

# QuickieChick's Video Dating Tips: Be That Hot Chick



By [E!'s Famosly Single Dating Coach, Laurel House](#)  
In this week's [dating advice](#) video, relationship expert and E!'s *Famosly Single* dating coach, Laurel House tells us how to be confident, how to be flirty, and how to embrace that hot chick inside all of us.

## Dating Advice from E!'s *Famosly Single* Laurel House on Being That Hot Chick

Even if you're insecure and tend to be the wallflower, you still have a sexy side. In those times, it's best to fake it:

present a more self-assured and happy girl to others, and you'll instantly feel better about yourself. Be sure to define that other side of you too. Does she like to wear high heels? Does she enjoy wearing smokey eye makeup and red lips? It's important that your outer façade matches your inner attitude. Eventually, you'll be that hot chick without a second thought.

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

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

**How do you make yourself feel sexy and confident? Share in the comments below!**

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## **QuickieChick's Video Dating Tips: Spring Clean Your Personal Life**





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

## **Dating Advice from E!'s *Famously Single* Laurel House on Personal Life Spring Cleaning**

It's time for some serious spring cleaning! But before focusing on your wardrobe and work space, purge what's really cluttering up your personal life: people. In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House encourages you to take a look at old flames who are just using you or new crushes who only seem interested in a booty call. Consider your friendships too – they should be mutually-beneficial relationships that make you feel confident and happy. Who isn't serving you anymore? Who is hurting you? You can only open yourself up to new opportunities – maybe even tall, dark and handsome ones – if you get rid of unnecessary baggage and refresh your personal life. Remember that you deserve to love and be loved. Happy spring cleaning!

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How do you plan to clean up your personal life this spring?  
Tell us in the comments below!

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## Celebrity Trainer Harley Pasternak Tells Us About 'The Body Reset Diet'



By [Lori Bizzoco](#)

Celebrity trainer [Harley Pasternak](#) knows what it takes to keep his A-list clients, including couples Megan Fox and Brian Austin Green as well as Hilary Duff and Mike Comrie, in shape – and now, he’s teaching the rest of us how to be healthier in his new book, [The Body Reset Diet](#). In this exclusive interview, the well-known diet and fitness guru shares his tips to help singles and couples adopt a well-balanced lifestyle. “This book is about giving people a jump start, letting them press the reset button, to drop a bunch of weight really safely and very quickly and then giving them the tools to keep it off,” he says.

Additionally, Pasternak chats about helping celebrity moms like Jessica Simpson and Milla Jovovich get fit again after giving birth. Plus, he discusses why programs like Shaklee 180 and *The Body Reset Diet* work so well and ensure that you’re your best self.

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## QuickieChick’s Video Dating Tips: Is He “The One” or Just Another Someone?





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

## **Dating Advice from E!'s *Famously Single* Laurel House on If He's 'The One'**

Is your significant other “the one” or just another someone? In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House shares her ten tips for knowing who's Mr. (or Mrs.) Right. Our favorite piece of advice? If your partner makes you feel like your best self – or even inspires you to be a better person – than he or she may be around forever. Or use *The Bachelor's* Sean Lowe as a great example. He loved both Lindsay and Catherine, but he knew he'd never be able to say goodbye to Catherine. If you can't see yourself without someone in your life, then he or she may be the best fit for you.

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# QuickieChick's Video Dating Tips: Are You the Marrying Kind?



By [E!'s Famously Single Dating Coach, Laurel House](#)  
In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House reveals the top eight characteristics that make a woman wife material.

## Dating Advice from E!'s *Famously*

# *Single* Laurel House on Marriage Material

If you've been following *The Bachelor* this season, you know Sean Lowe has narrowed it down to two lucky ladies. On this week's episode, he told host Chris Harrison that he was ready to propose...although he didn't know who would receive that sparkly ring just yet. So what makes a woman the marrying kind? Why are Lindsay and Catherine more marriage-worthy than the women who have already been sent home?

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

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

**What do you think makes a woman the marrying kind? Tell us in the comments below!**

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## **QuickieChick's Video Dating Tips: This Video Could Save Your Relationship**







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

## **Dating Advice from E!'s *Famously Single* Laurel House on Saving Your Relationship**

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House read this blog post by Single Dad Laughing, titled "16 Ways I Blew My Marriage," and immediately knew it was worth a video. Thanks to hindsight, we all have lessons learned when we look back on mistakes we've made, especially when it comes to past relationships and broken hearts. Perhaps, the most surprising point made in both the post and the dating expert's video is just how easy it is to stop putting effort into your marriage. Listen up, and we guarantee you'll learn a thing or two that will improve your own love life.

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[channel.](#)

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# QuickieChick's Video Dating Tips: How to Have the BEST Valentine's Day Ever



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

**Dating Advice from E!'s *Famously***

# ***Single* Laurel House on Valentine's Day**

Are you *still* wondering how to celebrate Valentine's Day this year? Dating mentor Laurel House admits that this holiday has always been stressful for her (even in elementary school!). In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House shares her tips for taking charge and overcoming the disappointment of past years' unmet expectations. Plus, the dating expert reveals how to have the best Valentine's Day ever, whether you're single or part of a couple. Listen up, and you're sure to discover the perfect idea for tomorrow's big day!

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

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

**What are your Valentine's Day plans? Tell us in the comments below!**

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





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

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

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

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

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

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

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



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

If you're anything like the staff here at CupidsPulse.com, then you're wildly addicted to *The Bachelor*, anxiously awaiting the Rose Ceremony that will conclude your Monday evening. Dallas native Sean Lowe has already captured the hearts of the viewers, and now, he's hoping to find love on the eighteenth season of the popular show. Watching the drama

unfold in last week's season premiere, we couldn't help but wonder: How does Sean choose what girls to send home after only one evening of interaction? And more importantly, how did he hand out that first impression rose after only a few minutes?

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

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

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

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

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

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## **QuickieChick's Video Dating Tips: Your New Year's**

# Resolution to Find Mr. Right



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

## Dating Advice from E!'s *Famously Single* Laurel House on New Year's Resolutions

If you're hoping to find a new man in the New Year, listen up! In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House tells us what to rules to follow and what rules to break, helping us discover a new approach to dating that will finally lead to love. It's time to stop playing games and be enthusiastic and confident when it comes to looking for Mr. Right. According to the dating expert, the most important thing to remember is

quite simple: "Just be you. Be wholly and completely you."

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

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

**What dating rules will you break as you're looking for love in 2013? Tell us in the comments below!**

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## **QuickieChick's Video Dating Tips: How to Celebrate New Year's Eve If You're Single**







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

## **Dating Advice from E!'s *Famosly Single* Laurel House on New Year's Eve**

New Year's Eve is a holiday that comes with a lot of stress and pressure to have fun. How do you decide where to go, who to invite and what to wear? If you're single and don't have that special someone to kiss at midnight, it's even harder to plan the perfect evening. In this week's [dating advice](#) video, dating expert and E!'s *Famosly Single* dating coach, Laurel House shares three fantastic ways for singles to celebrate the holiday. Listen up to make sure that you make the most of your night and kick off the New Year in style!

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

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

How do you plan to celebrate New Year's Eve this year? Tell us in the comments below!

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## QuickieChick's Video Dating Tips: Meeting Your Partner's Family Over the Holidays



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

# Dating Advice from E!'s *Famously Single* Laurel House on Meeting the Family

In this week's [dating advice](#) video, dating expert and E!'s *Famously Single* dating coach, Laurel House shares her advice for meeting your partner's family for the first time, just in time for the holidays. What should you discuss prior to the trip? Where should you stay: in your childhood bedroom or at a nearby hotel? Should you bring a gift? How can you fit in alone time to keep you two on track as a couple? Watch this week's QuickieChick's Video Dating Tips and feel prepared to take this next step in your relationship!

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

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

**How did you prepare for meeting your significant other's family? Tell us in the comments below!**

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## QuickieChick's Video Dating Tips: Why Hating Your Body is Destroying Your Love Life





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

## **Dating Advice from E!'s *Famously Single* Laurel House on Self-Consciousness**

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House tells us why obsessing over how much you hate your body can be damaging to your relationship. The truth is that your guy doesn't notice if you've gained a couple of pounds. But, if you push him on it and keep repeating yourself, he may start viewing you the way you view yourself – and you don't want that! "We are so hard on ourselves. We are harder on ourselves than anyone else," says the dating expert. Instead of complaining to your man about your insecurities, she tells us how to handle those body issues and focus on the positive things about ourselves. Remember: Your partner may love what you hate so much about yourself!

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# QuickieChick's Video Dating Tips: How to Avoid the 'Boyfriend 15'



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

## Dating Advice from E!'s *Famously Single* Laurel House on Avoiding 'Boyfriend 15'

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House addresses the issue that your girlfriends *never* bring up in conversation: those few extra pounds you have put on since spending time with your new man. Whether you've already put the weight on, or afraid of gaining some in the future, our dating expert gives you advice on how to lose and avoid the dreaded 'Boyfriend 15'. Time to take notes, ladies!

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

**Tell us: How do you avoid gaining weight in a relationship?**

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## QuickieChick's Video Dating Tips: Moving In With Your Man





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

## **Dating Advice from E!'s *Famosly Single* Laurel House on Moving In Together**

In this week's [dating advice](#) video, relationship expert and E!'s *Famosly Single* dating coach, Laurel House will be sharing her secrets and tips for dealing with those common dating dilemmas and relationship woes. For the dating expert's first video, she tackles the tricky subject of moving in with your man, answering questions like: How do you keep the spark alive? How do you forge a deeper bond with your partner? And how do you avoid becoming just roommates? Time to take notes, ladies!

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**Tell us: What did you learn after moving in with your man?**

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# Dermatologist Dr. Jeffrey Benabio Says to Keep it Simple When Grooming Skin for Date Night this Fall

Cupid's Pulse  
\* Celebrities. Love. Opinions. \*



This fall don't let the cooler weather wreck havoc on your skin. As you plan those awesome autumn date nights you can now do it with confidence and keep your complexion looking radiant. Executive Editor, [Lori Bizzoco](#) had the chance to chat with nationally-renowned Dermatologist Dr. Jeffrey Benabio, called by Glamour the "rock-star of Dermatology." Lori and Dr.



Benabio chatted about the types of foods you can eat, supplements you can take, and topical steps that help ensure your skin looks its best without breaking the bank. For instance, the new, mild formula in [Dove Body Wash](#) is a prime example of a product that works well for both men and women. *For more videos from CupidsPulse.com, check out our [YouTube channel](#).*

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## Erin Andrews Says Potential Partners Have to 'Compete' With Her Dad



If you ask Erin Andrews about her place in the pantheon of women's sportscasters, she will graciously credit the ladies who came before her. However, there's no doubt that she is a trail blazer in sports broadcasting. She has gained notoriety and admiration for her work ethic, knowledge, and natural on-camera abilities. All of this, she says, is part of being an "unapologetically strong woman." Recently, [Lori Bizzoco](#) had the chance to chat with Erin about her new career path, touting her father's influence as a main proponent of pushing her as far as she's come. Further, she says, her father stands as a standard for when she's dating. "He [her father] is a strong man by my side, and I think that's why I can't find anyone on the other side yet because they have to compete with my old man!"

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## **Anna Post Talks Etiquette Rules for Dating**





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Oh, you think you've found the perfect man, haven't you? Everything is going swimmingly right up until... he lets off a biblical belch right in front of your friends. Or maybe he isn't entirely courteous to your server at the dinner party you planned with four other couples. Even worse, his sense of style leaves you cringing at the thought of anyone seeing the two of you together. Deal breakers or bad habits? Whatever the case may be, Anna Post, the great-great-granddaughter of etiquette queen Emily Post, knows what the books say about bad manners, and now, she's teaming with Ponds to help women put their best face forward.

What's great is that Anna is also up-to-date when it comes to technology etiquette in the dating world. For example, is it right for a man to ask me out via text? When should you change your Facebook status? To gain perspective, we chatted with Anna about the small behavioral details that add up to big relationship problems. From eating with your mouth open to digital dating techniques, Anna sheds insight on all of the things you may need to know.

*To get more tips from etiquette expert Anna Post and join the beauty conversation, log on to [www.facebook.com/PONDS](http://www.facebook.com/PONDS).*

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# Celebrity Stylist June Ambrose Tells Us How Women Can “Find Their Fabulous”



By Daniela Agurcia

Celebrity stylist June Ambrose has worked with A-listers including Alicia Keys and her husband Swizz Beatz, Jay-Z and Sean Combs, and now, she's sharing her fashion tips with

CupidsPulse.com. “Fashion is your voice, your expression. It’s how one exudes confidence from the inside out,” she explains. Watch our video interview with Ambrose to learn more about her personal style advice, her go-to date night outfit and her role as a Caress Fabulista.

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## **U.S. Women’s Soccer Star Hope Solo Chats About Her Training and Love Life**





By [Whitney Baker](#)

Despite her hectic schedule as she prepares for the 2012 Summer Olympic games, Hope Solo, goalkeeper for the United State's Women's National Soccer team, strives to live a balanced life – both on the field and off the field. When she's not training, she loves being social and enjoying life. As for romance? She is looking for a confident and honest partner, someone who wants the best in everything that they do.

Solo's also partnering with Unilever to promote their Simple Skincare line. As someone with sensitive skin, she understands the importance of a skincare line that she can trust as she travels from city to city.

For a chance to win a trip to Los Angeles and meet Solo, visit the Escape with Hope Facebook page!

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# Celebrity Trainer Gunnar Peterson Discusses Relationships, Health and his 8-Week Gunnar Challenge



By Nisha Ramirez

Celebrity trainer Gunnar Peterson, is all about keeping celebrities in top shape for when they're on and off camera. For those who are looking to get in shape celebrity-style, Peterson is debuting a new diet and fitness program called The

Gunnar Challenge. The trainer guru says that his 8-week challenge is great for couples and a must for anyone looking to boost their confidence. He doesn't advocate for training couples together, but he did make the point that couples should have mutual fitness goals. By accepting The Gunnar Challenge for yourself first, you can make a dedication to yourself that will yield positive results. The interactive online challenge starts May 21st and Gunnar wants you to accept the challenge for yourself and your love life. Beach season is only a few weeks away, so why not get started?

To find out more about Gunnar Peterson and how you can get involved with The Gunnar Challenge, [www.gunnarchallenge.com](http://www.gunnarchallenge.com).

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## **Paula Patton Says "Passion" is Key to a Successful Relationship**







By Steven Zangrillo

If you didn't have the opportunity to catch Paula Patton sizzle in *Mission: Impossible 3*, don't fret. Just ask her about her marriage with singer/songwriter Robin Thicke, and you'll see Paula light up the room with her million dollar smile. "Passion," she gushes, is the key to a lasting and happy relationship. She further took the time to discuss her marriage's bumpy ride from a high school romance to a stable and successful marriage. Compromise was another major component, coupled with simply "liking each other."

The rest of us men will just have to remain flush with envy. Good job, Mr. Thicke.

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# Nick Cannon Helps To Launch Badoo Project in New York, Discusses Marriage With Mariah Carey



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Interview by Steven Zangrillo. Video by Richard Zangrillo. If you've grown bored of going through the motions with Facebook and Twitter, you'll be relieved to know that there is new social media busting at the virtual seam.

Badoo, an international stalwart in the Social Media community, recently made it's virtual footprint in the chic streets of SoHo, New York. The Badoo Project, hosted by Nick

Cannon, was a 3 day photo shoot centralized around the idea of putting your best foot forward when choosing your profile pictures. The Badoo Project brought together four top celebrity photographers – Dan Martenson, Brooke Nipar, Danielle Levitt, and Kenneth Cappello – to capture 1000 portraits of New Yorkers. We caught up with Nick Cannon and the rest of the Badoo team, who took us through the whole Badoo experience.

Interested in meeting new people? Maybe it's time you give Badoo a try.

Learn more about Badoo at [Badoo.com](http://Badoo.com).

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## **Video Exclusive: 'DWTS' Contestant Sherri Shepherd Chats About the Three Men in Her Life**





By [Whitney Baker](#)

The key to a good life is a happy life – and no one knows better than TV personality Sherri Shepherd. In addition to her co-host gig on *The View* and her work with the recently-launched Clorox Toilet Lounge, she has not one but *three* men in her life: her six-year-old son Jeffrey, her husband Lamar Sally and her *Dancing With The Stars* partner Val Chmerkovskiy. Stepping out of her comfort zone and onto the dance floor, Shepherd is sure to keep us laughing as we root for her week after week.

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