

Love & Libations: Celebrity Wines For Turkey Day



By [Yolanda Shoshana](#)

I'm sure you noticed that the day after Halloween the Christmas stuff was out front and center. Let's not forget about poor forgotten Thanksgiving. After all, it's a day to remember to be grateful for family and friends. Who doesn't love stuffing themselves with good food and libations on this holiday? While there are many wines to pair with your turkey day meal, here are some celebrity selections that are delicious and will make you feel fancy.

Different Celebrity Wines

1) Moet Chandon Champagne Brut

It's the first Champagne to even bother to work with celebrities. The first ambassador was Scarlett Johansson. No one knows why their relationship didn't last, but the bubbles moved on to tennis great, Roger Federer, to continue with its sexy sipping.

You may not realize this, but sparkling wine is perfect to pair with a Thanksgiving meal since bubbles go with anything and everything. Most people wait for a special occasion to break out the Champagne. What could be better than a meal with friends and family on a day full of gratitude? The wine would go great with turkey, but it's perfect for your guest who simply likes to indulge in the side dishes.

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

2) 2015 Napa Valley Three by Wade Red Blend/Wade Cellars

NBA player, Dwayne Wade has a lot to be grateful for this Thanksgiving. He and his wife/actress, Gabrielle Union, has just welcomed a baby girl. Wade has even taken time off from games to welcome his daughter.

As some of you may know, Wade is part of the secret NBA wine club. He enjoys wine so much that he started his own luxury wine label called Wade Cellars. The Napa Valley Three has some of the best red grapes swirled together such as Malbec, Merlot, Syrah, and Zinfandel. The black fruit and floral notes would be perfect for celebrating the day with those you love.

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

3) Lve Chardonnay/ Lve Collection by John Legend

John Legend has been in the wine game for a few years now. He teamed with wine personality, Charles to create a wine that is elegant and sophisticated. Long story short, his wine is as smooth as his music. I would love to know what he and Chrissy

Teigen pair his wines. Will she cook this Thanksgiving or have it catered now that she has two little ones? Whatever they do, I assume wine will be in hand.

This California produced wine would be a delight with your turkey and for those who are vegetarians at your table. It's full and rich with notes of butter and toasted almonds. It's the perfect pairing and works well with a good playlist featuring some of John's music.

Related Link: [Love & Libations: Palate Pleasing Pairings & Celebrity Couple Inspiration for Thanksgiving Day](#)

4) Miraval Rosé/ Chateau Miraval Cotes de Provence

While the love may be over between Brad Pitt and Angelina Jolie their wine remains something to fall in love with. When they released the *rosé* it sold out in minutes. When the couple announced their split, wine lover around the world panicked because no one knew would become of their beloved *rosé*.

The wine lives on until further notice. If you are a fan of a good French *rosé*, this one is for you. A glass of Miraval would be great as an aperitif when your guests arrive or as a kick off to a more intimate dinner.

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

Expert Dating Advice: How to Date a Coworker



By Marisa Gooch

Most of us typically view work as a place to acquire skills, earn an income, and build a social circle. But for some, work can also be a place to find their happily ever after.

Take [Gwen Stefani and Blake Shelton](#), for example. They met while judging for [The Voice](#) in 2014. What began as a simple friendship soon sprouted into something more. Now, Stefani and Shelton have been dating for three years and are still going strong.

Dating A Coworker

Dating a coworker isn't only familiar to the celebrity world. According to a survey conducted by [Vault](#), 51 percent of respondents have had an office romance at least once in their

careers. Another recent study conducted by [The Knot](#) found that 12 percent of participants met their spouses at work.

For how common it is to date within your work circle, learning how to handle a romantic relationship with a coworker can be difficult, awkward, and stressful. Should you tell the company that you two are dating? How do you address each other at work? What happens if you break up? These questions should be contemplated and answered before you dive into a serious relationship with a fellow employee. To combat the potential awkwardness, here are four guidelines that will help you handle a professional relationship that turns into a personal one.

Related Link: [Relationship Advice: Is Your Job Killing Your Relationship? How To Choose The Right Company To Work For?](#)

1. Check Your Company's Policy

Unless you work in the state of California, it is *legal* for your company to set [fraternization](#) policies, meaning that the company could prohibit employees from participating in romantic or sexual relations with each other. If your company has a strict fraternization policy and it is broken, one or both participants involved could be terminated. Yikes.

Not all companies have strict fraternization policies, though. Some companies have their employees sign a [love contract](#), and other companies don't care if two employees date as long as the work gets done. Before becoming romantically involved with a coworker, check your company's handbook and your employment contract to confirm that dating within the company is allowed. If you have the green light, it is best to notify your supervisor or boss once your relationship becomes serious so that he or she is aware.

Related Link: [Relationship Advice: How to manage your business when you're sleeping with the CFO?](#)

2. Set Boundaries

Sometimes “all work and no play” is a good thing in terms of how you and your partner interact while in the office. Remember that when you are at work, you are *working*. That means no kissing in the halls, no batting eyelashes at each other, and no overly romantic talk.

[Lynn Taylor](#), author of [Tame Your Terrible Office Tyrant: How to Manage Childish Boss Behavior and Thrive in Your Job](#), says that even though behaving strictly professionally may feel awkward, it is “better to overcompensate than to constantly test the limits of workplace etiquette while hoping for the best.” Maintaining your professionalism will prevent your colleagues from feeling uncomfortable around you and your partner.

Now, I know what you may be thinking: *I can't show ANY form of love or appreciation for my partner in the office?* The answer is you can, but keep it simple and subtle. Going to lunch together or meeting up for breaks is totally fine. Friendly chatting in the coffee room is, too. Discuss with your partner other activities that you both feel uncomfortable participating in while you are at work and stick to your decisions.

Related Link: [Expert Dating Advice: Tips for Romance That's Just Around the Corner When You've Been Around the Block](#)

3. Don't Involve the Entire Company

You're dating your coworker, not the company you work for. Keep your relationship private, especially when you have disagreements and fallouts. [Art Markman](#), professor of psychology at the University of Texas, advises this exactly. He says that you should leave any personal quarrel with your significant other out of the workplace.

This means that if you and your partner are fighting, don't

tell Sally in the printing room what happened. Likewise, your partner shouldn't tell John two cubicles down about the rude things you said. Sharing the details of your private life with your colleagues can spread rumors and encourage gossiping in the office. You and your partner may forgive and forget, but Sally will see your partner as an awful person, and John will dub you as someone who doesn't have a filter. Even worse, the news could get back to your boss, causing him or her to feel that your relationship is damaging your work ethic. That itself could create a plethora of problems. To keep this from happening, keep your home life at home and your work life at work.

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4. Be Prepared for What Could Come

It is important to be realistic about the future of your relationship. Either it is going to work, or it isn't. If you and your partner decide to get married, will you both stay at your company? If you and your partner break up, how will you interact at work?

Be prepared for both outcomes early on, especially for the outcome that entails tears, heartache, and anger. According to dating expert [Chiara Atik](#), it can be very uncomfortable to work with someone after a breakup. Preparing for the unknown with your partner can help you both have a clear game plan when x, y, or z happens.

If you are making eyes at the girl down the hall or the boy in the mailroom, keep these four guidelines in mind for when that relationship takes off. If you end up belonging to the 12 percent that marries a coworker, all the best to you. If you belong to the majority that knows what it's like when a romantic relationship with a colleague turns sour, don't be afraid to apply these same steps to combat the inevitable

awkwardness that may follow.

Expert Dating Advice: Are You Ready To Move-In Together?



By [Megan Weks](#)

Thinking about moving in with him? Read some [expert relationship advice](#) to see if you are ready to make this move.

Making the next big step in the

relationship!

Before you move in with him, consider this: Rent is expensive and you'd LOVE to share it with him... You're sick of living out of a suitcase every weekend when you're at his house. You're practically there all the time. His dog is starting to call you "Mom." Is it time to move in? Think about this from a Man's perspective. What generally is a man seeking out of a relationship with you? Warmth. Encouragement. Admiration. Love. Sex. He gets it all nearly all of the time when you move in with him. We have all heard the old adage, why buy the cow when you can get the milk for free? Well, it's something to seriously consider when you are looking to move in with him.

Related Link: [Expert Dating Advice: How To Put Yourself Out There After A Break-Up](#)

When the conversation of moving in arises, it's an opportunity. It's your chance to create a moment to have a man face some real-life questions. Basically, what are his intentions here? Otherwise, I guarantee it's not on the top of his mind. He is probably focused on his career or other important things like his fantasy league or latest fall micro-brew. He's not going to be sitting there thinking about his intentions with you. It may not cross his mind at all how this move could benefit you or not benefit you a year later when he's about ready to pick his fantasy team, again...

Use this moment to discuss intentions rather than going with the flow or "hoping." A tactic I see women using all the time. I also see it blowing up in their face where it's a year later, they are a year older, and they have nothing more but a year more of memories with a dude who just "wasn't ready" for what she wanted.

Related Link: [How I Used a Manfunnel to Meet My Dream Husband](#)

Now realize I don't know you or your relationship so I'm simply asking you to consider this before proceeding. If you're looking for a formal commitment to A.K. A. engagement or marriage, don't allow a man to have you in his place all cozy while he decides what he wants to do with you. He gets to play house. He gets to have it all. You can spend plenty of time together to experience what living with one another might be like. You don't have to actually take that plunge to learn what you need to learn.

Related Link: [Should I Drop All The Other People I'm Interested In?](#)

Here is another thinking point. Are you considering moving in because it's an inconvenience to you? You're tired of going back and forth. You're tired of living out of a bag when you're at his place? Why is it that we women tend to travel to the man's house? Why are we spending more time over there rather than him spending time at our place? I've heard answers many reasons to this question. He doesn't have a roommate and you do. He has a bigger bed, a bigger place or better TV. I've heard that the man isn't comfortable there and can't sleep well over at your place, and many more excuses.

Sometimes it starts to feel like a girlfriend delivery service. You're so cozy at this point, he barely has to take you out anymore on dates. I've seen men stay in relationships for years because they have all that they need but they also don't intend on proceeding with a formal commitment. After seven years, you move out and he marries the next woman who comes along who he dated for seven months! I'm pretty sure we have all heard some version of a similar story.

I see way too many women jumping through hoops to be the girlfriend. Let him jump through hoops to have you in his life at all. Did you know that a man will appreciate you about 100 times or more if you are very certain in your value and your deservingness to be appreciated? Women are so afraid to lose a

man that they seem to hardly take this approach of making him work hard to have her in his life. A man wants to do this work. He wants to cherish you and go out of his way for you. If you make everything too easy on him, he will view the relationship as less valuable.

Related Link: [Expert Dating Advice: How To Handle a Heartbreak](#)

Before moving in, you need to truly figure out what's best for you. I'm not asking you to take a fear-based approach but I am suggesting to be smart about this decision. It's a big one. Don't do it out of convenience. Don't do it if you don't know where the relationship is headed. Discuss both of your intentions and a timeline of expectations before you take the relationship to the next level.

For more information about dating expert Megan Weks, visit her website at www.meganweks.com. For more relationship advice articles from Megan, click [here](#).

Ask The Guy's Guy: What to do if You Find Your Partner Using Online Dating Sites





By [Robert Manni](#)

Question from Anna B (Binghamton, New York): I recently found my significant other (who I met on online) using an online dating website when I was on it. What should I do next?

Caught partner on online dating site, what should I do next?

The irony to this question is that when you are checking up on your partner online, your profile must be active also. This happened to me a few times and like most singles, I pushed back by asking what she was doing online also. At the time, I thought it was a good idea to keep my options open and in case things did not work out. Truth be told, I was a bad boy and liked window shopping all the beautiful ladies still on the market. Was this fair? Of course not, but at the time I enjoyed meeting new women and did not think I wanted a serious relationship. But all that changed when I was taught a great lesson about dating by the woman who later became my wife.

Related Link: [Dating Advice Q&A: Should I Remain Friends With](#)

[My Ex Online?](#)

When we met online, she'd just returned to the dating scene after a long-term relationship ended. She signed up for a free three day pass on Match and winked at me. I was the only guy she met. I was having fun dating randomly and thought I was in no hurry to settle on one partner. But when after three great dates she asked me why my profile was still active on the site, she was not accusatory and asked in such an innocent way that I thought she was more curious than snooping. It felt like she was honestly wondering why I kept my profile active on this dating site while we were going out.

Related Link: [Dating & Technology Q&A: Is It Too Soon For Me To Ask Him To Get Off Dating Sites?](#)

When I thought about it, I realized that I had been dating so much that I'd waded too deep in the online dating pool and forgotten why I was dating in the first place. I was having a blast dating, but deep down, like most singles, I wanted a partner. So, after she asked me this innocent, but loaded question, I told her I'd hide my profile. And it's stayed hidden. The more we dated, the more I liked being with her. She taught me that it was important to give new relationships a fair chance. If things didn't work out, we could reactive our profiles and get on with our lives. Without saying anything more about it, we began dating exclusively and never looked back.

Related Link: [Dating Advice Q&A: How Can You Tell Red Flags From Online Dating?](#)

The moral of the story is that if you find your partner's profile is still active online, ask him or her why and what their intentions are. Ask them if they want to date around or give the relationship a chance to grow. This way, you know where you stand without having to juggle partners and sneak around. I found this to be a more honest way of dating. So, if

you're feeling good about someone, consider giving your relationship the best opportunity to succeed by hiding or shutting down your online presence.

Good luck.

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

Expert Dating Advice: 5 Reasons to Hire a Professional Online Dating Profile Writer





By: [Joshua Pompey](#)

Online dating can be tricky. With so many moving parts and different components, it's often hard to diagnose how to improve your results. If you are having trouble attracting the highest quality singles, you may want to look into having your profile revamped by a professional. Below are 5 reasons why you should hire a professional online dating profile writer:

Hire an Online Dating Profile Writer

1. The **experience.** If you're looking to improve your fitness, you hire a personal trainer. If you're looking to become a better cook, you take a cooking class. Online dating shouldn't be looked at any differently. If you want the best of the best, let a professional assist you. They will be able to get the right person for you, and better results than what you've been getting.

Related Link: [Expert Dating Advice: 5 Reasons to Hire an Online Dating Assistant](#)

2. This could determine the rest of your life! An online dating profile is about more than just writing something that reflects you well. It's about landing your profile to someone who you could potentially spend the rest of your life with. For that reason, it should be treated with as much importance as just about anything else in your life.

Related Link: [Dating Expert Reveals Why Online Dating Is Better Than Meeting In Real Life](#)

3. It's hard to write about yourself. It may surprise some people out there to know that I've written the profiles of best selling authors, English professors, and prominent journalists. Why? Because writing about yourself isn't easy. But, professional profile writers will be able to sell your profile in a way that you won't be able to. Professional profile writers will objectively take this task out of your hands in a way that comes across as down to earth, fun, and engaging.

Related Link: [Dating Advice: 5 Online Dating Photos That Will Instantly Up Your Profile Game](#)

4. Pro's are Pros for a reason. A professional has the experience, writing background, and knowledge that might take you months, or even years to acquire. Why work with mediocre results when you could be attracting the others at the highest possible level?

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5. Profile writing is hard work! At the end of the day, even if you could write yourself a great profile, you probably have a whole lot of other things going on in your life. Spending hours writing about yourself probably isn't at the top of your list. Hiring someone from the outside takes the work out of your hands and allows you to simply focus on the things that you enjoy doing.

Joshua Pompey has been helping online daters since 2009 and written thousands of profiles. To learn more about his professional profile writing service, men, click here <https://joshuapompey.com/men/professional-online-dating-profile-writing-service-for-men/>. Women click here <https://joshuapompey.com/women/professional-online-dating-profile-writers/>.

Love & Libations: Cocktails Inspired by Halloween



October brings on the spooky vibes. This month's column is

going to focus on cocktails inspired by a couple of villains and a badass woman who are icons, especially during the Halloween time. The cocktails include a celebrity brand to as well as a simple alternative spirit. Their libations will get you to have a scary good time.

Halloween Cocktails For A Scary Good Time

Nothing beats curling up under a blanket and watching Friday 13th. If you are like me, you're probably wondering why the heck people even still go to Camp Crystal Lake. That's not to say that Jason hasn't traveled. He even made his way to New York City. Some of the best moments in the series are when couples are making out and one of them goes to check out the noise. That's a sure sign that one of them won't be coming back.

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

Jason Voorhees- Friday The 13th

The Voorhees is made with fresh strawberries for the bloody red effect. Simple garnish with strawberries and add a touch of sea salt to the rim. Sip a few of these while watching binging on the series. If one of you leaves the room and takes too long to come back, maybe Jason decided to crash your party.

The Voorhees

3 Big ripe strawberries, sliced

2 ounces of Casamigos Blanco (alternative: Casa Noble)

$\frac{1}{2}$ teaspoon simple syrup

1 ounce lime juice

$\frac{1}{2}$ ounce triple sec

strawberry for garnish

Directions:

- 1) Muddle strawberries and simple syrup in the cocktail shaker until the berries are a nice liquid.
- 2) Add the lime juice, tequila, and triple sec to the shaker. Now shake until well blended. Pour into a chilled coup.

Related Link: [Love & Libations: Sparkling Wine For Holiday Date Nights](#)

Ellen Ripley- Alien

To this day, Ellen Ripley, from the movie alien is still one of the best-regarded heroines of horror movies. The character was eloquently played by Sigourney Weaver. It was the first time an actor was nominated for an Academy Award for a sci-fi or horror movie.

I call this cocktail the Ripley Weaver not only as a homage to Ripley but also to Weaver who is a badass woman. Weaver was in the same class as Meryl Steep at Yale and was told she wouldn't amount to much. It's safe to say she has proven people wrong. The libation brings together three French classics: Cognac, Crémant, and Cassis. A touch of bubbles to celebrate her power, the Cognac is her for smooth and calm nature taking on aliens, and the chassis is all about her edge. Alien is fun to watch with a group of friends, I dare you to watch with the lights off.

The Ripley Weaver

6 ounces Crémant de Bourgogne

1 ounce of Cassis

$\frac{1}{2}$ ounce of D'usse Cognac (alternative: Hennessy Black)

Directions:

Pour the cassis and Cognac into a chilled coup glass then top with the Crémant de Bourgogne. Garnish with berries or nothing at all, this cocktail is so good it needs nothing else at all. Even the Queen Mother would approve.

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Freddy Kruger- A Nightmare on Elm Street

A Nightmare on Elm Street ruined sleep for plenty of people when the movie came out. Freddie Krueger became everyone's favorite villain to fear and love at the same time. He was smooth and shady all at the same time. Some of his lines were brutal as he took out his victims. Kruger had a hard life which made him salty enough to become a killer.

If ever there was a cocktail that screams Freddy Kruger it's a negroni. The bitter yet balanced drink that so many people love. The twist on this drink is that it's made with Amaro versus Campari. This one would be fun to sip in bed while in bed with your partner. Snacks and a Freddy On Elm Street, just don't fall asleep.

Freddy On Elm Street

2 oz. Amaro Montenegro

1 oz. Aviation Gin (alternative: Blue Coat Gin)

1 oz. Sweet Vermouth

Orange slice

Directions:

Stir Amaro, gin and vermouth in an ice-filled glass, garnish with the slice of orange. One, two, Freddy's coming for you.

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

Relationship Advice: 4 Types of Men You'll Meet Online



By Gillian Lee

In this week's Single In Stiletto's [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talk to [Robert Manni](#) about 4 types of men you'll meet online. Watch the video above and the article below for good dating tips in your life!

Different Types of Men You Meet Online

1. Newbies: The first type of people you would run into are the “newbies.” These men have just recently started online dating, and aren’t positive what they are looking for in a woman. Manni explains to us women, “I would recommend to all ladies as a first question when you’re with a guy to ask them what they think about online dating.” He explains to us to beware of the newbies because it’s an idea of “window shopping” for them. Don’t forget these guys completely, but instead, keep seeing guys who have experience.

Related Link: [Relationship Advice: I’m Scared to Get Back There and Date](#)

2. Jugglers: These type of men or women are people who are using various dating sites, and who are “dating up a storm.” These people are overbooking dates, and what usually happens is that they would cancel last minute, or ghost you. When you are dating this type of guy, make sure to look out for your heart because they would be balancing multiple people at once.

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3. Lonelies: These type of people are the ones who have been dumped a bunch of times, or their wife have just left them. They seek a companion through online dating, but they haven’t yet managed their feelings. “These people might be a little needy, and might not know how to manage online dating...starting over can be really difficult for some people...” Manni says to us.

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4. Realist: These are the type of guys that you want to meet because “they have confidence in their own skin, like to meet

people offline..." This man will be able to show you a good time and be the type of guy you want to date. These men will have more relationship potential for women. But, you have to be careful if somebody is that comfortable in their own skin and have their game together that they won't turn into players, because it's pretty easy. Find a guy that has a cool head, and knows who he is and is respectable to women.

For more dating advice videos and additional information about the Single in Stilettoes shows, click [here](#).

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

Love & Libations: Autumn + Red Wine = Love





By [Yolanda Shoshana](#)

Red Wines For Upcoming Autumn

Gifft Red Blend by: Kathie Lee Gifford

It's no secret that Kathie Lee Gifford loves wine. She and her co-star Hoda always have a fun libation in front of them during the show. The name of the wines come from her last name and belief that friendship, love, and laughter are gifts that should be cherished. Recently Gifford has said that she is willing to make room in her heart for someone new. At this point, it would take someone pretty special to wine to sweep her off her feet. Her busy social life and show keep her content.

What's great about Gifft Wines is how affordable they are. It makes them the perfect option to channel your inner Kathie Lee and entertain friends and family.

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Baby Bear Syrah by: Kyle McLaughlin

One could say that Kyle McLaughlin is aging like his fine wines. When not acting McLaughlin can be found focusing on making small batch wines in Walla Walla, Washington. It's his home state and he said that he was obsessed with wines from the region. The unusual name for his line of wines comes from a reference from Shakespeare. If you've never had wines from the state you are in for a treat. Washington is known for producing amazing Cabernet Sauvignon, Merlot, Riesling and Syrah.

This is a special wine that should come out for a special occasion like an anniversary or romantic dinner. Make sure you have this one at home or a hotel so that you are close to the boudoir, it will give you the feels.

Related Links: [Love & Libations: Sparkling Wine for Holiday Date Nights](#)

Two Paddocks Pinot Noir – by: Sam Neill

If you won't know the actor, Sam Neill by name, you would definitely know him if you saw him. He recently was seen in the frisky movie, Gerald's Game. Let's just say handcuffs were involved. While he has had a very successful career as an actor, he found that he had a passion for wine. Neill has been in the wine game since 1993. Unlike most celebrities who have a wine business in Napa or Sonoma, his winery is in New Zealand. He owns four organic vineyard spread around Otago, a beautiful region known for its luscious mountains.

This big juicy Pinot Noir is bold and full of body. It will be a delight on the palate of any red wine lover. With this wine you could opt for a nice quiet dinner of lamb or steak or have it when you have your closest friends over. It's not a wine for so called friend, but perfect for your squad.

Related Links: [Love & Libations: Autumn Date Night Ideas](#)

[Inspired by Celebrity Red Wines](#)

LVE Cabernet Sauvignon- by: John Legend

Legend teamed up with the very classy Raymond Vineyards to produce his award winning wine. The goal of the wine is to bring together classic elegance, rich complexity and modern soul.

It has notes of chocolate, blackberries, and oak. Let's just say that it's seduction in a bottle.

This is a wine that is all about spending quality time with your partner. You might even want to whip up a recipe from Chrissy Teigen's new book, *Cravings: Hungry For More*, and pair with the wine. It would be like taking love tips for Chrissy and John.

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

Expert Dating Advice: 5 Reasons to Hire A Online Dating Assistant





By [Joshua Pompey](#)

As the head of Next Evolution Matchmaking, I am hired by busy and successful professionals to serve as their very own online dating assistant. But I don't just assist them with the process, I take complete control of the process. If you don't have the time to build an online profile, keep reading for some [dating advice](#) from [relationship expert Joshua Pompey](#)

Have Someone Find You Matches!

As their online dating assistant, I'm not only finding them matches, but I'm also writing all their emails and lining up dates as well. While this may sound a little extreme to some, I believe that the birth of online dating assistants has only just begun. Below are several arguments as to why we should embrace the idea. Keep reading to find out more from our [relationship expert](#)!

1. Hiring an assistant is nothing new

Need someone to clean your house? You hire a housekeeper. Are you a busy career mom? You hire a babysitter. Too busy to find

love? Why not hire an online dating assistant? People have sought help from skilled professionals since the beginning of time. Hiring a professional to handle what is arguably the most important component of your entire life, finding love, sounds like a worthwhile cause to me.

Related Link: [5 Steps To Securing Second Date](#)

2. There just aren't enough hours in the day.

Online dating is a full time job if you are going to fully dedicate yourself to the process in a meaningful way. Being busy and successful shouldn't require love and happiness to be put on the back burner. A professional online dating assistant can complete all the time consuming aspects that you might not otherwise have the time to pursue on your own.

Related Link: [Moving Your Relationship From Online To Face-To-Face](#)

3. Online dating assistants can save you months, or years of loneliness

Want to know one the biggest reasons people quit online dating? It's because they just aren't successful at it. After a few weeks or months of bad dates, they eventually quit, but it doesn't have to be this way. A professional online dater will bring experience and skill to the table, navigating the online world for you in a way that yields quality results.

Not being an expert at online dating shouldn't mean that you have to waste months, or even years of your life navigating these dating sites without finding the happiness you deserve.

Related Link: [The Do's And Don'ts of Online Dating First Dates](#)

4. Nobody is being deceived on a massive scale

If this was the 1993 Sleepless in Seattle version of online dating, where two people are pouring their souls out over dozens of emails and getting to know each other on an intimate

level over the computer, than yes, this would be very deceiving and immoral.

Fast forward to the present and the email exchanges on dating sites are about as harmless and lighthearted as it gets. Sure, when I work on a client's account at Next Evolution Matchmaking, I am writing emails as my clients. But these are mainly just superficial exchanges where I help to facilitate the exchange of phone numbers. Once that's complete, it's entirely up to the client to take things from there.

5. Online dating assistants take over the tedious aspects of online dating.

Let's face it, online dating just isn't fun! Sure, you could endlessly swipe right, chase down other singles, and write repetitive emails day after day. Or you could hire a pro and be free to do things you actually like to do! At the end of the day, sometimes pampering yourself is just plain worth it!

Joshua Pompey is the founder of Next Evolution Matchmaking. For information about how Joshua Pompey helps online daters, visit [this page](https://www.nemvip.com/next-evolution-matchmaking).
<https://www.nemvip.com/next-evolution-matchmaking>

Ask The Guy's Guy: How to Win a First Date After Meeting Online





By Robert Manni

Question from Gillian L., Manhattan, "Hey Guy's Guy, whats the best way of turning an online connection into a real date?"

You have a match on your favorite dating app and the conversations online are taking off. You're up for hours talking to your match but you're nervous about meeting in person. How can you be sure to impress on a first date when you've already gotten to know each other? How do you make a successful transition from online to in person dating? Read [dating advice](#) from our [relationship expert](#) Robert Manni!

Score That First Date!

We live in a wired world so these days connecting with new people often begins online. As a result, in business and dating, we need to develop an authentic, online voice that others like and can relate to. We make our connections online with a goal of meeting in person to close the deal.

When it comes to dating, after making a new connection online, scoring an in-person meeting can be challenging. With all the texting and emails we send each day, online communications are second nature for us. As a result, some online daters become nervous when it comes to leaving their comfort zone behind the keyboard and actually meeting someone new in person. But, it must be done because no matter how much texting or how many Facebook or Instagram posts you share, romantic connections only happen when you meet face-to face.

Related Link: [Can Technology Make Long-Distance Work?](#)

So, after you've made a potential online love connection how can you quickly and seamlessly move the process ahead? First, keep the online correspondence brief and always pointed towards the ultimate goal of meeting in person. What's worked for me is after exchanging a few brief texts or emails with someone new, I send my number and suggest a phone call. As a guy, this validates that I am who I say I am and is sharing my real phone number. It's a minor display of truth and vulnerability.

Related Link: [Is It Weird If He Doesn't Call Back After A Date](#)

If the woman is interested she would usually send her number. Then, I make the first call. The process may work a bit differently for women. If you are interested in a guy and he's dragging his feet, if everything else feels right send him your number or ask for his. The goal remains the same; exchange numbers and have a phone call. Energy is exchanged when you hear a person's voice for the first time and hold a conversation with them. A phone conversation is a qualifying step before you decide on meeting someone new.

Related Link: [Why Do Men Ask For Photos?](#)

I suggest keeping the call brief. It's easy to get excited and share too many personal details with someone new, but you also can waste a lot of time chatting on the phone with someone

that you don't feel the sparks for in person. Keep the call short and keep the process moving. If things feel right, before breaking off the call, casually suggest meeting up and continuing the conversation in person. Drinks, coffee, whatever feels right for a first "date". If the guy shows any hesitation and does not jump at the chance to meet a woman as dynamic as you in person, move on.

Hope this helps. Good luck!

For more dating advice and to find out more about our dating and technology guru, click [here](#).

If you have any questions you would like answered by our relationship experts, please e-mail them to cupid@cupidspulse.com.

Expert Relationship Advice: Dogs Make Everything Better





By [Dr. Amy Osmond Cook](#)

We all know how great dogs are; no one can quite match your dog's unique brand of love. While your fuzzy fur baby will always be the love of your life, did you know that your dog can also make your human relationships better?

According to my research, having a dog is good for you. Not only does having one in your life lower your stress levels and blood pressure, but your furry family member also boosts your immune system and brings added joy to your personal relationships. Here are four reasons being a dog person makes you a better people person.

Expert Relationship Advice On Dogs In Relationships

On the edge of your seat...click here for more

1. Improve Communication: If it's hard for you to make connections with people, your fur buddy can help. An early study by [Therapy Dogs International](#) discovered that people who were in elder care facilities that used canine therapy

treatments were more social with other people in their facility. They were more verbal in general and more alert.

I found that when you play with, pet, and talk to your dog while in the presence of other people, you'll feel relaxed, which may make others see you as approachable. Introverts especially benefit communication-wise by owning a dog. If you're an introvert without a pet, go out and get one. You won't be sorry.

2. Strengthen Relationships: While many believe children are key to strengthening a marriage, research has found a dog will have a similar effect. In an Association for Psychological Science study, researchers found that participants experienced more positive feelings about their partner after viewing a picture of them with cute animals.

[James K. McNulty](#), the psychological scientist over the study, said, "One ultimate source of our feelings about our relationships can be reduced to how we associate our partners with positive affect, and those associations can come from our partners but also from unrelated things, like puppies and bunnies." While there are many ways to make your relationship with your partner stronger, such as by celebrating one another and staying connected, to me, when people bring a dog into their life, they are strengthening their relationship with each by having something special to share.

[Related Link: Relationship Advice: 8 Creative Ways That Older Couples Can Keep The Romance Alive](#)

3. Develop Patience and Empathy: When it comes to emotional intelligence, canines score high. That intelligence can rub off on their owners, who can become more empathetic and loving toward other humans. A study published in the [National Center for Biotechnology](#) found that when children have the opportunity to care for another living being, they become more empathetic.

Getting better at empathy also helps you read people's nonverbal cues. Improving your ability to read nonverbal cues can be particularly helpful in relationships. The way that your partner is looking, moving, reacting, and listening can tell you whether he or she cares, how well you're being listened to, and if they're being truthful.

As a pet owner, patience is a must. Animals are going to misbehave. Your fuzzy family member will try to steal your steak off the counter or pee on the floor. Dealing with your pet's slip-ups may make it easier for you to handle the ones that your partner makes.

[Related Link: Four Ways to Stay Connected to Your Spouse](#)

4. Renews Focus on Others: In relationships, it can be tough to figure out the point that the other person is trying to make as well as what he or she really wants. Often, the reason behind this is our own [lack of focus](#). If you typically forget a person's name right after being introduced, it's likely because you were paying attention to how the person was perceiving you instead of what they were saying.

When you take a dog to a trainer, your furry friend will learn how to focus to pay attention to your words and actions. The next time you're in a social situation, think about your pet and how he or she focuses—mimic that.

If you aren't a pet owner and find most of your personal relationships challenging, consider becoming one. Along with making life just better in general, owning a dog improves your personal relationships by making it easier for you to communicate. With a dog in your home, you'll learn [how to be a better human](#) by feeling more positive about your partner, empathizing more and focusing on the people in your life. As [Orhan Pamuk](#) wisely put it, "Dogs do speak, but only to those who know how to listen."

For more information about and articles by our relationship

expert Dr. Amy Osmond Cook, click [here](#).

Expert Dating Advice: How To Put Yourself Out There After A Break-Up



By [Megan Weks](#)

After having my heart beaten to a pulp too many times in my life, I've learned a valuable lesson: there's no time like the present to get back into the saddle. But before you get too skeptical, hear me out on this [expert relationship love advice](#). Trust me, I'm a [relationship expert](#).

Expert Relationship Advice to Help You Move On After a Breakup!

Of course it's good to take some time and heal. I'm not advising you to push past your feelings and not acknowledge them. In fact, it's an absolutely necessary part of the healing process. Lay in bed for a weekend. Cry. Watch all 94 episodes of Sex and The City. Wallow in enough cute animal videos to comfort you for a lifetime.

But then get back out there! This time do it with patience, an open heart, and with the goal of simply learning. You're out there only to learn and explore, to figure out how to improve upon what went wrong with the last relationship. Do you need to shift some criteria around to find a better match? Find your clarity through exploration.

Related Link: [Expert Dating Advice: How To Handle Heartbreak](#)

Here's the loophole. You don't necessarily have to date others to start dating. I want you to date yourself. Yes, yourself! Start filling up the time you used to spend on your relationships with creative ways of pampering and bettering yourself or just plain pleasuring yourself in any way you can think of. It's healthy to bring pleasure to yourself.

Maybe you're feeling lesser or you've lost some of your glow because a person you loved is leaving your life. Keep in mind you have the power to ignite your own glow! As soon as you're able to get out of that bed, it's your challenge to cultivate your spark again. If you're finding that you're luck in love is not all that great and you seem to be facing a lot of let downs and broken hearts, it's time to look within.

Related Link: [Expert Relationship Advice: How to Move on After Being Ghosted](#)

There are a few ways you can increase the quality of your relationships. You can deepen your relationship with yourself through self-nurturing, become a more multifaceted person with more to offer as a partner, and you can increase your relationship skills. There is not a better time to work on these things than when you are grieving and taking a deeper look within.

When you live your life knowing YOU are in control of your joy and happiness, you will be able to cultivate it on your own without a partner. You will begin to have a greater chance of attracting a true and incredible partnership with someone else in the process. When two halves are out there looking to form a whole... that is not when the most idealistic partnerships are formed.

After heartbreak, it may take time to become whole again. Become the greatest whole you can be and you'll be well on your way to attracting an even higher quality relationship than the one you're grieving today.

For more information about dating expert Megan Weks, visit her [website](#). For more relationship advice articles from Megan, click [here](#).

Love & Libations: Celebs Create In The Name of Love





By [Yolanda Shoshana](#)

Everyday it seems like another celebrity is announcing a new wine or spirit. It's hard to keep up, especially when some of them are being quiet about it. There are some famous folks who just put their name on some booze so they can make money. However there are some celebs who do it for love. Below is a list of libations that the stars are putting their heart into.

In The Name of Love Celebrities Libations

Kelsey Grammer was recently in the news due to the possibility of a Frasier reboot. It was exciting news for fans of the show. While Frasier Crane was an avid sherry lover, what you may not know about Grammer is that he's working on opening a brewery in the Delaware Country near the Catskill Mountains called Faith American Ale. He bought the land over 25 years ago because he loved going to area when he was growing up, starting a [celebrity vacation](#) trend. The actor went into rehab in 1996, but has stopped going to AA and enjoys a drink from

time to time.

Related Link: [Love & Libations: Autumn Date Night Ideas Inspired by Celebrity Red Wines](#)

Somewhere along the way, Sting teamed up with Shaggy, making [celebrity news](#). This has made his music relevant to a whole new set of fans. When not making music, Sting is giving his time to wine. Italy has been one of Sting's favorite places to spend time with his wife. The iconic couple is making the wine on their estate, Villa II Palagio. All of the wines are named after Sting's biggest hits, since he says " a wine is like a song- it has a story to tell". If you want, you can rent the villa for a romantic getaway and sip copious amounts of Italian wine.

Jensen Ackles is known to his fans as one half of the Winchester boys on Supernatural. When he's not slaying demons, Ackles is all about beer. He started the brewery, Family Brewing Business, with his wife, Daneel Ackles, who you may know from the show One Tree Hill or One Life To Live. Their goal is to bring people together over good beer, food, and music in their Austin-based tap room. Take Ackles [relationship advice](#): the couple that brews beer together stays together.

Nicki Minaj recently caused a stir on Twitter by claiming her album was delayed due to not being able to have a song cleared by the music legend, Tracy Chapman. Normally the drama that surrounds Minaj is centered around her love life. It's hard to keep up with the rapper's controversies. It's easy to miss that she has a line of bubbly moscatos and sangrias called Myx Fusions. According to Minaj, she didn't want to create an ordinary wine, though it's safe to say anything Minaj does wouldn't be considered ordinary. If only her relationships were as sweet as her line of wine.

Related Link: [Love & Libations: Date Ideas & Summer Loving With Rosé](#)

Ryan Phillippe will forever be known for his bad boy role in Cruel Intentions. He's gone from heartthrob to DILF. I have to admit I was tardy to the Phillippe party until catching his latest show, Shooter. Lately he's been posting about Phillippe Vineyards. While there has been no formal announcement, it appears as if he is getting into the wine game with his family. Phillippe's love life is always a bit bumpy, but his love for his family or a glass of wine can't be denied. Time will tell what he has cooking.

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

Dating Advice: How to Make Summer Love Last





By [Joshua Pompey](#)

The end of the summer may be closing in, but that doesn't mean we can't still take advantage of the few weeks we have left. This is an optimal time to plan some [date nights](#) that will be remembered long down the road. Summer time is when I met the love of my life online, who I am proud to say is now my beautiful wife. Read the below [dating advice](#) from [relationship expert](#) Joshua Pompey to help spark that summer love.

Dating Advice to Help You Hold Onto Your Summer Crush!

1. Rooftop drinks: Drinks, city skyline, beautiful weather, and a beautiful woman. There really aren't many better ways to spend a summer evening. This sure beats heading over to a sports bar or a neighborhood hole in the wall. With a scenic background, the night turns a bit more romantic, and ultimately, more memorable. If you don't have a rooftop in your area, an outdoor venue that allows you to enjoy the fresh air will do. Most cities or towns will have at least one spot

that is conducive to this type of setting.

Related Link: [Dating Advice: How To Make The First Move \(Women's Edition\)](#)

2. A night at the beach: The second date I had with my wife was a night at the beach. We started out with some oceanside drinks and then moved the night to a casual outdoor restaurant. We ended the night sitting on a blanket and staring out to the ocean. Well, that's not entirely true; the night actually ended with our first kiss!

Related Link: [Dating Advice: 5 Steps To Securing The Second Date](#)

3. An amusement park: Nothing says summer like a few rides, some cotton candy, and a ferris wheel. We may not have made it to a real amusement park, but we did manage to make it to Coney Island on 4th of July weekend. Between the food, quirky atmosphere, fireworks, and laughing about how ferris wheels make me nervous, it was an all around great night. If you don't have an amusement park in you area, see what types of fairs or carnivals will be in town.

4. Catch a ball game: You know what my wife finds to be the most boring thing in the world? Baseball. Seriously. When I turn on a game she goes comatose within ten seconds. But guess what? We have a ton of fun at baseball games. The fresh air, the food, and the energy of a stadium is enough to put a smile on most people's faces, regardless of whether or not they are sports fans.

5. Road Trip: This may have to come later in the dating game, but once you are officially on the path to relationship status, nothing seals the bond like a good old fashioned road trip. Ours involved renting several AirBnB's as we crossed through Maryland, Baltimore, Virginia, and Washington. To this day, we have countless memories that we will never forget from this trip.

Joshua Pompey is an online dating and relationship expert. For more free dating advice, click [here](#) now.

Dating & Technology Q&A: How to Win a First Date After Meeting Online



Question from Andrew L: It's easy to look good online. There's photo editing and time to plan what to say. When you finally meet someone in person after connecting online, there's only one chance to impress. How can I make sure a first date is a win?

You have a match on your favorite dating app and the conversations online are taking off. You're up for hours talking to your match and find that you're both interested in each other. But how can you be sure to impress on a first date when you've already gotten to know each other? How do you make a successful transition from online to in person dating? Read [dating advice](#) from our [relationship experts](#) Suzanne Oshima and Robert Manni!

Dating Advice to Help You Successfully Transition from Online Conversations to a Killer First Date!

[Suzanne K. Oshima, Matchmaker](#): Online dating can seem like a major convenience for people that are too busy to get out there and meet people, but technology can be a setback when it comes to actually meeting someone face to face. In order to win that first date after meeting online, it's important to be the best version of yourself— both inside and out. When you're able to achieve that level of confidence and self-love, that's when the right man will ask you out.

Having high self-esteem, knowing your self-worth, and understanding exactly what you have to offer a man is key. If you believe it, then he will see it, too. You'll be on your way to that first date in no time! And if he can't see that an amazing woman is right in front of him, then he's probably the wrong man for you!

Related Link: [Relationship Advice: Can You Fall in Love Just By Chatting Online?](#)

[Robert Manni, Guy's Guy](#): There are so many dating apps and websites that today's singles often overanalyze things after making an online connection, sadly never scoring an actual date. When I was single and dating online frequently, I became comfortable approaching women online and responding to the ladies who contacted me first.

If I felt attracted to how a woman presented herself online,

I'd send a short note and ask an open-ended question about her profile. If she responded, I'd send my digits. If the woman was still interested, she'd invariably send me her number and I'd make sure to call her by the next day. I'd keep the conversation short and, if things felt right, I'd suggest meeting. This usually led to a first "date" over a beverage. After that first face-to-face meet up things either moved forward or went nowhere. It was that simple.

So, if you see someone you like online, be cool, but make your move. Don't overanalyze. Trust your gut, but keep an open mind. There are a lot of cool people out there just like you. Remember, dating is a fun sport. Good luck.

For more dating advice and to find out more about our dating and technology gurus, click [here](#).

If you have any questions you would like answered by our relationship experts, please e-mail them to cupid@cupidspulse.com.

Expert Relationship Advice: Four Ways a Positive Attitude is Good for You





By [Amy Osmond Cook, Ph.D.](#)

It seems Hollywood celebrities are famous not only for their creative work, but also for their personal lives. Everybody has a story about their road to success, but amid the sparkle of superstardom and robust social media platforms, there are a handful of celebrities like [Emily Blunt](#), [Jim Carrey](#), [J.K. Rowling](#), and [Shania Twain](#), who persevered despite personal obstacles and adopted a profoundly positive attitude.

Now, studies show that not only is a positive attitude good for your career and relationship, but it is also good for your health. Here are four reasons from [relationship expert](#) Dr. Amy Osmond Cook why looking at the bright side of life is good for you. This [expert relationship advice](#) will help you build a happier life for you and your partner!

Expert Relationship Advice to Cultivate Positivity

1. It controls stress: Nobody would deny that stress is real, but sometimes the way we view various stresses in our life

makes a big difference in how we manage it.

As the administrator of Park Manor, a busy rehabilitative care center, Ben Flinders is aware of the stress this work environment presents to his staff. Flinders recognizes his role in creating a supportive environment that fosters positivity in the workplace. "For example, sometimes the best way to navigate the stress of work that robs us of needed energy is to step away and relax," he said. "Many times, a quiet walk during a work break or a brief meditation session can help relieve pressure." His management style encourages staff to work smarter not just harder by self-monitoring energy levels, emotions, and attitude and to take necessary measures to refocus.

"Positive thinking doesn't mean that you keep your head in the sand and ignore life's less pleasant situations," says the staff at the [Mayo Clinic](#). "Positive thinking just means that you approach unpleasantness in a more positive and productive way. You think the best is going to happen, not the worst." Having that kind of mental control over any outcome is a powerful tool to control stress.

Related Link: [Expert Relationship Advice: 4 Ways to Build a Healthy Relationship with Your Body](#)

2. Reduces recovery time: Healthcare providers witness the power of a positive attitude daily. "Our therapists are experts at providing care, but they also recognize that a positive attitude enhances those services," said [Karissa Ly](#), director of rehabilitation at St. Francis Heights Convalescent Hospital. "Attitude makes the body more receptive to recovery, and it can heighten a patient's belief in themselves to get better." Ly added that the physical work is important in recovery, but it also requires a mental toughness that needs positivity to support it.

3. Improves social connections: As more [studies](#) emerge

emphasizing the importance of friendships and social interaction, they also note that a positive attitude is an important vehicle to secure those social connections. “In short, they (optimists) manage their relationships better, and as a result, when faced with adverse health events, they can rely on their social networks to a much greater degree and receive more support, managing the resulting stress more effectively,” explains PsychologyToday.com contributor [Utpal Dholakia, Ph.D.](#)

Related Link: [Expert Relationship Advice: Spring Cleaning Tips for a Happier Life](#)

4. Extends longevity: A [study](#) published by The Journals of Gerontology examined the relationship between an optimistic perception of aging and its impact on reducing markers of stress-related inflammation associated with heart disease and other illnesses. It seems a positive attitude will help you live longer and it will influence healthier lifestyle choices, as well. “Every day brings new challenges,” says [Martha Beck](#), author, speaker, and life coach. And how we face those challenges plays an important part in our health. So when life warrants an attitude adjustment—be grateful! It’s good for you.

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

Love & Libations: Celebrity Sips on Tequila Day



By [Yolanda Shoshana](#)

There's no denying that tequila is one of the hottest spirits around right now; however, not all tequila is created equal. Some of it is cheap and fills you with nothing but regrets the next day. In fact, that may be the reason you're scared to get anywhere near this specific libation ever again. Do yourself a favor and revisit the spirit or take a different approach to it. While there is bad and ugly tequila, there is some really good juice that has hit the market. It's a spirit that men and women enjoy. It's been said that women who drink tequila are mysterious and sexy. On your next [date night](#), maybe pour a little tequila on the rocks to knock off their socks.

**Read for More Tequila Tips from
Relationship Expert Yolanda**

Shoshana!

Celebrities have been jumping on the tequila trend. You will find that the celebs who make the best stuff were tequila fans well before they got into the booze game. National Tequila Day is on July 24th, making it the perfect time to sip like the rich and famous.

Related Link: [Love & Libations: Date Ideas & Summer Loving with Rosé](#)

Most people know that Sean Combs has been the face for Cîroc Vodka, but some will be surprised that *DeLeón* Tequila is his baby. Combs is far more vested in the tequila company. The luxury spirit comes in a fancy bottle that would make a great addition to a home bar or the perfect gift for your tequila loving boo. There is a bottle of *DeLeón* that runs for around \$850, but there are affordable options to choose from. Think of this as a sip and chill tequila or the kind of libation to get you in the mood for foreplay and boudoir business.

Casamigos is probably the most famous celebrity tequila on the market. When George Clooney and Rande Gerber sold the company for \$1 billion dollars, everyone clutched their drinking glasses. Though they sold the company, Clooney and Gerber are still very much involved with the brand. I bet Clooney sips a little bit more of it since becoming the father to twins. The Casamigos Blanco would be great for whipping up a batch of margaritas for the girls and chatting about love, life, and the pursuit of happiness.

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

If you have been a fan of Mario Lopez since his *Saved By The Bell* Days, know that he has an adult beverage for you called Casa Mexico that he owns with partner Oscar De La Hoya. Lopez

is so into the tequila that 120 bottles were served at his wedding. Take that as [relationship advice](#) from Lopez: the couple that shares tequila together just may stay together. Clearly Casa Mexico is good for sharing with loved ones.

Recently Dwayne “The Rock” Johnson announced that he would be starting his own tequila brand. Personally, I wish he would have gone with The Rock Rosé, but tequila it is. While his tequila isn’t out yet, he deserves an honorable mention. Mana will probably hit the shelves any minute; the Rock wastes no time when he brings it. The spirit will be called Mana Tequila. Mana means supernatural in Polynesian. It will be interesting to see how the spirit comes together. Given the name, it sounds like there will be an island flair to it. I imagine it will be good for when you and your partner can’t travel to the Polynesian triangle but want to feel like you’re on a [romantic getaway](#).

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

Expert Dating Advice Guys’ Edition: 5 Not So Obvious Signs She’s Into You





By [Joshua Pompey](#)

Guys, have you ever been on a date that you thought went well, only to never hear from the girl again? This is frustrating and discouraging for anyone. Don't dwell on the dates that didn't work out. The best thing you can do is learn how to assess a date while you're on one so you won't be taken off guard if you do get ghosted. Read the below [expert dating advice](#) by [relationship expert](#) Joshua Pompey to enhance your dating life!

Expert Dating Advice for Guys to Make You Dating Pros!

1. Small touches: Women express love or interest with physical gestures. If she lightly touches your arm, leg, or back, she is showing she's interested. Sometimes this is a purely subconscious act for women, but sometimes it is a direct means of flirting with you. To encourage even more friendly flirting, reciprocate these small touches, but be sure to keep it G-rated and organic.

Related Link: [Dating Advice: The Do's and Don'ts of Online Dating First Dates](#)

2. Make-up Touch-ups: When women go to the bathroom on a date, they often adjust their hair or reapply make-up. Pay attention to this. If you notice a fresh coat of lipstick, it's a sign that she wants to look good for you. Lipstick draws the eye to the lips, and a fresh coat is a strong sign that she hopes for a kiss at the end of the date. If a woman isn't interested, she's not freshening up for you.

3. Personal Questions: Did she ask about your family at some point during the date? Was she curious about your goals and passions? The more personal questions she asks directly correlates to how interested she is in you. It's natural to want to know more about someone you are interested in, but pay attention to her body language as she asks these questions. If she's looking around or checking her phone, then she's bored but trying to be polite. If she's leaning into the conversation, that's a great sign.

Related Link: [Dating Advice: How to Make the First Move \(Women's Edition\)](#)

4. Commonalities: No matter what kind of relationship you are building with someone, whether it be friendly, familial, or romantic, sharing common interests is a great sign for the success of that bond. If you and your date discover commonalities and her demeanor changes to one of excitement, she's probably thinking of ways to engage in these shared interests for future dates.

5. No phone: When are women truly alone? Almost never. Women rely on their girlfriends for guy advice, safety, and a way out of a bad date if needed. If thirty minutes into the date she checks her phone, you can almost be certain it's a girlfriend checking in to see if your date is enjoying herself or needs an escape plan. If she quickly responds, apologizes,

and jumps right back into the conversation, you're in good shape!

For more free dating information from Joshua Pompey, click [here](#).

Dating & Technology Q&A: Should You Delete Pictures of a Long-Term BF?



Question from Mara S.: My ex and I broke up after having a long-term relationship. Should I take pictures of us down from social media now that I'm seeing someone new or should the new

guy in my life understand that my ex and I had a long history together?

Technology makes it so easy to share with the world the things that matter to you. It's normal to post memories that you want to hold onto, but beware of what message your social media is sending. When you are interested in someone, you devour everything online about them in hopes of learning something new. That's true for someone interested in you. What do you want someone to learn about you from your photos online? Read below for [dating advice](#) from [relationship experts](#)!

Technology Dating Advice that Helps You Know When to Delete Pics of Your Ex

[Suzanne K. Oshima, Matchmaker](#): While you and your ex had a long history together, it's time to take the pictures down and move on with your new guy. There's a great quote by T.D. Jakes that best sums it up, "You can't drive forward looking in the rearview mirror."

[Robert Manni, Guy's Guy](#): My answer is a resounding yes. When it's time to move forward, take down all photos from social media of you with your ex. If you want a new beginning, especially with someone new, you need to send him the right signals about your availability. The past has merit. We live, we love, and we learn, but there must be a reason your former boyfriend is now your ex. If you're having a hard time deleting photos of him off social media, perhaps you are not quite ready to move on. If you truly want a new beginning, then start fresh on social media and give your new suitors the opportunity to see who you are right now. If things work out, they could be the luck one in your pictures. Good luck!

For more dating advice and to find out more about our dating and technology gurus, click [here](#).

If you have any questions you would like answered by our relationship experts, please e-mail them to

cupid@cupidspulse.com.

Expert Relationship Advice: 4 Ways Picking Up a Book Can Improve Your Health



By [Amy Osmond Cook, Ph.D.](#)

[Oprah Winfrey](#) does it. So does [Reese Witherspoon](#), [Bill Gates](#), [Barack Obama](#), and [Emma Watson](#). Not only are they world leaders and superstars, but they are also super readers.

Nearly [25 percent of Americans have not read a book](#) in the last year, and adults over age 50 were more likely than their younger counterparts to let their books collect dust. While you may think you don't have the time to read a good book, you might want make reading a higher priority in your life.

Reading isn't just a fun way to pass the time. It can also improve your health. Read on to learn four ways reading can improve your physical and mental health.

It will help reduce stress

Reading might sound like something you just don't have time for if you live a busy, stressful life. But it could be the key to [helping you relax at the end of a stressful day](#). According to research conducted by the University of Sussex, reading a book is one of the best ways to reduce stress. Their study showed that reading can reduce stress by 68 percent, and it will do the job faster than other tried and true methods like taking a walk or listening to your favorite music. So, pick up a good book and let your stress melt away.

You'll sleep better

Reading can help you [get a better night's sleep](#), if you do it right. A good way to get more sleep is to create a nighttime sleep routine and include relaxing activities in it. Reading has been shown to reduce stress and help you relax, so it is a prime candidate for your bedtime routine. Staring at a screen is counterproductive, however, so stick to a book with real pages, rather than clicking through your favorite book on your phone or tablet.

It may help prevent dementia

Keeping your brain active at every age can [help fight off symptoms of dementia and Alzheimer's](#). Researchers have found that people who challenge their brains when they are young and old have a slower rate of mental decline. Keeping your brain active can help preserve memory and thinking skills into old age. It is beneficial to work your brain from childhood on, but it isn't too late to start a reading hobby if you haven't tried it yet. Studies indicate people can benefit from giving their brain a workout even if they begin later in life.

It can help you feel empathy

If you have a hard time relating to other people, getting hooked on a good book can help you with that. A recent study conducted by [The New School for Social Research](#) showed that people who became deeply involved in a fictional book and its characters were able to better understand their own feelings and beliefs as well as those of the characters. "If anyone has a desire to help others succeed in a non-threatening manner, this is a must read," said Rose Rios, director of marketing at [Legend Oaks Healthcare and Rehab of Northwest Houston](#). Reading literary fiction improved the ability to feel empathy for others.

Reading a book can make a difference to your health in ways that might surprise you. So instead of turning on the television at the end of the day, pick up a good book.

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

Love & Libations: The Negroni & Anthony Bourdain



By [Yolanda Shoshana](#)

When I was thinking about what I wanted to do for this column, I was walking through NYC and came upon Les Halles. Unless you have been away from the news recently, you may know that Anthony Bourdain passed away. Les Halles was a French bistro where he got his start as an executive chef. Let's just say many romantic nights were had at the restaurant. Though both locations of the bistro are now closed, people have been leaving tributes to him pasted on the windows. Consider this my cheers to the icon.

The culinary world is still reeling over the death of Bourdain; in fact, it may never be the same. It will be hard to find anyone who can take his place, though someone will try

to fill the void. He undoubtedly changed the way that people eat and drink. Someone said, "He was the Mr. Rogers of the food world." I would have never compared the two, but he did have an edgy Mr. Rogers charm about him. More importantly, both men had a way of making people stop, listen and think in a way that impacted lives. People around the world are coming forward with stories of how Bourdain helped them learn to love food. Since there's such a deep connection between love and food, maybe Bourdain should have added "love doctor" to his resume.

Keep reading for details from our relationship expert Yolanda Shoshana on the late Anthony Bourdain's favorite cocktail!

While most people think of food when they think of Bourdain, he was also a man who loved a good libation. He was often caught with a glass of wine in his hand, but there was a particular cocktail that he was a big fan of as well: The Negroni. Named after Italian Count Camillo Negroni in 1919, the classic aperitif is famous around the world. Bourdain called it the perfect drink, saying, "It's [made from] three liquors that I'm not particularly interested in, but put them together with a slice of orange... it works. That first sip is confusing and not particularly pleasant. But man, it grows on you." I would have to agree. The first time I took a sip of a Negroni, I was intrigued. After about three sips, that intrigue turned to love. It's been one of my favorite libations ever since.

Related Link: [Love & Libations: Mint Juleps for a Derby Date Idea](#)

Bourdain shared a story with *Maxim* about how he made Negroni

cocktails for his crew and ended up a bit tipsy. It's the kind of drink meant to share with those near and dear. Get your squad together for a Negroni or two. We can all use a little bit more love and light. Plus, you can also use it as an aphrodisiac cocktail if you want to just kick it with your boo on [date night](#). It's the perfect libation to sip during intimate conversations.

Related Link: [Love & Libations: Royal Reds for the Royal Celebrity Wedding](#)

The best part about the Negroni is that it's so simple to make. All you need are three ingredients and a slice of orange. If you don't have the orange slice, don't fret. After a few sips, it won't even matter. Cheers to you, Bourdain and those you love.

Negroni

1oz. Gin

1 oz. Campari

1 oz. Sweet Vermouth

Slice of orange

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

Expert Relationship Advice: The Exclusivity Trap!





By [Megan Weks](#)

Are you stuck in an exclusive relationship but not really ready for a monogamous one on one? While we all yearn for that special someone to be just ours, jumping into exclusivity too soon can be damaging, especially to women. Read the [expert relationship advice](#) below to help you make healthier dating decisions.

Expert Relationship Advice to Help You Stand Up for Your Best Interests in a Relationship!

What angers me the most about being a relationship coach is the same reason I am a relationship coach: women are breaking their own hearts. Yesterday, three women reached out to me in desperation. They each have a man but they are feeling frustrated and nervous. Their stomachs are in balls of knots, they are crossing their fingers for luck, and they are extremely anxious. Why? Because their needs are not being met in their new relationships. Interestingly, these women happily

agreed to jump into the situations they now find themselves in. Didn't they want a boyfriend? After all, that was their goal. Now, however, they feel trapped in exclusivity with men that may not be right for them.

Related Link: [Expert Dating Advice: How to Handle Heartbreak](#)

The "going steady" dating model, by the way, did not occur until the 1940s. It was born out of the desire for – and the more acceptable view of – casual sex. Before that, people would take their time to really determine if someone was a match, and then get married through a leisurely process called "courting." The "going steady" dating model, or "linear" dating, as I call it, can be extremely disempowering for a woman who has the goal of getting married within the next couple of years.

You meet a man. You date and spend time at his place and at yours. You get close, enjoy his compliments, and share laughs. Things are going great. You feel attached to him. You are excited to finally find someone who sees what you have to offer: how special you are. You feel like a [celebrity couple](#) at first. You feel comfortable and slip into that girlfriend role with ease...heck, you've been waiting a while for this. You're sick and tired of being "out there." Now it's your turn.

Or, is it...?

Suddenly, he starts to get a bit lazy. The communication isn't what you feel it should be from a boyfriend. He said he wasn't dating others, and you aren't supposed to, either. However, you don't know if you're seeing him this weekend or not. You're playing the waiting game...again. The nervousness, the anxiety-stricken feeling, the knots in the pit of your stomach return. You start thinking that you're running out of time and that you're back in the waiting game. You want this all to be over. It's a familiar feeling, and it's awful.

Related Link: [Expert Relationship Advice: How to Move on After Being Ghosted](#)

“How did I get here again? Why is dating, and men, in particular, so difficult? What can I do to save this relationship?” You don’t want to make plans with your friends and then have to cancel on them if he comes around. You think to yourself, if you just see him again you’ll get the magic back. So you push to see him again. You will accommodate his busy schedule. You make excuses for him. You accept less than you deserve. You lack integrity for yourself. You worry that if you stand up for yourself or push for more time, it will backfire. It’s like your fate is dependent on his next move, which is determined by a stupid little flashing red light on a digital screen. You peek at it all day while at work.

Ladies, if you find yourself in this position, get yourself out of exclusivity. Exclusivity is a trap! You have no business spending your precious mind, sanity, and time waiting for a man to choose you. While it may not be what you want to hear in [relationship advice](#), you must get yourself back out there and explore your options. Allow a man to get to know you, and allow yourself to get to know him and his intentions deeply before you jump into an exclusive relationship.

Rushing over to his place and getting cozy is the lazy dater’s way to find relief. You both can’t wait to drop the pesky formalities of dating, jump in the bed, and experience what the relationship would be like – now. The problem with this is, the formalities are actually an important part of the courtship process, and a courtship process is exactly what you need to go through in order to avoid getting into “the exclusivity trap!”

Expert Dating Advice: Date Ideas for Spring Love



By [Joshua Pompey](#)

If you are a New Yorker like me, it often feels like winter will never come to an end. Believe it or not, it was snowing in April this year! While this can be frustrating, it only makes the arrival of Spring all the more sweeter. As an added bonus, spring is an incredible time for dating if you use the [expert dating advice](#) below. Try these spring [date ideas](#) from [relationship expert](#) Joshua Pompey that will help you and your loved one make the most of this season!

Expert Dating Advice to Ignite a

Spring Love!

Spring serves as a symbolic fresh start. With the sun shining and the flowers blooming, all is renewed in the world again. Take advantage of the feel-good vibes and enjoy some outdoor date ideas that tap into these endorphins.

1. Check out a ball game: Nothing says spring more than going to a ballgame. Even if you're not a fan of sports, the atmosphere at a game is infectious. There is a reason baseball is called America's favorite pastime: the cheering, the weather, the nostalgia. It all makes for a terrific date night. Indulge in some good old fashioned American food, have a few drinks, and don't forget the songs, chanting, and seventh-inning stretch.

Related Link: [Dating Advice: How to Make the First Move \(Women's Edition\)](#)

2. Go to the park: There are so many ways to enjoy a day at the park. Bring a basket full of cheeses, fruits, nuts and a bottle of wine for a romantic picnic. Try tossing around a Frisbee like you're kids again. Relax on a blanket and people watch on a beautiful day. And of course, the conversation of a great date will make the time unforgettable. Explore each others' interests, ask about old childhood memories, and discover something new about your love.

Related Link: [Dating Advice: 5 Steps to Securing a Second Date](#)

3. Find a roof top: Roof top bars or restaurants with a nice view tend to make incredible dates. What more can you really ask for when you see the city skyline? If you can't find a rooftop, a restaurant with a nice patio is a great backup plan.

4. Head to the dog park: This may not apply to all of you out there, but nothing will bond people quicker than an adorable

dog. A dog tends to make the ultimate wing man (or woman!), and if your date has a dog, you will be guaranteed a great time outside. Who doesn't feel light-hearted around four-legged creatures that only want to please people? Take turns tossing a ball or playing tug of war. Befriending your date's pet is a win in every dating book.

For more expert dating advice from [Joshua Pompey](#), click [here](#).

Love & Libations: Royal Reds for the Royal Celebrity Wedding



By [Yolanda Shoshana](#)

All eyes have been on the royal [celebrity wedding](#) between Meghan Markle and Prince Harry. Between the cameras, approvals from the Queen, and invitations, Markle will probably be thrilled to relax with a glass of wine during her wedding reception. While there are many charming things about Markle, what I like about her the most is her love of good Italian red wine. Imagine chilling with Meghan over a glass of red, talking about tiaras and, hopefully, she shares the secret to her roast chicken recipe.

“The Tig” was the name of Markle’s lifestyle blog that was named after Tignanello, a full-bodied red wine from Italy. Long story short, it’s a wine from Tuscany that is a part of what is called the Super Tuscan revolution, which took place in the 1970’s. The red blend is a combo of Sangiovese, Cabernet Sauvignon, and Cabernet Franc produced in the Chianti Classico region. This would suggest that Markle has a sophisticated palate. She is prepared for all of the fancy meals at the palace, not to mention the food she will share with Prince Harry as they travel the world together.

A bottle of Tignanello can run from \$80 to \$150. However, there are Tuscan wines up to par that are more affordable. The following is a list of five wines that I like to think of as “royal reds” from Tuscany and ones that I think would receive a thumbs up from Markle herself. After all, a bold Italian red is perfect to sip during fairy-tale weddings or for a [date night](#) with your prince or princess.

Check out these red wines worthy of any royal celebrity wedding!

Luce Della Vite Toscana 2014 (\$100)

This unique wine is produced by Frescabaldi Estates in

Montalcino. It's the first wine from that area made with 60% Sangiovese and 40% Merlot. Montalcino is a highly regarded wine producing commune known for fabulous red wines. The Luce is an elegant blend that has aromas of cherries, blackberries, leather, and coffee. Doesn't that sound nice? Pair with a cheese plate or an exquisite meal. When you want to feel like a [royal celebrity couple](#), this is the perfect wine.

Related Link: [Love & Libations: Date Ideas & Summer Loving with Rosé](#)

Luce della Vite Lucente Toscana 2015 (\$27)

It's the second wine from the Luca Della Vite estate that is also produced in Montalcino. This red is a bit younger than the Luce. A full-bodied blend of 50% Merlot, 25% Sangiovese, and 25% Cabernet Sauvignon, the bottle is packed with fruity aromas. A glass of this goes great with cured meat and cheese. Think of it as a bold and sexy red. It would pair wonderfully with a romantic night.

Roxanne Rosso Toscana 2016 (\$20)

This Super Tuscan wine is produced on Sting and Trudie Styler's Chianti estate called II Palagio. Who knew they had wine, right?! Roxanne is a blend of 80% Sangiovese, 10% Merlot, 10% Syrah. It's the kind of red that goes great with a steak or pasta dish. A truffle cheese would always be a good pairing. If you can't make it to II Palagio, let romance find you and your boo in this bottle of red.

Related Link: [Love & Libations: Heat Up Your Relationship with a Date Night in the Kitchen](#)

La Mannella Brunello di Montalcino 2012 (\$80)

While this wine isn't considered a Super Tuscan wine, it's produced in Tuscany. It is made with 100% Sangiovese grapes. In fact, Brunello is the local nickname for the Sangiovese

grape. This bold wine is great with beef, lamb, and hearty red sauce dishes. When you want to feel fancy, this is a where it's at.

Cecchi La Mora Maremma Toscana 2015 (\$14)

A fabulous wine for every occasion, a blend of Cabernet Sauvignon and Syrah suits all palates. Aromas that will hit your nose are cherries, spice, chocolate, and a touch of floral. This one would be perfect for a night of snuggling in with roast chicken and garlic mashed potatoes, just like Meghan and Harry. It would also work for a girl's night in, you just may need extra bottles.

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