experience for Patton was sending the girls home in The Garden. Since these women were emotionally-invested in him from the start, he felt like he was really letting them down. "They watched videos of me, built this idea in their minds and thought I was 'the one' before the show even started filming. It was really hard to let them go."

Be sure to watch 'Ready for Love' on NBC.com. For more information about Ben follow him on Twitter [@Ben_Patton](#).

Dr. Wendy Walsh Shares How Single Women Can Benefit From 'The 30-Day Love Detox'





By [Whitney Baker](#)

[Johnson](#) and Andrea Surujnauth

You probably recognize Dr. Wendy Walsh from *Good Morning America*, FOX News or the *Today Show*. She's a well-known relationship expert, psychotherapist, author and actress. Currently, she appears as the expert commentator on Investigation Discovery's *Happily Never After*, a show that looks at stories of newlyweds who's marriage turned deadly shortly after saying their vows. "My job is to retrace the romantic steps of both partners and figure out what red flag could've saved the bride or groom's life," she explains.

Despite her busy schedule, she found time to write a new book, *The 30-Day Love Detox*, which was released on April 23rd. In it, Dr. Walsh answers common questions that women want to know: How can I stop falling for the wrong type of guy? How can I find a man who is willing to commit? She also lists common mistakes that women make when dating someone new and shares her tips for avoiding them. The author chatted with

us about her ground-breaking new book.

What inspired you to write *The 30-Day Love Detox*?

I'm a single mother, and I wanted to explore the social reasons why a very smart, very attractive woman like myself would "end up" as a single parent. And what I discovered is the more educated a woman is, the more attractive she is, the more cities she's lived in, the more likely she is to be divorced. Attractive women will leave relationships earlier, they say, because they have more sexual opportunities than others. Having a higher education means that women are often using up their fertility window on schooling and careers and grabbing whoever they can at the end of their fertility window. The more places you live during your childhood, the less likely you are to have a committed relationship. Moving around, instead, teaches you to have a lot of mobility. It teaches you how to say goodbye.

How did you come up with the title?

It's called *The 30-Day Love Detox* because I found a study that showed that, if you have sex within 30 days of meeting somebody, you have a 90 percent chance of breaking up with them within one year. If you wait 31-90 days, you have a one in four chance that you'll be together a year later because you've taken the time to build some kind of friendship, some kind of emotional bond. Unfortunately, plenty of women think that a hookup is a stepping stone to a relationship. But I promise you that not one man thinks that! The true aphrodisiac is saying "no."

Related Link: [Is He In It for the Long Haul?](#)

You say that you saw yourself as Carrie Bradshaw from *Sex and the City*. Can you elaborate on this idea?

The *Sex and the City* generation and even young women today have been sold a false bill

of goods, a mythology if you will, by the fertility clinics who market that women *can* have a **baby** when they're 50, which is absolutely absurd. The success rates for in vitro fertilization have not changed since the 1980s; it's about a 15 percent success rate, and it costs 13,700 dollars on average. So that means for your hard-earned money, you've got an 85 percent chance of failing.

My point is that 80 percent of women are going to become mothers – good boyfriend or not, good husband or not. And where they end up financially, psychologically and physically at the age of 45 has to do with the choices they make in their 20s.

Can you share any positive results that people have seen after doing *The 30-Day Love Detox*?

Well, I did backward research. First, I held a series of wine-and-cheese focus groups for single women to hear the stories of what's been going on in the dating market place. Then, I went on a hunch and interviewed married women with children who were in, what I believe is, a healthy relationship, and I asked them how long they waited before they had sex with their husbands. I found that a number of them actually even waited until marriage. One of the things that people do as a reaction to the high-supply sexual economy is check out of it by saying, "I'm not even going to participate in this nonsense." So I found a population of post-modern virgins; some of them are married now, and some of them are single women who don't use religion as a reason for staying a virgin in their 20s. Instead, they stay a virgin so that they can take the time to find a real relationship.

Let's shift gears a bit. Our readers are fans of reality shows like *The Bachelor* and *The Bachelorette*. Do you think those shows are helpful in teaching viewers how to find good partners? Or do they ultimately damage our perspective of relationships and love?

I think they hurt as much as romantic comedies do because

nobody is teaching anybody relationship skills. They don't practice slow love. They also subscribe to the myth that if you just choose the right partner, everything will be okay. The truth is being a good partner with good relationship skills will increase your chances of having a long, healthy, happy relationship. A great example is people who divorce and say, "Oh well, my second marriage is going to be better because I'm going to choose better." But divorce doesn't teach you how to choose better; it doesn't teach you how to be a better partner. Divorce only teaches you to say goodbye. Therefore, second marriages actually have a much higher divorce rate because the only thing divorce teaches you is how to survive divorce, and once you learn how to do that, it's even easier to leave the second time.

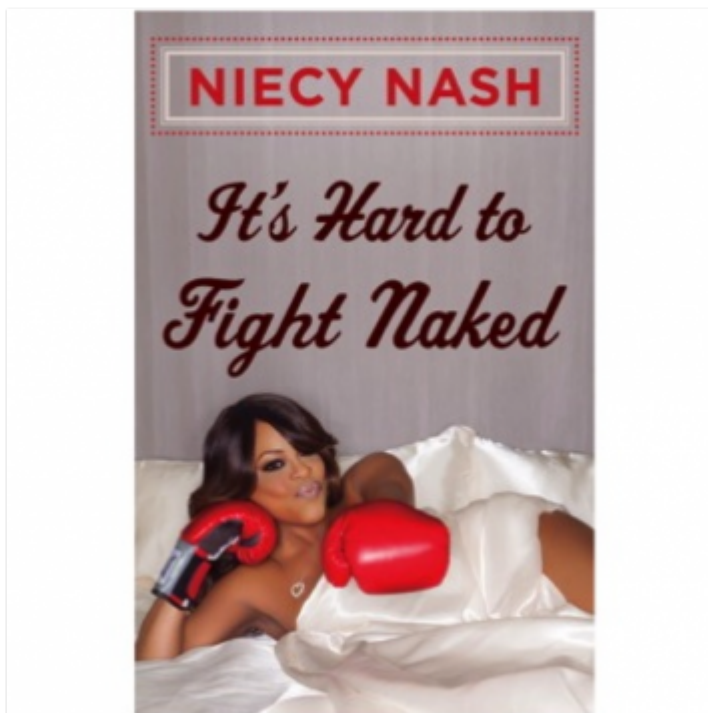
Related Link: [Cancelled: Why NBC's 'Ready for Love' Fueled America's Hatred](#)

Can you tell us about any other projects that you have coming up?

Yes! I'm developing an app based around my book *The Boyfriend Test*. Women will be able to crowd source the guys that they're dating. They can share a picture and biographical information and then ask other girls if they know them, if they've dated them, if they think he'd be a good boyfriend. *The Boyfriend Test* itself is also coming out as an e-book right after *The 30-Day Love Detox*. And I'm continuing to shoot *Happily Never After* – we have a whole new season for you!

You can purchase a copy of *The 30-Day Love Detox* in bookstores and online from [Amazon](#). For more information about Dr. Wendy Walsh, visit [drwendywalsh.com](#). Be sure to check her out on [Facebook](#) and [Twitter](#) too.

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.

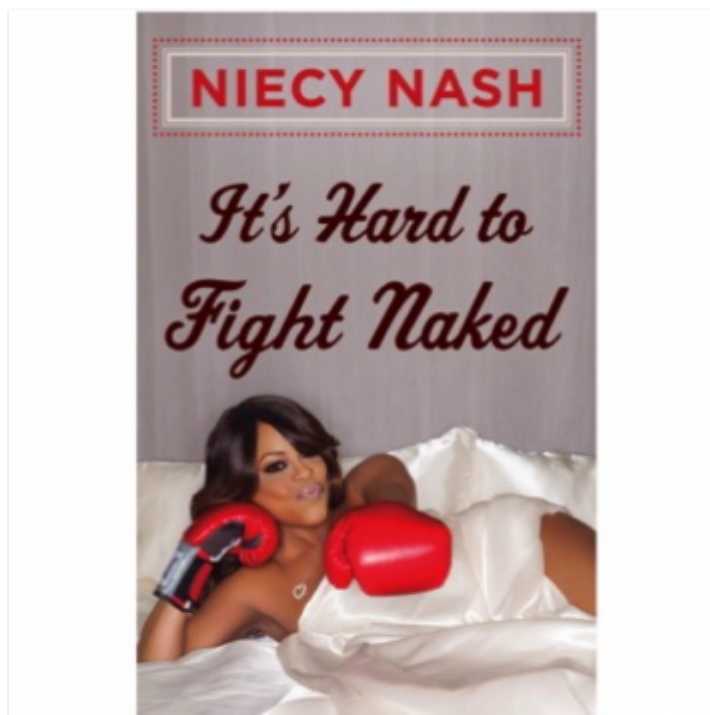
Earlier this month, Luyendyk returned to his racing roots, finishing fourth at the season-opening race in Phoenix. This coming Sunday, he'll be driving at The Long Beach Grand Prix in Robby Gordon's Stadium SUPER Truck Series and IndyCar's 2-Seater. "I'm super excited for the weekend. This race is the 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](#).

Celebrity News: Celebrities In Trouble with the IRS



By [Whitney Baker](#)

[Johnson](#)

Everybody dreads tax season – and celebrities are no different. Sure, it's a huge pain to gather all of your receipts and organize your files, but it's even worse if you owe money to Uncle Sam. Of course, you can always ignore that looming deadline and file late, although some people take this extension for granted. Many folks – famous or not – try to avoid payment for years, resulting in millions of dollars owed. Let's take a look at a few celebrities who have gotten in trouble with the government.

1. Nicolas Cage: It's no secret that Cage makes a lot of moola. It's estimated that the movie star brought in over 40 million dollars in 2009 alone. Still, he managed to blow every penny – and then some. By 2010, he owed the IRS around 14 million dollars. At the time, he owned 15 houses, four yachts and a Gulfstream jet. Ultimately, the bank repossessed his home in Bel Air, and the Internal Revenue Service (IRS) auctioned off a few more. He's now living a modest life in Las Vegas and still paying off his debt. Lesson learned!

Related Link: [Top Most Romantic Celebrities](#)

2. Ozzy and Sharon Osbourne: In 2011, it was reported that this Tinseltown twosome owed more than 1.7 million dollars in back taxes. Fortunately, the couple acted immediately and paid off their debt only a few days later. Sharon even released a statement saying that she hoped “none of this reflected negatively” on their moral character. Good for them!

3. Wesley Snipes: Poor guy ended up in jail for his tax debt! He received a three-year sentence for tax evasion and owed over two million dollars to the IRS. Unlucky for him, he spent his 50th birthday in a minimum security Pennsylvania prison last August.

4. Lindsay Lohan: This girl just can't stay out of the tabloids. In December 2012, it was reported that Lohan's bank

accounts were frozen until she paid off her debt of over 230 thousand dollars. Allegedly, she owes taxes from as far back as 2009. Given that she's already facing court cases on both coasts, let's hope she gets this situation taken care of before she ends up in any more trouble.

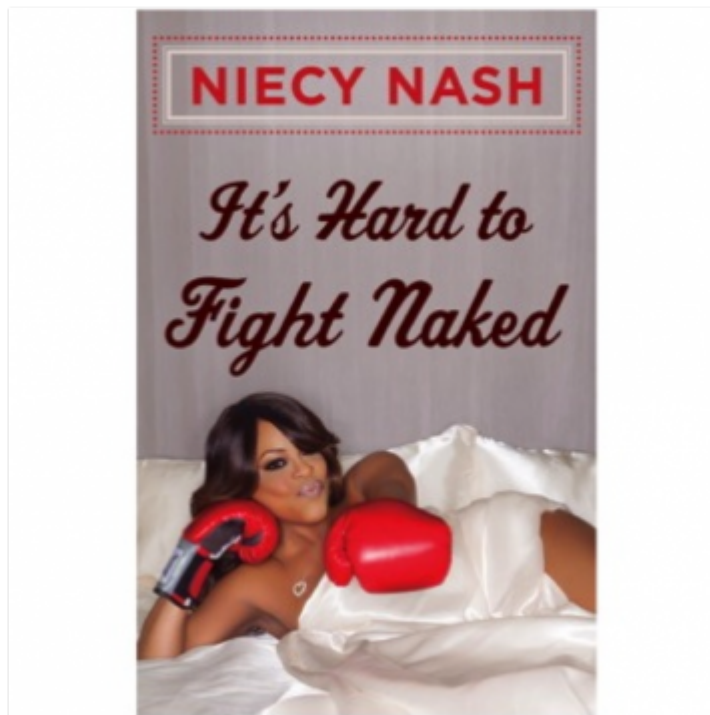
Related Link: [5 Reasons Men Are Attracted to Celebrity Bad Girls](#)

5. Pamela Anderson: This beach babe knows what it's like to be on bad terms with the IRS too. With a tax bill of over 450 thousand dollars, she joined the cast of *Dancing with the Stars* during its tenth season, hoping to make some extra money. Unlike other celebrities, she was open about her problems, working hard to pay off her debt.

What celebrities would you add to our list? Tell us in the comments below!

'American Idol' Contestant Lazaro Arbos Says, "I've Always Been the Kind of Guy Who Wanted to Do Something Big With Myself"





By [Whitney Baker](#)

[Johnson](#)

Lazaro Arbos was a fan favorite on this season of *American Idol* from his first audition, capturing our hearts with his rendition of "Bridge Over Troubled Water." He struggles with stuttering when he speaks, but when he sings, it's not an issue. Ultimately, his talent carried him to a sixth-place finish, outlasting the other male contestants and leaving an all-female top five for the first time in the show's history.

During his time on the show, the Cuban-born singer says he got to meet a lot of amazing people who he'll be friends with for life. Plus, it helped improve both his confidence *and* his speech impediment. "It definitely gave me a stronger mindset," he explains. "My stuttering has subsided a bit, and I think it has a lot to do with me learning to control my nerves better."

Related Link: [Burnell Taylor of 'American Idol': I "Really Like" Amber Holcomb](#)

Arbos wasn't surprised that it was time to go, and he's excited for what the future holds. "I'm so far from sad. Winning the competition wasn't my main goal," he shares. "My goal was to become known and become a better performer, and I think I achieved that."

Still, saying goodbye is never easy. "The part that was the hardest was that I made such good friends with all of the remaining girls. So the thought that I wasn't going to be with them anymore on the show really got to me."

As for what comes next, Arbos says that he loves love songs and wants to record a pop album. Until the tour kicks off this summer, he's excited to return home to Naples, Florida. "The first thing I'll probably do is go to the park with my family. I miss them a lot," he says. "Plus, my old high school has a pep rally planned for me, so I'm looking forward to that."

Related Link: [‘American Idol’ Performer Paul Jolley Talks About His Future Plans](#)

He has no plans to step out of the spotlight either: "I would love to be on *Glee* – that's one of my goals after the tour. I'd love to be on *Modern Family* too."

The contestant also shares that he's hoping to sing with icon Cher on the *American Idol* finale. "I met her at the start of the show, and we've been talking back-and-forth since then. She follows me on Twitter, too."

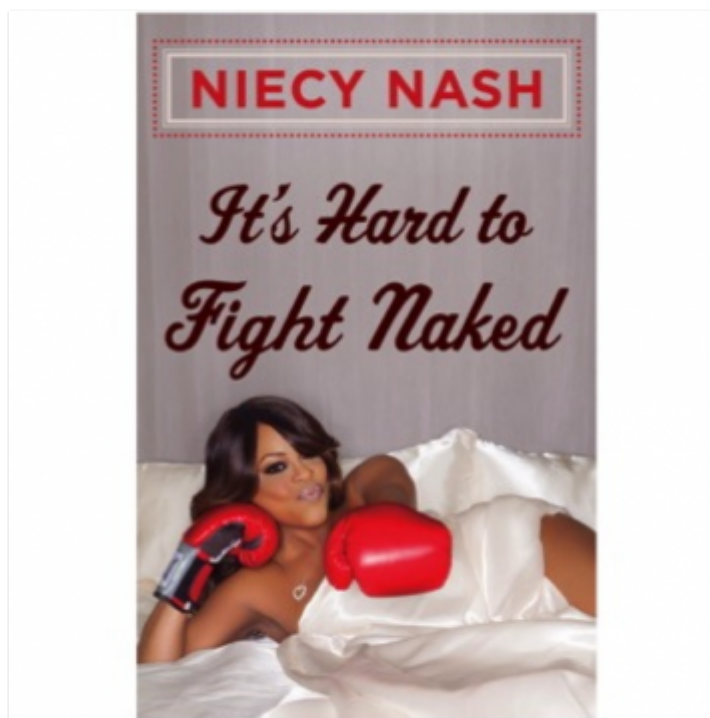
Despite some criticism from the judges and mentor Jimmy Iovine, Arbos has no regrets. "I believe that everything happens for a reason," he says with optimism.

"My love for performing and for music motivated me to audition for the show," he adds. "I've always been the kind of guy who wanted to do something big with myself."

You can keep up with Arbos on [Twitter](#) and [Facebook](#). You can

also catch him on this summer's American Idol tour.

Celebrity News: Drea de Matteo Talks About 'Stalkers' & How Life Changes After Babies



By [Whitney Baker](#)

[Johnson](#) and [Sarah Ribeiro](#)

Drea de Matteo best known for her role as “Adriana” on HBO’s critically acclaimed show *The Sopranos*, and “Angie” on ABC’s *Desperate Housewives*, returns to the small screen playing detective Diane Harkin in the Lifetime Original Movie *Stalkers*, premiering Saturday, April 13th at 8/7 c.

“There haven’t been many great roles out there lately,” the actress says. But for de Matteo it seems like she was drawn to this script and her character. In the upcoming movie, she is a hotheaded detective who is investigating unsolved stalking cases while on the run from her ex-husband. “I’ve never played a cop, and I’ve always wanted to,” she says. “I’m always sort of the “victim” in my roles. In this film, I get to be a victim and a tough woman at the same time. This character has a past, and she’s breakable, but she’s on a mission to conquer her fears. She can’t afford to be afraid.”

As a mother of two, the *Sopranos*-alum says *Stalkers* reminded her of how important it is to keep her children safe. “I don’t know if I have the strength to figure stuff out like my character, Diane can. As far as teaching my kids to protect themselves, playing a role like this definitely reminds me that there are a lot of crazy people in this world.” de Matteo was filming the movie when the tragic shooting at Sandy Hook Elementary occurred, and she couldn’t let herself hear anything that was going on “because of the pain and fear that set in” and the thought of that happening to one of her children.

de Matteo has played a mom since she was in her twenties, but *being* a mom to five-year-old daughter Alabama Gypsy Rose and two-year-old son Waylon Albert “Blackjack,” her kids with fiancé Shooter Jennings, is quite different. “Oh my gosh, my life has changed so much since I’ve had babies. Now, I know what it’s like to be a mom in real life, and I can really play the part,” she shares. “At this point, I don’t even have to think about anything to get upset on camera. All I have to do is see an image of something harmful happening to my children

in my head.”

Related Link: [Long-Term Relationships: 5 Ways to Keep the Spark Alive](#)

She adds, “I am so madly in love with my children, and they affect everything I do and any role I play.”

Shooting *Stalkers* was the first time she was away from her family, but she made the best of a tough situation by traveling back and forth between California, where her daughter is in school, and Vancouver, where the movie was filmed. “That part of it was awful, but luckily, the experience of making the film was so great that it definitely helped to overshadow how painful it was to leave my kids.”

Like any parent, de Matteo’s still learning what it means to be a mother. “No one ever really gave me advice on parenting,” she shares. “I feel like my daughter is my teacher to a certain degree, and I let her guide me. On the other side, I am here to guide her, and I am going to catch her every time she falls.”

It’s no surprise that de Matteo’s children are her number one priority. Still, her work is important too. We can’t help but wonder: Can women really have it all? de Matteo says, “I think we can. We just have to work harder than any man has ever worked in his entire life.”

Related Link: [Kristin Cavallari: “Motherhood Came Very Naturally to Me”](#)

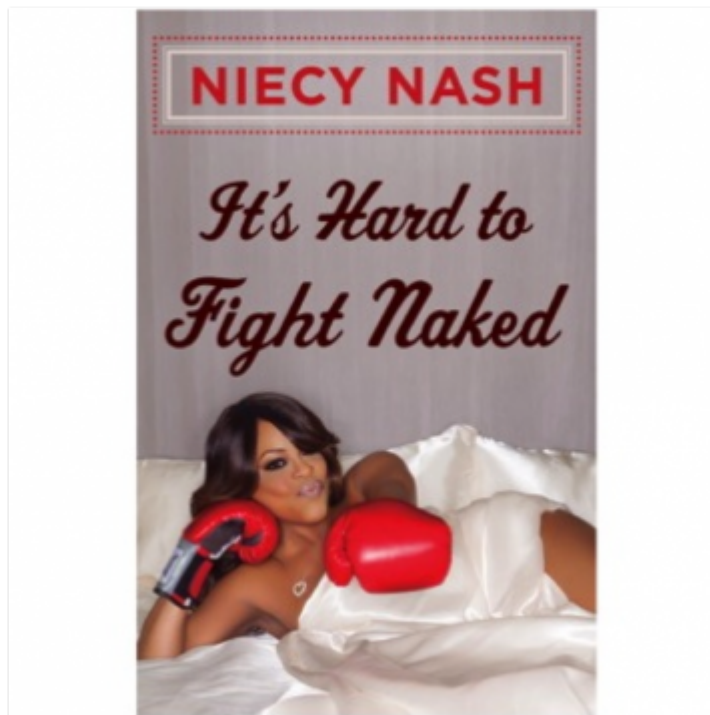
To keep her life in balance, after filming, de Matteo focuses on spending time with her family. “When I come home, all I want to do is hug on my kids. We like simple things,” she says. “I love going to the park and walking down the street, holding hands with my babies and my boyfriend.”

Stalkers premieres on Lifetime Saturday, April 13, at 8:00pm

ET/PT.

**NBC's 'Ready for Love'
Contestant Ben Patton Says,
"When You've Fallen in Love,
You Can't Deny That It
Exists"**





By [Whitney](#)

[Baker Johnson](#)

It's no secret that dating-based reality shows like [The Bachelor](#) and *The Bachelorette* are a huge hit among fans – even if they very rarely end with a match made in heaven (or on some Caribbean island, as is often the case). In twenty-four seasons of the ABC shows, only two couples, both from *The Bachelorette*, have made it to the altar: Trista Rehn and Ryan Sutter and Ashley Hebert and J.P. Rosenbaum. For those of us who can't give up the hope that someone *can* find their soul mate on television, NBC introduces [Ready for Love](#), a show that enlists three talented matchmakers to help three eligible men find the one thing missing in their lives: true love. Adding credibility to the show, which premieres tonight, are three big names: Eva Longoria is an executive producer, while Bill and Giuliana Rancic are the hosts.

One of those lucky bachelors is Ben Patton, a 30-year-old international financier from Dallas. Patton moved back to

Texas from Dubai in 2011 because, even though business was great overseas, he was missing balance in his life. “I didn’t have a personal life that was really growing, and I wanted to move back to the states so that I could establish my roots a little more,” he shares. “Truth be told, I wanted to start dating again and hopefully meet someone special.”

Related Link: [‘Ready for Love’ Host Giuliana Rancic Says, “Having a Strong Marriage is the Greatest Example You Can Set for Your Child”](#)

As for why *now* was the time to look for love, Patton says it was mostly social awareness. Attending wedding after wedding without a date – “I’ve attended more weddings as a single guy than anyone else I know!” – he realized that a part of his life was missing. “Everyone I know is getting married, and all of the sudden, it started moving up on my priority list. Everything was great, but I wanted to fill that gap – and really, that gap, at the end of the day, is the most important thing.”

Of course, even fans of similar shows would be skeptical of actually finding love on television. And Patton was no different. As he explains, “I wasn’t home but eight months before I got a call from NBC. Eva got on the phone, and she’s pretty good at selling you on an idea. She convinced me that the format was completely different than other dating shows.”

Unlike *The Bachelor*, *Ready for Love* shows the process of picking the girls who will be the best fit for the three guys. Matchmakers Amber Kelleher-Andrews, Tracy McMillan and Matthew Hussey each select four compatible girls to introduce to each bachelor. “It’s not about finding a bunch of cute, little girls who are going to be dramatic for the cameras,” Patton says. “It’s about introducing you to the other guys first; then, when women apply for the show and the matchmakers see real compatibility, that’s when they decide who they want to put on the show.”

He adds, "If there's any sort of competition, it's among the matchmakers to prove that they know what it takes to find a match for us – not among the guys or the girls."

During the first week, the guys talk to their twelve matches and get to know each of the ladies without ever meeting them face-to-face. Based on the chemistry that they feel, they eliminate three girls and then start the dating process with the nine remaining contestants.

Related Link: [Tracy McMillan Says 'Ready for Love' Will Change the Way America Dates](#)

Like many people, Patton had never worked with a matchmaker prior to the show. In fact, he never felt like he needed help from a professional when it came to his love life. He describes *Ready for Love* as a "learning experience" and says it definitely changed his mind. "I started to realize that it's really okay to go to someone for help and admit that you're obviously doing something wrong. At the end of the day, 90 percent of what matchmakers tell people is pretty much common sense, but it's easier to hear it from a professional than to hear it from your best friend, your girlfriend or your parents."

Even with professional help, Patton still had to believe that true love exists. It's easy to become jaded after a few failed relationships, but this bachelor didn't let a broken heart deter him. "When you've fallen in love – and I've been in love before – you can't deny that it's there, that it exists," he says with conviction. "When you are really, absolutely in love with someone, everything takes a sideline to that relationship. You just want to make sure that person is okay because she means so much to you."

So did Patton find that all-consuming, lasts-for-a-lifetime love? While he can't reveal too much about the show's ending, he does say that he's very happy. Of course, it's been a

struggle to keep his relationship under wraps for so many months. “We’re always having to see each other in secret,” he shares. “It’s like, ‘Hey, I’ll meet you in Arkansas for the weekend.’ We’re going to towns where people won’t recognize us so that we can go out to dinner together.”

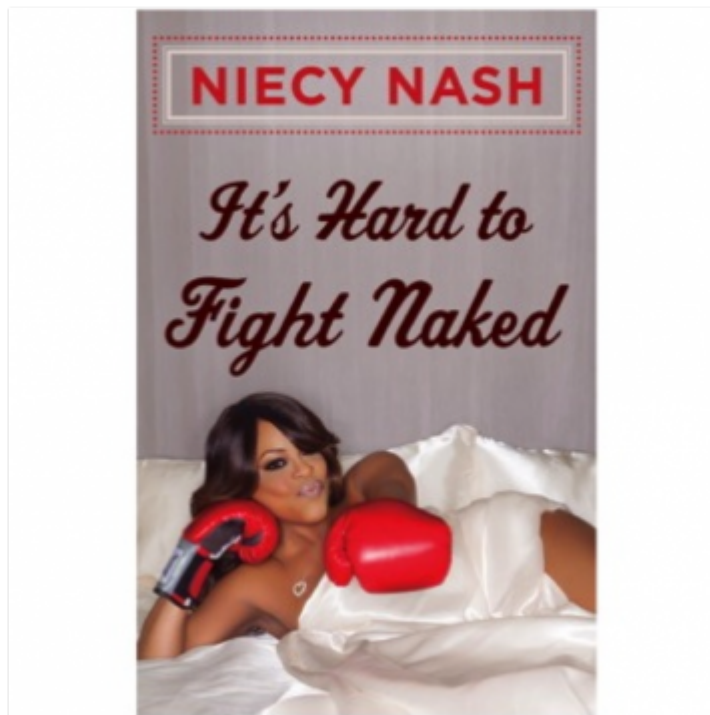
Filming the show last summer, he’s had a lot of time to reflect on his journey, and given the outcome, he encourages people to never give up. “It’s really easy to get frustrated in relationships and just throw in the towel. For a long time, that’s what I did,” he explains. “But you should just hang on because there’s somebody out there who probably feels the same way. You guys will run into each other one day and be like, ‘Where the hell have you been my whole life?’”

In other words, always be *Ready for Love*.

Don’t miss the two-hour series premiere of ‘[Ready for Love](#)’ on Tuesday, April 9th at 9/8c NBC. For more information about Ben, follow him on Twitter @Ben_Patton.

Burnell Taylor of ‘American Idol’: I “Really Like” Amber Holcomb





By [Whitney Baker](#)

[Johnson](#)

American Idol viewers were surprised to see New Orleans native Burnell Taylor sent home last night. Even mentor Jimmy Iovine predicted that he would be the last guy standing, saying at the start of the elimination show that Lazaro Arbos should be voted off. Taylor, though, says he “had a feeling it was going to be me this week. I was prepared – it’s always a possibility.”

Still, he’s proud of himself for his performance of Bon Jovi’s “You Give Love a Bad Name” on Wednesday night. “I can’t believe I performed a rock song on live television,” he says with a laugh. “If somebody would’ve told me I was going to do that, I never would’ve believed them.” He adds that he “learned to roll with the punches” during the competition.

Related Link: [‘American Idol’ Performer Paul Jolley Talks About His Future Plans](#)

Of his save song, the singer says that it wasn't about him being saved by the judges. Instead, he wanted to leave his mark. He certainly did that, ending the song by kissing fellow contestant Amber Holcomb on the cheek. Of his relationship with the singing beauty, he says, "We're still learning about each other. We're not moving too fast. We're both young, but we really like each other."

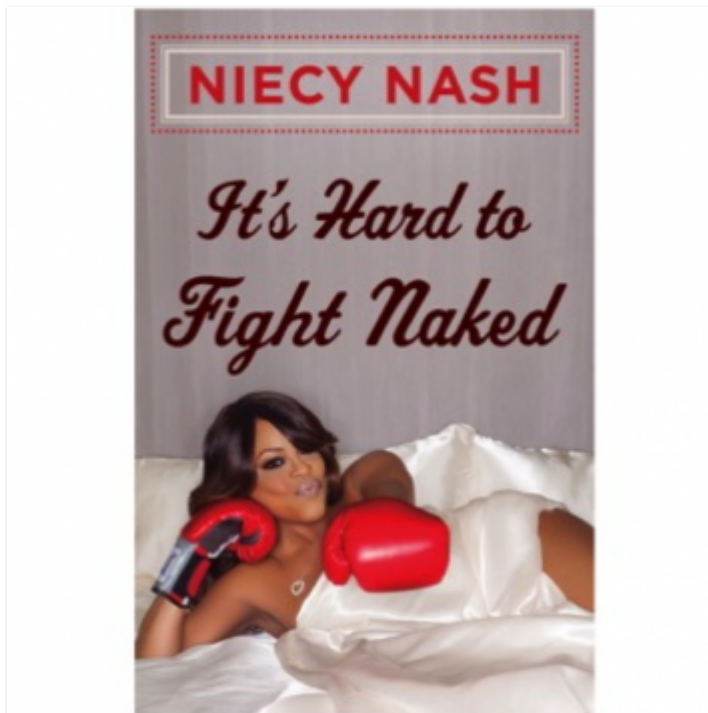
Taylor also had a big effect on judge Mariah Carey and contestant Candice Glover, who were both in tears over his departure. "I never knew how much they cared about me. To see that they were so genuine really touched me. I broke down too." As for Carey's advice, Taylor says, "She told me that this wasn't the end, that I should run with it. And that's what I'm going to do. I feel like it's about what you do after the show."

So what does the crooner want to do now? "I want to be a storyteller and get as personal as I can with my album. I want to be honest. That's what I feel is missing from the industry." When asked about comparisons to John Legend, he shares that the Grammy winner is definitely of his inspirations. "As far as my music, though, I want to be as original as I can and do something that nobody's ever done before."

He graciously thanks his fans – who he calls family – for their support and adds, "We shall meet again – and it's won't be too long."

You can follow Taylor on [Twitter](#). Be sure to check him out on the American Idol summer tour too!

Celebrity News: 5 Best Celebrity Pranks



By [Whitney Baker](#)

[Johnson](#)

Everybody loves a good prank – and celebrities are no different. Of course, their pranks usually get more attention than those executed by everyday folks. They have endless means at their disposal (including a fan base to share the funny news) and often take pranking to a whole new level. In honor of April Fools' Day, we pulled together this list of our five favorite celebrity pranks (in no particular order):

1. George Clooney versus Brad Pitt: These two leading men are involved in an ongoing war of pranks both on and off film sets. It started when Clooney put a bumper sticker on Pitt's car that read, "I'm gay and I vote." In response, Pitt bought a few ads in the Hollywood trade papers about Clooney being twice named *People* magazine's "Sexiest Man Alive." Wonder what these actors have up their sleeves next!

2. Ashton Kutcher versus Justin Timberlake: Who can forget MTV's show *Punk'd*, which was created, hosted and produced by Kutcher? One of the best pranks was played on Timberlake. One of Kutcher's friends posed as someone from the Internal Revenue Service and told Timberlake that he owed over a million dollars in taxes and that they were going to take all of his possessions – even his dogs. The "Suit & Tie" singer was nearly brought to tears before Kutcher revealed the truth.

Related Link: [April Fools' Pranks to Play on Your Significant Other](#)

3. Sarah Silverman and Matt Damon versus Jimmy Kimmel and Ben Affleck: Silverman paired up with Damon to prank then-boyfriend Jimmy Kimmel. Their hilarious video has had almost four million views on YouTube! To retaliate, Kimmel teamed up with Affleck, Damon's BFF, and created another video that featured Cameron Diaz, Brad Pitt, Don Cheadle and more.

4. Taylor Swift versus Keith Urban: To ensure that her tour with Urban ended on high note, Swift decided that pranking was a must. The country starlet, along with a few of her band members, dressed up in full KISS makeup and outfits and rushed the stage while Urban performed "Kiss a Girl." Certainly made for a memorable photo op!

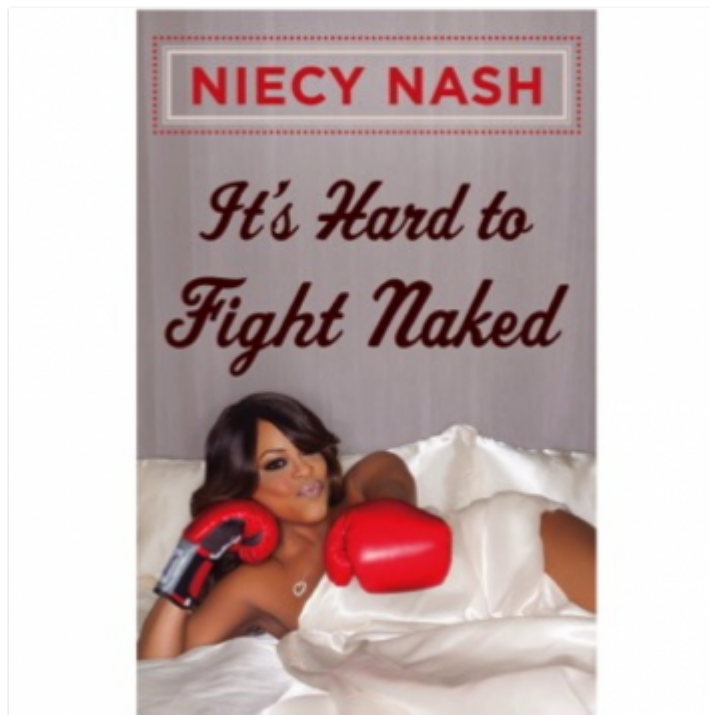
5. Khloe Kardashian and Nicole Richie versus Kim Kardashian: In 2010, Khloe and Nicole teamed up to prank Khloe's big sister, Kim. They hacked into her Twitter account and posted hilarious updates until the reality star figured it out.

Luckily, she was a good sport about the joke and later tweeted, “That was hands down the funniest April Fools’!!”

Which celebrity prank do you love most? Tell us in the comments below!

Celebrity Pregnancy: ‘High School Musical’ Star KayCee Stroh Celebrates Her Baby-to-Be





By [Whitney Baker](#)

[Johnson](#)

KayCee Stroh's spring is already looking pretty in pink. On Saturday, March 23rd, the *High School Musical* star and former *Celebrity Fit Club* contestant kicked off the new season with a chic baby shower at the W Los Angeles-Westwood. With blooms by Sky Flowers, food by LYFE Kitchen and dessert by Magnolia Bakery, the guests, including Vanessa Hudgens, *Hannah Montana's* Anna Maria Perez and *I Kissed a Vampire's* Autumn Grabeel, were treated to a day of pampering from beauty companies like Nail Garden, Lash Fairy, LipSense and more.

The mother-to-be got ready for the event with celebrity stylist Anya Sarre, who also helped plan the soiree. Sarre recently welcomed her first baby – son Sawyer William – with husband Tim and knows firsthand that a bundle of joy makes everything different. “The definition of romance has changed,” Sarre says of life post-baby. “We still make time for us, but we incorporate the baby. A date doesn't have to be a candlelit

dinner for two.”

Related Link: [‘My Girl’ Star Anna Chlumsky Is Expecting](#)

It sounds like Stroh and husband Ben Higginson have taken this advice to heart. For starters, the twosome has built a strong foundation for their relationship since tying the knot in 2009. After dating for only six months, Stroh realized that her man was someone she couldn’t live without. “I knew he was ‘the one’ because of the way he made me feel and how he made laugh in times of despair. He balances me and always reminds me of what really matters in life.”

Plus, they’ve already “made a few packs” to ensure that romance doesn’t fall to the wayside after their daughter is born. In order to keep their love a priority, after a long day of work, they’ve promised to kiss each other first before turning their attention to the baby. Another important activity is a weekly date night. “Ben’s parents always did this, and we feel it’s really great advice. Sometimes, couples just need time together to talk like adults and remember why they love each other,” the star explains. “We’ve decided on every other Friday night. That’s our plan to keep our marriage healthy and happy!”

While they know a baby will add a lot more responsibility and stress to their relationship, they also think their child will improve their marriage for the better. “I can’t think of anything that would strengthen our bond more than looking into the eyes of our baby girl and knowing that we created something wonderful together,” the actress gushes. “What an incredible bonding experience!”

Related Link: [Holly Madison Discusses Baby Names and Wedding Plans](#)

Higginson is already proving to be an involved daddy-to-be, which is no surprise for his wife. “He’s always been a part of the decision-making process in our lives. He’s helped me every

step of the way, whether it's going to doctor's appointments with me or tracking down my most ridiculous request for the nursery."

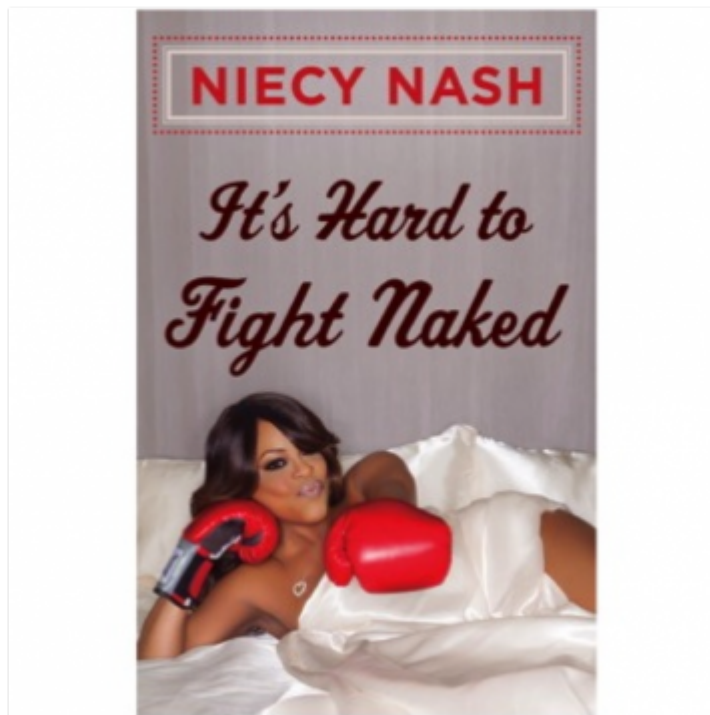
"He's such a champ," Stroh adds. "I'm really lucky."

Stroh's close friend, Rachel Leigh Cook, has no doubts about the couple's growing family. "Any child coming into this world would be lucky to have you two as parents. You are both all heart," she said at the shower. "I hope your daughter is blessed with Ben's silliness and KayCee's singing voice."

To keep up with Stroh, follow her on [Twitter](#).

**'Ready for Love' Host
Giuliana Rancic Says, "Having
a Strong Marriage is the
Greatest Example You Can Set
for Your Child"**





By [Whitney Baker](#)

[Johnson](#)

Giuliana and Bill Rancic have a relationship that many of us admire, so it only makes sense that the couple was tapped to host NBC's upcoming dating competition show *Ready for Love*. They've opened up their personal life to fans on their own reality show *Giuliana and Bill* on the Style Network, and now, they'll be taking on a new role in front of the camera. "We absolutely love working together," Giuliana says of the experience. "We banter back and forth quite a bit, but it's all in fun."

She adds that deciding to host the show was a no brainer. "We're always traveling and working apart, so it was the perfect opportunity for us to not only be a part of such a great show with amazing people but to spend some time together while doing it."

The premise of *Ready for Love* is different than other dating

shows. The three bachelors – Ben Patton, Tim Lopez and Ernesto Arguello – were each paired with twelve ladies by three matchmakers, Amber Kelleher-Andrews, Tracy McMillan and Matt Hussey. Giuliana knows firsthand that *Ready for Love* is the real deal. “By using relationship experts, the compatibility between the bachelors and each girl is really tested,” she explains. “This is, by far, the most realistic dating reality show I’ve ever seen.”

So did the Rancic’s share any of their wisdom and experiences as a madly-in-love couple with the single men? “Well, the matchmakers are experts, and they don’t necessarily need help from us, but we did throw in little pieces of advice to the guys here and there. You’ll have to tune in to find out!”

That’s not to say that the couple didn’t get to know the bachelors both on and off the set – Ben and Ernesto even came to their baby shower! “We really bonded with each of them and truly rooted for them while they searched for love,” the host says. “They are all such great guys.”

If the men had asked for their advice, the twosome believes that communication is most important for a successful relationship. When they’re in different cities for work, they’re “always checking in and trying to put each other first – that’s what keeps us strong.”

Related Link: [Ready for Love: Three Extraordinary Men](#)

Of course, they have a new member of the family who they have to make a priority too: their seven-month-old son, Edward Duke. Even so, becoming parents hasn’t changed their relationship. “If anything, it’s just brought us closer. We’re both so happy and grateful.”

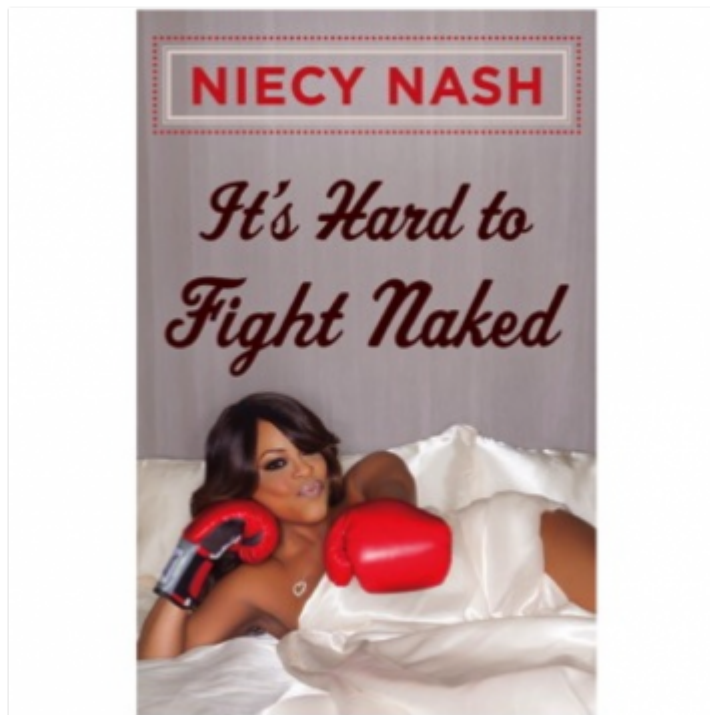
“Baby Duke is so adorable, and we’re loving every minute of parenthood” the first-time mom adds. “Every ‘first’ he has is the greatest moment in the world.”

For new parents who are struggling to fit romance into their lives, the television personalities say spending one-on-one time together is a must. “It’s so important to stay connected to your spouse as a new parent,” Giuliana shares. “Having a strong marriage is the greatest example you can set for your child.”

Be sure to check back next Monday, April 8 for our interview with Ben Patton and Tuesday, April 9 with Matthew Hussey! Catch the premiere of Ready for Love on Tuesday, April 9th at 9/8c on NBC. For more information about Giuliana, you can follow her on [Twitter](#) and watch her on E! News.

Relationship Expert Tracy McMillan Says ‘Ready for Love’ Will Change the Way America Dates





By [Whitney Baker](#)

[Johnson](#)

Unlike both Matthew Hussey and Amber Kelleher-Andrews " her fellow matchmakers on NBC's upcoming reality show, [Ready for Love](#) " Tracy McMillan considers herself to be a best friend matchmaker. "I come from the loving perspective of a friend who's going to tell you the things that your real friends are afraid to say because you might get mad."

Related Link: [Matchmaker Amber Kelleher-Andrews Chats About Being 'Ready for Love'](#)

She further explains, "My philosophy isn't about getting the guy. It's about opening your heart wide enough that the guy can walk into you're life and that you're ready for him."

With that said, in today's world, there's not a "one size fits all" approach to dating. "It used to be that you'd date in your early 20s, settle down in your mid-20s and be married for

the rest of your life,” McMillan explains. “Now, there’s a lot of confusion because people don’t understand that you don’t date the same as you do when you’re 25 and 38.”

Still, the author of *Why You’re Not Married Yet: The Straight Talk You Need to Get The Relationship You Deserve* believes that it’s “not necessarily harder to date.” There’s just more circumstances to consider when looking for love ” which is where she can help.

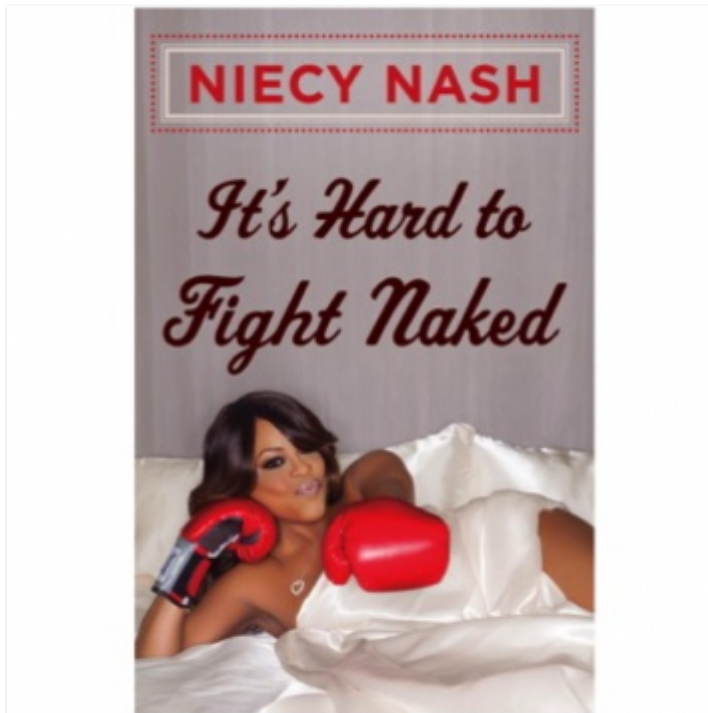
Related Link: [Matthew Hussey Talks NBC’s ‘Ready for Love,’ ‘Get the Guy’ and Being a Life Coach](#)

The matchmaker believes that *Ready for Love* is going to change the way America dates. “I don’t think anybody’s ever seen a show get into the process of meeting someone, dating and falling in love. There’s something very riveting about it. You’ll laugh; you’ll cry; and you’ll say, “No, she didn’t! ” McMillan shares. “It’s just not like anything else on television.”

Be sure to watch McMillan on “[Ready for Love](#),” which premieres on NBC on Tuesday, April 9th at 9/8c after “The Voice.” To purchase her book “*Why You’re Not Married Yet*,” click [here](#). For more information about the matchmaker, check out her site [tracymcmillan.com](#) or follow her on [Facebook](#) or [Twitter](#).

Relationship Matchmaker Amber Kelleher-Andrews Chats ‘Ready

for Love'



By [Whitney Baker](#)

[Johnson](#)

If you're anything like us, then you're anxiously awaiting for the premiere of NBC's new dating reality series, *Ready for Love*. Not only will we have a front row seat as three very eligible bachelors search for love, but we'll also be privy to the advice they receive from three renowned matchmakers, one of whom is Amber Kelleher-Andrews.

Related Link: [Matthew Hussey Talks NBC's 'Ready for Love,' 'Get the Guy' and Being a Life Coach](#)

Kelleher-Andrews comes from a family business of matchmaking. "I like to say that I'm the fly on the wall on over 40,000 dates," says the CEO of Kelleher-International. Kelleher-Andrews' mother founded the "extremely personalized professional matchmaking firm" about 27 years ago, and the *Ready for Love* star has been working there for almost two decades now.

Separating her from other matchmakers, she engages with both the man and the woman involved in each match. She listens to the criteria and perspective of both parties and goes into every detail of every date. "I learn the do's and don'ts of dating from every age range in most of the major cities of the United States as well as overseas. I find major patterns in dating based on gender, based on age and based on different communities."

Of course, different generations must consider that there are different ways to navigate the troubled waters of dating. But regardless of background, it ultimately boils down to one question: where do you find your person? That's where matchmakers can help. "When you're truly ready for love and approach an expert for guidance, you get to skip that problem because we already have your potential matches in our files."

"You're attracted to people based on your personality and what you want in life," the matchmaker adds. "I compare it to college. Like-minded people go to Harvard, and those people are very different from the students at MIT or UCLA."

Related Link: [Ready for Love: Three Extraordinary Men](#)

Adding a huge amount of credibility to *Ready for Love*, Kelleher-Andrews and her fellow matchmakers had the final say in the female contestants vying for the men's hearts. "We chose these women because we felt that they were very similar to the bachelors. Do we know who they pick in the end? Of course not," she explains. "But we can at least bring a group

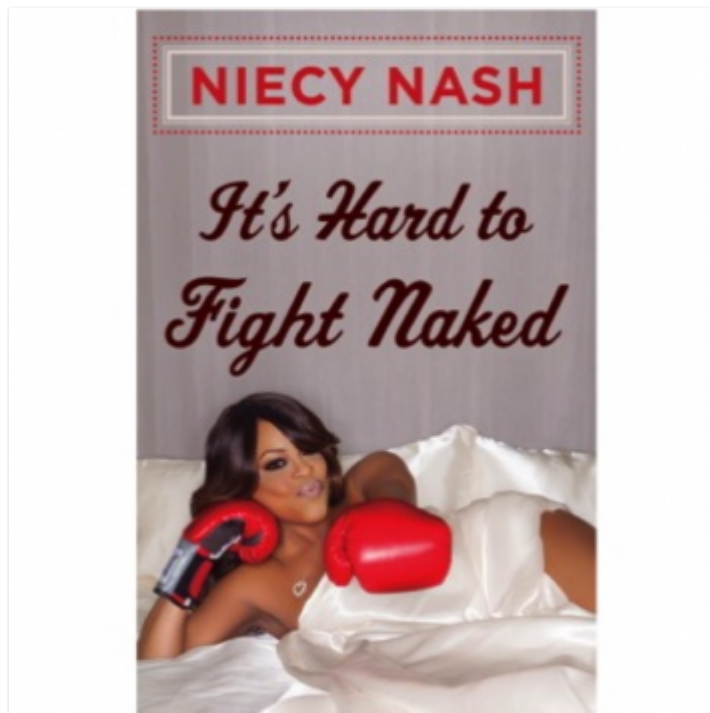
of women to the stage that we feel are very compatible with them.”

As for the men on *Ready for Love*, Kelleher-Andrews believes that “they already have the charm and charisma and success. They just need their person.” Given the expertise of the three matchmakers, it sounds like picking out “the one” might not be so easy!

Don't miss the two-hour series premiere of '[Ready for Love](#)' on Tuesday, April 9th at 9/8c on NBC! For more information about Kelleher-Andrews, click [here](#). You can also follow her on [Facebook](#) and [Twitter](#).

Celebrity Couple Jesse James & Drag Racer Alexis DeJoria Tie the Knot





By [Whitney Baker](#)

[Johnson](#)

Television personality and motorcycle customizer Jesse James recently said “I do” for the fourth time. According to [People](#), he tied the knot with professional drag racer Alexis DeJoria on Sunday in Malibu at the home of her father, co-founder of the Paul Mitchell hair care products line and Patron Spirits Company. [ABC News](#) reported that the bride wore a strapless white dress with black details and showed off her extensive collection of tattoos. The couple, who live together in Austin, Texas, exchanged rings by well-known jeweler Neil Lane. James is no stranger to the tabloids: his divorce from Sandra Bullock made headlines in June 2010, while his broken engagement to Kat Von D was splashed across magazines in September 2011.

How do you keep your faith in marriage after a failed attempt?

Cupid's Advice:

It's not always easy to jump back into the dating game after getting burned by a bad relationship. It's even harder to give marriage another shot after a failed attempt (or two). Cupid's here to offer some advice:

1. Let go of bitterness. Before you can open yourself up to love again, you must leave behind the cynicism and negativity that may have filled your broken heart. After all, this bad attitude only hurts *you*. You look petty and jealous, and many people – potential suitors included – will be turned off by your behavior.

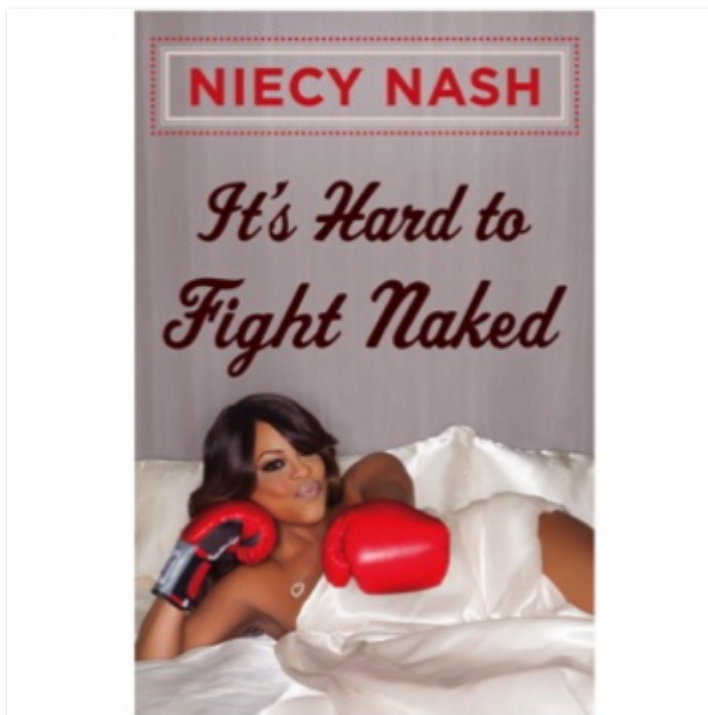
2. Know what you want. Take a look at your failed marriage and try to learn something positive from it. Why didn't it work? What went wrong? Then, consider what you want in your next spouse. What are your relationship must-haves and deal breakers? Having a clear idea of your future love life will help you find an everlasting partnership.

3. Remember the good things about love. Once you adjust your attitude and determine what you're looking for in your next relationship, you must be open-minded to true love. Immerse yourself in romance: watch your favorite rom-coms, listen to sappy songs and read your favorite books with fairy tale endings. Remind yourself that "happily ever after" does exist and that it can be your's.

How did you find faith in love after a broken heart? Tell us in the comments below.

'American Idol' Performer

Paul Jolley Talks About His Future Plans



By [Whitney Baker](#)

[Johnson](#)

Many viewers were disappointed to see Paul Jolley eliminated on last Thursday's *American Idol* episode. The sweet Southern boy from Palmersville, Tennessee, knew that it would be his final week though. "I was just so ready for it," the performer said of leaving the show. "I talked about it throughout the day. Everybody could see that I was going to be okay no matter what."

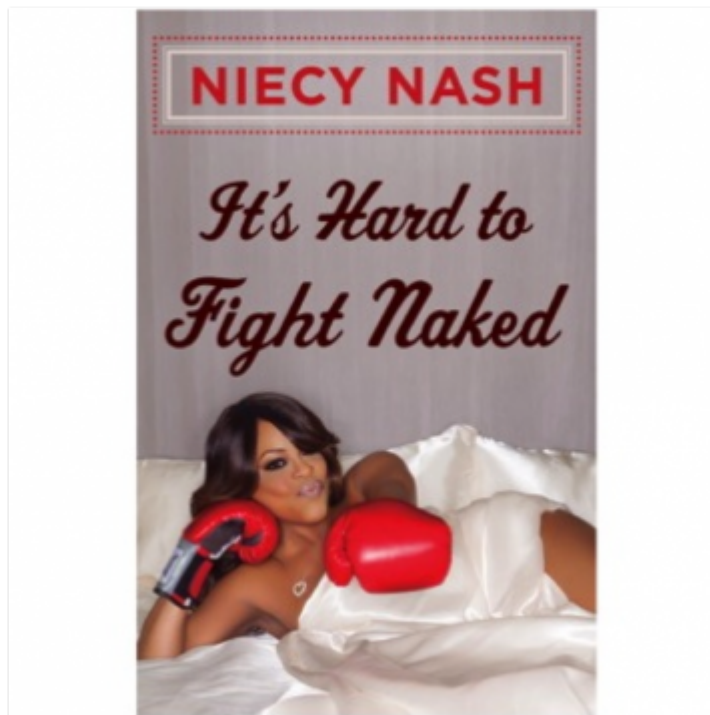
As for his future plans, Jolley hopes to record a pop country album. “I don’t want to change what I feel in my heart. That’s what my calling is, and that’s what I need to be doing,” he shares. Of course, his dreams aren’t limited to music: “I want to have my own clothing line. That was a custom shirt that we had made during my ‘Eleanor Rigby’ performance. I also want to act. I want to dabble in a lot of different areas, put my Paul Jolley stamp on everything.”

To his fans – affectionately known as Troopers – Jolley wants to say a “huge thank you. It’s a true blessing to have such loyal people that are there for me no matter what.” If you want to see more of him, don’t miss the *American Idol* tour this summer!

To keep up with Jolley, follow him on [Twitter](#) or [Facebook](#).

Giveaway: Find Your Inner Green with Gaiam Yoga Products





This post has been sponsored by Gaiam.

By Whitney Baker and Nicole Cavanagh

Mother nature is all around us, and in today's world, taking care of her is extremely important. More and more, we are seeing products that help you to live a "green" life. Here at CupidsPulse.com, we love promoting healthy living – which is why we're so excited about Gaiam yoga products. Not only do they help you find your inner goddess, but they make you proud of living a healthy lifestyle.

Gaiam, pronounced "guy-um," is a fusion of words that means "I am Mother Earth." The word Gaiam represents planetary awareness, preservation and support of the interconnectivity of all living things. Being connected is important, whether it be with the environment, with yourself or with that special someone. So for all of you ladies out there who value the world, a healthy lifestyle and personal development, we have

some great finds for you.

Gaiam's **Sage Lily Yoga Mat**, a five-millimeter PVC mat, is created with you in mind. This tranquil and serene mat is absolutely gorgeous with a fresh design of lilies and relaxing color palette. No matter where you practice yoga, this mat will make you feel fresh, comfortable and unique. Use this product as a way to revamp your current workout or even start a new hobby with your guy.

Are you looking for some guidance during your at-home workouts? Gaiam's **Core Power Yoga Calorie Blast DVD** is the perfect fit for you. Core Power Yoga is the hottest in-studio practice, and this brand new DVD includes three ultra-efficient toning and fat-burning yoga workouts. You can work up a sweat and spark your metabolism with your beau in the comfort of your own home. It's a sure-fire way to transform your body from the inside out, ensuring that you feel incredible about yourself!

Another Gaiam product that we can't get enough of is the Adjustable Strap Tank. With its sweetheart neckline, adjustable straps and built-in shelf bra, it offers you maximum comfort and support during your workouts. Plus, it's created from recycled polyester, making it incredibly soft, wrinkle resistant and eco-friendly. Whether you're practicing Vinyasa, Bikram or Hatha yoga, this tank will ensure that you get the most out of your time on the mat.

Now, one lucky CupidsPulse.com reader will have the opportunity to win their very own Sage Lily Yoga Mat and Core Power Yoga Calorie Blast DVD. Be in touch with your inner self – and your man! – and stay fit with Gaiam yoga products.

~~GIVEAWAY ALERT: To enter for a chance to win the Sage Lily Yoga Mat and Core Power Yoga Calorie Blast DVD, go to our Facebook page and click "like." Leave a comment under our giveaway post letting us know that you want to enter the~~

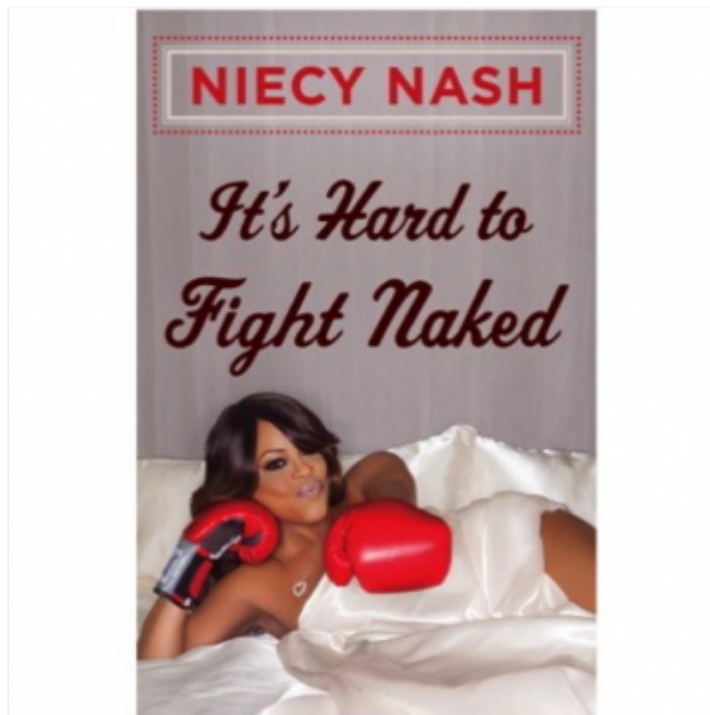
~~contest and why you enjoy doing yoga. We will contact the winner via Facebook when the contest is over, and they will have three days to respond back with their contact information. The deadline to enter is 5:00 p.m. EST on Monday, April 1st. Good luck!~~

Congratulations to Katherine Young!

At Gaiam, they believe that by nurturing, protecting and respecting our planet, its natural resources and its inhabitants, we enrich our own lives and those of future generations. We couldn't agree more!

Audrina Patridge Says A Guy Must Have "Loyalty, Integrity and Respect" To Get Her Attention





By [Whitney Baker](#)

[Johnson](#)

Spring Break is going strong in Panama City Beach, Florida, and celebrating there again this year is former MTV reality star, Audrina Patridge. Model, actress and BFF to Lauren Conrad, Patridge is someone we all grew to know and love on *The Hills*. Leaving the Los Angeles sunshine behind, the starlet visited the panhandle yesterday to make a special guest appearance for Curve fragrances at Maxim Spring Break.

Spending the day on the beach, she mingled with party-goers in the Maxim cabana before hosting and judging a Booty Shake Dance Contest. "Just get up there and dance! Let loose and have a good time," she offers to those who'll be participating in the contest. "Last year, a guy won, so it's not just for girls," she adds. "Just because it's a booty shaking contest doesn't mean you have to have a booty."

Related Link: [Celebrity Couples Who Have Turned Over a New Leaf](#)

But it's not all about booty shaking and spring break. After leaving *The Hills*, Patridge focused on a career in acting with movies like *Sorority Row*, *Into The Blue 2: The Reef* and *Honey 2*. Next, she'll appear in *Scary Movie 5*, in theaters on April 12th. "I had a little cameo. It's such a fun movie, and I loved being on set."

As if she wasn't busy enough, Patridge also serves as a Curve fragrances celebrity brand ambassador along with *Gossip Girl* actor Kevin Zegers. Whether she's getting ready for a night of dancing with the girls or dressing up for a first date, curve appeal for women is a fragrance that she consistently loves to wear. "It smells so good, and I always get so many compliments. It catches your attention and leaves a lasting impression," she shares. "Plus, it's very girly."

Related Link: [The Best Celebrity Fragrances of 2012](#)

Another perk of Curve fragrances is the tiny bottle. "It's very cute! It's even small enough to carry in your purse," she says. This choice sounds perfect for any woman who likes to primp while she's out and about.

Patridge also loves curve appeal for men, a fragrance described as incredibly sexy and effortlessly cool. "I think everyone should smell fabulous everyday, and curve appeal is definitely one of my favorite scents."

As much as she enjoys the aroma of curve appeal, her number one beauty tip has more to do with what's on the inside than the outside. "If you feel confident and beautiful, it's really going to show," she says. "It all really comes from within." Equally important as having confidence is being comfortable. For Patridge, wearing something that makes her feel uncomfortable can easily ruin her day.

So what does it take to get this California girl's attention? Patridge, who is rumored to be dating on-again, off-again boyfriend Corey Bohan, says the three most important qualities

in a guy are “loyalty, integrity and respect.” As for how to tell if a crush has these traits, she believes it’s “about how he acts around his family, how he treats his mom. That’s going to give you an idea of how he’ll be with you.”

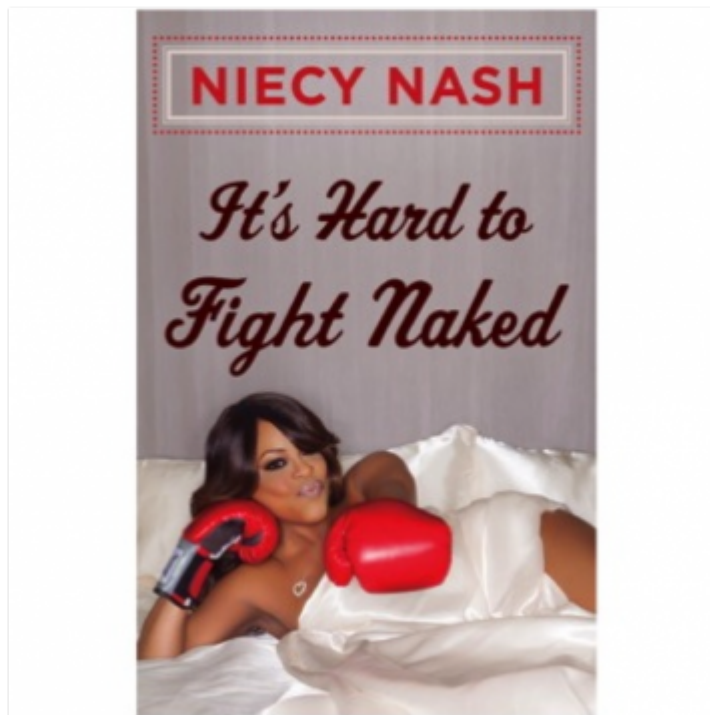
Related Link: [5 Ways to Turn “Me” to “We”](#)

Just as she knows what she wants in a man, Patridge knows what she *doesn't* want in a relationship. “Dishonesty,” she says without missing a beat. “My biggest pet peeve, though, would be not communicating well,” she adds. “It’s all about communication. If you’re not on the same page, it’s probably not going to work.”

You can keep up with Patridge on [Twitter](#) and [Facebook](#).

Celebrity Mom: Holly Madison Discusses Baby Names – Right Before She Heads to the Hospital!





By Whitney Baker

Holly Madison first stole our hearts as Hugh Hefner's number one bunny on E!'s reality show *Girls Next Door*. Since the show ended in 2010, Madison has made quite a name for herself, appearing on the eighth season of *Dancing with the Stars*, headlining *Peepshow* at Planet Hollywood in Las Vegas and starring in her own television show, *Holly's World*. Of course, in recent months, her focus has shifted: in August 2012, she announced that she was expecting her first child with boyfriend Pasquale Rotella.

"I've finally met the man of my dreams and am ecstatic to be starting a family," Madison shared. "But I'm really grateful that I had several years of working hard as a single woman before diving into being a mom. I feel like I needed that for my identity."

The *Playboy* model and husband Rotella, a club promoter, have been prepping for their daughter's fast-approaching arrival,

and the mom-to-be has been sharing her pregnancy experience with fans via her blog and Twitter. As open as she's been, there's one thing that the couple is keeping under wraps: the baby's unique name. "We have a pretty unusual name picked out. So unusual that we aren't telling anyone what it is until the deed is done!"

Related Link: [Kim Kardashian and Kanye West Are Expecting a Baby Girl](#)

In the past few weeks, pregnancy has certainly slowed Madison down a bit. "I've started getting a little uncomfortable – it's hard to even reach my feet to tie my shoes!" she said. "I've kind of been in nesting and hibernating mode."

Still, she continues to make headlines. Just last week, Madison revealed that she plans to ingest her placenta after the birth of her little girl. When asked about her decision to do so, the reality star said, "A baby nurse I met with suggested I have my placenta made into pills because it can help prevent postpartum depression. I figured why not! It can't be bad for me."

As busy as they've been in anticipation of their baby's due date (tomorrow!), Madison and Rotella have still made time to focus on their relationship. "I feel like we're getting to know each other because we've only been together for a little over a year," the Vegas performer said. "We're learning so much about each other just from trying to agree on little things when it comes to renovating our new home, so I can only imagine what we will learn from raising our daughter."

Madison has already learned a thing or two from her pregnancy. "My only advice so far is to let yourself know that it's okay to not be quite as ambitious as you were before you were pregnant," she explained. "Creating a child is a huge responsibility, and you have to make time for that, maybe sacrifice some things that don't fit into your life anymore."

As for her relationship with Rotella, Madison thinks that communication is most important when it comes to keeping the romance alive. “Sometimes, other people don’t understand how uncomfortable pregnancy can be, how occupied your mind can get and how you just don’t feel sexy. You don’t want your significant other to get the wrong idea and assume you aren’t attracted to him anymore.”

“Our relationship is great,” she adds.

So great, in fact, that Madison has started to plan their wedding. “I’m trying to secure a really unique and special venue and choose a date. I’m hoping for some time in August.”

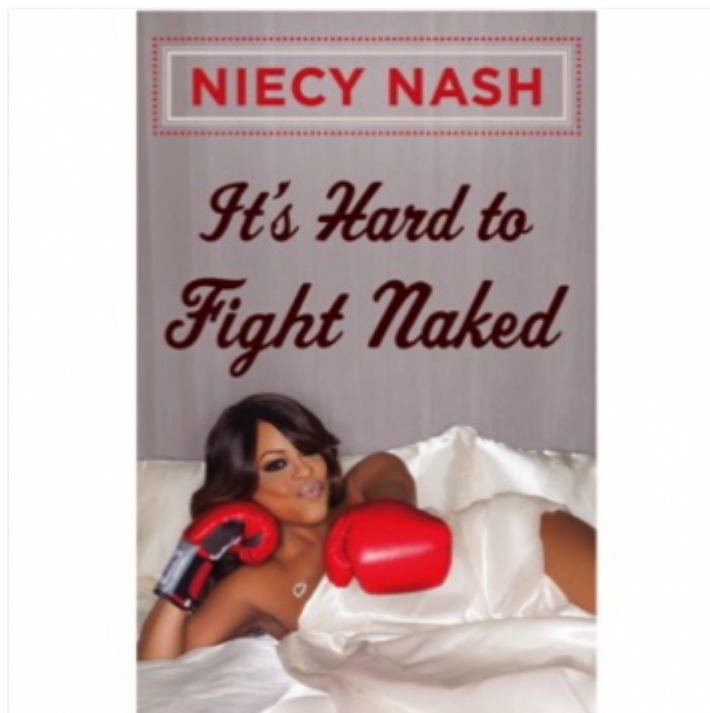
Related Link: [QuickieChick’s Video Dating Tips: Are You the Marrying Kind?](#)

As excited as she is to become both wife and a mom, there’s one thing that Madison is still figuring out. How will she tell her baby about her life as a Playboy Playmate? “I’ll be really honest with her and let her know that it wasn’t all unicorns and rainbows like you see on television,” she shared. “You kind of have to be damaged and have low self-esteem to put yourself in a situation like that.”

So what’s next for the soon-to-be mom? “Besides learning how to be a mom and getting back into shape, I would love to return to the stage – but in a musical this time. I’ve been concentrating on my singing lessons during my pregnancy.” Given her impressive career, we’re confident that Madison will excel at whatever she does next – especially when it comes to raising her little girl.

You can keep up with Madison by visiting her [blog](#) or following her on [Twitter](#).

Celebrity Hair & Makeup Artist Predicts Anne Hathaway Will Steal The Red Carpet at The Oscars



By Whitney Baker

and Nicole Cavanagh

Celebrity hair and makeup artist Julia Papworth finds her inspiration just about everywhere: from fashion magazines or

local newspapers to sites like Pinterest and Vine, she's always looking for new looks to try. "It's important to find an image you love and then take it and make it your own," she said. By making a few small changes, you can create a unique style that will represent your particular personality and specific style.

Although Papworth focuses on hair and makeup, she often collaborates with stylists to ensure that, together, they're creating "a full package." Fashion and jewelry must align with hair and makeup to invent a character, whether it's for a red carpet, a work meeting or even a first date.

Speaking of red carpets, for the 2013 Academy Awards, Papworth hopes to see a lot of old school Hollywood glamour. To her, there is nothing better than a woman just being pretty. "No gimmicks or crazy blue eye shadow and insane hair. I just love beautiful looks and classy dresses. That's what the Oscars are all about!"

Related Link: [Marc Friedland Explains Why the Winner's Envelope is Now an Iconic Part of the Oscars](#)

Two great examples of this style from the 2012 Oscars are Emma Stone and Penelope Cruz. Stone took a risk by wearing red, a color that redheads often avoid. Her polished updo paired perfectly with the dramatic neck of the Giambattista Valli gown, making for a very sophisticated look on the young starlet. Cruz, on the other hand, opted for a romantic and flowing periwinkle dress by Armani Prive, which was both "stunning and super vintage."



So who will steal the show this year? Anne Hathaway, according to Papworth. “She has been on point all year long and has been more adventurous with her pixie cut,” the stylist shared. Many women with short hair think they can’t be stylish or feminine, but Hathaway is a prime example of how to do it right. She keeps her look fresh and varied, mainly by “playing with color.” Changing your lip color or even your nail color will give your style a bit more edge when you have a short and simple haircut.

Papworth is also excited to see what Jennifer Lawrence, Quvenzhané Wallis and Jessica Chastain will be wearing. For Lawrence, she hopes to see a pretty, polished updo. As for Wallis, she always likes to see how the younger stars manage to look beautiful while still being age-appropriate. Chastain should wear a color that complements her luscious red locks, such as emerald green or deep plum.

Related Link: [Get the Latest Fashion Style from ‘Hunger Games’ Star Jennifer Lawrence](#)

This classic style holds true for men and even couples too. Papworth is a big fan of the clean, classy look that Justin Timberlake has been rocking lately. In terms of couples, “it’s nice to have a picture where you look like you go

together.” You and your man – famous or not – should complement one another and support each other’s style. In addition to predicting the looks for this Sunday’s big show, Papworth is also a go-to source for everyday style, something that comes in handy if you’re getting ready for a first date.

Take a look at her three tips below and keep them in mind as you’re primping and hoping to impress that new guy.

1. Be comfortable. “If your uncomfortable in anything you’re wearing or how you look, all your going to do is think about that. If you’re wearing uncomfortable shoes, you’re not going to be able to hear a word your date is saying because you’re just going to think about how your toes hurt.”

2. Keep it simple. Simplicity is always best when it comes to date. You may be “super wound up and excited and want to make a big splash when meeting someone for the first time, but honestly, people want to see you and hear you and what you have to say.” Something simple, classy and chic is the best way to translate your personality to fashion and beauty.

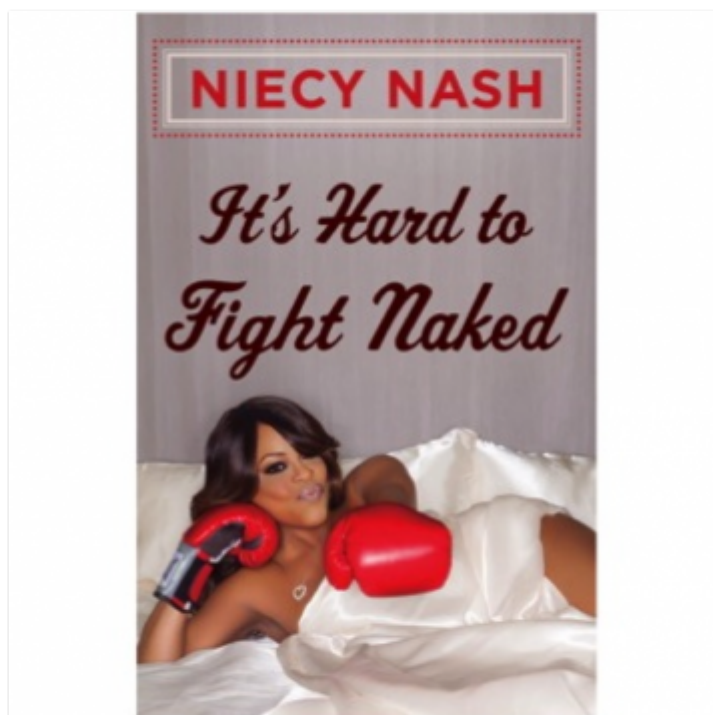
3. Don’t experiment. A first date isn’t the time to try anything new. You always want to put your best face forward, so stick to something that works rather than something that *might* work. Don’t test run a new hair color or makeup product. Of course, experimenting isn’t always a bad thing. It’s easy to get stuck in a style rut and do the same thing with your hair and makeup; Papworth has even fallen victim to this mistake.

Stepping out of your comfort zone may be challenging, but you have to give yourself some “tough love” and just do it. It’s also helpful to turn to those around you for their opinions. “Confide in your girlfriends. They’ll give you that extra push.” You should chat with your stylist too: he or she can help you find something new that you can recreate at home.

As Papworth says, “It’s about finding that perfect marriage.”

You can catch Papworth's work on 'Legit,' an FX comedy on Thursdays at 10:30 p.m. EST.

'The Bachelor' Performer Sarah Darling Feels at Home on New Tour with Scotty McCreery



By Whitney Baker

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

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

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



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

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

really thankful for that opportunity.”

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

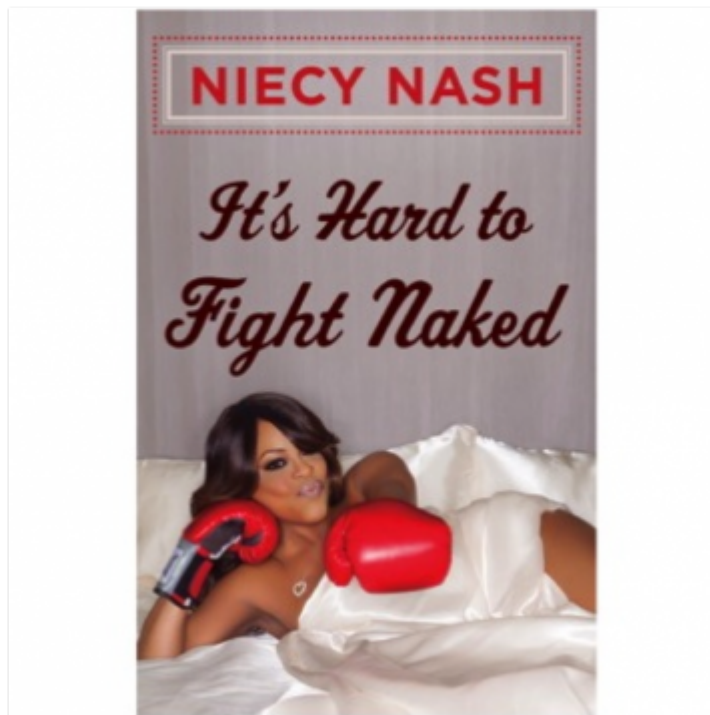
She’s also expanding her fan base on the Weekend Road Trip Tour with Scotty McCreery, which kicked off on Valentine’s Day. “This past week has been a dream come true. This is my first national tour, and I could not be out with a better guy. Scotty is such a great artist, and we’re having so much fun,”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

For those of you lucky enough to attend one of their shows, be sure to watch closely. “We even have a special number that we perform together each night!”

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

Marc Friedland Explains Why the Winner’s Envelope is Now an Iconic Part of the Oscars





By Whitney Baker

and Rachael Moore

For 27 years, Marc Friedland, also known as the “godfather of the invitation” and “stationer to the stars,” has perfected the design, elegance and timeliness of an invitation. Having developed wedding invites for everyone from Brad Pitt and Jennifer Aniston to Larry King to Timbaland, Friedland and his team understand the importance of using the personal style of the bride and groom to create a unique invitation.

“We look at all of our events as experiences and recognize them as great moments to be remembered. People sometimes forget about the food and the décor, but the invitation serves as a keepsake to bring back the memory of that time,” he shared. “It takes the personality of the couple and brings that to life. I try to capture their essence in everything I do.”

Before Friedland can develop the invitation, the bride-to-be

has to decide how she wants to announce her upcoming wedding to her friends and family. The main issue is trying to fit the authenticity and individuality of her relationship onto a slip of paper. “The invite is the first piece that commemorates the bride and groom together as a couple. Each wedding invitation should be unique and distinctive – just like every romance is unique and distinctive.”



Related Link: [How to Handle Wedding Season as a Single Gal](#)

Los Angeles-based Friedland, who is the founder and creative director of Marc Friedland Couture Communications, has done much more than establish nuptial memories. Given his talent and extensive background, it's no wonder that, in 2011, he was tapped to be the first designer and producer of the Academy Award's hand-crafted envelopes and announcement cards. “Prior to me coming up with this special design, it was just a standard-issue printed envelope, which was used for informational purposes only. What I proposed was elevating the winner's envelope into an iconic piece. Just as the Oscar statuette is iconic, we felt that the envelope also needed its own presence,” Friedland shared.

Well, the final product certainly stands out in more ways than one. The four-ounce creations are made of a beautiful gold, iridescent and metallic material that “picks up the light in just the right way.” In order to produce the 96 envelopes (24

for each category with 4 sets being made) and the 488 nominee cards (122 total nominees with 4 sets in total), Friedland has a team working for 252 hours. Ultimately, the envelopes are only touched by 48 people – 24 presenters and 24 award winners – but they are seen by over a billion viewers worldwide.

Of the design, the stationer explains, “We wanted to make sure it captured some of the richness of the golden age of Hollywood but was also relevant to today.”

The only adjustments made to the envelopes since 2011 have been for structural reasons. “When I originally designed it, it wasn’t meant to be reinterpreted each year – just as the statuette isn’t changed each year. To make the card easier to open, we took out the seam a little bit; it’s almost dummy proof now.”

For this year’s show, which will air on ABC on Sunday, February 24 at 7 p.m. EST, Friedland also created the invitations for five Oscar-related events. With a total of 15,100 invitations being sent for the events, it took over 300 hours to produce them. Of course, Friedland put personal touches on each of the invites. He explains that his team “approached the task in a way similar to how a designer would approach a fashion collection.” First, he picked a color palette of very rich jewel tones and gave each event a signature color: black diamond for The Governors Awards; sapphire for The Nominees Luncheon; emerald for The Scientific and Technical Awards; amethyst for The Foreign Language Film reception; and ruby for The Oscars.

Related Link: [Taylor Swift and Jake Gyllenhaal Reunite at Oscars](#)

Additionally, as if this work isn’t remarkable enough, Friedland crafted an online collection of cards for Oscar viewers at home. With The Oscar Collection By Marc Friedland on Evite Postmark, audiences everywhere can throw their own

parties using the signature Academy-sanctioned designs – free of charge! To make your viewing party even more fun and interactive, you can also download the designer’s Oscar Bingo game to play as the stars glide across the red carpet and onto the stage.

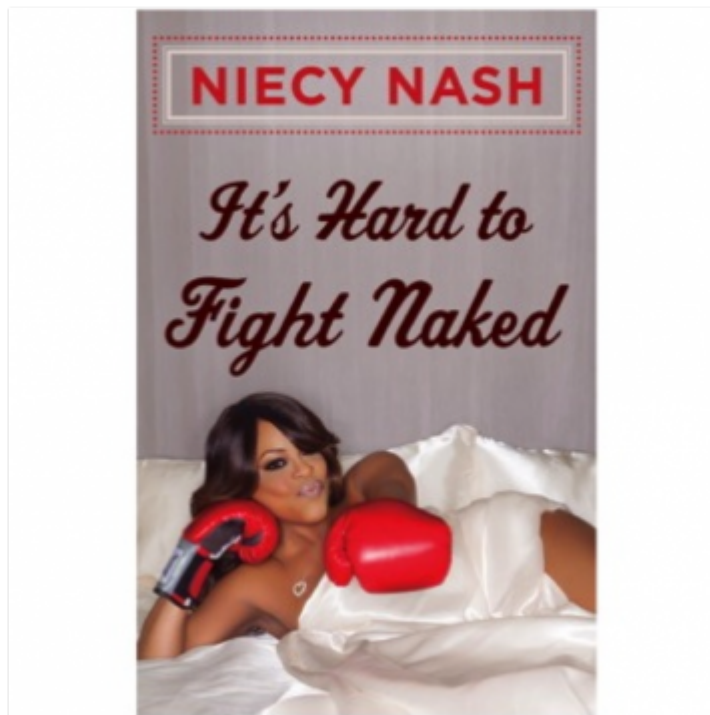
Even though most of his work is already completed, Friedland still suffers from a bit of anxiety on the big night. Watching from his seat in the audience, he hopes that “there are no mishaps with people getting the winner’s cards out of the envelopes. It’s such a tense moment, and we want to make sure nothing goes wrong.”

As for Friedland’s picks for best actor and best actress, he thinks it’s going to be a tough call this year: “there are so many good contenders, and it’s going to be really close.” Be sure to tune into the 85th Academy Awards to see who walks away with the coveted awards – and don’t forget to check out Friedland’s beautiful designs.

For more information about [Marc Friedland](#), check him out on [Facebook](#), [Twitter](#) and [Pinterest](#).

Giveaway: Take Your Relationship Out of the Box with Déjà mor





This post is sponsored by Déjà mor.

By Whitney Baker

In honor of Valentine's Day, we wanted to bring you a giveaway that is sure to enhance your love life! Déjà mor offers the first subscription service for couples that delivers romantic care packages right to your door. Each customizable shipment is filled with specific products and detailed instructions, separately designed for each individual's needs.

As CEO Rodrigo Fuentes says, "52 percent of Americans are dissatisfied with their love life. Children, work and busy lifestyles often don't give couples the time, creativity or confidence to be their romantic self. That's where Déjà mor comes in: we help couples easily and confidently express love through intimate experiences."

The beautiful sample box includes directions for preparing a

sensual bath and bubble bath, rose petals, a glass vial for a secret message and suggested romantic phrases to include in the vial. Add a bottle of wine, and you've got everything you need for a romantic evening with your partner.



Three types of subscriptions are available from Déjà mor: the yearly (\$29/month), the monthly (\$35/month) and the gift (\$136/three months). In addition to the personalized care package, each subscriber receives access to members-only content on the Déjà mor website, including romance tips and special content to improve your experience.

Lucky for you, one CupidsPulse.com reader will win a three-month gift subscription to Déjà mor – perfect for adding a little intimacy to your relationship!

~~**GIVEAWAY ALERT: To enter for a chance to win a three-month gift subscription to Déjà mor, go to our Facebook page and click "like." Leave a comment under our giveaway post letting us know that you want to enter the contest. 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 5:00 p.m. EST on Thursday, February 21st. Good luck!**~~

This giveaway is now closed.