

'The Bachelor' Winner Courtney Robertson Tells All In New Book About Love: "I Really Didn't Hold Back!"



Interview by [Lori Bizzoco](#). Video by Damian Kolodiy.

Everyone knows that with every episode of [The Bachelor](#) comes plenty of heartbreak and drama. However, one name has stood out during recent seasons: Courtney Robertson. Even though she was known as one of the most notorious villains of the franchise, *Bachelor* Ben Flajnik proposed to her at the end of season 16. Unfortunately, after the finale aired, the drama didn't stop for Robertson. She and Flajnik split, and the celebrity dating rumors about the former contestant continued.

Courtney Robertson Talks About New Book About Love

In her new book about love *I Didn't Come Here to Make Friends: Confessions of a Reality Show Villain*, the reality TV star reveals the whole story, including intimate details about life before, during, and after her time on *The Bachelor*. "I wrote this book for fans of the show," she says in our [celebrity video interview](#). "I really didn't hold back. If it pertained to me finding a relationship and love and what led to me to go on the show, I put it in!"

Related Link: [Can You Really Find Love on 'The Bachelor'?](#)

After the roller coaster of drama, Robertson is now "happily single," focusing on her book, which she sees as her "labor of love," and her modeling career. Of course, *The Bachelor* will always be a part of her life. She remains friends with former contestants and is enjoying this season of *The Bachelorette* (she thinks Josh is "pretty cute!"). Fans can also catch her on a future episode of *Untold With Maria Menounos* where she'll spill even more behind-the-scenes reality TV secrets.

You can purchase I Didn't Come Here to Make Friends on Amazon or at your local bookstore.

Update: The paperback version of I Didn't Come Here to Make Friends is available from Dey Street Books as of January 6, 2015 for \$15.99. Buy it now!

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

Single in Stilettos Show: Where to Meet Men



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to Ms. Solomon, dating coach and founder of TheDatingTruth.com, about where to meet men. Ms. Solomon is a proactive dater herself, so she knows the best spots to find a good guy. She even plans specific activities with the intention of meeting someone new! She encourages you to head to the following three places: the men's department at local stores, hotel bars, and the gym.

Related Link: [Jonathon Aslay: Where Are All the Good Men?!](#)

For more information about Single in Stilettos shows, click [here](#).

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

Where do you go to meet men? Share in the comments below.

Screwing the Rules Video Dating Tips: 'The Bachelorette' Way to Date Lots of Guys



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

Dating Advice from E!'s *Famously Single* Laurel House on Dating Lots of Guys

If you're a fan of *The Bachelorette*, then you know the formula is simple: the Bachelorette (currently Andi Dorfman) starts off dating 25 guys before whittling the group down to her final pick. Using the show as inspiration, in this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares her best advice for dating a lot of guys. As the dating expert explains, "If you want to find your perfect mate, you need to date multiple people at once. How are you supposed to make a decision if you don't have any choices?"

Related Link: [Video Dating Tips: 'Bachelorette'-Based Ways to Know If He's Using You](#)

Listen up if you're ready to date more than one guy in order to meet your soulmate!

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

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

What are tips for dating lots of guys at once? Tell us in the comments below.

Single in Stilettos Show: How to Be More Than a Fling to Him



On this week's [Single in Stilettos](#) show, dating coach Tripp reveals how to be than just a summer fling to your new guy. Here are his top three tips if you don't want him to think of you as a one night stand: don't jump into bed too soon; show boundaries but still be interested in him; and stop texting and call him instead.

Related Link: [Tripp on 5 Things Men Wish Women Knew About Them](#)

Listen up for more great dating advice!

For more information about Single in Stilettos shows,

click [here](#).

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

Ladies, what do you do to let a guy know you want more than just a fling? Tell us in the comments below!

Single in Stilettos Show: It's Your Fault You're Single!



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Mr. Locario about the reasons you may still be single. There are five things you should do if you're ready to find love: You need to take responsibility for your love life; you need to stop being too picky; you need to give him a second chance; you need to be careful about interpreting his actions and words; and you need to take initiative to meet the right man.

Related Link: [Mr. Locario on What Attracts a Man](#)

For more information about Single in Stilettos shows, click [here](#).

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

What's the first step you take when you're ready to find a partner? Tell us in the comments below!

Screwing the Rules Video Dating Tips: George Clooney is Engaged! Why He Chose Her





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

Dating Advice from E!'s *Famously Single* Laurel House on Amal and George

With this sexy actor's recent engagement, we all can't help but wonder: What did Amal Alamuddin do to capture George Clooney's heart? In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, [Laurel House](#) reveals the truth: "Her attitude was, 'You're just a guy.' She wasn't hypnotized by his looks or money or fame or the fact that he's considered to be one of the most eligible bachelors in the world." With this thought in mind, learn how to snag your own dream man!

Related Link: [Find the Love of Your Life](#)

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

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

What is your best move for snagging an ultimate bachelor? Tell us in the comments below!

Single in Stilettos Show: How to Have the “Exclusive Relationship” Talk with Him



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to writer, speaker, and romance artist Zan

Perrion about having the “exclusive relationship” talk with your guy. His best tips include: keep it light; be curious about your relationship; make sure your tone isn’t demanding; and never say “we need to talk.” The most important thing to remember, though, is that it’s not only about what you want; it’s about what you *both* want for your future.

Related Link: [Thomas Edwards Jr. on How to Tell If He Likes You](#)

For more information about Single in Stilettos shows, click [here](#).

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

How do you bring up the dating-to-relationship conversation? Tell us in the comments below!

Single in Stilettos Show: What Makes a Man Disappear





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to New York dating coach Hunt Ethridge about what makes a man disappear. According to Ethridge, there are three things that you should avoid doing if you want your guy to stick around: being too needy or desperate, thinking about the future too soon, and saying "we need to talk" (the absolute *worst* thing you can say to your beau!).

Related Link: [Hunt Ethridge on How to Ask a Guy Out](#)

Listen up for more great advice!

For more information about Single in Stilettos shows, click [here](#).

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

How to you ensure that your new guy doesn't disappear? Tell us in the comments below!

Screwing the Rules Video Dating Tips: Talking About Your Relationship Needs



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

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

Communication in a Relationship

Related Link: [How to Get a Guy to Commit](#)

In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, [Laurel House](#) teaches you how to communicate with your partner about your relationship needs. "Whether it's phone, e-mail, text, or in person, there are five key elements to communication," she reveals. "Those are attitude, word choice, motivation, timing, and length." Watch the video above if you're ready to improve your skills!

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

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

How do you communicate your relationship needs? Tell us in the comments below!

Single in Stilettos Show: Where Are All the Good Men?!





On this week's [Single in Stilettos](#) show, dating coach Jonathon Aslay talks to founder Suzanne Oshima about the five best places to meet men. If you're ready to find a new guy, he recommends that you: think about what you like to do and what you're passionate about; head to high-end business seminars; go to your church or synagogue; try online dating; or look more closely at other forms of social media, like Facebook or Twitter.

Related Link: [Jonathon Aslay on Why Men Disappear](#)

Of course, the most important thing is that you put yourself out there. Open yourself up to love, and it will come to you!

For more information about Single in Stilettos shows, click [here](#).

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

Where do you go to meet men? Share in the comments below.

Celebrity Video Interview: Chef Tim Love Talks Summer Traditions and Reality TV Show 'Restaurant Kickstart'



Interview by [Whitney Johnson](#).

May happens to be National Burger Month, and with summertime fast approaching, we could all use a tip or two to avoid the dreaded dry burger during our backyard cookouts. Luckily, chef Tim Love has teamed up with Hellman's to give America a Burgervention just in time for Memorial Day weekend. "The

Hellmann's is what's going to keep the burgers juicy while you're grilling them," he reveals in our celebrity video interview. With Love's [foolproof recipe](#), you'll be grilling like a pro in no time!

Celebrity Video Interview with Chef Tim Love

The reality TV star also talks about his upcoming show *Restaurant Kickstart* (think *Top Chef* meets *Shark Tank*). "You're investing in people, ultimately," he explains. "Those people have to have knowledge and skill, but at the end of the day, they also have to be great people."

Related Link: [Color Your Love in Red, White, and Blue](#)

Apart from grilling up juicy burgers, Love says his favorite summer tradition is spending time outdoors with his family and playing some catch. When it comes to [date night](#), the chef and his wife like to keep things simple. "I always prefer to cook at home," he says. "I don't spend a whole lot of time there because I'm always working, so if I can sit outside in my backyard with a margarita, I'd choose that every time."

Check out our celebrity video interview above for more great grilling tips!

Hungry for more? You can find even more tasty recipes for the summer on Love's [website](#)!

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

Single in Stilettos Show: 5 Ways Women Sabotage Themselves with Men



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating expert Robert Manni about five ways that women sabotage themselves with men when it comes to dating. Ladies, the biggest mistakes that you tend to make include: always being “plugged in” and never letting go of your smartphone; not fishing where the fish are; traveling in groups; sticking too closely to your checklist of must-haves in a guy; and breaking up with him too soon. If you want to find true love, stop sabotaging yourself and learn how to avoid these pitfalls!

Related Link: [5 Things Men Wish Women Knew About Them](#)

For more information about Single in Stilettos shows, click [here](#).

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

Ladies, what's the biggest dating mistake you make? Tell us in the comments below!

Screwing the Rules Video Dating Tips: Texts That Destroy Your Dating Mojo





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

Dating Advice from E!'s *Famosly Single* Laurel House on Texting

Related Link: [Summer Love...](#)

Texting: It can be flirty, funny, bitchy, or sexy. So what are the basic rules of sending a message to that special guy? In this week's [dating advice](#) video, dating expert and E!'s *Famosly Single* dating coach, Laurel House talks about the do's and don'ts of texting while dating. She reveals when photos are appropriate and just how sexy is *too* sexy. "You don't want your texts to be longer than a thumb," she says. "Follow his lead!" Watch the video above to educate yourself on texting etiquette and learn what your texts might *really* be saying.

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

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

[channel](#).

What are some of your personal texting rules? Tell us in the comments below!

Single in Stilettos Show: 4 Signs He Might Be a Player



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to top dating coach Sandra Fidelis about how to know if you're dating a player. Sometimes, you may recognize the red flags but choose to ignore them because you really want things to work out with this guy. Other times, he might

totally fool you with his charming ways. If you're unsure, consider these four signs: he never calls and only texts you; he tries to sleep with you too soon; he ignores you for weeks and then suddenly contacts you again; and he makes inappropriate plans, like a vacation to Mexico after only a few dates.

Related Link: [Joe Amoia Discusses Dating Red Flags](#)

No matter what, always follow your intuition. You'll know if it's time to get serious or send him on his way!

For more information about Single in Stilettos shows, click [here](#).

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

How can you tell if you're dating a player? Tell us in the comments below!

Single in Stilettos Show: 5 Things Men Wish Women Knew About Them





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Tripp about the five things men wish women knew about them. First, men like when women want to get to know them. Next, they love when women are affectionate. They also communicate on a more logical level – an important thing for women to understand. Men like when you ask them for help. And finally, men like compliments just as much as women.

Related Link: [How to Tell If He Likes You](#)

Listen up for more great tips!

For more information about Single in Stilettos shows, click [here](#).

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

Guys, what else do you wish women knew about you? Tell us in the comments below!

Screwing the Rules Video Dating Tips: Find the Love of Your Life



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

Dating Advice from E!'s *Famously Single* Laurel House on Finding the

Love of Your Life

Related Link: [10 Places to Meet Your Soulmate](#)

In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, [Laurel House](#) tells you the 8 things to do when looking for love and the 10 best places to go to find that someone special. But first, she encourages you to forget chance. "Put yourself in the right place at the right time if you want to meet Mr. Right." She also shares what you shouldn't do – and it's really quite simple. "Whatever you have been doing! Because clearly it isn't working."

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

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

What are you going to do to meet The One? Share your tips in the comments below.

Single in Stilettos Show: What Attracts a Man?





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to dating coach Mr. Locario about what attracts a man. A self-proclaimed serial dater, he started out by helping his friends and family with their love lives – and now, he's here to help you! We all know that every man is attracted to different things, but there are some qualities that catch the attention of all guys. For instance, men like women with positive and pleasant attitudes as well as women who are independent and have their own lives.

Related Link: [What Women Don't Know About Men](#)

Listen up for more great dating tips!

For more information about Single in Stilettos shows, click [here](#).

What do you think is the #1 trait that attracts a guy? Tell us in the comments below!

Screwing the Rules Video Dating Tips: Communicating About Tough Topics



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

Dating Advice from E!'s *Famously Single* Laurel House on Talking About the Tough Things

Related Link: [Dating Power Tools](#)

In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, [Laurel House](#) helps you answer the age-old question: Are you good in bed? If you're not sure, the best thing to do is just ask. The key, though, is removing your ego. "This is not about blowing smoke. You're not fishing for compliments. You're looking for constructive criticism," House shares. "But if you can't handle the truth, don't ask for it."

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

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

Cupid wants to know: How do you approach the tough topics with your partner?

Singles in Stilettos Show: Are Men Intimidated By Independent Women?





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to relationship strategist Joe Amoia about whether or not men are really intimidated by strong and independent women. While that may be the case, there's a chance that you're making the biggest and most common mistakes made by career women, including: acting too self-sufficient, bringing masculine energy on a date with you, lacking vulnerability, and more.

Related Link: [Joe Amoia Reveals Quick Fix Dating Tips that Don't Work](#)

For more information about Single in Stilettos shows, click [here](#).

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

What's the most common mistake that career women make? Share your thoughts in the comments below!

'Mob Wives' Star Renee Graziano on New Book, Possible Spin-Off Reality TV Show and Dating Italian Men!



Interview by [Lori Bizzoco](#). Video by Damian Kolodiy.
Last Wednesday, Apr. 9, CupidsPulse.com Executive Editor Lori Bizzoco met up with *Mob Wives* reality TV star Renee Graziano at Barnes and Noble in Tribeca to discuss her new book *Playing with Fire*. Describing the novel as “loosely based” on her own life, she explains in our [celebrity video interview](#) that she

has stacks of notebooks about Reign Grazi, the character who she's developed since she was young.

Related Link: ['Mob Wives' Executive Producer Jenn Graziano Says, "I'm Not Anti-Marriage; I'm Anti-Ball and Chain!"](#)

Celebrity Video Interview with Renee Graziano

Of the hero in her book, the author says, "I've been searching for this man all of my life." However, she now knows he doesn't exist. "But I exist; I'm the hero. I definitely saved myself. I found my hero; now, I'm just looking for a man of his word who's close to God, has a good heart, loves his family, and wants to build with me."

Of her current relationship and love life status, the reality TV star reveals that she's "very much single." As for whether or not her future partner must be Italian, she says, "Not saying that I wouldn't, but after my past experiences, I pretty much got turned off to my nationality. The Italian men that I was around didn't work for me anymore."

Fans may be surprised to hear that she has a great relationship with her father Anthony Graziano. "We made up over two years ago, and our relationship is amazing," she shares in our celebrity video interview. However, they don't discuss anything to do with *Mob Wives*, and he'll never read *Playing with Fire*. Still, she adds, "But he's my dad – he's my hero."

Reality TV Star Talks About Season Four of *Mob Wives*

Of course, we had to ask the reality TV star about her hit show *Mob Wives*. When discussing the ups-and-downs of season

four, she explains, “I think there was a lot of tension because the new girls felt they had to prove themselves. They’re not New Yorkers, and they’re not of direct descent of that underworld.”

Related Link: [“Bigger is Better”: Reality TV Star Big Ang Launches New Wine Line](#)

While *Mob Wives* has been renewed for season five, Graziano remains mum about whether she’ll be returning to the VH1 series again. There are rumblings of a spin-off show, which she says is “absolutely” a possibility. “I hope it does happen for me,” she admits. “The second I know, everybody else will know! Trust me – that will not be something I’m able to hold in.”

Check out Playing with Fire on Amazon or at your local bookstore. To keep up with Graziano, follow her on Twitter @reneegraziano.

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

Single in Stilettos Show: How Do I Find Love and Balance My Career?





Finding love is hard enough, but when you're working overtime and never leave work on time, it can seem impossible. For this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks to life stylist and mind body coach Diana Antholis about how women can succeed at the office and still meet their soul mate.

If you're facing this dilemma, she recommends that you identify your priorities and make time for what's important; be open and tell people you're looking for the right man; pick something new and step out of your comfort zone; indulge in "me" time; and indulge in doing an activity that gives you good energy.

Related Link: [Diana Antholis Explains Why He Can't Love You if You Don't Love You](#)

For more information about Single in Stilettos shows, click [here](#).

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

How do you balance love with your career? Tell us in the comments below!

Single in Stilettos Show: Why Men Disappear



On today's [Single in Stilettos](#) show, founder and matchmaker Suzanne Oshima talks to dating and relationship coach Jonathon Aslay about why men disappear. Have you ever been happily dating someone when he suddenly stops texting and calling? It can leave you feeling hurt, vulnerable, and confused. You may blame yourself (as many women do), but Aslay wants you to know

that it probably has nothing to do with you. A man may disappear because of his own issues.

Related Link: [Jonathon Aslay Explains Why Men Are Commitment Phobic](#)

Listen up for more great advice!

For more information about Single in Stilettos shows, click [here](#).

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

How do you handle a guy who disappears? Share in the comments below.

Screwing the Rules Video Dating Tips: #1 Sexiest Trait that Attracts Any Guy





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

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) shares her thoughts on the sexiest trait that attracts any guy. "Did you know many of my clients who are seemingly the total package can't get a guy to ask them on a fourth – or sometimes even a second – date? Do you know why?" the dating expert asks. "It's actually the most important thing when it comes to attracting a guy." It's not about looks or even being the total package; it's a trait that's available to average or even below-average women.

Dating Advice from E!'s *Famously Single* Laurel House on Sexy Traits

Related Link: [First Date Conversations That Will Get You a Second Date](#)

So what is the sexiest trait that attracts any man? Being alluring. Listen up for advice on how to channel this power and get the guy you want!

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

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

What do you think is the #1 sexiest trait to attract a guy? Tell us in the comments below!

Single in Stilettos Show: Quick Fix Dating Tips Don't Work!





On this week's [Single in Stilettos](#) show, founder Suzanne Oshima talks with relationship strategist Joe Amoia about why quick fix dating tips don't work. He believes that the reason they don't work is because they're just that – a quick fix! They won't give you the long-term results that you want when it comes to your love life. Instead, you need to explore the true cause of your dating problems. Look inward and try to identify repeating patterns or issues that always come up.

Related Link: [Stop Wasting Time Dating the Wrong Men](#)

Watch the video above for more great dating advice that will transform your love life from the inside out!

For more information about Single in Stilettos shows, click [here](#).

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

Why do you think quick fix dating tips don't work? Tell us in the comments below!