

Ask the Guys' Guy: Online Dating for Beginners



By [Robert Manni](#)

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

Serious Online Dating for Beginners

Hi Samantha,

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

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

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

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

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

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

The good way of managing the online dating process is by starting slow and keeping things simple until you get your

bearings and a feel for how the online dating game is played. Remember, never lower your standards to match a service or an app that does not represent the real you.

I hope this helps. Good luck!

Robert Manni

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

More about the Guy's Guy:



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

His novel, THE GUYS' GUY'S GUIDE TO LOVE, praised as the "Men's successor to Sex and the City," has been developed into two feature-length adapted screenplays, a scripted television series (pilot and treatment), and a series of non-scripted Guy's Guy show concepts.

Robert has appeared on broadcast television (NBC's Morning Blend, WPIX11 Morning News) and is a frequent guest across a spectrum of satellite, terrestrial, and web-based radio

programs and podcasts, as well as a contributor to Huffington Post, Thought Catalog, Cupid's Pulse, GalTime, is a featured expert on GoodMenProject and YourTango. He was also named a Top Dating Blogger by DatingAdvice.com.

Robert developed the Guy's Guy Platform to help men and women better understand each other and bridge the growing communication gap between the sexes. He continually creates a fresh, robust palette of timely Guy's Guy [content focused on life, love and the pursuit of happiness](#). Whether it's navigating the challenges of dating, relationships, friendship, career or wellness, Robert explores ways to help both men and women be at their best so that everybody wins.

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

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

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





By [Robert Manni](#)

Question from Alyssa B: “My relationship has gotten pretty rocky ever since my man’s mental health has started to decline. He’s always upset, but won’t ever talk to me. How can I help him past this?”

Helping a Partner Through Tough Mental Times is Hard

Hi Alyssa:

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

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

The key here, as with most relationship issues, is being present and keeping the lines of communications open at all times. Men are protective of their feelings and often hold

things inside, rather than sharing with their partners. Some guys still think that talking about their problems is a sign of weakness. We know this is the furthest thing from the truth, so you have some work to do.

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

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

I've found that the casual, not too serious approach works best with guys. Take him to dinner, a movie, a ball game, a round of golf, a walk, or whatever you think will put him at ease. Afterwards, look him in the eyes, tell him he seems preoccupied, and ask if there is something he wants to talk about. Make sure he knows you are there for him in a non-judgmental way, whatever the issue. See how he responds. At this point, you've let him know that you're aware something's troubling him. As your partner, it's up to him to share his feelings and perspective. Go slowly, but don't let it pass without a response. And be gentle. Things could get worse if he clams up.

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

I hope this helps. Good luck.

Robert Manni

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friendship, career or wellness, Robert explores ways to help both men and women be at their best so that everybody wins.

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

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.

Related Link: [Dating Advice: 5 Online Dating Tips to Start the New Year Right](#)

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.

Related Link: [Dating Advice: How to Make the First Move](#)

[\(Women's Edition\)](#)

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>

Simple Social Media Rules During Divorce: Don't Do It!





By Jacqueline Newman

According to the American Academy of Matrimonial Lawyers, in 2016, over 80 percent of divorce attorneys reported a large increase of evidence collected from social media in the past five years.

No matter how much you are itching to fire off a tweet or update your Facebook status with details about your soon-to-be ex, I strongly advise against engaging in social media during the divorce process. Social media is simply a world that can make your divorce much more difficult.

Social Commentary Feeds Public Opinion

Anything the public has access to can be used against you in court. So the first thing your spouse's attorney is going to do is Google you—and Google will show what you have been up to. Opposing counsel wants to know who you are, and however

you showcase yourself to the world on social media, this will be the way you are presented in court. I cannot stress this enough: If you are getting a divorce, do not go on social media and post things about your spouse or your children because chances are it will be used as evidence against you in court.

Related Link: [Dating Advice: Thriving After Divorce](#)

Consider the following facts:

- Ninety percent of lawyers use evidence from text messages.
- Cell phone bills are used as evidence in divorce.
- GPS on cell phones offers opportunities for tracking and recording conversations.
- Email accounts can be subpoenaed and used as evidence.
- Deleted emails are easily retrieved.
- Facebook leaves a trail on everything from behavior to spending to traveling with photographic proof.
- Dating websites provide profiles letting everyone see dating activities.

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

I have dozens of anecdotes about individuals who posted random status updates on Facebook and tweets on Twitter that got them into massive trouble during divorce proceedings. One man started posting photos of himself socializing, drinking, and living the good life while his wife was going through economic hardship with their young child. In that case, opposing counsel showed the judge the husband's Facebook feed and used it as evidence of his ability to pay higher amounts in child support. The lesson here? Control your fingers.

If you are claiming you cannot afford child support, do not post pictures of your brand-new BMW. Do not advertise the fact you just closed a lucrative deal at work with a new client or

that you made a killing on Wall Street. Just be quiet.

[During divorce just] stay off social media. I have never heard of anyone whose problems were instantly solved after she aired her dirty laundry on Facebook. Sometimes loose fingers are worse than loose lips.

About Jacqueline Newman:

Jacqueline Newman (<http://nycdivorcelawyer.com>) is a New York City based divorce lawyer and experienced NY matrimonial law expert. As managing partner of a top tier 5th Avenue Manhattan law firm focused exclusively on divorce, her practice runs the gamut from prenups for high net worth people contemplating marriage to high conflict matrimonial litigation in dissolutions involving complex financial assets and difficult custody issues. She is also the author of "Soon-to-Be Ex: A Woman's Guide to Her Perfect Divorce and Relaunch" & "Soon-to-Be Ex for Men: Preserving Wealth, Fatherhood, and Sanity during Divorce"

Jacqueline Newman TV Appearances on WPIX-11: <https://www.youtube.com/watch?v=hGrZgJf0WXU>

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

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](#).

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.

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](#).

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](#).

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.](#)

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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](#).

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](#).

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 Relationship Advice: 4 Ways to Build a Healthy Relationship with Your Body



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

If you hope to build healthy relationships with other people, the best [expert relationship advice](#) is to start on your relationship with your body.

Body shaming is a real issue. [Selena Gomez](#) responded to it and

so did Tyra Banks. Even celebrity [Emma Stone](#) wasn't immune from an encounter. The repercussions of this are a soaring number of cases of eating disorders and depression. For instance, the National Association of Anorexia Nervosa and Associated Disorders reports that at least [30 million](#) people of all ages and genders suffer from an eating disorder in the US.

Social and political forums are scrambling to find ways to eliminate body shaming activities. One of the best defenses you can build against forming a negative self-image is to concentrate on building a healthy relationship with your body. "I am not a woman whose self-worth comes from her dress size," says [Kristen Bell](#) when confronted with negative comments about her physical appearance. "Comparison is one long, agonizing death and does not interest me at all."

Working on your relationship with your body will help you build healthy relationships with others. Here are four tips from [relationship expert](#) Dr. Amy Osmond Cook.

Expert Relationship Advice for Loving Your Body

1. What you eat is what you are: The focus of a healthy diet shouldn't rest on deprivation or discouragement. Instead, healthy eating is about providing fresh, nutritious, quality foods that nourish your body. We have the power to choose what fuels our body. One trend that supports a healthy relationship with our body is cooking at home. [Market research](#) shows the meal kit delivery services industry generated almost \$1.5 billion dollars in sales over the past three years and projections estimate a multi-billion dollar growth in the next five years. [Culinary schools](#) that cater to the amateur chef are popping up in cities across the country, offering hands-on instruction from professional chefs. The idea is to embrace

healthy eating, which in turn, allows us to celebrate our bodies.

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

2. Make exercise a routine: The benefits of an exercise routine extends beyond better health. A commitment to daily exercise helps other aspects of our lives, especially our jobs, by developing self-discipline, time management skills, and increased productivity. “Some employers take a healthy workforce for granted, until they aren’t,” says [Ryan Westwood](#), CEO of Simplus, who encourages exercise in the workplace.

“Employed athletes who pursue passions outside of the workplace bring that self-discipline to their job,” says [Cody Ferraro](#), cofounder of InxAthlete, and a former collegiate Lacrosse player. “What an employer gets is a productive, self-motivated employee who has a strong concept of time-management.”

Along with the physical benefits, exercise enhances mood and staves off depression. “Even moderate physical activity improves muscle strength, maintains healthy joints and bones, and it can help reduce high blood pressure,” said [Tonya Fisher](#), executive director of Bainbridge Island Health and Rehabilitation. The [American Psychological Association](#) says that researchers have also explored exercise as a tool for treating, and perhaps preventing, anxiety. A strong body boosts a strong mind, and that reinforces a healthy relationship between both.

Related Link: [Relationship Advice: 5 Things To Do Before You Get Petty](#)

3. Find a purpose: An essential defense against negativity is finding meaningful ways to spend your time. “Living on purpose feels alive, clear, and authentic,” say [Barb Leonard, PhD, RN, PNP, and Mary Jo Kreitzer, RN, PhD](#). The article also points

out that purpose influences health, including life extension, reduced risk of heart disease and Alzheimer's disease, and it allows for better pain management. In a world seemingly brimming with shallow, superficial conversations, finding a deeper meaning that adds value to your life is a solid strategy for being a part of the world but not consumed by it.

4. Surround yourself with great friends: Whether conscious or not, experts say we are defined by the people with whom we spend the most time. "Your best friend could be a key contributor to your success," said CNBC contributor [Ruth Umoh](#). "[Research](#) shows that having a close friend boosts your resilience and helps you bounce back from hardships."

One of the reasons why celebrities can bounce back from harsh criticism is their social support system. Although it may seem the more popular the star, the bigger the entourage, experts say quality outweighs quantity when it comes to friendships. "Although being friendly can get you more friends, you don't need hundreds to help you through life," says [Susan Krauss Whitbourne, Phd](#). "You may have to prune your friendship tree as you get older to be sure that you give enough attention to the ones who will really matter for your well-being."

By focusing on diet, exercise, personal fulfillment, and great friends, you will develop a healthy relationship with the one person who matters most: you.

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

Expert Relationship Advice: How to Move On After Being Ghosted



By [Megan Weks](#)

Ghosted? Congratulations! While it may hurt to be left alone without any explanation, this [expert relationship advice](#) will help you see how ghosting can be a *positive* thing for your dating life.

Reference the expert relationship

advice below when you're feeling the dating blues!

Last night, a client told me how a man she had planned a date with seemingly fell off the face of the earth, except for one thing: the haunting green light on his Match account was lit up. He was online. His photos and approach were so entirely normal that I could not deem this man a scammer, a player, or anything in between. Frankly, it made the situation worse. It's easier when you can say, "This looks like a fake account" or "You dodged a bullet."

Related Link: [Expert Relationship Advice: When to Sleep Over](#)

My client was trying to move on and was doing great until that same man sent a message saying, "I have not heard back from you in response to my last few messages." The fishy thing was that my client had been writing to him and had not heard back. She explained that in her next message. Was it a glitch with Match? Could it be some sort of deranged, crossed e-mail lines? She wrote him several times, reassuring him that she had written back. Flatline.

Did this man make the most lame excuse on the planet to dodge the date he had previously seemed so excited to attend? We may never know. As my client told her story, I felt knots in the pit of my stomach. Dating can be extremely discouraging already. This behavior, while unlikely a technical glitch, was completely outside of the realm of integrity that would line up with my client. She is a person who dedicates her life selflessly to others and deserves the utmost quality in her future mate.

When I finished scratching my head, I realized this truth: Some people are completely inept in telling you that they are not interested. One reason may simply be because they don't care. The other reason is that they actually care but cannot

bring themselves to express the words.

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

I want you to know that, if you're doing a good job putting yourself out there, you will come across some low-grade individuals – people who have little or no aptitude for dating whatsoever. It's going to be par for the course. While your dating life may not be the [latest celebrity news](#), it's still a tumultuous and painful journey.

What might be less obvious to you is that it's a sign you're on the right track. You're on the right track because you are taking the risks to get out there and to take the good with the bad. If you're doing that, you're already winning.

The path toward finding The One can be bumpy. It's those who are willing to face the bumps and persevere who will find their love. Keep going. Rejection is simply redirection. It's the universe's way of sending you one step closer toward your right person. Trust my love advice – it will help you avoid any more unnecessary heartbreak.

You were ghosted? Congratulations. NEXT!

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](#).

Expert Relationship Advice: Spring Cleaning Tips for a

Happier Life



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

When the smell of spring is in the air, it can only mean one thing. No, not the spring sale at Neiman Marcus. Instead, for many of us, the end of winter ignites a passion for cleaning. But along with hauling old furniture and clothing to the curb, let's take a look at our emotional well-being and the relationship we have with others.

So, in the spirit of renewal, here are four areas where we can benefit from some mental and emotional spring cleaning. Don't miss the [expert relationship advice](#) below!

Expert Relationship Advice for Spring Cleaning

1. Examine relationships: It's time to address the negative feelings that may be lingering with others. "Releasing your grip on a gripe can free up emotional energy that you can then invest in other, more positive areas of your life," says [Julie Hanks, PhD, LCSW](#).

This same belief also applies to people who may have a negative influence on your ability to feel good about yourself. "Feel good about who you are, how you have grown, and what you offer in your personal and professional relationships," says [Jeffrey Bernstein, PhD](#). "If you have trouble remembering your own value, then think about what you would say to a family member or close friend who wanted to return to a toxic relationship." Bernstein says thinking about how you may value or advise someone else can help you treasure yourself and move on.

Related Link: [Expert Relationship Advice: Four Reasons Going Outside of Your Comfort Zone is a Good Idea](#)

2. Find your passion: There's doing things you enjoy, and then, there's doing things about which you are passionate. "I've always said that passion is my drug of choice," says [Steve Sims](#), a professional ultimate experience concierge, founder of Bluefish, and author of *Bluefishing: The Art of Making Things Happen*. "I can get further with passion than I can with any amount of money in the world. Passion is my secret weapon."

Hey, we all have dreams: We can visualize our dream vacation, career, life experience, celebrity encounter, or life partner. But Sims often encounters clients who are afraid to realize those dreams or passions. "One of my first questions for clients is how far they are willing to go to make this passion

– this experience – truly unforgettable.” If you are ready to uncover your passion, three of Sims’ many life lessons are to never underestimate the power of simplicity, to ask yourself why this matters to you, and to realize that nothing is ever going to happen if it benefits only you. “Work for win-win every time,” Sims says.

3. Make physical health a priority: Remember that New Year’s resolution to lose 10 pounds? Fewer than [10 percent](#) of us actually achieved that goal. However, it’s never too late to adopt healthy lifestyle choices. With the warmer weather and more hours of sunlight, outdoor activities and exercise are easier. And research shows that exercise is not only good for your body but that the brain gets a healthy boost as well. “Exercise is a scientifically proven mood booster, decreasing symptoms of both depression and anxiety,” says a published article from [Walden University](#). “Physical activity kicks up endorphin levels, the body’s famous ‘feel good’ chemical produced by the brain and spinal cord that produces feelings of happiness and euphoria.”

Experts say even moderate weekly exercise can improve depression and anxiety. In some cases, doctors recommended an exercise regimen for these conditions before turning to medication, which is particularly good for older adults who are generally [more susceptible](#) to depression. “Clinical depression is a major concern for those of us working in healthcare since it is so common with older adults,” says [Derek R. Orme](#) of Mission Hills Post Acute Care. “Healthcare providers and loved ones focus on the physical needs of patients, but we also need to make sure their emotional needs are addressed.”

Related Link: [Expert Relationship Advice: Six Ways to Keep Work & Life Demands in Balance](#)

4. Declutter: Whether it’s clearing out stuff in the closet, garage, or your married and gone son’s bedroom, removing the

physical clutter from your surroundings is essential for your mental health. “Clutter can increase stress by distracting us and overwhelming our senses with extraneous stimuli – toppling piles and unsightly messes as well as associated smells and noises,” says [Jonathan Fader, PhD](#).

[Organizing expert Lauren Piro](#) says that when facing a cluttered space, we should ask ourselves tough questions like, “Is this item enhancing my life?” or “Is this something I’ll want my children to see one day?” Sometimes, forcing yourself to defend owning an item can help gain a realistic perspective on the true value of that item. Keep in mind that you don’t have to clear the area to gain inner peace. “Take comfort in knowing that your home and desk do not have to be pristine for optimal living and working,” says Fader. “The key is finding what environment is most efficient and productive for you.”

Now is the time for some personal spring cleaning. By tending to relationships, our health, passions, and the physical clutter that surrounds us, we are on the road to authentic rejuvenation and renewal.

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

Expert Marriage Advice: What I Learned About Business After Getting Married



By Rachel Pace

Would it surprise you to know that all the times your wife asked you to put the dishes away or your husband asking you to hear him out before interrupting can actually make a difference in your professional life? Business and marriage can teach you a lot about yourself and about your work ethic. Following great [marriage advice](#) about communication and loyalty can teach you practical lessons in business. In fact, a five-year study from Washington University in St. Louis shows that your spouse's personality can have a direct influence on your career success. Your marriage teaches you to be selfless, to take responsibility, and to roll with the figurative punches. All of these qualities are great for a thriving business and a happy, healthy marriage.

Marriage and the life of an entrepreneur have much in common. Here is some marriage advice along with the six lessons I learned about business after getting married:

1. Success Starts at Home: Remember that when it comes to entrepreneur couples, business, and marriage – success starts at home. Here is a lesson I learned about business from my marriage. When you and your partner work hard to make one another happy, you'll have higher relationship satisfaction and have less relationship problems. The same goes for your professional life.

Studies show that happy people have better social relationships, and that includes both your marriage and your work-relationships with colleagues and clients. When you take care of yourself by spending time with your spouse, taking care of your kids, and focusing on your hobbies, you'll be happier at work. This happiness doesn't go unnoticed by your clients, and this happy attitude can actually make them more likely to work with you over your competitors.

Related Link: [Marriage Advice from Celebrity Couples Who Stay Together](#)

2. Listening is a Powerful Tool: When your partner feels like you listen to them, they are more likely to communicate their thoughts and feelings to you. This can help you strengthen your marriage, encourage fun bonding conversations, and teaches you how to talk to one another when things get rough. Communication at home = great customer service at work. Listening is a powerful tool in your marriage and in your

business.

The better your communication with your spouse is, the easier it will be for you to communicate with customers. When you learn to communicate with your spouse, you'll be able to listen patiently and stay calm when dealing with uncomfortable or tense situations at work.

3. Never Go to Bed Angry: When it comes to marriage advice, this is a big one: never ever, go to bed angry. Hitting the hay with unresolved conflict causes sleep-loss and creates an unhealthy atmosphere that your mind will associate with your bedroom. This can impede sexual intimacy, and needless to say, you won't feel refreshed about your relationship come sunrise. One study from Nature Communications reveals the danger of going to bed angry, citing that the brain holds onto negative experiences stronger during sleep. Therefore, it's best to resolve your conflicts before they become a permanent memory.

Similar to resolving conflicts with your spouse, if there is any bad blood happening between you and a client, it's best to get it out as soon as possible. Letting problems fester will only cause your relationship to deteriorate. Treat your client like your partner and let them know how important it is for you to make them happy and resolve your differences as soon as they happen. This strengthens your communication, lowers stress and anxiety, and help you start fresh the next time you speak.

Related Link: [Marriage Advice: How to Keep the Spark Alive After Having Kids](#)

4. Do you want to be Right or Happy?: There is an old saying about marriage that goes: "Do you want to be happy or do you want to be right?" Basically, arguing about the little things isn't worth disrupting your happy relationship. If it's possible, let it go. And if you are right (or think that you

are) in a certain situation, that doesn't mean you always have to shout it from the rooftops or even make note of it at all.

This marriage advice applies to your business life as well. Be flexible when it comes to making decisions and going the extra mile for your clients. Focus on making them happy, not reminding them who the boss is or arguing with them about why you are right about X, Y, and Z. Arguing with business partners or clients is a surefire way to make them look elsewhere for their needs.

5. Realize What's Important: Sometimes your spouse can get upset about topics that make you scratch your head in confusion. Why is that important? Why are they getting so upset about this? The concerns of your spouse aren't always as important to you as they are to them. But that doesn't mean they aren't important.

Similarly, the needs and issues that your client finds important may not also resonate with you, but that doesn't mean you shouldn't treat them with the utmost care.

6. Life Isn't Always About You: Another piece of marriage advice that applies to both business and marriage is that life isn't always about you. Being selfish in marriage will only push your partner away, and only after you've made them feel unimportant to you.

Being giving with your partner will remind them that they are your number one priority and that you will go out of your way to make them happy.

Imagine your client can only get together for a meeting after you're already off the clock. Obviously, you'd much rather be spending time with your spouse or focusing on your hobbies after work. But being unselfish with your clients sometimes means being flexible, even when it isn't convenient for you to do so. Your clients will appreciate your unselfish nature. Being unselfish also means letting your clients speak and

showing a general interest in what they have to say. The better you understand their needs, the easier it will be for you to make them happy.

If you're looking for marriage advice regarding your professional life, know this: business and marriage have a direct effect on one another. Communicate with your spouse regularly and take what you learn from your marriage, such as listening, never going to bed angry, and being generous, and make it your new business approach.

Rachael Pace is a relationship expert with years of experience in training and helping couples. She has helped countless individuals and organizations around the world, offering effective and efficient solutions for healthy and successful relationships. Her mission is to provide inspiration, support, and empowerment to everyone on their journey to a great marriage. She is a featured writer for marriage.com, a reliable resource to support healthy, happy marriages.

Relationship Advice: Date Ideas For Your Significant Other's Birthday





By Lori Zaslow and Jenn Zucher for [Project Soulmate](#) //
Contributing Writer: Lauren Serrato

Planning the perfect birthday can be tough, especially when in a relationship. The date you plan can make or break your significant other's big day, so choose wisely! When planning, you should consider what would be fun and memorable for both of you. Whether you are thinking sentimental, sexy, or spontaneous, the birthday [date idea](#) should always have a touch of *you* in it. Add in something special that makes it clear that you put a lot of thought into the date, like your significant other's favorite food or something only you two would understand. Follow the [relationship advice](#) below, and you will definitely make your partner's birthday one to never forget!

Five Birthday Date Ideas for Your Significant Other

1. Plan a picnic: This is the perfect date idea if you're

looking for something sentimental. The food prep, the wine, and the location are all aspects that you can arrange based on your partner's preferences. Maybe he'd be into a picnic in the park with a perfectly-packed basket of wine and homemade comfort food as well as a cozy blanket for the two of you to share. If the weather isn't nice enough for a picnic outside, no worries! Move it indoors. A picnic in the living room is just as romantic. Set the mood with dimmed lights and some flowers and candles, and you are destined for the perfect birthday date.

Related Link: [10 Date Ideas Inspired by Celebrity Couples](#)

2. A night out on the town: If you're not into the sentimental stuff, plan a night out. Get dressed up and hit the big city! A night at his favorite bar is a great way to spend any birthday. If you're looking to make it extra special, after happy hour drinks, go to a fancy restaurant that neither of you have been to before. Trying something new together will make it even more memorable.

3. Host a brunch: Looking to include your friends and family in the birthday celebration? Hosting brunch is a perfect way to get all your favorite people together. French toast, fresh fruit, and mimosas make up a delicious (and easy!) menu. This date idea is a great way to make your significant other feel loved, and it allows the two of you to have the night to yourselves after the party is over.

4. Recreate your first date: This date idea is the perfect way to show off your sensitive side. Recreate the first date you had as a couple. If it was a movie date, rent the movie (or find it on Netflix) and set up a theater at your place. Complete the date with popcorn and candy. You can add to the night by cooking your partner's favorite meal.

Related Link: [Dating Advice to Revamp Your Love Life in 2018](#)

5. Plan a getaway: If you two have a favorite vacation spot

nearby, book a nice hotel for the night or weekend and make reservations at your favorite restaurant. Or you can plan a road trip to a secluded destination. It's the perfect chance for you to reconnect. Looking to make it more extravagant? Plan a few days of vacation in a different city or even a different state. If you're tired of the cold, find somewhere warmer to travel for the weekend, like Arizona or California. You can find a nice place to stay through Airbnb. Whether it is an outdoorsy vacation or a few days filled with good food and shows, you're sure to have created the perfect birthday weekend for your partner.

Don't be afraid to alter these birthday date ideas to fit your relationship. Make it personal and memorable. Your significant other will appreciate the thought and planning you put into this date, whether it's sentimental or spontaneous!

For more [expert relationship advice](#) from Project Soulmate, check out their [website](#).

Relationship Advice: Tips to Inject More Romance to Your Relationship





Most relationships start off in a flurry of excitement and anticipation, as they are new to both parties. However, over time it is easy for the magic spark to disappear from your love life. Even though you may still love one another, the tribulations of day to day life such as work and family can take their toll. This can result in a relationship that becomes stale and even tedious.

It is important for any loving couple to find ways to inject the magic back into their relationship. There are different ways in which you can do this and this includes looking at advice from experts online [about relationships](#), which can prove really helpful.

What can you do to restore the magic? Check out this expert relationship advice:

For many couples, restoring the magic that they first experienced when they met can be extremely difficult. However,

you have to bear in mind that this is something that you both have to work on and invest time into. When you do make the effort, it is well worth it because it can change the whole course of your relationship and the way you feel about your partner as well as your life in general.

Related Link: [Relationship Advice: Don't Let Distance & Lifestyle End Your Relationship](#)

Many people worry about their partners having affairs with other people but this generally happens because the relationship at home has lost its magic and the partner is eager to try and recapture that feeling. If you both make an effort in terms of doing this, you not only have a shot at a better relationship but you can reduce the chances of one of you going astray due to dissatisfaction with the way things are.

Related Link: [Dating Advice: Survey Results Are In! What Does it Mean to be Single in America?](#)

You don't have to spend a fortune or go to huge lengths in order to put some magic back into your love life. In fact, it is often the simplest things that are most effective and meaningful such as leaving little romantic messages for your loved one to find over the course of the day or simply sending messages to tell them how much you love them. People often underestimate the power of this type of message but it can often mean far more than more costly shows of affection because it is far more personal.

If you do want to treat your loved one to a romantic experience, you can also make it more personal by doing some home cooking. An intimate meal at home with candles and soft music can be far more effective than being in a crowded restaurant where you can barely hear one another. In addition, it is a far cheaper way of entertaining your loved one and treating them to a special evening as well as being the more

personal option.

Like anything that is worth having in life, a relationship is something that you have to constantly work on in order to keep it alive. However, by putting your efforts into it you can enjoy being in a more fulfilling and exciting relationship.

Expert Relationship Advice: Is It Lust or Love?



By [Joshua Pompey](#)

The first few weeks of dating can be so exciting: the laughter, the new experiences, and, of course, the physical

connection. But how exactly do you know if the chemistry you're feeling should be attributed to blooming love versus something that is merely an intense physical attraction? If you are attempting to determine whether it's lust or love, try asking yourself the following questions:

Dating Expert Shares Expert Relationship Advice

1. How excited are you to see each other when you are outside the bedroom? Sure, it's easy to get excited when you're about to get physical. But how motivated are you to hang out when it isn't late at night or only because all of your other plans fell through? Love is when you are dying to just be *near* that person, regardless of the circumstances or whether or not there is a physical interaction on the horizon.

Related Link: [Expert Relationship Advice: 4 Reasons to Avoid Matchmakers](#)

2. Are you having romantic thoughts? If you're in love, you will most likely go out of your way to make the other person happy on an emotional level. Your thoughts and [date ideas](#) will have a little extra romance infused into them. With love, you don't just want to make the person happy in order to get them into bed. You want to make them happy because it genuinely makes you feel good to see them smile.

3. Would you be willing to go months without sex? Ask yourself: If your partner suddenly decided they wanted to wait a few months before having sex again, would you stick around? If the answer is yes, you are definitely leaning in the direction of love.

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

4. Do your conversations constantly default back to sex? When

I was involved in mini relationships that were mainly focused on lust, the conversation would more often than not turn sexual or revolve around physical flirtations. On the flip side, when I genuinely connected with someone, sure, there was sexual flirtation, but there were also conversations that probed towards getting to know the other person on a deeper level. If you are moving towards love, topics that hold more weight should be a part of your daily interactions.

For more expert relationship advice from [dating expert](#) Joshua Pompey, including how many online dating photos you should have in your profile, click [here](#).

Relationship Advice: Don't Let Distance & Lifestyle End Your Relationship





By Dr. Jane Greer

People in distance relationships, whether by choice or necessity, are able to have success with a great deal of effort and flexibility. In order to make the relationship work, there must be a strong desire to be together, and a willingness between both partners to make room for each other's respective needs. However, love does not conquer all, regardless if you are a celebrity or not.

Is it possible to find a resolution? Read on for more [relationship advice](#):

Recently, [celebrity couple Jennifer Aniston](#) and Justin Theroux announced their [celebrity divorce](#) after two years of marriage, stating it was a mutual decision to part ways. While Aniston and Theroux love and respect each other, they said they simply couldn't agree on a lifestyle that worked for each other. This is a common issue couples may face: you can love

someone, and still desire to live differently than them, or even desire to live in an entirely different place than them.

Splits like the one between Aniston and Theroux are often caused by the inability to find the middle ground when trying to successfully make a home in the same place. Compromise is hard enough for two people who live under the same roof, but when partners are separated by differing work schedules or physical office placement, compromise can be extremely challenging. The key to keeping the peace is to commit to a place together, making sure that both partners are happy and do not feel as though they have sacrificed their happiness and well-being.

Related Link: [Relationship Advice: What If Your Family Doesn't Approve Of Your Partner?](#)

So, if you're in a long distance relationship right now, what should you consider before packing up your life and moving to a new place with your significant other, to best guarantee a successful outcome? How can you be sure you or your partner are sacrificing enough, without negatively impacting your relationship?

Above all, you and your partner must be in love. This is the most important box to check, as it gives each of you the ability to be open to change because you'll be with your loved one. While this is a starting point, it might not be enough, as we saw with Jennifer and Justin. When deciding to take the plunge, be sure to ask yourself: do you actually like the place you're moving to? Will it take away your happiness?

Related Link: [Relationship Advice: Is a Bad Boy Good for You?](#)

Here's some food for thought. If one of you lives in a sunny place, but the other one simply hates the sun, or if one of you lives in a rural community and the other thrives on city life, where to move might not be an easy choice to make. If all your friends live in your current town, would you resent

moving away from them to be with your love? Think about how all of this might affect your day-to-day life, mood, and eventually, your relationship. If, on the other hand, your partner lives in New York City, a place you've always wanted live, great! Leaving your loved ones behind won't matter as much. Talk to your partner and hash out the details. A temporary move might not be a deal breaker. A permanent one may be, though.

It is most important to think about your relationship, what it means to you, and where you can find happiness and friends in your new home. Is this decision mutual? Do each of you want it as much as the other? Does moving mean you're ready to take the next step towards engagement?

Related Link: [Relationship Advice: When Is the Old New Again?](#)

It is also important to consider the strength of your connection, especially during the triumphs and tribulations. Up until now, most of the time you've spent together was special and seemingly perfect. (It's called the honeymoon phase for a reason!) You have probably tried to be on your best behavior at all times to maintain the picturesque image. Once you move, it will be more difficult to keep up the guise.

Ultimately, if you are moving for the right reasons; for love and for openness to adventure, it is less likely that you will feel as though you have lost yourself. What really helps is when you are connected with a partner who has similar aspirations, wants, likes, and needs. In the end it, it should not feel like either of you are sacrificing your "me" to be a "we." This wasn't possible for Jennifer and Justin, but hopefully they can both move forward and find happiness apart.

Tune in to the Doctor on Call radio hour on [HealthyLife.net](#) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is

Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Expert Dating Advice: Tips for Romance That's Just Around the Corner When You've Been Around the Block





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

For many of us, a lost opportunity at love or the end of a long-term relationship can sometimes make us feel like a second chance just isn't in the cards. And when Valentine's Day is focused on romantic dinners for two or coupled walks on the beach, it can be a painful reminder of what we lack.

Let's face it. There's no substitute for young love, but that doesn't mean we can't enjoy being loved again later in life, especially for seniors. "Fortunately, in some ways, there has never been a better time for women over 60 to be in the dating world," says [Margaret Manning](#). "The rise of divorce among 'silver splitters' means there are more single older men – and there might be more great guys out there than you might expect at first glance, especially if you give them a chance."

Expert Dating Advice for Older Adults

Related Link: [Relationship Advice: Keys to Growing a Business](#)

[When the Marriage is Over](#)

A loving and caring companionship is a good thing, but it's also important to recognize that it's different for older adults. If you find yourself ready to take a shot at love again, here are three pieces of [expert dating advice](#) for making this experience feel as good as if it was new.

1. Instead of going for red hot, opt for a slow burn: Daters who are 50 and older tend to be less impulsive. And AARP writer [Ken Solin](#) says that's a good thing: "By now, we've collected enough life experience to know better than to fall for the first person we meet," said Solin. "We understand what works for us and what doesn't." For older adults, the belief that a fulfilling relationship is out there waiting for us still holds true. The difference is that we are willing to wait for the right person to come along.

2. Bring the [Sex-C](#) back: Instead of relying on intercourse to be the foundation for your budding relationship, a growing community is coming forward with conversations about intimacy challenges. [Laura Brashier](#), founder of RomanceOnly.com, helped ignite this conversation when she pioneered a site designed for people whose physical and emotional challenges prevent them from engaging in intercourse. "While these people are unable to have intercourse, they still crave intimacy but are unable to open up about it," says Brashier. "I've discovered that people facing difficulties with sexual intercourse still want to show love and be loved in return."

Sharing intimate moments with someone you love is an essential part of a growing relationship, but for older adults, that doesn't always require intercourse. Instead, a loving couple can explore other ways to share pleasure and develop a personal connection. It can be as simple as spending a whole day together erranding, participating in common interests, sharing meals, and everything in between – and then parting ways at sunset.

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

3. Expect respect: At this stage of life, older adults know what they want and what they deserve in a relationship. Yes, we want romance and attention, but we also need respect. “We all need respect, especially from those who are closest and most intimately connected with us,” says [Peter Gray, PhD](#). “It seems to me that women, even more than men, have suffered when love directed toward them is not accompanied by respect.” It’s helpful to discover common interests, but a caring partner will also respect differing hobbies or career choices. For instance, if your partner cannot understand why you would pursue teaching as a career or insists that you give up bowling league to spend more time at the theater, these may be signs that your new squeeze is a drip. “A lack of respect is unacceptable under any circumstances, but it’s especially intolerable on a first encounter because it’s unlikely to improve with time,” says Solin.

Love certainly has its share of unpredictable twists, but there has never been an easier time to navigate those turns. For instance, with online dating sites catering to older adults and those facing struggles with intimacy, the ability to connect is offering new hope to older adults every day. By using a strategy that includes things like patience, honest communication about intimacy – and, above all, respect – you’re on the right track to finding new love again.

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

Relationship Advice: How to Stay Confident in a Long-Term Relationship



By [David Wygant](#)

In order to feel confident in a long-term relationship, you need to be in the *right* long-term relationship for you. If you're not safe and you don't feel like you're being heard, then you're in the wrong partnership. There's no way in the world you will ever thrive in a relationship where you feel judged and evaluated at all times. For me – and I've been in many long-term relationships – the ones that I always felt most confident in were the relationships where I was actually seen for who I am. If a woman is trying to change you, if she's trying to make you into someone you're not, you're never

going to feel confident.

Long-Term Relationship Advice from Relationship Expert David Wygant

Related Link: [Expert Relationship Advice: How Can I Change My Dating Tactics for the New Year?](#)

Long-term relationships are some of the most beautiful things you can ever experience, but the only way to have a successful one is to truly communicate who you are. As a [relationship expert](#), I believe that the beginning of a relationship is when you have the opportunity to be who you are and expose yourself. If you're going to give her a false version of yourself, then her expectations are going to run rampant. And when her expectations run rampant, you're not going to have a successful long-term relationship. That's the biggest mistake most people make.

Most people make this mistake because, over and over again, they think they need to misrepresent themselves to "get" the relationship. To me, I expose it all – *everything*. I reveal all my fears and insecurities because I'm looking for a real relationship, a long-term relationship where I'm able to grow.

A strong long-term relationship is a relationship that's a mirror. You literally reflect each other each and every day. By doing so, you will show each other exactly what you need to learn. A great relationship will reflect that right back at you. The best relationships are when you grow and when you get out of your own story and are able to create new stories together.

Related Link: [Dating Advice for Dealing With the Break-Up Blues](#)

So my best [relationship advice](#) for feeling confident is to be

ready to express yourself. If you're not able to talk about who you are and what you want, then you're not in the right long-term relationship. Now, I can sit here and write another 25 pages on this topic, but the reality is, in life, we need to keep things more simple. And the simple dating advice that I can give you today is that you need to communicate all your needs, your wants, and your desires at the start of a partnership to be fully accepted and heard. Once you do, you'll feel confident in your long-term relationship.

David Wygant is an internationally-renowned dating and relationship expert, author of the book Naked, and speaker. Through his boot camps, personal coaching, and his [website](#), his love advice has transformed the relationships and love of hundreds of thousands of people from every corner of the globe.

For more expert relationship advice from David, click [here](#).

Expert Relationship Advice: Two Things That Make a Man Fall in Love & Commit





By [Whitney Johnson](#)

On this week's Single in Stiletto's [dating advice video](#), founder and [relationship expert](#) Suzanne Oshima talks to love and dating coach Jaki Sabourin about two things that make a man fall in love and commit to a relationship. Watch the video above for their best expert relationship advice!

Expert Relationship Advice to Make a Man Fall in Love & Commit

First, it's important to note that it's not really "things" that make a man fall in love and commit. "They're traits – traits that you can develop in yourself," Sabourin explains.

Related Link: [Expert Relationship Advice: How to Emotionally Connect with a Man](#)

1. The first trait is your high-value status: "It's your job to present and project and create this perception that you have a high value," the dating coach says. "And how you do that is to accept yourself." Don't turn over your significance

to a man – your personal value needs to come from within. She adds, “Of course, any man who is looking for a woman to spend his life with wants a woman who has a high regard for herself.”

2. The second trait is vulnerability: You need to balance your strong sense of self-worth with vulnerability to avoid coming across as too masculine, aloof, or conceited. “You have to create a space of openness with a man so he can come in,” Sabourin says. “Vulnerability is really about sharing things about yourself, not being afraid to show who you really are.” Tell him things that will inspire him to take care of you.

Related Link: [Relationship Advice: How to Get Men to Fall Into Your Lap](#)

What about a woman who thinks being vulnerable will make her appear weak? “Ladies, look at that, because that tells me you’re protecting your heart and you have a defense up,” Sabourin shares. “When you have a defense up, it’s like a wall, a fence, that keeps the love and relationship you want out.” There’s so much power in vulnerability: It shows that you love and accept yourself, that you’ve been hurt but that you’re open to something new.

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](#).

10 Valentine's Day Date Ideas Inspired by Celebrity Couples



By Lori Zaslow and Jenn Zucher for [Project Soulmate](#)

February is right around the corner, and we all know what that means: Yes, Valentine's Day is almost here, the one day of year when couples get to celebrate their love and singles get to eat Ben and Jerry's guilt-free. This day is really magical. It's when romance can finally express itself, and those in a relationship can really show their gratitude for one another.

However, the day doesn't get cut much slack, mostly because a lot of people don't know what to do to celebrate. That's where expert matchmakers Lori Zaslow and Jennifer Zucher can help! They are at the helm of the luxury matchmaking company Project Soulmate, and with their combined expertise, they know

how to craft a [date idea](#) that's fit for any type of relationship.

This year, with their expert relationship advice, we have crafted 10 date ideas inspired by [celebrity couples](#). These duos all have one thing in common: their strong bond with their soulmate. By taking inspiration from their love lives, we hope you can find a date that will bring you and your partner even closer together.

Related Link: [New Year, New You! Expert Relationship Advice to Revamp Your Love Life](#)

Look to Your Favorite Celebrity Couples for Valentine's Day Inspiration

1. Beyoncé and Jay-Z: This Valentine's Day, we want you and your partner to spend it *Crazy in Love*. We want you to forget all of your *99 Problems* and put your *Love on Top*. Yes, those puns mean what you think they do: a Valentine's date idea inspired by the iconic duo Beyoncé and Jay-Z. This celebrity couple has been together for over 15 years. They've written dozens of songs together and now have three beautiful children – who wouldn't want to spend a day emulating them?

Why not go to a concert for Valentine's Day? It doesn't have to be a big one; it could be a small band that you and your loved one both enjoy. Singing and listening to music with your partner on such a romantic day is sure to hit some right notes. Or, if you want something more low-key, a karaoke bar could be great. Enjoying music together is perfect for couples who already have a passion for the industry –and obviously, a shared musical interest has served Beyoncé and Jay-Z well.

2. Victoria and David Beckham: When you think of inspirational celebrity couples, who comes to mind? If it's not Victoria and

David Beckham, then you've had a lapse in memory because no couple is more #goals than them! These two are the textbook definition of class, and we heard that, if you look up "posh" in the dictionary, you'll find a picture of the two of them surrounded by their four children. We're joking, of course, but this celebrity couple is the inspiration for our next Valentine's Day date idea: a swanky dinner.

Going to a posh, new restaurant with your significant other is a classic idea and a tried-and-true Valentine's Day date. So throw in a David Beckham-twist, and head to a sports game or bar before the two of you dress up for your five-star meal. It may be a fun way to release some nerves before your dinner plans.

3. Kristen Bell and Dax Shepard: Two of the most underrated people in Hollywood also happen to be happily married and have a relationship that shows that shared humor is a blessing. [Kristen Bell](#) and Dax Shepard have proven that a love for comedy leads to the purest of partnerships and makes for some great laughs that help you and your loved one grow even closer. Taking inspiration from these two, go to a comedy club or an underground stand-up night. Take your partner to a place where you both can laugh and enjoy a fun time that's bound to be memorable.

Related Link: [Celebrity Couple News: Kristen Bell and Dax Shepard Rent a Roller Skating Rink for Date Night](#)

4. Rose Leslie and Kit Harington: You and your partner have a solid relationship, and you guys aren't the going out type. The two of you have no plans for Valentine's Day, except that Chinese takeout you want to order, and you're not really sure what to watch. Take a cue from stars Rose Leslie and Kit Harington, who fell in love while on set together for *Game of Thrones*. Find shows and films where the couples are married in real life, and watch their romance blossom on-screen, all the while knowing that they're still in love off-camera. Start by

rewatching (or watching for the first time!) those early episodes of *GoT* where Jon and Ygritte fall in love, and don't miss the true magic that is being filmed between these two soulmates!

5. Rita Wilson and Tom Hanks: Another date night idea that doesn't involve going out and dealing with the madness that is Valentine's Day takes inspiration from power couple Rita Wilson and Tom Hanks. These two have been happily married for almost 30 years and have two sons together, but as a couple, they're probably best-known for their ability to keep to themselves. They've managed to stay under the radar when it comes to paparazzi, and that's because they're both as down-to-earth as a celebrities can get. They prove that you don't have to be glitz and glam to enjoy being with your loved one.

Take inspiration from them and stay home and make dinner together. Spend a low-key night bonding with each other and with your family rather than making a big scene. Their love has proven that it's not about *what* you do; it's about who you do it with.

6. Sarah Jessica Parker and Matthew Broderick: Valentine's Day doesn't strictly mean that you and your partner have to spend time alone together. It's a day about love, but it doesn't have to be spent isolated from your closest friends. This Valentine's Day, take inspiration from Sarah Jessica Parker and Matthew Broderick and host a group dinner at home. This celebrity couple is known for their incredible group of friends; they know how to be loving with their spouse while also maintaining a healthy social life. So why not have a Valentine's Day dinner party and avoid the hassle of making plans at a fully-booked restaurant? Afterwards, you all can play cute couple games and end the night on a fun note.

Related Link: [Expert Relationship Advice: The Stages of Soulmates](#)

7. Mila Kunis and Ashton Kutcher: [Mila Kunis](#) shared that her first kiss ever was on the set of *That 70's Show* with her future husband Ashton Kutcher. If that isn't one of the cutest stories ever, we don't know what is! The two of them have two children together and are always pictured smiling ear-to-ear at basketball and baseball games together.

That's why our next date idea was easy: Take your loved one to a sporting event. Watching sports together makes for some great moments – from the pre-game tailgate to the first minutes after a big win, a game is bound to make the two of you feel closer. Plus, this celebrity couple seems to really enjoy watching the game together, so if it works for them, it can't hurt to try it with your significant other.

8. Jada Pinkett-Smith and Will Smith: The next inspiration for a Valentine's Day date idea comes from a famous couple that exemplifies trendy. Jada Pinkett-Smith and Will Smith have been together for nearly 21 years and have two children who have both thrived in the artsy-alternative community. This is a family of trendsetters and artists, so a date inspired by them needs to be on the same thread.

That's why we suggest that you and your soulmate go to a modern art exhibit or a jazz club – something that stimulates your minds but is visually or musically pleasing too. Afterwards, go to a cute little place for dinner for a well-rounded date. You can talk about the art or performance during your meal, so you don't have to worry about any awkward silences!

9. Sarah Michelle Gellar and Freddie Prinze Jr.: From *She's All That* to *Cruel Intentions*, Sarah Michelle Gellar and Freddie Prinze Jr. ruled the silver screen of 90's romances, and now, they have championed a new field: long-term celebrity relationships. They have been married for almost 16 years and have two children together, and there has never been a rumor of them getting a celebrity divorce or threatening to split.

A great date idea for the couple who loves a little bit of 90's romance is a night out at a retro theatre watching old rom-coms. Snack on some buttery popcorn and soda for a throwback Valentine's Day date night!

Related Link: [Celebrity News: Find Out Details About Meghan Markle's Upcoming Bachelorette Party](#)

10. Meghan Markle and Prince Harry: We couldn't end this list without including the celebrity couple whose engagement has dominated headlines for the past month or so. Yes, we're talking about the much anticipated royal wedding of Meghan Markle and Prince Harry. Taking inspiration from this couple, we decided that the best date idea would be to get fancy and take your loved one to high tea. Enjoy the cute little hors d'oeuvres and classy tea rituals before heading to a spa for some much-needed rest and relaxation. End the day with a bath bomb or a bubble bath from Lush's collection of rose-scented goodies, and enjoy some romantic tub time as a couple.

For more [expert relationship advice](#) from Project Soulmate, check out their [website](#).

Relationship Advice: Can You Fall In Love Just By Chatting Online?





Dating sites have become very popular among people today. In fact, online dating is now the second most common way for American couples to meet! From the onset, there were only a few dating sites available for users, but now there are very popular and specific dating sites that target the needs and interests of individuals. One such example is [interracial dating in the United States](#), which has flourished to the point where there are now so many interracial sites available. However, there are still many skeptics when it comes to opinions about finding love through chatting online. The ongoing debate over whether you can legitimately fall in love online is a ongoing one, and there are many opinions on the matter. Some will argue that you never really fall in love until you have seen someone or have engaged in physical contact. Others will say that falling in love is possible even if you have not met that person in the real life.

Our definition of love and relationships has changed, and it

is entirely possible to fall in love online. Check out our relationship advice:

To determine if you are in love, you must have a real understanding of what love means to you. Love has taken a new form in the digital age. In the past, traditional courtship relied heavily on face-to-face communication and physical presence. Nowadays, meeting someone and having a relationship is more available to us through the online world. Meeting someone has become increasingly easier through the internet. For some, meeting in real life comes very easy and for others, it has always been a difficult task. In the online world, there are more opportunities created through online chatting. However, it is up to you to define what falling in love mean to you. Are you comfortable in divulging your emotions to someone you have never met? Does it matter if you have not seen the person face to face, even if you have a strong virtual connection?

Online applications facilitate connection

Attraction is not only based on physical attraction. It can occur when we share common ideas, perspectives, values and even opinions. If you meet someone online with these commonalities, you can very easily feel attracted to them. This connectedness is a baseline for any relationship, not just a romantic one. It doesn't necessarily demand a face to face meet, p as this can be facilitated easily through online communication. Social media and dating apps help determine if you have a connection or not because the ability to communicate with others is readily available

There is positive association between internet technology and romance.

A study by Rosenfeld in 2017 concluded that there is a positive correlation between internet technology and romantic relationships. Furthermore, the same study found out that heterosexual couples who met online made a quicker transition to marriage than couples who met offline. This study is also supportive of other findings which state that the percentage of couples who have met online and married in real life are still increasing. Despite being faced with a multitude of dating candidates online, people have been able to sift through the competitive environment and marry the love of their life. This study supports the assertion that yes, it is possible to fall in love online. Technology has made dating tremendously easy, but at the end of the day, it is still up to the individual to make decisions and take the next step forward when it comes to online dating

Even if the other person is not real, the feelings are still real.

Some people claim that a relationship is not legitimate until you have met that person in real life. Being duped online is common and it is one of the hazards of online dating. This is known as “catfishing” and is a common fraud when people create a false online identity to lure others into communicating. This is very tricky since the victim is honest and true, yet the other partner is not who they appear to be. Deception is common in online dating apps.

A study by Toma (et al in 2008) finds put that deception patterns are common. Participants in the study strategically balanced the deceptive opportunities presented by online self-presentation (e.g., the editability of profiles) with the social constraints of establishing romantic relationships (e.g., the anticipation of future interaction). This study also found that 81% of online daters admitted lying about their weight, height or age. This appears to support the claim that meeting up in real life is an important step in cementing the relationship. However, if you are duped you shouldn't give

up on online dating. Your feelings were certainly real, and many people have fallen in love and even have gotten married because of online dating.

Falling in love must be approached positively

Whether you fall in love offline or while chatting online, you must approach love optimistically. Even in real life, you can still be hurt by lies and deception. Just remain positive about finding your true love online. If you and your partner are truly connected, have formed a strong bond and share the same passions and interests, then you might just end up being together in real life.