

Relationship Advice: Susan Trombetti Talks Love & Dating Amid COVID-19



Interview by Lori Bizzoco. Written by Ellie Rice.

Not only is Susan Trombetti one of the leading celebrity matchmakers in the country, but she is also a relationship expert and CEO of [ExclusiveMatchmaking.net](https://www.exclusivematchmaking.net). Susan has been featured on *Doctor Oz*, *HLN*, *Fox*, *ABC*, *NBC*, *ABC*, *Cosmopolitan*, *NYPost*, *Washington Post*, *Today*, and *Bravo* just to name a few. With years of experience and successful matches under her belt, Susan is the go-to gal for those looking for love.

In our exclusive [relationship expert](#) interview, Susan gives relationship advice on all things love and dating in the midst of COVID-19.

Can you tell us a little bit about your background and how you got into the world of matchmaking?

I used to be an investigator liquidating fraudulent portfolios for credit cards. It's kind of like being a PI without the license. PI's investigate domestic situations and individuals whereas I worked for banks and it was considered more financial, but the skill set is the same. Friends and acquaintances would ask me to do PI types of things as little favors. This little old lady asked me to find the love of her

life that she met during the war in Paris from when she was 19. I found him that night and reconnected them only to find he had never married and she was the only woman in his life ever. Later, I was thinking if I could find people, I could find matches and turned towards starting a matchmaking company using my experience to conduct my own background checks and investigations. I now do upscale matchmaking and a little service I like to call *Investigate Your Date!* It's both set of skills in one business.

How has the Coronavirus already affected the dating game and how do you think it will affect it in the coming months?

Well, you wouldn't believe it, but more people are going back to their exes for the wrong reasons! Also, more relationships are actually launching because it has deepened communication, helping people ignite that spark since they are forced to connect and be creative.

At home isolation seems to be the new norm for the time being, how can couples who have never been home together for extended periods of time navigate through this?

Couples can maintain their bond by stating clear boundaries for their need for space for starters. It's like sorting out the times you will connect, the times you need to work individually, or even just have alone time. Scheduling that special couple time is important, too, because it gives you a sense of structure to the day for those who aren't used to working out of your home.

Just be respectful of each other. For example, I tend to be a slob, so I need to be aware of keeping a communal space neat.

Be aware of your personal hygiene. It's easy to sit around in your sweats and not take a shower, but you need to change your clothes, shower, brush your teeth and maintain like normal.

Have appointed meal times together, or exercise times

together. Come back together for dinner and go for a walk with the dog together.

Allow each other use of the TV and don't hog the remotes. It's okay to say this is my show, and I would like to watch this for me time right now alone.

Watch a movie together. Just because you can't go to the movies doesn't mean you can't watch the early releases of movies that were coming to theaters but are now on your screen.

Play music together or watch some of these performers that are putting on shows in their home. They are free concerts in your living room!! It's great and you both should enjoy your favorite artist right now.

Related Link: [Travel Tips: Traveling During the Coronavirus Outbreak](#)

What advice do you have for our single readers? Should they be putting love "on hold" because of social distancing ?

There is no time like the present to make a love connection. It's times like this when people realize what's important in a relationship. As a single, you need to never put love on hold unless you are currently working on making yourself a better catch by healing a broken heart or something like that. You aren't holding on love because of social distancing, you just aren't able to meet up and socialize at bars and restaurants. In a lot of cases, you can't meet in person. There are still many ways to connect thanks to technology. Never forget, you can still fall in love during this time and it ups the anticipation, making it more exciting for when you do see each other.

How can people make events like birthdays and anniversaries special during this time?

Birthdays and anniversaries can still be special. You have to have virtual celebrations and actually show your love via the phone or face time. It all comes down to creativity and technology. You can put off a party if need be. Lot's of states are going to lock downs at this point, but some you can still get together using social distancing. I witnessed a drive up birthday parade yesterday for a little girl on the news. She sat there with a few members of her family as the parade of decorated cars came buy giving her gifts and candy. It all comes down to creativity.

For those in new relationships, should they be together now or stay their distance?

I think a lot of it depends on your state regulations at this time. If you need to be on lock down– which are a lot of states at this point– then you need to wait. I still think you should wait for safety anyway. Better to be safe than sorry. You can still have virtual dates.

Related Link: [Relationship Advice: Heidi Klum & Tom Kaulitz Survival Strategies For The Home Front](#)

How will relationships sustain not being able to physically be together?

It remains to be seen the impact, but I think they will fare well due to the deepened communication and heightened sense of anticipation. It's like a game of "who did the wheel stop on when you were told you had to social distance more?". It gives you more of a chance at developing something with them because it was the last person you were dating or interested in.

What milestones within a relationship are being affected due to the Coronavirus?

It's more like "Which milestones *aren't* being impacted due to the coronavirus?" From the meeting of the parents, to date night, to sleep overs and establishing yourself as a couple,

to weddings. It's all impacted. There are people that are having babies without their spouse in the hospital.

How would you recommend reestablishing your commitment and feelings toward your partner?

Using the suggestions above for navigating this time as a couple will work well to keep you bonded. You can also have a talk about your hopes and dreams as well as have a state of your union talk!

Are there any additional thoughts or points you would like to make about the current relationship and dating environment?

There are more people out there now with their mind on love than a month ago. Interest in dating isn't slowing down, and neither should you. People are home and not as focused on work, so find your person. Your in-person date might be delayed, but I am sure they will be worth the wait. At the end of the decade, I said that first dates at the coffee shop were out and virtual dates were in. This just cemented it right here. Happy dating.

Want to keep up with Susan? You can head to [Exclusive Matchmaking](#) or follow her on [Twitter!](#)

Relationship Advice: Heidi Klum & Tom Kaulitz Survival Strategies For The Home Front



 By [Dr. Jane Greer](#)

In many ways, it seems like the world is standing still. All non-essential businesses are closed- including bars, restaurants, and offices, and we are being told to stay home. While many of us look forward to time with our partner and family, now we are basically stuck inside with them all day and night in close quarters with cabin fever threatening to take hold of any moment. Heidi Klum and her husband Tom Kaulitz are the latest celebrities to experience a health scare as a result of the COVID-19 outbreak.

The celebrity couple was recently tested for coronavirus after experiencing symptoms. "Like many of you, I also have been sick all week and, unfortunately, my husband who returned from his tour a couple of days ago is also feeling ill," Klum wrote in an Instagram post. "To be safe, we are staying apart until we get the results of our Coronavirus tests." Thankfully Tom's results came back negative, and Heidi is still waiting to hear, so they remain in limbo. They are far from alone.

Relationship Advice: What home strategies can we learn from Heidi Klum and her husband, Tom Kaulitz's, scare with COVID-19?

Whether you are staying in because you have the coronavirus, waiting for results from the test, or you are in because you want to avoid getting the virus, what can you do to ensure that you all get along and don't drive each other crazy in the process? Cupid has [relationship advice](#) on three basic things to keep in mind as you navigate this unknown territory together.

The first is to realize that many people are dealing with denial, and that can show itself in many ways. We see it all around us on the news, with the college students on the

crowded beaches, or people who continue to travel despite all the pleas out there asking them not to. Closer to home, your partner or family member might be saying, "It's not that big a deal, it's all hype." They might be encouraging you to continue to do things that you know you shouldn't be doing such as getting together with friends or visiting elderly parents. To understand why they are behaving this way it might help to realize that denial comes from fear.

Related Link: [Celebrity News: Heidi Klum Reveals What Her Kids Think of New Husband Tom Kaulitz](#)

To begin with, avoid reasoning with them or explaining the facts. If you try to break through their denial they will just hold their ground and reinforce it. Instead, let them believe what they will and rather than trying to change their mind, let them know how worried you are and appeal to them to change their action on your behalf. In other words, they don't have to agree with you, but at least they can consider you by altering their intended plan because of concern. However, if they still won't, it is important to let them know your intentions. If they refuse to reconsider you and still go ahead without any regard for your well-being, then it is essential to put your limits in place and let them know what you are going to do, whether that means not joining them or keeping your distance from them. Typically, if you can let up and give people room, self-doubt will sink in and they might think better of it and put their denial to the side themselves.

The second situation you might bump up against is if your partner takes this situation even harder than you do. You might want to find a positive spin, but your loved one, understandably, might be all doom and gloom. This can happen if they are experiencing more of a financial crisis than you are, or if they are more worried about someone getting sick. It might be your instinct to tell them it isn't so bad and encouraging them to get over it. In reality, though, that

might spike their anxiety more. When you do that you are dismissing their feelings. Instead of coming up with solutions, empathize with them, leaving room for their fears and worries, and reassure them that you will find a way through it together.

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Finally, even before the virus landed most people were already keeping track of who did what at home and who took on the most responsibility. Now everyone is home all the time. It might have been hard enough to make sure everyone was happy when it was just a few hours at night, but now it's 24 hours a day. With that in mind, work together to structure the way you are going to handle your time and space. Take inventory of your needs and where each person hopes to be to get that done, then come up with a plan so everyone knows where they should go and for how long. Make a chart, either daily or weekly, so everyone has a sense of how the day will go. Being able to change your expectations might also help. If, for example, you got to watch the evening news by yourself each night before everyone came home, you might not be able to do that anymore and the sooner you let that go the better you will be able to deal with this new reality. Laying out clear and organized plans will help keep everyone's frustration down.

In the end, even if Heidi is virus-free, she and her family will most likely still stick close to home for a while. Hopefully, they will find their way with some of these tools to make the close quarters less challenging, and hopefully, you can, too.

Please tune in to the Doctor on Call radio hour on [HealthyLife.net](#) the first Wednesday of each month, at 11 AM EST, 8 AM PST; including Shrink Wrap on Call, Pop Psych with Dr. Greer, and Let's Talk Sex! Connect with Dr. Jane Greer on [Facebook](#), and be sure to follow [@DrJaneGreer](#) on Twitter for

her latest insights on love, relationships, sex, and intimacy. Listen to Dr. Greer's Shrink Wrap News at 7 segments on [HealthyLife](#).

Relationship Advice: How Important Are Similarities For A Happy Marriage?



 By [Dr. Jane Greer](#)

There is no question that people believe having things in common can lead to a strong marriage. But what if those shared interests fade for one or both partners, or you don't really like that many of the same things in the first place? Can you still build a strong foundation and share a lasting relationship?

According to actor Bill Pullman, the secret to a happy marriage is "putting our hands in the dirt; it's a parallel play of digging and planting." In other words, he and his wife can do their own activity while being together. "It's helped to keep in tune with each other," he said.

Relationship Advice: For Bill Pullman and his wife, a successful

marriage seems to be about embracing common ground. The question is, if you don't have that, how can you maintain a supportive connection?

Clearly it can be easier if you agree on movie genres, favorite cuisines, types of books, travel destinations, and even how often you are intimate with each other. All of that allows you to smoothly spend quality time together. But what happens if suddenly your husband doesn't like to ski anymore but you still do? Or your wife has developed an aversion to Thai food which is always your go-to Friday night dinner out and you still love it? Or what if you have always had sex twice a week, which worked well for you both, and suddenly your husband wants to only do it twice a month? What if none of this was the case, to begin with, and you were swept away by intense chemistry but once the dust settled you realized you didn't like doing that much together? Can you still make your marriage work? Cupid has some [relationship advice](#) on how to maintain a happy and healthy connection with your spouse.

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There is no question that discord in any of these areas, especially if things change over time, can create problems. For example, being affectionate or not can eventually take a toll if one person is feeling deprived of it. Appearance is another place where people can get caught in the downward spiral. Very often couples get so comfortable with each other that they no longer feel they have to dress to impress and scale down to their basic look. If suddenly you are no longer dressing up and going out, or your partner stays stuck in the same shirt day in and day out or stops shaving, it can make

you angry enough as well as turn you off to the point where you might even want to avoid intimacy with them. All of this, as well as the usual wear and tear of everyday life and its responsibilities, can contribute to feeling disappointed and resentful to the degree where it can feel intolerable. So, what can you do to generate harmony and happiness rather than discontent?

The first and most important thing is to keep your desire to please your partner on a full flame. It is not unusual to realize that when you met your partner all you wanted to do was please them, which might have led to your not realizing or even withholding some of how you really felt about certain things. Now that you are married, though, you can be honest, which means you are no longer concealing who you really are. When that happens, it can eclipse your desire to please your partner because you are now focusing on yourself. Hopefully, you are being authentic, but still balancing that with your intent to satisfy them and meet their needs. This can get challenging because if one person asks the other to change their shirt, instead of hearing it as a request that brings them joy, it can sound like a demand that you are telling them what to do. As a result, it can make them feel controlled, which then turns into a power struggle with one person saying *if you loved me you would* and the other person saying *don't tell me what to do*

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The second important step is to learn to include your partner in the decisions you make before you settle on them. Very often people assume that because they want to see their family, their spouse will be just fine with that. Or since they are social and want to hang out with their friends every weekend, their partner will be on board. The truth is, when you go ahead and make choices based on what you want to do without getting your partner's input, they can't help but feel

unimportant and not cared about. By learning to come to joint decisions and discussing your needs as well as theirs before organizing a plan, even though you may not always agree, at least you let your partner know that they are important to you and you value them and want them to feel loved. Finding some middle ground and learning to compromise is what can facilitate your making choices that leave room for both of your pleasures and preferences.

Finally, if you are coming from a place of few shared interests, it is never too late to be open to participating in your partner's hobby or activity. While you might not always enjoy it yourself, you can derive pleasure from seeing how much they enjoy it. It is a way to extend yourself and show your love, as well as enjoy watching them have fun with what they are doing. Also, use it as an opportunity to grow together and see if you can discover activities you both might like. Think about learning to play cards or dancing or cooking together, whatever it is, consider changing lanes and trying something new.

Learning to tolerate the differences and make room for them can help you stay connected, rather than allowing them to divide you. It seems Bill and Tamara have celebrated their similarities which, according to Bill, has been a recipe for a happy marriage for them. However, if that's not the case for you, try to view the things you don't agree on in a positive light that can lead you both to happiness.

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Ask the Guy's Guy: How to Make Valentine's Day Work for You



By [Robert Manni](#)

Valentine's Day is a day most of us dread.

It's commercial, pressure-filled, exploitive, and most importantly— forced and unromantic. I'll leave all of that to next week's *other* Valentine's Day post. But there are two ways to look at V-Day as it gets pitched our way each and every year. Whether it's chocolate, flowers, jewelry, vibrating panties, weekend getaways, etc.—you name it and they're selling it in fire engine red. Here are a few suggestions for how to not only cope, but to have fun and share the love. And that's the point. Valentine's Day should be about celebrating heart-felt love. Your Guy's Guy suggests that the best way to make this a special occasion is by *personalizing* it. That means making it all about your partner...and not about you.

Related Link: [Should I Date More Than One Person At A Time?](#)

If love is in the air and you want to fan the flames.

If you're a guy and you want to get intimate with a woman for the first time the tendency is to buy her lingerie, hoping that she'll wear it for you on Valentine's Day. Don't do it. She is more than aware that you want the show. If you consider

my suggestions and it's meant to be, the show will open to rave reviews... and it will go on and on. Chocolates and flowers and cards and jewelry are always welcomed, but a Guy's Guy adds intimacy to her gifts that empower them as expressions of love. So instead of doing the expected and buying a printed card at Walgreens, buy her a card that allows you to craft your own special message to her. Remind her of all the things she does that make her special and why you want to get to know her better. [Pay attention](#) to the details the way a woman does. Believe me, she will notice and you won't have to buy her red lingerie. She'll bring on the black when the time is right and when she does you'd better fasten your seat belt. Other things to consider are attending events together like a sake tasting or a Broadway show that she mentions in passing. Sharing brings couples closer together.

If you want to keep the fires burning.

Again, it is all about personalization. If you buy her jewelry, have it inscribed with a special message. A former paramour once bought me a silver necklace with an understatedly elegant pendant. Nice. When I looked closer she inscribed the underside with, "Love Slave". Talk about marking your territory. It [worked](#). Of course when my next girlfriend took one look at it, it came off instantly. If you show some effort to personalize your gift when you are in a long-term relationship or marriage, it makes your partner feel appreciated. How about writing down the twenty things she does that make her so special. Why is she so important to your life, what makes her sexy, funny, etc? Make her feel special. That is intimacy.

Related Link: [Ask The Guy's Guy: What Do I Do If I Have Trouble Opening Up To My Significant Other](#)

Wild Cards

If you're going down the sexual path remember to make it all about your special someone. That's where the lingerie and crazy stuff like vibrating panties and sex toys come into play. All good. That said, you want to make sure that there is as much giving as receiving so that the festivities go all night long. I recently read about an "arousal gap" between men and women. A real Guy's Guy wants to make his woman happy. It's not a race to the finish line; the goal is to arrive at the same time so everyone wins. Remember that Valentine's Day is all about your partner, so have fun. And play safe.

Are you making Valentine's Day all about your partner?

Previously posted on RobertManni.com

Hope this helps,

Guy's Guy

Robert Manni

If you would like relationship expert Robert Manni to answer your online dating/relationship questions, please email gillian@nvmediainc.com

More about the Guy's Guy:



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Read more at [Cupid's](#).

Love & Libations: The Sexy Side of Cognac



By: [Yolanda Shoshana](#)

During Valentine's Day season most people focus on Champagne. That's totally understandable because it's one sexy wine. I

want to encourage you to try something other than sparkling wine. How about adding Cognac into your libation rotation? It's that time of year, February, also known as the month of love. Though at Cupid's Pulse we bring the love year-round.

Cognac is produced in a very charming city of the same name in France. French is the language of lovers so think of it as the spirit of "love in a bottle".

For so long people have thought of Cognac as an older man's drink, but it couldn't be further from the truth. The spirit has a vibrant history of being the libation of choice by kings, queens, and aristocrats. Now, most people think of rappers when they see Cognac. It's true that many famous singers/rappers love Cognac. However, it's also enjoyed by men and women around the world, especially in Japan and the US. Besides being known for luxury, it's rather seductive. It's easy to find it as an ingredient in cocktails at fancy hotel bars and even dive bars have gotten into serving classy Cognac drinks. People have caught on to how delightful and versatile Cognac can be.

Related Link: [Love & Libations: Autumn + Red Wine = Love](#)

Ready to get it in? Here are some celebrity-inspired suggestions:

Branson Cognac

Curtis "50 Cent" Jackson is always up to something. If he isn't posting leaks for his hit show, Power, he is trolling someone online. What you may not know about him is that he released a Cognac last year called Branson. If you go with the VSOP, it's meant to be used in a cocktail. If you really want to turn it up, get the XO. It's always a smooth move. When you

get a whiff of citrus, tobacco, and honey, it starts the game of seduction.

50's s love life has been bumpy throughout the years. He may not be the person look to for love advice; however, Branson would be the perfect selection to use in a hot drink to have a cozy night with your partner.

Café Amore Cocktail

1 ounce Branson Cognac

1 ounce amaretto

6 ounces coffee

Whipped Cream (garnish)

Pour Cognac and amaretto into an Irish coffee glass. Fill with hot black coffee. Top with whipped cream.

Related Link: [Love & Libations: The Love Of The Negroni](#)

Conjure Cognac

When Conjure first came out it was a little rough around the edges. The spirit by Ludacris has stepped up its game. The tag line is "Conjure the Possibilities". Sounds fun, but you may want to proceed with caution since some have called Cognac, "baby-making juice." Or as Ludacris would put it, makes you a " lady in the streets, but a freak in the bed"

The aromas in this juice are cocoa, cedar, and hazelnut. Below is the recipe by Conjure for a sweet tea that would be perfect to pair with a romantic home-cooked dinner. It will get your senses going among other things.

Conjure Sweet Tea

4-5 mint sprigs

1 1/2 oz. Conjure

3/4 oz. freshly pressed lemon juice

1 oz. simple syrup

1 oz. iced tea

Fill glass with ingredients. Shake and strain over fresh ice cubes. Garnish with a spring of mint.

For more Love & Libations date night ideas and [celebrity couple](#) predictions from Yolanda Shoshana, click [here](#).

Ask the Guy's Guy: Can You Be Friends After A Breakup



By [Robert Manni](#)

Question from Carrolton Q. "My girlfriend and I broke up amiably 6 months ago and we are still friends. I think she still has feelings for me, and I don't know if it is best to give us space or should I just treat her as a friend and hope her feelings fade? "

Is it possible to spending time with an ex after a breakup?

Hi Carrolton:

Great question about an issue many daters face. Having seen my share of committed relationships, I discovered that the end is not the end until both partners get on the same page. Breaking up is tough, and regardless of the circumstances, people are creatures of habit. That makes cutting the cord with your ex a challenge. And, if the sex was good, it makes it even more challenging. When you meet up with your ex, even as friends, it's easy to be tempted to return to old habits which are a short term fix rather than a long -term solution.

Related Link: [Ask The Guy's Guy: Should I Remain Friends with My Ex Online?](#)

So, I don't recommend post-breakup hookups. This can mess with your head on many levels. When a couple breaks up, it means at least one partner was dissatisfied and probably wants to date other people. How can you move on when you see your ex, and even under the auspices of a friendly drink, you end up in the sack? It's not a good idea. Here's an example.

I was in a committed relationship. Over time, we drifted apart partially due to travel for our jobs. Eventually, we broke up. She moved out and got her own place only a few blocks away. So, we got together a few times for a "friendly" dinner, and each time ended the night rumpling the sheets before she went home. This went on for a few months until I texted to see if she was up for a drink. This time she said no. She told me that the last time we got together she got busted by her new boyfriend (news to me) when she returned home with her blouse on backward. That was the end of that. Happily, the breakup turned out to be a gift. I licked my emotional wounds, moved on, and dated a number of amazing, intelligent, very

attractive women until I met my future wife.

Related Link: [Ask The Guy's Guy: How Can You Tell Red Flags From Online Dating?](#)

The lesson for me was that when it's over, it's over, and that means it's time to move on. In the rare instance that you both want to get back together, there is no better way to sort that out than spending time apart, without the temptation of post-breakup sex.

I hope this helps,

Your Guy's Guy

[Robert Manni](#)

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Blog: RobertManni.com

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Ask the Guy's Guy: Partner Verses Parents, How to Help Post-Holiday Stress?



By [Robert Manni](#)

Question from Emma B., "Hi Robert. I took my partner home for the holidays and things didn't go well. My parents and partner did not get along well and I was stuck in the middle. Do you have any suggestions of how to handle the aftermath and to keep the peace between all the people I care about? Thanks!

Post-holiday tension, how do I keep the peace?

Hi Emma,

This is a great question about situations that often occur, but are rarely acknowledged as potential relationship deal-breakers. And unfortunately, there are no definitive answers when problems arise, because no two families or situations of this nature are alike. Every family has quirks we have to deal with, but for a relationship to flourish, it's critical that there are positive dynamics between our partners and parents. After all, when in a serious relationship, we're usually in contact with family on a regular basis.

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I've never had an issue with my partner's parents, but I did have a few relationships end due to underlying tensions between me and members of my partner's family. In one case,

they drank and got high too often, even for my taste. On top of that, when they drank they had a tendency to become verbally abusive. Another time, my partner's brother pulled me aside at family gathering to threaten me if I did anything wrong to his sister. Unfortunately, at the time my partners became defensive and less than empathetic with me. Over time, both relationships ended. Looking back, I'm glad they did.

Without knowing the specifics of your situation, if your partner is not connecting with your folks, regardless of the reason why, you're caught in the middle which puts a strain on you and your relationships with both your partner and parents. You need to find out what happened. It could be bad chemistry, polarizing political views, cultural differences or your parents' perspective about the relationship. Get your partner's take and also broach the subject with your parents if they have not already talked about it with you. The issue could be the result of an innocent comment, or it could be something more deep-seated.

Related Link: [Ask The Guy's Guy: If He Isn't Ready To Date, What Should I Do?](#)

Whatever the case may be, if you value your relationship, get to the bottom of things right away so any negative feelings don't have time to fester. If you do everything in your power to broker peace and things ultimately don't work out between your partner and parents, you'll have a choice to make. At least you'll know you did your best to find a way for things to work out between them.

I hope this helps. Good luck.

Your Guy's Guy

[Robert Manni](#)

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both men and women be at their best so that everybody wins.

Relationship Advice: Keep Your Pregnancy Under Wraps Like Cameron Diaz



 By [Dr. Jane Greer](#)

There are many different stages of pregnancy that people go through, from deciding when to have a baby to beginning to try to conceive to either becoming pregnant or not and, in that case, having to consider other options such as fertility treatments, surrogacy, and adoption. One big question that is often not addressed until it begins to happen is: *when do you bring other people into the equation?* Do you share what's going on right from the beginning of the journey with family and friends, or do you wait until the baby is well on his or her way? Or, like Cameron Diaz and Benji Madden did recently, do you keep the entire pregnancy under wraps until the baby is born?

The [celebrity couple](#), who began dating in May 2014, has always kept the details about their relationship quiet. Even so, it was a surprise when the two recently announced the birth of their daughter, adding the caveat that they will not be releasing any photos or additional details because they want to protect the baby's privacy. In order to keep such a big secret, Cameron and Benji must have agreed to it together.

How can you decide when the time is right to tell other people about your pregnancy, making sure the information isn't leaked before you're ready? Check out this relationship advice.

People tend to be curious and inquisitive about when others plan to start a family, but that can sometimes feel intrusive. Your mother in law, for example, might be eager to become a grandmother. So, she might ask when you are going to give her a grandchild. Or, your sister has three kids and can't wait until they have cousins to play with, so she might be pushing you along. It can start to sound and feel like pressure. If you tell people you plan to try, then you might imagine it is all they think about when they see you, wondering how it's going. If it doesn't happen quickly, you might start to feel a sense of public accountability. If it takes a long time, you might even feel like you are failing and disappointing the people you have told. With all this in mind, Cupid has some [relationship advice](#) on when to tell others about your pregnancy before you are faced with it.

Related Link: [Relationship Advice: Communicate Dislikes like John Legend & Chrissy Teigen](#)

Talk to your partner early to decide where you each stand on the topic, and determine together when you will share the news with family, friends, and in the case of Cameron and Benji, the public. Try to do this at each stage of the process. This way both of you can always be on the same page. If one of you goes ahead and spills the beans before the other is ready, that can cause tension. Say, for example, you can't wait to tell people and share the excitement as soon as you see the

positive test, but your husband is superstitious and asks you not to tell anyone until you are beginning your second trimester. It will be pretty awkward when your best friend blindsides him with a big congratulations. Along the same lines, if you tell some people and not others, the ones who are out of the loop might feel slighted if they hear the news second hand or find out later that others knew before them. It can be tricky.

It is easy to avoid all of this by having a well-thought-out and agreed-upon plan as you move forward, one that takes each of your needs and wishes into account. Consider who you want to tell, when you want to tell them, and how much information you will share. Not only will doing this allow you to support and respect each other, but it will also give you the chance to maintain control of your own space and insulate your privacy as you see fit while avoiding fallout and resentment from the people around you.

Related Link: [Relationship Advice: An Unconventional Marriage](#)

It used to seem like all babies were fair game- from the moment that baby bump began to show itself and strangers didn't think twice about patting your tummy, to every one cooing at a baby in a stroller. That has changed, and people are being more thoughtful and protective regarding how information about their pregnancy is handled. Pregnancy invites in the world, but it is up to you if you want to let the world in or not. Just as Cameron and Benji did, you can keep it private for as long as you like.

Please tune in to the Doctor on Call radio hour on [HealthyLife.net](#) the first Wednesday of each month, at 11 AM EST, 8 AM PST; including Shrink Wrap on Call, Pop Psych with Dr. Greer, and Let's Talk Sex! Connect with Dr. Jane Greer on [Facebook](#), and be sure to follow [@DrJaneGreer](#) on Twitter for her latest insights on love, relationships, sex, and intimacy. Listen to Dr. Greer's Shrink Wrap News at 7 segments

on [HealthyLife](#).

Ask the Guy's Guy: Is the Turkey Drop Real and How to Survive a Thanksgiving Breakup



 By [Robert Manni](#)

Question from Julie S. asks: "I've been dating my boyfriend for almost a year, and this is our first holiday season together. After reading an article about the Turkey Drop, I'm curious if you think it's real and if there are some signs that my boyfriend might do the same to me? Thanks!"

Were you Turkey Dropped this Thanksgiving?

Hi Julie:

Regardless of the season, if your boyfriend is about to drop you, it will be more than obvious. Here are some obvious signs, though. He might seem more distant, he is not paying as much attention to you, and his eyes may be wandering. Maybe he does not respond to your texts as quickly and has become less available during the week due to after-hours "meetings" and drinks with coworkers and his buddies. Or so he says... These are universal signs that he may be moving on, regardless of

the time of the year. And, that's the real issue.

Related Link: [Ask The Guy's Guy: How Do I Get Through The Holiday Season Being Single?](#)

If you are in a tenuous or strained relationship, by the time November rolls around, all the holiday pressure and fanfare heading into the season make it a conveniently self-serving time to cut things off. Of course, no one likes being dropped, but in a way, escaping an unfulfilling relationship before the holidays can provide needed time to reset so you get a jumpstart on the new year which is only a month away.

Although it can be uncomfortable answering the same questions on Thanksgiving and other holiday get-togethers about why your guy isn't with you, if things are not working it's better to get this out of the way and enjoy the holidays on your terms. After all, during these hectic days, everyone is focused on their own affairs, not your relationship status. Plus, when you are newly single, holiday parties are opportunities to get back in circulation and make new connections while taking your mind off your ex.

Related Link: [Ask The Guy's Guy: If He Isn't Ready To Date, What Should I Do?](#)

Let's face it. No one likes getting dumped, especially at this time of year. However, if you're a glass-half-full person, being "turkey dropped" allows you to enjoy the company of your squad and loved ones without worrying about your now ex-boyfriend's intentions. After all, who wants to stay in an unsettling relationship simply because it's the holidays? Sometimes sudden endings are gifts in disguise.

Love yourself and make your happiness top priority, regardless of the time of year. When you're in the right relationship you won't be concerned about looking for signs that he's going to dump you. You'll be too busy having a great time and feeling good about your relationship.

Hope this helps, Happy Thanksgiving, and drop that turkey if he's not treating you well!

Your Guy's Guy

Happy holidays and good luck!

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Love & Libations: 'Tis The Season For Punch



By: [Yolanda Shoshana](#)

'Tis the season made for entertaining. Whichever holiday you invite people to celebrate with you, a punch is the way to go. It's a great way to imbibe with family and loved ones, plus it saves you the hassle of having to continuous drinks during the night. Put out a punch bowl then pop a ladle in it, you will be good to go.

Must-Try Holiday Punches!

Blackened American Whiskey

As we know, celebrities love being in the booze game. Who would have thought that award-winning Master Distiller, Dave Pickerell, and Metallica would collaborate to create a bourbon. Maybe their song, "Whiskey In A Jar" was a big hint. Blackened American Whiskey is a marriage of the finest bourbons, ryes & whiskeys, however, it's mainly bourbon. The

whiskey gets finished in black brandy casks. Does it get any sexier than that?\

This is all to say that the whiskey would be perfect in a punch. The first time I had Blackened was in a cold toddy. It's the sibling cocktail to the hot toddy. It's refreshing and is a holiday treat in a glass.

Related Link: [Love & Libations: Autumn + Red Wine = Love](#)

Cold Toddy

Ingredients:

- 1 medium orange
- 5 medium lemons
- 4 cinnamon sticks
- 4 Earl Grey tea bags
- 1 tsp. whole cloves
- 2/3 cup honey
- 2 cups Blackened Whiskey
- 1 tsp. orange or regular bitters
- Orange twists (for serving)

Directions:

Using a vegetable peeler, remove zest from orange and 1 of the lemons in strips, leaving white pith behind; slice fruit in half. Squeeze juice from orange into a small bowl. Squeeze juice from lemon into a measuring glass. Slice remaining lemons in half and squeeze juice into glass to measure 1 cup total; save any remaining lemon halves. Set orange and lemon juice aside.

Place zest in a small saucepan. Beat cinnamon sticks with the side of a chef's knife to break up a little and add to saucepan along with smashed ginger, tea bags, cloves, and 1 3/4 cups water. Bring to a boil and remove from heat; let sit 5 minutes. Remove tea bags, then stir in honey; let cool

completely, about 15- 20 minutes.

Strain tea mixture through a fine-mesh sieve into a pitcher and add whiskey, bitters, and reserved orange juice and lemon juice. Add 2 cups ice and stir until ice is melted and the toddy is very cold.

To serve, pour toddy into glasses filled with ice and garnish with orange twists.

Related Link: [Love & Libations: Holiday Cocktailing Like A Celebrity](#)

Próspero Tequila

Another spirit that should make a guest appearance at your holiday table is tequila. You can make a yummy libation that pairs with your autumn dishes. I've recently discovered that tequila deserves more credit when it comes to pairing with food.

Did you know that Rita Ora has a female-driven tequila called Próspero Tequila? It's a relatively new libation and a new area for Ora. The distiller of tequila is one of the few women in the industry. It's smooth, elegant, and sassy, we couldn't expect anything less from Ora.

What should you make with this tequila? The Texas Punch is a good way to go since it's the perfect addition to any gathering. It's a drink that your friends and family will love. It's also a drink that you can make for you and your boo to keep in the fridge for after a hard day at work.

Texas Christmas Punch

Ingredients:

- 1 cup sugar
- 1 cup water
- 4 cups pomegranate juice

- 3 cups Próspero Tequila
- 1 cup lime juice
- 2 cups cranberry juice
- 1 750-ml bottle sparkling wine (recommend Crémant or Cava)
- fresh cranberries to garnish

Directions:

In saucepan combine the sugar and water and bring to a boil, dissolving the sugar. Remove from heat and cool completely. This will create what is known as simple syrup.

In a large punch bowl stir together the simple syrup, pomegranate juice, tequila, lime juice, and cranberry juice. Chill for 2 hours. Stir in the sparkling wine and serve for a very good time.

For more Love & Libations date night ideas and [celebrity couple](#) predictions from Yolanda Shoshana, click [here](#).

Read more on [Cupid's](#).

Ask the Guy's Guy: I Want to Date More Than One Person, Should I?



 By [Robert Manni](#)

Question from Dani P: "So I've only been on a few dates with two separate girls. They are both cool and fun to hang out

with. I told one girl that I was seeing someone else (we've only been on a couple of dates) and she said I have to choose. I don't know if I should choose between them. If I don't I won't get to see what things could have become though. I came out of a long relationship a year ago and don't think I'm ready to be serious, but I really like this girl. What should I do?"

What are you really looking for in dating two or more people?

Hi Dani,

It seems like you want to have your cake and eat it too, and fundamentally, there's nothing wrong with that. After all, life is about finding joy and living your passion. So dating, which usually means seeing more than one person, is fine. However, life is determined by the choices we make, and it seems like it's time to make some choices about what you want and who you want to spend your time with.

Related Link: [Ask The Guy's Guy: What Do I Do If I Have Trouble Opening Up To My Significant Other](#)

You are single and free and that's all good, but you need to decide what you want out of dating. From my own experience, I've met too many people who did not know what they wanted out of dating, and to a person, these singles always ran into problems just like yours. For every single person who is unsure what they want there is another who knows precisely who and what they want. In your case, it sounds like the woman who does not want you dating others either wants you all to herself because she really digs you, or she is pulling a power play. You'll have to do some work to find out which is true.

I suggest you take a step back and ask yourself what you want now that you're single again. It sounds like you want to play

the field for a while. If that's true, then play the field and don't allow anyone to control what you do, especially when you're doing what say you want to do. If it feels too early to get serious with this person, tell her you dig her, but that you just got back into the single life and would like to take things slowly for now. If she does not accept that, this may be a sign of her future behavior and your freedom. Take note of how she reacts and her response.

On the other hand, you state that you like her and would like to see her again. Cool. Then tell her you like her and would like to see her again, but make sure she also knows that you are not ready to settle into a committed relationship at this time. If she's understanding and she really digs you, she will respect your feelings and behave accordingly.

Related Link: [Ask The Guy's Guy: If He Isn't Ready To Date, What Should I Do?](#)

The bottom line is you need to decide for yourself what you want out of dating right now and then be honest and clear about how you feel with potential partners if the subject surfaces. After all, you are the priority, and if you are not sure of what you want or how you feel, it could send out indecisive energy that can lead to similar situations.

The good news is that you are happily single and free, you're dating, and people want to date you. You're in a better situation than many of your contemporaries and all you need to do is follow your heart, decide what works for you, and be crystal clear with your potential partners about where you stand if the subject comes up.

Hope this helps,

Guy's Guy

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Ask the Guys' Guy: How Do I Know My Boyfriend is Serious About Me?



 By [Robert Manni](#)

Question from Amy K. San Jose, CA: "I've been wondering lately if my boyfriend really loves me. We haven't been together that long, but how do I know things are serious? How do I know he REALLY likes me? Thanks, Robert!"

Is your relationship *serious*?

Hi Amy:

With all the activity taking place in our lives, occasionally we slip into the dreaded "self-doubt" zone, whether it is about love, work, or who we are and our value as a human beings. Before tackling your specific question about love, always remind yourself that you're a divine being deserving of love.

Related Link: [Ask The Guy's Guy: What Do I Do If I Have Trouble Opening Up To My Significant Other](#)

Concerning your sense of doubt about your boyfriend's feelings, start by asking yourself why you feel this way. Is your intuition telling you he does not share the same feelings for you as you have for him? Or, is he not as emotionally available as you'd like and you simply want him to be more open about his feelings. If that's the case, ask yourself why he's not more open about expressing himself. Whatever the case, it sounds like you need reassurances concerning his feelings.

My advice? Ask him straight up how he feels about the relationship. Pay attention to the signals he provides in his response, both verbal and non-verbal. For example, if he's unsure about his feelings, he will probably act unsure when responding. You can also ask if he loves you, assuming that you have expressed this previously and simply need reassurance. If you have not had the "are we in love" conversation, that's a different story, but there is no reason why you should hold back on having this conversation. When couples are in the right relationship, it's easy talking about anything with their partner. Again, when someone is uncomfortable expressing their feelings, it's usually because they're unsure about how they feel.

Related Link: [Ask The Guy's Guy: Should I Follow My Boyfriend To Where His Job Is?](#)

As a guy, I can tell you that when a man is happy in a relationship, he doesn't say much about it. He simply enjoys being with his partner and it usually shows. When dudes have an issue on their mind, they usually bring it up to find out how their partner feels. Unfortunately, many guys (and women) who are unsure about their feelings often stay in relationships. It's not a good thing, but it often happens, so it's good to check in on how he is feeling on a regular basis.

The bottom line is if you want a sense of your partner's feelings, have the conversation, but do it in a casual way.

When people, and guys in particular, feel cornered, they get defensive. That said, it's your right to know how he feels, and regardless of the response, it's always better to get to the truth. After all, the truth, for better or worse, will set you free.

Hope this helps. Good luck.

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Love & Libations: Fall For Celebrity Wines This Autumn



By [Yolanda Shoshana](#)

Pumpkin spice lattes are great, but wait, it's time to get wines for autumn. 'Tis the season for snuggling, cuddling, and binge-watching your favorite shows with a [libation](#) to sip and savor. What this means is that it's time to stock up on wine. Have a good supply so that you are ready for crisp cold nights and snowstorms. Plus, you never know when Netflix is going to drop a new surprise show on a Friday night.

Celebrate Fall With These Autumn Worthy Wines

Here are some wine picks to enjoy doing this autumn season:

Gerard Depardieu Chateau de Tigne Anjou Rouge

It's no secret that actor and bon vivant, Gerard Depardieu, loves wine. He once admitted that he drank 14 bottles of wine a day. I would never challenge him to a drinking game, no way would I survive. Depardieu owns several vineyards with one of his most well-known being Chateau de Tigne in the Loire Valley, France. The red wine from this winery is the way to go while you are enjoying comfort food or after a long day at work.

It's the kind of wine that's good with most meals, enjoyed with a pizza or burger. The bonus is that it's very affordable. Don't forget to have it while watching, *Marseille*, starring Depardieu. It's the first French web series by Netflix. It's so bad it's good. Not to mention, very sexy at times. Of course, the women wear the sexiest French lingerie which is perfect for your own boudoir ideas.

Related Link: [Love & Libations: Autumn + Red Wine = Love](#)

Studio by Miraval

When [Angelina](#) filed for divorce from [Brad](#), the first thing that wine lover's wanted to know is, "but what about Miraval". Their award-winning rosé has been getting accolades since it hit the market. The good news is that even though the couple has called it quits, the wine lives on and is going strong. The one to sip this season is Studio by Miraval. It's a four grape blend that comes in a bottle that will remind you of perfume. It's for lovers of art and music who want to feel like they are on the French Riviera.

Sip with your love as you cuddle up in a warm blanket and connect through conversation.

Related Link: [Love & Libations: Cocktails Inspired by Halloween](#)

Invivo X, Sarah Jessica Parker Sauvignon Blanc

Sarah Jessica Parker announced that she would be dropping some wine and it's finally here. The Invivo X, Sarah Jessica Parker's Sauvignon Blanc will be the first wine released in the collection. It's said that SJP has been a part of the wine's process from beginning to end. When I first heard that the wine is produced in New Zealand, I was surprised. It seemed like a New York or California winery would be more fitting, but New Zealand is a rising star in the wine world so it's a good move.

It's the perfect wine to sip and watch Sex and the City with your girl squad as you share the joys and oys of [dating](#). If you are on the other end, maybe you can sip and watch SJP's current show, Divorce, and share some "love is a battlefield" stories.

Related Link: [Love & Libations: Holiday Cocktailing Like A Celebrity](#)

Domaine Curry Wine Cabernet Sauvignon

Not just a basketball wife, Ayesha Curry, who is also an author, restaurateur, and culinary personality has put her toe into the wine game as well. The luxury wine is a partnership with her sister-in-law Sydel Curry. The ladies teamed up with John Schwartz of Coup de Foudre in Napa Valley. It's a small production wine so it may be hard to find, but that makes it even better when you do get your hands on a bottle. You will be sipping all fancy.

This is a grown and sexy wine therefore perfect for a romantic

night in. I have a feeling the Steph and Ayesha have quite a few of those (when their parent's watch the three kids).

For more Love & Libations date night ideas and [celebrity couple](#) predictions from Yolanda Shoshana, click [here](#).

Read more on [Cupid's](#).

Ask the Guy's Guy: Single Ready To Mingle, But How Do I Meet Guys?



 By [Robert Manni](#)

Question from Sarah Q. Detroit, MI: "I've been single for a while and I don't know where to meet guys or how to put myself out there without going to a bar and waiting for someone to talk to me! How can I meet guys?"

Meeting guys when you just don't know where to start!

Hi Sarah,

I understand your situation. These days being single can be daunting, especially for women. Unlike guys, although women are often the aggressors in relationships, most single women and relationship experts I've talked to agree that women prefer men to be men (in the best sense of the word) and make

the first move. But it's tough to hang around waiting for random guys to approach, and it's not very empowering having to sift through guys who you are not be attracted to. That is unproductive and often unpleasant. So, what's a single woman to do?

Related Link: [Ask the Guy's Guy: How to Win a First Date After Meeting Online](#)

I suggest two modes of action. First, do whatever it is you enjoy doing. Never change that for anyone. But, at the same time you want to fish where the fish are. That means opening yourself up to new experiences and opportunities where guys hang out. Every dude is different, but most guys like some type of sports, art, action-packed activities, learning new stuff, and having a few beers with their buds.

If you like watching sports, find a wingman or woman and hit a sports bar. You might be into working out and/or playing sports. You'll usually find guys running, playing water sports, skiing, golfing, or playing tennis, to name a few options. If you like arts and entertainment, consider attending a local film festival or night spot with live music. Or, take a class in martial arts, spinning, wine tasting, film, yoga, or learning a language. The key is getting yourself out there and doing things you like to do, while being open to new activities where guys congregate.

Related Link: [Dating Advice Q&A: Is It Okay to Start a Relationship via Social Media](#)

I'd reconsider online dating if you keep it low key. Why? Sure, we've all heard the horror stories, but we live in a digital culture, and a lot of couples have met online. It's worth a shot. My wife took a three day trial on Match and we were engaged within a year. It's all about being in the right place at the right time, and you can't do that if you don't try new things. Just don't fall into the deep end of the

online dating pool and end up overbooking yourself and forgetting why you went online in the first place. This happens a lot.

The key to meeting guys is doing what suits you and being in the same place as your target market. If you can find activities that meet both these criteria, you will be a happy camper, and happy campers often attract other happy campers. Finally, always love yourself, keep a positive attitude, and smile.

Hope this helps. Good luck,

Robert Manni

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Read more at [Cupid's](#).

Expert Dating Advice: How To Have Tough Talks With Your Partner



 By Tori Autumn

At some point, many people have to say, "We need to talk," to their partner, a phrase that could affect the relationship moving forward. Some examples of sensitive topics include [moving in](#), talking about [marriage](#), having children, being

committed, financial responsibilities, arguments with family members, unresolved conflict, or the decision to separate.

How to make that tough talk with your partner easier!

Ultimately, the reason why you shouldn't be afraid to have tough talks with your partner is that having uncomfortable conversations test the strength of a long-term relationship.

Related Link: [Expert Dating Advice: Three Reasons Why My Worst Relationship Brought Me to My Best Relationship](#)

Here are some tips for nailing those difficult talks:

1. Make the Setting a Place You Feel Most Comfortable

The setting of the conversation sets the tone and could make a difference for how you both begin and end the talk. You can find a spot with little to no distractions, get there a little earlier so that you can feel relaxed, and have a general outline (mentally or written down) of the main points you want to talk about.

2. Practice Detaching From the Outcome

You are responsible for what you say, but you can't control how someone will react to what you've said. One of the biggest reasons why we delay tough talks is because we allow the fear of thinking our partner will get upset or change the way they feel about us to hold us back.

However, deciding to not have the needed conversation that you want keeps your true feelings on the back-burner. Instead of focusing on what goes wrong, the goals to be understood and to understand your partner should take priority.

In an [interview actor Will Smith's](#) wife, Jada Pinkett-Smith

talks about how she felt drained after hitting a wall in her marriage while trying to juggle her family's multiple careers. After admitting this, she said, "I just knew with the kind of love that Will and I share – which is beyond romantic love – that we could transform our union and figure out how to re-create what we had." She went on to say that she believed she and Will had the tools to keep a healthy relationship and family together.

If you know your partner pretty well, the outcome of the conversation was probably going to happen eventually, but speaking up about what's on your heart now gives you both the accountability to move forward accordingly.

Related Link: [3 Ways to Know If Your Relationship Is Worth Saving](#)

3. Give Your Partner the Opportunity to Express His/Her Feelings

After you're done speaking, let your partner get his/her time to react and say how they feel. This time is as equally important as when you led the conversation, so be fully present and listen, rather than speak defensively.

Tough talks do not necessarily get easier over time, but the way to have them is to start with lighter conversations and gradually move up into more honest conversations. Deciding to push past the awkwardness will give you the opportunity to express yourself and see how your partner really feels.

Ladies, want to know the 3 secrets to getting a man to take you seriously? Download your free guide [HERE!](#)

Tori Autumn is a certified relationship coach, blogger, and author. Her coaching business is named Tori Autumn Coaching and her website is tautumncoaching.com.

Read more at [Cupid's](#).

Ask the Guys Guy: How Do I Liven My Love Life Inside and Outside the Bedroom?



By [Robert Manni](#)

Question from Claudia F., Manchester, NH: “My partner and I have been together for five years. We’ve fallen into a routine and I don’t know how to liven up love life – inside and outside the bedroom. Any suggestions?”

Bring life back to your relationship – in and outside the bedroom!

Hi Claudia:

In a [relationship](#), a lot can change in five years. Modern life is very stressful, so it’s easy to fall into routines after working hard all day; however, people evolve differently which can create issues. When one partner changes and is moving in another direction, their other half may be complacent. Your question is geared to livening up your love life, in and out of the bedroom, which sounds tactical, but underneath the symptoms of boredom, there is always a cause.

Related Link: [Ask the Guy’s Guy: What To Do If I Have Trouble Opening Up To My Significant Other?](#)

If you want to quickly spice up your love/sex life, consider dialing up whatever floats your partner's boat to the point where he can't get enough of you. If he goes nuts when you wear your black lingerie and heels, consider leather and thigh-high boots just for kicks. If he likes to relinquish control, handcuff him to the bedposts. Guys are simple when it comes to sparking things up in the bedroom. Give him more of what he craves and he'll pay attention. But ask yourself if that solves the bigger issues surfacing out of the bedroom.

Related Link: [Ask the Guy's Guy: Should I Stick Around to Feel the Spark Again?](#)

And what about you? Ask yourself what is making your love life feel predictable. Think of things you'd like to do to shake things up and make you feel alive. Consider taking a vacation together to an exotic destination or doing different things that come with a little risk, like deep water diving, traveling off the grid, or renting an airstream and driving west. Sometimes planning a trip together is all it takes in the short term. Often the symptoms of relationships feeling humdrum are because partners are moving in different directions and the relationship may have run its course. If you value your relationship and want to keep it going strong, take the initiative to think things through and take the necessary steps that will rekindle the passion for both of you.

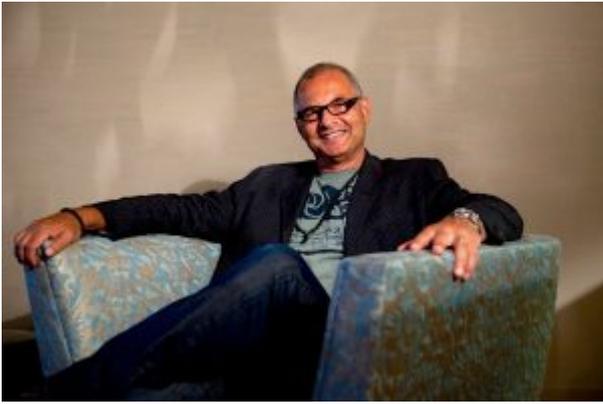
Remember, you can't start a fire without a spark.

Hope this helps. Good luck.

Robert Manni

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Relationship Advice: An Unconventional Marriage



 By [Dr. Jane Greer](#)

Once upon a time, there was a very clear, natural progression of how a couple moved from one phase of their relationship to another: they dated, became engaged, got married, and, finally, moved in together. Any other choice, years ago, would have been frowned upon and maybe even whispered about. Of course, that has all changed and now we see and generally accept any choice people make, in the order in which they make it, and the way in which they commit to each other – as long as both members of the couple are on board.

Relationship Expert Advice: Have a Relationship Your Way

Whether they want to live together first, have a family first, or, possibly even, commit their lives to each other and never share a home, it is all happening out there. For example, actress [Kaley Cuoco](#) and her husband Karl Cook choose to be in a committed, monogamous relationship but also choose to [live apart](#). They tied the knot over a year ago but still maintain separate residences. Rather than worry about what family, friends, fans, and tabloids think of their arrangement, the busy pair say they value their independence, relish the time

they spend together, and don't worry about what other people might be thinking. In other words, it works for them. There are pros and cons to every choice a couple makes as they build their life together and it is a matter of knowing what suits the individual people the best. So, how do you know if this possibility might be right for you? Will a situation like this enhance or hurt your relationship?

One question to ask yourself is how much do you need your privacy? Can you tolerate the company of another person without your own time over a 24-hour day? Consider also the accountability that can come with sharing a home with your partner, because sometimes even if you get up to simply go to the bathroom or kitchen your, partner might be curious about your whereabouts and ask you where you are going.

Related Link: [Relationship Advice: What We Can Learn From the Trials and Triumphs of Celebrity Relationships](#)

In addition, the practicality and logistics of your lives might make it difficult to uproot yourselves, especially if you live in different places. Deciding to have a long-distance marriage can give you the opportunity to share a life while maintaining priorities of work, family, and friends. This can be especially true if you find each other a little later in life. In that case, you may have fully established an autonomous lifestyle, which includes routines and habits that are hard to break, and in some ways might not be suitable for sharing a home with another person.

That can be the case even if you live just a few blocks away from each other. If you both find yourselves sharing these concerns – and you each already love the home you created and don't want to give it up – this might be a way to have it all. Similarly, if you each keep early, late, or unusual hours at work, and coming home could be disruptive to your partner, maybe even totally conflicting with their routine, or if you travel a lot anyway and, with that in mind, it doesn't make

sense to combine households, this might be something to consider. Finally, if you have a beloved pet and your spouse is allergic, it could be a way to avoid a deal breaker and still make it all work.

Ultimately, there can be many upsides to this, even beyond holding on to your daily life as you know it. There is less of a chance to get on each other's nerves, since you always have a place to go to get away and you won't be forced to be together if you don't want to be. It can keep your love fresh and more romantic because you can exercise more control over your appearance and how you present yourself to your partner. And if you have different methods of keeping house, one of you is messy and the other a neat freak, this will allow you to just be yourselves in your own homes without bugging the other person.

Related Link: [Relationship Advice: Talking Through the Tough Times](#)

On the other hand, living apart can have a real downside. You are more likely to miss out on little moments – inside jokes and shared bedtime and morning rituals – and you're putting off the inevitable step of showing each other your authentic selves while you navigate the tricky waters of splitting up household responsibilities and chores. Because of this there, may be much less chance to learn to cooperate and work together as a team, which allows you to develop an up-and-running sense of partnership. You might not be there when you need each other, if one of you doesn't feel well, or if you want a spontaneous snuggle. It is also possible that you will feel judged by family or friends, and even strangers, for doing something that might be construed as different.

This is not a dish for everyone, but it might be for those with a particular taste. It offers the opportunity to marry the person you love despite obstacles you might not be willing to change, which would otherwise make getting married

impossible for one or both of you. Being married but living apart might be an option to give life to your commitment instead of making it untenable. For now, Kaley and Karl are taking advantage of the upsides of living apart. They are building a life together and don't seem to be concerned that their relationship has been labeled "unconventional." Whatever decision you make for your relationship, know it is right for you, and try to tune out the noise, focus on each other, and continue planning for your future.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Read more at [Cupid's](#).

Ask the Guys' Guy: Dirty Talk for Beginners



 By [Robert Manni](#)

Question from Megan S: I'm not opposed to dirty talk, but I think I am terrible at it. Help!

[Expert Dating Advice](#): How to Get Verbal in Bed

Hi Megan: Thank you for this provocative question. It gets me hot just thinking about it. Just kidding, but that ties into my response. Men and women get turned on by different things and every individual has his or her own set of turn-ons. Although there are generalities (men tend to be more visual and women are usually attracted to confidence and emotional intelligence) love and sex is often a crap shoot when it comes to what gets a particular partner hot.

Related Link: [Ask the Guys' Guy: How To Pick Up the Man You Like](#)

I was at a movie and my date swooned over the length of Daniel Day-Lewis's fingers. Go figure. When it comes to dirty talk, what might feel dirty and sexy to you might be bland or too tame for a guy or another woman. You just never know what is going to light up the scoreboard. But you have to be in the game to win, so take a deep breath and get ready to cut loose.

Related Link: [Ask the Guys' Guy: How to Win a First Date After Meeting Online](#)

Most guys like the direct approach and I would not be concerned about being too graphic. When it comes to dirty talk, the golden rule is to let your freak flag fly, hope for the best reaction, and, while you're at it, make sure you're rocking his world like no one else. Attitude goes a long way, so if you want to talk the dirty talk, make sure to walk the walk. You don't need to confine your sexy talk to the bedroom. Nothing turns a guy on more than when he is out on a date and his partner whispers in his ear what's in store for him when they get home. He'll probably immediately shoot up his hand and call out, "Check, please!".

The bottom line is to be confident and cool about your sexuality and not be concerned about the exact words you say. Get his attention, then relax and make things happen. If he does not respond to your dirty talk, don't take it personally. You can give it a shot another time. If he does not take the bait again, laugh it off and consider looking for a guy who craves everything about you, especially your sexy talk.

Good luck, and play safe.

Robert Manni

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More about the Guy's Guy:

image:

<http://cupidspulse.com/wp-content/uploads/2018/11/Robert-Manni-300x200.jpg>



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Ask the Guys’ Guy: How Much Is Too Much On Exes?



 By [Robert Manni](#)

Question from Mia B: Talking about exes with a new partner is important. How do you know when it’s the right time to bring up your past and how much information should you share?

Dating Advice: What You Should Tell Your New Partner About Your Ex

I have a theory about exes. By definition, they are no longer involved in your love life and there are reasons why. Every relationship is different, but if you see a pattern of the same issues cropping up relationship after relationship, it's time to look inside and ask yourself if you are doing something to invite the same circumstances into your life. There is nothing wrong with a relationship that does not work out long-term. Breaking things off does not mean it was a failure. The way I looked at breakups is we had our time together and we moved on. In the long run, when you look back, it's almost always a good thing that you moved on.

Related Link: [Ask the Guys' Guy: How to Pick Up the Man You Like](#)

The point is, exes are exes for a reason. It is not necessary to discuss them and past relationships in detail. It's always better to start a new relationship or even a first date as a fresh start without baggage. If for whatever reason you need to discuss or rehash details of past relationships and why things did not work out, keep it short, be positive, and don't play the blame game. There is no bigger buzz kill to potential suitors than listening to a new partner trash their ex. Everyone who hears this will put themselves in the position of the ex and wonder if they will be judged the same way.

Related Link: [Ask the Guys' Guy: How to Win a First Date After Meeting Online](#)

Of course we all have a past, but my advice is to tread carefully when discussing former partners. You'll get better results by focusing on your new thing and the lessons learned from past relationships that went south.

Good luck.

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Ask the Guys' Guy: How to Pick Up the Man You Like



By [Robert Manni](#)

Question from Shaylin R: I'm all for making the first move on a guy I like. What are some tactics men like when a woman tries to pick him up?

Best Ways to Make the First Move on the Guy You Like

Hi Shaylin:

Your question and suggestion is music to the ears of most of the men I know. Maybe it's because guys today are not sure how to make a real connection with a woman once they get past texting and swiping. Some guys are just plain lazy. Whatever the reasons are, most guys love it when women are

proactive and make the first move and “pick them up.” I’m not sure this is necessarily a good thing for women, but if you make the first move you will get a reaction, so it’s worth a shot.

Related Link: [Ask the Guys’ Guy: Online Dating for Beginners](#)

Women send subtle signals to guys they are interested in. The problem is, most men don’t pay attention and therefore do not know how to read the signals of an interested woman unless those signals are overt. I am not suggesting that women simply take over the dating dance and ask the guys out. I believe in romance, seduction, and a man behaving like a man in the very best sense of the word. Guys need to put themselves on the line more, ask women out more, and plan the specifics of a date. If women let guys off the hook on these basics and do all the work, IMHO, guys will sit back and let you. So, be careful of what you wish for.

Related Link: [Ask the Guys’ Guy: How to Win a First Date After Meeting Online](#)

That said, times are a-changing and no one wants to wait around until a guy finally gets the message that you are interested. If the guy you set your sights on is not responding to your subtle overtures, it’s okay to make a move,

Here’s an example: he’s always talking about the Yankees. If you have a connection, you could say, “My company has a season box at Yankee Stadium. I have them next Thursday.” If he does not take the bait, maybe you want to rethink the situation. You can also offer to meet up casually for beers to discuss an issue he’s facing or meet up for some much needed post-workout hydration after spin class. The point is, make it feel organic and not like you are chasing him. Leave bread crumbs on the path and make him work.

If you don’t feel like playing it that way, ask him out without an organic connection. This could be coffee, drinks,

or whatever. If he's into you, he'll jump at the chance. Once things get underway though, I suggest putting the onus back on him to pursue you. After all, do you really want to chase the guy around? He should be chasing you. You're worth it, right?

Good luck.

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Love & Libations: Tequila Cocktails To Sip Like a Celebrity



 By [Yolanda Shoshana](#)

While everyone talks about Champagne being sexy, the seduction of tequila is starting to be known. It's been said that women who drink tequila make fabulous lovers. Being a tequila drinker, I won't confirm or deny these claims. You will have to do your own field research to see it if it's true.

Tequila: a Seductive Spirit for Date Night

It makes sense that celebrities keep selecting tequila as a business they want to get into; the rich and famous always want to be a part of the hottest and sexiest thing. From [Justin Timberlake](#), to Dwayne “The Rock” Johnson, Toby Keith, Carlos Santana, and on and on, tequila is the hottest trend. It would be nice to see a few female celebrities come out with a tequila, as well. Imagine if Cardi B. got into the tequila game; it would be lit.

Related Link: [Love & Libations: The Love of Negroni](#)

If you want to sip tequila like a celebrity, be ready for National Tequila Day on July 24th. Below are suggestions for cocktails made with two hot brands to help you celebrate the day. Either rock it with your friends or just the one you love. Stay strong and get your tequila on.

At this point everybody knows that [George Clooney](#) and Rande Gerber are a part of Casamigos Tequila. They made so much money selling it, Clooney has boasted that he never has to work again. The main reason they got into tequila was so they could have one to drink while hanging out. Clooney is legendary for entertaining with food and drinks. I’m still waiting on my invite, it must be lost in the mail.

Related Link: [Love & Libations: Celebrity Reds to Turn You On](#)

Casamigos is the go-to tequila when you are having your friends and family over. Since Clooney married Amal, his tequila soirees are now filled with deep conversations of politics and economics. You don’t have to aim for that, unless that’s how you want to spend the night. Maybe just a night of tacos and tequila. Who wouldn’t love that for their next [date night](#)?

Smoky Casa Margarita

Ingredients:

2 oz. Casamigos Tequila

1 oz. Fresh Lime Juice

.75 oz. Agave Nectar

2 Dashes Orange Bitters

Flamed Orange Peel

Instructions:

Combine all ingredients into tin shaker. Add ice. Shake well. Strain into rocks glass. Add fresh ice. Garnish with a flamed orange peel.

Two well-known crooners, [Adam Levine](#) and Sammy Hager, created a unique libation by mixing tequila and mezcal together for the world's first "mezquila," called Santo Puro Mezquila. The spirit came to life after Levine and Hager were drinking together in Cabo San Lucas, Mexico. They were probably a tad tipsy when they decided to mix tequila and mezcal, but they both liked the taste so much they decided to make mezquila a real thing. Leave it to one of the sexiest men alive to come up with a libation that features not one, but two sensuous spirits in a bottle. Santo is the drink that is perfect for a relaxing evening at home while listening to a playlist with a little Maroon 5.

Santo Revelation

Ingredients:

- 1.5 oz. Santo Mezquila
- 1 oz. Passion Fruit Nectar
- 2 ea. Thin Slices of Fresh
Ginger Root

- 1 ea. Lime Wedge
- 2 oz. Ginger Beer
- 0.25 oz. Pomegranate Syrup
(sub: Premium Grenadine)

Instructions:

Muddle ginger root, lime wedge, and passion fruit purée in shaker glass. Add Santo and ice. Shake well and strain over fresh ice. Top with ginger beer and sink pomegranate syrup. Garnish with a ginger slice (optional).

Ask the Guys' Guy: Online Dating for Beginners



 By [Robert Manni](#)

Question from Samantha W: I'm new to the digital dating world and my friends keep recommending Tinder, but this app has the reputation for hook-ups. How can I find something more serious and filter out the booty calls?

Serious Online Dating for Beginners

Hi Samantha,

Congratulations on entering the digital dating world. When it comes to dating, technology can be a blessing or a curse. It's up to you and how you play the online dating game. One key to success is always being yourself, the same person you are online as offline. That means maintaining your values and

criteria for potential online dates just as you would when meeting someone in person. If you're not into booty calls, don't waste your energy on apps that have a reputation for hook ups.

Related Link: [Ask the Guys' Guy: How to Win a First Date After Meeting Online](#)

There is a wide variety of dating websites and apps to choose from. Many are specific about the type of clientele they seek and who they cater to. When getting your feet wet in online dating, it's easy to dive into the deep end of the pool and find yourself treading water due to the amount of offers you'll receive. On most sites and apps, new people get lots of attention and it can be quite overwhelming if you are a smart and attractive woman.

Related Link: [Relationship Advice: Four Types of Men You'll Meet Online](#)

Before signing up or downloading an app, do your own research and talk to your friends, both female and male. When you have a clear sense of what the apps and sites are all about, I suggest choosing between one and three apps or websites to sample on a trial basis. That way you'll see the differences in what each service has to offer without spreading yourself so thin that you're constantly juggling dates instead of qualifying potential partners and making a real connection. I also strongly recommend looking inside and determining what experience you want to get out of the online dating game before signing up. If your goal is simply dating, you're in luck. If you want to go deeper, you'll need to set your personal parameters for qualifying the type of guy you're looking for and then stick to your plan.

The good way of managing the online dating process is by starting slow and keeping things simple until you get your bearings and a feel for how the online dating game is played.

Remember, never lower your standards to match a service or an app that does not represent the real you.

I hope this helps. Good luck!

Robert Manni

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Read more from the Guy's Guy on [Cupid's](#).

Read more at <http://cupidspulse.com/131183/ask-the-guys-guy-how-to-support-my-mans-mental-health/#HKc5mKVWhmjk7xiy.99>

Relationship Advice: What We Can Learn From The Trials And Triumphs Of Celebrity Relationships



 By Dr. Jane Greer

Coming out of a toxic relationship can be difficult in and of itself, and often requires an emotional detox. Even though the relationship is clearly over, you may find that you still have issues to work through. You might be experiencing not only the

sadness and loss, but also pain and anxiety. If you got to this point after a tremendous betrayal or a chronic problem the magnitude of which you were not able to surmount, you probably have many questions and concerns about how you got into that situation in the first place, and how someone you loved could treat you so poorly. Sandra Bullock had a public breakup with her ex-husband Jesse James who [admittedly](#) cheated on her multiple times. Despite that, Sandra has finally [found love again](#) with a person whom she calls “the one,” Bryan Randall, and the couple reportedly couldn’t be happier. How, then, when you finally do find yourself on the other side and are ready to think about dating again, can you trust another person as well as your own judgement as you, like Sandra, move past the bad and attempt to find the good? How can you make sure you don’t allow yourself to fall into a toxic relationship again?

Dr. Greer’s Relationship Advice Teaches Us How to Date Again After a Toxic Relationship

One thing to keep in mind is that it is natural to be more guarded and question everything when you begin something new after what you have been through. And that is a good thing. Take your time as you get to know someone who has caught your eye. Even if the connection feels comfortable right away, and you experience the temptation to slip into an immediate closeness of constant texting, talking, and even spending the night together, try to resist that at first. Remain your “me” for as long as you can before you jump into being a “we,” so you don’t shoot past any warning signals. Take inventory: do they call when they say they will? Do they keep the plans you have made? Do they generally seem to be telling you the truth about things, or have you caught them in any lies? Do they have friends, or do they appear to have many past

relationships – friendly and romantic – that have ended with all ties cut? Take the time you need to read all the road signs, so to speak, and to stop at all the caution lights so you can get a sense of what's coming down the road. Give yourself a chance to learn who this person really is, instead of making excuses when necessary and allowing them to form in your mind as who you hope they will be. Along these lines, be more selective about who you might let in, let them show you they are worthy of your love. Sit back a little, possibly more than you usually have, and instead of being an open book and freely sharing your past and your hopes for the future, let them take the lead and reveal those things first. That way, you will have a better sense of what you are getting into before you open yourself up to them.

Related Link: [Relationship Advice: Talking Through the Tough Times](#)

By doing this and taking any red flags that might come up seriously, you can work to head off future betrayals and strengthen your own self-confidence as you evaluate your new potential love interest and decide how much you want to share with them. It will also give you more control. The goal here is to find someone who you can believe in, who has your best interest in mind, and who, ultimately, will not stamp on your heart. Proceed with this expectation, that this is what you deserve and what you will get, and this will help give you more clarity and insight as you begin to date. If you feel secure in yourself, you are much more likely to find someone who will support you rather than undermine you.

Related Link: [Relationship Advice: Working Through Your Heartbreak](#)

Moving on after a toxic relationship isn't easy, but it is possible, as we saw with Sandra and Bryan. The experience, however terrible it might have been, can be a lesson for you to learn from. Once you can stop thinking of it as a recovery

process, and more of a moving beyond process, taking with you all that you now know, you can be stronger and better placed to have a healthier relationship than ever before.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Read [more](http://cupidspulse.com/130352/relationship-advice-estranged-family-members/#vvKW3dZzYwrf17tQ.99) at <http://cupidspulse.com/130352/relationship-advice-estranged-family-members/#vvKW3dZzYwrf17tQ.99>

Ask the Guy's Guy: How Can I Support My Man's Mental Health?



By [Robert Manni](#)

Question from Alyssa B: "My relationship has gotten pretty rocky ever since my man's mental health has started to decline. He's always upset, but won't ever talk to me. How can

I help him past this?"

Helping a Partner Through Tough Mental Times is Hard

Hi Alyssa:

Thanks for this question. When a guy is "struggling with his mental health," it casts a wide net of reasons why, especially these days. Every situation is different and I want avoid generalizing. Regardless of the issue, your support is needed and appreciated, even if your man may not seem to be responding to your efforts.

Related Link: [Ask the Guy's Guy: Should I Stick Around to Feel the Spark Again?](#)

The key here, as with most relationship issues, is being present and keeping the lines of communications open at all times. Men are protective of their feelings and often hold things inside, rather than sharing with their partners. Some guys still think that talking about their problems is a sign weakness. We know this is the furthest thing from the truth, so you have some work to do.

The challenge is getting him to open up and tell you what's going on. After all, how can you be supportive if you don't know what's up with your man? Find a time to get him to talk and do it in a non-threatening way. If he has issues, he probably does not want you to know how much he's hurting. He may even be embarrassed or ashamed.

Related Link: [Ask the Guy's Guy: What Do I Do If I Have Trouble Opening Up To My Significant Other?](#)

I've found that the casual, not too serious approach works best with guys. Take him to dinner, a movie, a ball game, a round of golf, a walk, or whatever you think will put him at ease. Afterwards, look him in the eyes, tell him he seems preoccupied, and ask if there is something he wants to talk

about. Make sure he knows you are there for him in a non-judgmental way, whatever the issue. See how he responds. At this point, you've let him know that you're aware something's troubling him. As your partner, it's up to him to share his feelings and perspective. Go slowly, but don't let it pass without a response. And be gentle. Things could get worse if he clams up.

Again, every situation is different when it comes to "struggles with a man's mental health," so no one size or solution fits all. It could be something benign or he may have done something harmful to himself or the relationship. You'll never know if you don't take the time and put in the effort to find out what's going on.

I hope this helps. Good luck.

Robert Manni

If you would like relationship expert Robert Manni to answer your online dating/relationship questions, please email lori@cupidspulse.com.

More about the Guy's Guy:



Robert is the host of Guy's Guy Radio, featured on Blog Talk Radio and available on iTunes, Stitcher, and TuneIn. The weekly podcast features interviews with relationship coaches, entertainers, authors, wellness experts, spiritual teachers, sports personalities, and a weekly "Guys' Guy's Guide" exploring current guy-focused topics.

His novel, THE GUYS' GUY'S GUIDE TO LOVE, praised as the "Men's successor to Sex and the City," has been developed into

two feature-length adapted screenplays, a scripted television series (pilot and treatment), and a series of non-scripted Guy's Guy show concepts.

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