

Expert Dating Advice: 5 First Date Ideas to Get Past the Winter Blues



By [Joshua Pompey](#)

Winter sure seems like it lasts forever sometimes. Especially here in New York. But that doesn't mean you have to put your dating life into hibernation. Before you let that polar vortex get the best of you, let's take a look at five dating ideas that will spark some heat back into those long winter months.

First Date Ideas for the Winter Months!

Ice Skating. Holding hands. Catching your date as she falls. Unleashing the inner child within. What more could you ask for? This is an easy way to form a quick bond as your up against the physical progression and have some fun in the process.

Warm up with a drink. For those of you looking for a low-risk date, head to a local dessert shop for a warm cup of hot chocolate. Going to bars can get extremely cliché after a while. Coffee can feel cheap. But hot chocolate near in a desert themed cafe with a warm feeling ambiance? That's much more fun. Add some great conversation to the mix and you are good to go.

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Sledding or Snow Tubing. Skiing is a bit expensive for a first date. Not to mention, dangerous and expensive. Snow tubing might serve as the perfect balance. Have some fun as you race down the mountains and break away from the monotony of most first dates.

Indoor Rock Climbing. It may be too cold (and icy!) for outdoor rock climbing, but that doesn't mean you have to sit on your couch wasting away till spring. Have some fun indoors and get that adrenaline flowing for a memorable date.

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Go to a ball game. Baseball is still around the corner and football might be over, but there is plenty of basketball and hockey to keep the season going. Even if you aren't a huge

sports fan, that ambiance of a sporting event, along with the positive energy (unless your a Knicks fan like me) and food will be enough to keep your date smiling.

For more information from Joshua Pompey, visiting <https://www.nemvip.com/online-dating-work-for-you>

Love & Libations: Celebrity Reds To Turn You On



By [Yolanda Shoshana](#)

While most of the attention in February goes to Valentine's Day and Galentine's Day, the whole month is known as the month

of love. This is where red wine comes in.

It's been said that when you want to get romantic, red wine is where it's at. It boosts the libido. The wine contains flavonoids (antioxidants) that increase the blood flow to key areas that get things going in the boudoir. While the tannins and histamines in the wine give your body a bit of warmth which also gets you in the mood for a little fun.

Red Wines For Your Love Life

The following are some reds that will add a touch of spice to your love life.

Nocking Point Wines- Year VI Cabernet Sauvignon

Plenty of celebrities have wine, but Nocking Point is the first line of wines to be curated by celebrities. The winery was co-founded by Stephen Amell from the hit WB show, Arrow. The wines are produced in Washington. You may be surprised to find out that they are the 2nd largest producing wine state in the US. There are great wines coming out of the region.

This red is their flagship wine. It's aged in French oak barrels with aromas of red and black fruits, plus a bit of wood. The perfect wine for a romantic dinner that includes steak or a truffle pizza.

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

Il Paglaio- Roxanne Rosso Toscana

I was sent a note that Sting and Trudie Styler wanted to send me this wine so how could I say no? It's produced on the land of their villa in Tuscany where the couple love to spend some quality time.

When people think of this duo, "sexy" tends to come to mind. How many couples do you know that practice seven-hour tantric sessions? Maybe it's something we should all get going in our lives.

Roxanne Red is named after the famous song written by Sting, but it's also inspired by Alexander the Great's wife, a muse of Cyrano De Bergerac. The song is about a man who falls in love with a lady of the night. He confesses his love and asks her to stay with him.

While the song leaves it up to our imagination whether she

stays or goes, if you bring a bottle of Roxanne Red, you just may win your lover's heart. It's a red blend that has "amore" written all over it. Think deep ruby red with notes of red fruits, cherries, and spices. All the makings of a love libation. While you are at it, pair a little tantra with your wine.

Related Link: [Love & Libations: Celebrity Sips on Tequila Day](#)
Las Jaras Wine- Old Vine Carignan

The wine was created for good times and to have the perfect wine to pair with food. This small production of wine is co-created by Eric Wareheim. You may have seen him on the Netflix show, Master of None.

If your partner is into wine from California, this is a good selection. The Carignan grape is originally from Spain so this wine will give you a Spanish vibe. The bold juicy red is a food friendly wine which is exactly what you are looking for when you want to have a romantic meal. Long story short, this is a unique bottle of wine. Your love will be pleasantly surprised if you choose this one.

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Bastianich Wines- Vespa Rosso

When a kitchen witch like Lidia Bastianich has a wine, attention must be paid. Bastianich has been wowing audiences with her Italian cooking for years. Between her cookbooks and restaurants, it's not surprising that she got into the wine game. Founded in 1997, the wines are produced in the Friuli Colli Orientali DOC region of Italy.

This red blend has aromas of mulberries, blackberries, and balsamic vinegar. This powerful wine also comes with a touch of elegance. It would be great with bleu cheese and honey. It's been said that cheese is an aphrodisiac. Imagine how fun a red wine, honey, and bleu cheese would be. Plus this wine will make you feel like you sipping in the beautiful lands of Italy.

Some people forget about Italian wine during romantic holidays because France seems to have the "sexy image" on lock. Don't forget to add Italian wines in your list.

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

Ask The Guy's Guy: What Do I Do If I Have Trouble Opening Up To My Significant Other



By [Robert Manni](#)

Question from Rachel A, Riverhead, NY: "I have trouble opening up to my significant other. I don't know why I have trouble telling him how I actually feel! How do I fix that?"

It's time to open up to your significant other!

This is an interesting question, Rachel, as more women than you'd expect are experiencing this issue. Unfortunately, for

both men and women, failure to share their feelings over time often results with the relationship ending. Some women I've spoken with are often reticent to instigate a conversation with their man when they have something important to share about their feelings. Often they dance around the subject or hold off on telling their partner exactly how they feel. Over time this can breed resentment in her if she believes her partner does not know how she feels. If not handled properly, it gets worse and can become a deal breaker.

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Sadly, although men need to do a much better job of focusing on their partner's feelings, they do not mind readers. Guys are fairly simple when it comes to dealing with what's on their mind in a relationship. If they say nothing, it usually means that in their mind, everything is fine. When they have a problem, they often bring it up with their partner. Guys usually decide their next move based on how the discussion goes and their partner's response. There is not a lot of subtext in how they communicate. That's why it is important for women to open up to their guys, make sure they hear them loud and clear and are willing to also share their "feelings". I use quotes around "feelings" because we know guys often shut down when they think they're being herded into "the talk". Yes, more quotation marks.

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

My advice is to be sincere and use the direct approach. Tell your guy what's on your mind and in your heart. Find a time to do this when he is relaxed and open-minded. And I don't mean after sex. Take a walk after dinner, go to the park or the beach, or maybe to an outdoor cafe you both enjoy. Use your intuition to determine when the timing feels right to start the conversation and try to keep it light. I know this sounds like a lot of rules for expressing your feelings, but guys are not great at paying attention to their partners and often need to be informed how she feels in a direct, but loving way.

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Not knowing the details of your situation, I suggest that once

you've gotten him to pay attention and listen, determine in your heart if he is totally present and respectful of your feelings. If not, maybe give him a second chance at another time. Over time though, if you feel like he is not listening and being responsive and it's too difficult getting on his radar, it might be time to seek bluer skies elsewhere.

Hope this helps, Good luck!

Robert

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:



Robert's podcast has been picked up by **KCAA Radio102.3 and 106.5FM, and 1050AM in So Cal on Wednesday evenings at 8pmPT, iHeart Radio, and Spreaker** along with iTunes, Blog Talk Radio, Stitcher and Tune In. Guy's Guy is growing!

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.

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Dating Advice: 5 Online Dating Tips to Start the New Year Right





By [Joshua Pompey](#)

New Years' Eve may have come and gone, but it's not too late to make those resolutions still, especially in regards to improving your dating life. Let's take a look at 5 online dating tips that you could implement immediately to get your love life on the right path this year.

New Year, New Profile!

Update the photo gallery

This is one area of your online dating life that there is always room for improvement with. Unless you are a Kardashian garnering tens of thousands of likes with every picture you take, break out the camera and get to work.

Focus on taking pictures that highlight your best attributes, while also capturing you in scenarios that reveal your best personality traits. You will also want to thumb through some of your best pictures of the past year, with the focus being on combining your best experiences, with pictures that you look most flattering in. For some great advice on how to do

this, you can read this guide to creating a perfect photo gallery <https://joshuapompey.com/women/guide-online-dating-profile-pictures-women/>

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Rewrite the profile

There is always room for improvement here, not to mention, the written portion of your profile is arguably the most important determinant of your success.

When you revisit your profile, don't think of it as a homework assignment or essay. Keep it fun, playful, and lighthearted. The idea is to reveal your best personality trait and interests in a way that jumps off the page and shows who you are at your core. And don't forget to proofread!

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Improve your emailing game

With all the competition that exists online, you can't afford to be boring. You need to make sure your email stands out from everyone else by making it fun, engaging, and interesting. The best approach is to scan the profile for something interesting about the other person, think of something playful to say, and then follow that up with a question. Once you do this a few times, you'll get the hang of it and be able to do this on autopilot in a relatively easy manner.

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

Start initiating messages

Here's a little secret. Often times the highest quality men and woman are not initiating conversations online, nor are

they performing searches. Why? Because the more successful and well-rounded people are in their personal life, the less time they often have to spend on dating sites.

So while you might be waiting around for someone special to send you an email and sweep you off your feet, the irony is that they might not even know you exist. The best way to ensure that you get dates with the highest quality people is to actively perform searches and show up in their inbox with an incredible message and profile to match.

For more information from Joshua Pompey, visit Joshuapompey.com or nemvip.com

Love & Libations: What To Sip & Binge, That Is The Question





By [Yolanda Shoshana](#)

Some people still miss sipping red wine while watching Olive Pope and her Scandal squad. The show made drinking red wine on Thursday nights a special occasion. While you can still catch Scandal on a streaming site, there are other fabulous shows with characters getting their drink on. Here are some shows paired with some of the hottest celebrity libations to help you get a binge on when you and your partner want to kick it at home.

Sip and Drink for your next TV binge!

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Killing Eve- Ferguson Crest Viognier by Fergie

If you watched the Golden Globes, you know that Sandra Oh won for best actress for her portrayal as Eve Polastri. Oh plays a detective hot on the heels of a sociopath assassin. It's all so very cat and mouse. She's so dedicated to her job that it's hurting her marriage. Who hasn't had a partner that's taken

them for granted? I think we can all raise our hands.

That means Eve needs white wine from time to time. The Ferguson Crest Viognier would be the kind of wine that helps up unwind with this series. Hopefully in season two Eve gets that assassin and keeps her man.

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The Bodyguard- Haig Club by David Beckham

Some of you will remember Richard Madden from Game of Thrones. In this show he plays, Sergeant David Budd, working as a specialist protection officer for the police department. He gets assigned to protect the Home Secretary, Julia Montague. When you get a good looking bodyguard protects a sexy cougar something is going in the romance department. Between his PTSD, failed marriage, sleeping with his boss, and bullets, David needs a drink every now and then.

Scotch is the way go to when sipping during this show. It seems fitting to drink, Haig Club, by David Beckham. It's like having two good looking Davids at the same time.

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Ray Donovan- Bob Dylan's Heaven's Door Tennessee Bourbon

Liev Schreiber headlines this show which is headed to its 7th season. Ray Donovan is a Hollywood fixer who finds himself in quite a few dangerous situations. He's like the Oliva Pope of Hollywood (season six he hits NYC). Then there's his hot mess of an Irish Catholic family who is more trouble than his clients. However, Ray's scrappy wife, Abby, is the glue that holds the family together.

The Donovans are very much into whiskey. It just might be in every episode. Watching the show while sipping a Heaven's Door Tennessee Bourbon, will make feel just like a Donovan.

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Greenleaf- Night Ender by Aisha Tyler

The family is lead by Lady Mae Greenleaf and Bishop James Greenleaf who have been married forever while running a successful church with their children. Their estranged daughter, Grace, comes back home and all hell breaks loose. This show may be focused on a family in the church, but they are as scandalous as they come. Cheating, stealing, incest, and so much more. Did I mention that Oprah shows up in a few episodes? There's so much drama, I guess you could say all the characters needs Jesus.

The Greenleafs are a lot like the Donovans, they love libations. There seems to be a consistent theme of red wine so Night Ender by Aisha Tyler/Nocking Point Wines is a great choice for a sip and binge.

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

Ask The Guy's Guy: How Do I Get Through The Holiday Season Being Single?





By [Robert Manni](#)

Question from Meghan G from Babylon, NY: "It's hard being single during the holidays, what are some tips to help me get through being single? Or how can I find someone during this time?"

This is a great question, Meghan. With all the hustle and bustle and last minute shopping during this time of year, it's easy to forget the true meaning of the holidays. Regardless of your spiritual beliefs, I think we can agree that this is a time for giving, gratitude, and love. Granted, this can be tough when you're single and see couples holding hands (some people still do that) walking along the bright and colorfully lit city streets.

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

Do your best to be grateful for what you have, especially if you are in good health. Then focus on your friends and loved ones. I believe that when we maintain a selfless mindset, good things come our way. Of course, there are no guarantees that you'll wake up on Christmas morning and find Mr. Right perched under your tree, but it's a good start for shifting your thoughts into a love-based mindset. I found that love comes our way when our heart is open. Use the

holiday season to practice making room in your heart for others, including a new partner. Finding love can often be that simple, and it has nothing to do with the time of year.

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Cherish your family and friends and be social. Attend parties you're invited to and spread the love you have in your heart. I believe when we radiate love, we receive love in return. And remember to be kind. What can be the most wonderful time of the year for many can also be a very stressful time for others less fortunate.

Happy holidays and good luck!

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Love & Libations: Holiday Cocktailing Like A Celebrity





By [Yolanda Shoshana](#)

Tis' the season for cocktailing like the rich and famous. It's no secret that celebrities love a good party, but then again who doesn't? As you entertain or spend quality time at home this season channel your inner celeb with one of the following drinks.

While she may no longer be with us, Elizabeth Taylor is an icon. It's not a secret that Taylor loved herself a drink. Some of her heavy drinking came due to her rocky yet passionate relationship with Richard Burton. In the Golden Age of Hollywood, drinking was a recreational sport to many. Taylor's favorite cocktail was the "Black Russian", she added the Hershey's syrup for her own special touch. This libation would be great with holidays cookies, watching classic Christmas movies and wearing matching pajamas with your partner.

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

Taylor'd Black Russian

1 oz vodka

1 oz Kahlua

1 oz Hershey's chocolate syrup

Heat the chocolate syrup until it gets warm (make sure not to burn it). Add the ingredients to a mixing glass or shaker and stir until well combined. Fill the glass with ice and stir until chilled. Strain into a rocks glass over fresh ice.

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For years I'd heard about a cocktail called the "Pornstar Martini". It's a popular drink in places such as London, though most bartenders around the globe know how to make one. I had the pleasure of meeting the inventor of the cocktail, Douglas Ankrah, at an event in NYC. Since I know the drink is popular in the hottest bars in London, I asked him what famous people had been spotted sipping his cocktail. Let's just say that the Duchess of Cambridge (who we all know as Kate Middleton) use to enjoy this martini when out with her friends.

This drink is obviously a good choice for a party because it would get the guests talking. It's Also the perfect libation to serve when you are snuggling in with your boo. It's a little naughty yet nice. Suggestive cocktails have a way of making couples creative. Besides that, it's a good drink of Netflix and chill.

Pornstar Martini

2 oz. vanilla vodka

1 oz passion fruit puree

$\frac{1}{2}$ oz vanilla syrup

½ oz lime juice

Side shot of Champagne (or go with Crémant)

Combine vodka, passion fruit, vanilla syrup and lime juice in a shaker filled with ice. Shake it up then strain into a coup. Serve with a shot of Champagne or Crémant.

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In the past few years, Oprah has been showing us her fun side. Lady O mentioned that she makes a mean margarita, but her favorite drink is a Pomegranate Rosé Martini. When you are living a luxurious life like Oprah, the sparkling wine for this libation has to be champagne, of course. Can't you totally see Oprah and Gayle kicking back with a few of these over the holidays in one of her stunning homes. This cocktail is great for catching up with your girl squad.

Pomegranate Rosé Martini

2 oz vodka

3 oz. fresh pomegranate juice

½ tsp fresh lemon juice

2 oz rosé Champagne

Fill the shaker with ice, vodka, pomegranate juice, and lemon juice. Strain into a martini glass and top off with the sparkling rosé. Garnish with dried star anise.

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

Relationship Advice: How To Get Over A Break Up With Someone You Were Never Dating?



By [Megan Weks](#)

We are afraid to say we want something real. We ease into the relationship secretly hoping it will turn into something of substance. We keep quiet. We don't want to "scare him away" by getting serious all of a sudden. Maybe you tried that before and nothing changed. Maybe you still went along with it trying to be "cool" and telling yourself, "I can handle it." Meanwhile, you're busy quietly nursing a dull heartache behind the scenes. You weren't even dating but it's fading away. You

know it's ending. You try to reignite it. You were hoping for more. He wasn't even your boyfriend. Why does this hurt so badly? The answer may surprise you.

Getting over someone you weren't with

It hurts so much because you are breaking your own heart.

The time is now to figure out what you truly want in your heart. It's not shameful or embarrassing to want love by using dating services such as [The Love Personal's Dating Website](#). We are born to love and be loved. The sooner you can look in the mirror and say, "I want love," without feeling any tightness, heat, or other emotional reaction related to a bit of judgment you have for yourself, the sooner you can look him in his eyes and softly declare that you're looking for something of substance. You are looking for an incredible human to share your life with. The sooner you can put this out into the world with the current of love behind it, the sooner the universe and men will respond with the same.

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

Wishy-washy intentions get wishy-washy results.

When you're out there accepting crumbs from men, the universe is watching.

When you're holding something in and he can feel it, he is watching.

It actually lowers your value in his eyes when he can tell you're accepting less than you want and deserve.

He knows.

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

It's your job to get in touch with your true desires and start communicating that upfront before you end up in another unfulfilling or imaginary relationship where you're breaking your own heart.

Exercise: Design your relationship on paper in a paragraph that is colorful with how it feels to be in the relationship you want. What do you do for fun? How do you communicate with one another? How do you feel in this relationship? What to accept in this relationship and what do you not accept. Write it all in the present tense.

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

Set your intention and stand by what you want. Don't allow yourself to get tangled up in something that doesn't serve you. It's the epitome of self-love to follow your heart and speak your truth in order to line yourself up with the relationship you want.

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

Ask The Guy's Guy: If He Isn't Ready To Date, What Should I Do?



By [Robert Manni](#)

Question from Olivia MacBeth (Binghamton, NY): "What should I do if the guy I really like isn't ready to date yet? Should I keep waiting or should I move on?"

Keep waiting or move on?

When a guy says he "isn't ready to date yet" there are usually only two reasons for his hesitancy to go out with with a great woman like you. The first consideration is that he's coming out of a painful break up and needs time to lick his wounds before jumping back into shark-infested dating waters. If this is the case, I suggest you give him some time. Maybe let him heal for a month or so, but that's it. You both need to get on with your lives. If he needs a little time, make sure he's being truthful, then clock his behavior while his heart "heals" and watch how he handles the situation. Every guy gets dumped, but what often separates one man from

another is how they handle challenging matters of the heart. Of course you want to date guy who's in touch with his feelings, but if he's still pining for his ex after a certain period of time, that's a signal that it's time for you to move on.

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On the other hand, if a guy has not recently come out of a break up but is still hesitant about dating you, that's another story which does not have a happy ending. When a guy is single and available, yet remains non-committal about dating you, that means one of two things. He's either interested in someone else or he's just not that into you. If either is the case, take a deep breath, exhale, hold your head high, and move on.

After all, do you really want to wait around for a guy who is not jumping at the chance to date you? I doubt it.

Hope this helps. Good luck.

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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) Moët 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.

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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.

Related Link: [Dating Advice: 4 Reasons Going Outside Your Comfort Zone Is A Good Idea](#)

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?

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

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

½ 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.

Related Link: [Love & Libations: Celebrities Sips on Tequila Day](#)

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.

Related Link: [Relationship Advice: You’re Scaring Men Off!](#)

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.

Related Link: [Dating Advice: 3 Things Men Wished You Knew](#)

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 Stilettos 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 Giff Wines is how affordable they are. It makes them the perfect option to channel your inner Kathie Lee and entertain friends and family.

Related Links: [Love & Libations: Celebs Create In The Name Of Love](#)

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](#).

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@cupidpulse.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 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.