

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



By [Robert Manni](#)

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

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

Hi Dani,

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

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

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

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

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

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

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

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

Hope this helps,

Guy's Guy

Robert Manni

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Love & Libations: Fall For Celebrity Wines This Autumn



By [Yolanda Shoshana](#)

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

drop a new surprise show on a Friday night.

Celebrate Fall With These Autumn Worthy Wines

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

Gerard Depardieu Chateau de Tigne Anjou Rouge

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

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

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

Studio by Miraval

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

perfume. It's for lovers of art and music who want to feel like they are on the French Riviera.

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

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

Invivo X, Sarah Jessica Parker Sauvignon Blanc

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

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

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

Domaine Curry Wine Cabernet Sauvignon

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

be sipping all fancy.

This is a grown and sexy wine therefore perfect for a romantic night in. I have a feeling the Steph and Ayesha have quite a few of those (when their parent's watch the three kids).

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

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

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





By [Robert Manni](#)

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

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

Hi Sarah,

I understand your situation. These days being single can be daunting, especially for women. Unlike guys, although women are often the aggressors in relationships, most single women and relationship experts I’ve talked to agree that women prefer men to be men (in the best sense of the word) and make the first move. But it’s tough to hang around waiting for random guys to approach, and it’s not very empowering having to sift through guys who you are not be attracted to. That is unproductive and often unpleasant. So, what’s a single woman

to do?

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

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

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

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

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

The key to meeting guys is doing what suits you and being in

the same place as your target market. If you can find activities that meet both these criteria, you will be a happy camper, and happy campers often attract other happy campers. Finally, always love yourself, keep a positive attitude, and smile.

Hope this helps. Good luck,

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





By Tori Autumn

At some point, many people have to say, “We need to talk,” to their partner, a phrase that could affect the relationship moving forward. Some examples of sensitive topics include [moving in](#), talking about [marriage](#), having children, being committed, financial responsibilities, arguments with family members, unresolved conflict, or the decision to separate.

How to make that tough talk with your partner easier!

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

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

Here are some tips for nailing those difficult talks:

1. Make the Setting a Place You Feel Most Comfortable

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

2. Practice Detaching From the Outcome

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

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

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

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

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

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

Feelings

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

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

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

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

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

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





By [Robert Manni](#)

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

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

Hi Claudia:

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

symptoms of boredom, there is always a cause.

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

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

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

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

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

Hope this helps. Good luck.

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Relationship Advice: An Unconventional Marriage



By [Dr. Jane Greer](#)

Once upon a time, there was a very clear, natural progression of how a couple moved from one phase of their relationship to

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

Relationship Expert Advice: Have a Relationship Your Way

Whether they want to live together first, have a family first, or, possibly even, commit their lives to each other and never share a home, it is all happening out there. For example, actress [Kaley Cuoco](#) and her husband Karl Cook choose to be in a committed, monogamous relationship but also choose to [live apart](#). They tied the knot over a year ago but still maintain separate residences. Rather than worry about what family, friends, fans, and tabloids think of their arrangement, the busy pair say they value their independence, relish the time they spend together, and don't worry about what other people might be thinking. In other words, it works for them. There are pros and cons to every choice a couple makes as they build their life together and it is a matter of knowing what suits the individual people the best. So, how do you know if this possibility might be right for you? Will a situation like this enhance or hurt your relationship?

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

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

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

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

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

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

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

This is not a dish for everyone, but it might be for those with a particular taste. It offers the opportunity to marry the person you love despite obstacles you might not be willing to change, which would otherwise make getting married impossible for one or both of you. Being married but living apart might be an option to give life to your commitment instead of making it untenable. For now, Kaley and Karl are taking advantage of the upsides of living apart. They are building a life together and don’t seem to be concerned that their relationship has been labeled “unconventional.” Whatever decision you make for your relationship, know it is right for you, and try to tune out the noise, focus on each other, and continue planning for your future.

Please tune in to the Doctor on Call radio hour on [HealthyLife.net](#) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let’s Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on

Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

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Expert Dating Advice: Three Reasons Why My Worst Relationship Brought Me to My Best Relationship



By [Tori Autumn](#)

Over the course of a year and a half, the previous relationship I was in affected me mentally and emotionally. It kept me in a lot of stress, anxiety, and embarrassment. I felt like I became a different person to my friends, family, and even co-workers; however, if I hadn't gotten in that drama-filled relationship, I wouldn't have appreciated the current relationship I'm in.

Expert Dating Advice on How to Use a Bad Relationship for Personal and Romantic Growth

1. Going through something publicly gave me strength to move forward. After letting my friends and family know for the tenth time that I was ready to leave this guy for good, it felt as if a weight was lifted from my shoulders and I was ready to accept healthy love in my life.

My public breakup seems most similar to R&B singer Ciara. Back in 2014, Ciara called off the engagement with her fiancé, rapper Future, after he was hit with cheating allegations. The [celebrity couple](#) was constantly in the headlines for their son's custody battle.

Things did get better for Ciara. Following the tumultuous breakup, she was seen with Seahawks' Quarterback Russell Wilson at the White House Correspondents' Dinner in April 2015. The new couple married June 2016 and then welcomed their daughter in April 2017.

Like Ciara, I have found success with my new love. When I entered into this new relationship, I knew it was for me because it was a better reflection of who I was, who I am, and who I need.

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2. My values in a relationship changed. At first, it made sense to be with my ex. We clicked personality-wise and he was the kind of guy I was used to.

Similarly, Ciara might have felt comfortable dating someone in her industry. With her career as an R&B singer, she had dated rapper Bow Wow before falling for rapper Future, having a child with him, and getting engaged to him.

When I first met the guy I'm in a relationship with now, he was nothing like I was used to. Similar to Russell Wilson, my boyfriend had just gotten out of a serious relationship but knew exactly what he wanted out of life. From the start, there weren't any mind games and I started valuing positive mindset, encouragement, and long-term commitment.

Related Link: [Relationship Advice: Will Your Perfect Partner Vision Become Reality?](#)

3. Instead of regretting love, I started to feel the power of celebrating it. Ci-Ci and Russell quickly became known as #RelationshipGoals because of their open love for each other, their successful careers, drama-free living, and how happy the pair became together.

Instead of complaining about my ex, I became happier knowing that there was no drama in my relationship and that it was a constant reminder of how things can change for the better. I became ready for this relationship when I realized I wanted to change certain behaviors, old ways of thinking that no longer served me, and that I wanted serious commitment.

I always find Ciara and Russell's love story to be interesting in particular because at first the public's view of Russell Wilson's persona was that he was corny, soft, and the polar opposite of Ciara and the men we've seen her with in the past.

However, the public also began to see Ciara change as a person for the better and saw the love for the two grow stronger because of that. The power of love is real when you can learn from your past mistakes, be open to accepting new love, and stand in the new values you want for yourself.

How have you used harmful relationships to inspire growth? Share your advice below!

Ask the Guys' Guy: Dirty Talk for Beginners



By [Robert Manni](#)

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

Expert Dating Advice: How to Get Verbal in Bed

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

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

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

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

they get home. He'll probably immediately shoot up his hand and call out, "Check, please!".

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

Good luck, and play safe.

Robert Manni

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More about the Guy's Guy:

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

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



By [Robert Manni](#)

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

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

I have a theory about exes. By definition, they are no longer involved in your love life and there are reasons why. Every relationship is different, but if you see a pattern of the same issues cropping up relationship after relationship, it's time to look inside and ask yourself if you are doing something to invite the same circumstances into your life. There is nothing wrong with a relationship that does not work out long-term. Breaking things off does not mean it was a

failure. The way I looked at breakups is we had our time together and we moved on. In the long run, when you look back, it's almost always a good thing that you moved on.

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

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

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

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

Good luck.

Robert Manni

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



By [Robert Manni](#)

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

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

Hi Shaylin:

Your question and suggestion is music to the ears of most of the men I know. Maybe it's because guys today are not sure how to make a real connection with a woman once they get past texting and swiping. Some guys are just plain lazy. Whatever the reasons are, most guys love it when women are proactive and make the first move and "pick them up." I'm not sure this is necessarily a good thing for women, but if you make the first move you will get a reaction, so it's worth a shot.

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

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

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

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

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

If you don't feel like playing it that way, ask him out without an organic connection. This could be coffee, drinks, or whatever. If he's into you, he'll jump at the chance. Once things get underway though, I suggest putting the onus back on him to pursue you. After all, do you really want to chase the guy around? He should be chasing you. You're worth it, right?

Good luck.

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Love & Libations: Tequila

Cocktails To Sip Like a Celebrity



By [Yolanda Shoshana](#)

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

Tequila: a Seductive Spirit for Date Night

It makes sense that celebrities keep selecting tequila as a

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

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

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

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

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

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

Smoky Casa Margarita

Ingredients:

2 oz. Casamigos Tequila

1 oz. Fresh Lime Juice

.75 oz. Agave Nectar

2 Dashes Orange Bitters

Flamed Orange Peel

Instructions:

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

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

Santo Revelation

Ingredients:

- 1.5 oz. Santo Mezquila
- 1 oz. Passion Fruit Nectar
- 2 ea. Thin Slices of Fresh Ginger Root
- 1 ea. Lime Wedge
- 2 oz. Ginger Beer
- 0.25 oz. Pomegranate Syrup
(sub: Premium Grenadine)

Instructions:

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

Ask the Guys' Guy: Online Dating for Beginners



By [Robert Manni](#)

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

Serious Online Dating for Beginners

Hi Samantha,

Congratulations on entering the digital dating world. When it comes to dating, technology can be a blessing or a curse. It's up to you and how you play the online dating game. One key to success is always being yourself, the same person you are online as offline. That means maintaining your values and criteria for potential online dates just as you would when meeting someone in person. If you're not into booty calls, don't waste your energy on apps that have a reputation for hook ups.

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

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

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

Before signing up or downloading an app, do your own research and talk to your friends, both female and male. When you have a clear sense of what the apps and sites are all about, I suggest choosing between one and three apps or websites to sample on a trial basis. That way you'll see the differences

in what each service has to offer without spreading yourself so thin that you're constantly juggling dates instead of qualifying potential partners and making a real connection. I also strongly recommend looking inside and determining what experience you want to get out of the online dating game before signing up. If your goal is simply dating, you're in luck. If you want to go deeper, you'll need to set your personal parameters for qualifying the type of guy you're looking for and then stick to your plan.

The good way of managing the online dating process is by starting slow and keeping things simple until you get your bearings and a feel for how the online dating game is played. Remember, never lower your standards to match a service or an app that does not represent the real you.

I hope this helps. Good luck!

Robert Manni

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



By Dr. Jane Greer

Coming out of a toxic relationship can be difficult in and of itself, and often requires an emotional detox. Even though the relationship is clearly over, you may find that you still have issues to work through. You might be experiencing not only the sadness and loss, but also pain and anxiety. If you got to this point after a tremendous betrayal or a chronic problem the magnitude of which you were not able to surmount, you probably have many questions and concerns about how you got

into that situation in the first place, and how someone you loved could treat you so poorly. Sandra Bullock had a public breakup with her ex-husband Jesse James who [admittedly](#) cheated on her multiple times. Despite that, Sandra has finally [found love again](#) with a person whom she calls “the one,” Bryan Randall, and the couple reportedly couldn’t be happier. How, then, when you finally do find yourself on the other side and are ready to think about dating again, can you trust another person as well as your own judgement as you, like Sandra, move past the bad and attempt to find the good? How can you make sure you don’t allow yourself to fall into a toxic relationship again?

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

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

yourself a chance to learn who this person really is, instead of making excuses when necessary and allowing them to form in your mind as who you hope they will be. Along these lines, be more selective about who you might let in, let them show you they are worthy of your love. Sit back a little, possibly more than you usually have, and instead of being an open book and freely sharing your past and your hopes for the future, let them take the lead and reveal those things first. That way, you will have a better sense of what you are getting into before you open yourself up to them.

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

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

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

Moving on after a toxic relationship isn't easy, but it is possible, as we saw with Sandra and Bryan. The experience, however terrible it might have been, can be a lesson for you to learn from. Once you can stop thinking of it as a recovery process, and more of a moving beyond process, taking with you all that you now know, you can be stronger and better placed to have a healthier relationship than ever before.

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

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

Dating Advice: 5 Fun Summer Date Ideas





By Krystle Kotara

Love is in the air this summer and you have enough days left to embrace the glorious sunshine with a thoughtful and romantic day out. Whether you're getting intimate on a summer's evening or exploring the local theme park, there are plenty of activities to get your heart racing. Here's a guide to five fun summer [date ideas](#) for you and your partner:

In this dating advice, [relationship expert](#) Krystle Kotara has some great summer date ideas.

1. Open-Air Movie Screening: Attending an open-air screening is a perfect way to make the most of the sunny weather. There are plenty of movie screenings that take place in the summertime, ranging from modern classics to new releases. This date is all about the atmosphere, so you don't have to be a movie fanatic to enjoy the day. Grab some popcorn, pop open some champagne, and lose yourself for a couple of hours. Pick

an evening show and cozy up to your partner under the stars.

Related Link: [Love Advice: Old-Fashioned Summer Fun](#)

2. Watch the Sunset: This summer [date night](#) idea involves putting on some comfortable shoes and taking a hike in the afternoon. As it gets later in the afternoon, head to a secluded spot and watch the sunset. You can make it a special date by bringing a picnic and blanket to settle in for the evening. There's nothing more romantic than indulging in delicious food and wine while waiting for the sun to go down with your partner by your side. Take selfies with your phone to make the memories last forever.

3. Rent Bikes: If you don't own one already, rent a bike and take a ride around the local area to explore parts of your hometown that you've never seen before. Some of the greatest summer date ideas are best left unplanned, so go wherever the moment takes you. When you see things that look interesting, take a break to marvel at your discoveries.

Related Link: [Date Idea: Finders Keepers](#)

4. Go to a Theme Park: Theme parks are best enjoyed in the summer, so hop in the car to a nearby fairground and allow nostalgia to set in. To make it more of an adventure, take a trip to a theme park further afield that you haven't visited. Once you've worn yourselves out on the rides, you can finish off this summer date idea by satisfying your sweet tooth with delicious cotton candy while browsing the stalls.

5. Visit a Botanical Garden: Ignite your senses with gorgeous colors and delicate scents and get lost in stunning botanical gardens this summer. You're in no rush, so take a long stroll around the beautiful flowers and plants, enjoying the scenery. Grab a bite to eat and cup of coffee in the café for a relaxing end to your day.

About Krystle Kotara

Krystle Kotara is the owner & creative director of Anya Lust, (www.anyalust.com), a luxury lingerie brand centered around the beauty of romance and love. Krystle is also the author of "The Lust Diaries", a book that includes a collection of poetry and prose centered around life, love, and eroticism. Krystle encourages women to love their bodies and explore their sensuality, while providing insight on relationships and the secret to living a passionate, fulfilled life.

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





By [Robert Manni](#)

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

Helping a Partner Through Tough Mental Times is Hard

Hi Alyssa:

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

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

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

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

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

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

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

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

I hope this helps. Good luck.

Robert Manni

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Love & Libations: Celebrity Pink Sips For The Summer



By [Yolanda Shoshana](#)

Rosé is the ultimate sip and chill with your partner or get together with friends kind of wine. While it's perfect for any time of year, spring and summer, seem to be the time that

people fixate on rosé. That means rosé will be popping up at your local wine store any minute. Which one should you try? Decisions. Decisions.

Sip and Chill With Your Partner

Here are four bottles to help you think pink:

Jon Bon Jovi- Diving Into Hampton Water

When Bon Jovi said he was getting into the wine game, many of us gave a side-eye. Did we really need another rock star with a wine? Turns out the joke was many wine lovers, rosé including me. Bon Jovi worked with this son, Jesse Bongiovi, to put the spirit of the Hamptons into a bottle. The crooner has a home in the Hamptons. That's rather common for New York based celebrities. He enjoys which is what he has deemed "pink juice" until his son came up with the clever term "Hampton water?"

The three grapes for the wine are hand-picked in the South of France. It's produced in Provence to be exact which is where rosé has been perfected. It was named best rosé of 2018 by Wine Enthusiast Magazine.

It's the perfect pink juice to sip while chilling at the pool with your boo. Cheers to a sensuous lazy day with your partner. Live it up while you're alive.

Related Link: [Love & Libation: Kiss Me, Cocktails Inspired by Irish Authors](#)

Sarah Jessica Parker- Invivo Rosé

Finally, Sarah Jessica Parker is giving women more of what they want and it's in a bottle. Parker is teaming up with a winery from New Zealand to produce a line of wines that will come out this summer. Now you know rosé is in the mix. It will

probably be a big hit considering women will want to see what the Sex and the City diva is conjuring up.

According to Parker, she has always loved entertaining family/friends over a good bottle of wine and food. I guess this is her “inner Martha Stewart” coming out. New Zealand is an interesting choice for her when it comes to wine however the rosé will come from Provence.

It has all the makings of a rosé the have when you gather with your girls and talk about intimate details with your Mr. Big.

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

John Legend- LVE Côtes de Provence Rosé

Sultry singer, John Legend, has added a fourth wine to his already stellar wine line up. Now you can rosé all day with his LVE Rosé. Legend teamed up with winemaker/dandy Charles Boisset once again to produce the wine. The duo brings the perfect combination to make LVE the ultimate lifestyle wines. The goal is to bring a wine that is connected to luxury, yet still affordable.

The pale pink wine is crisp on the tongue with notes of berries and peach blossoms. This wine would go great with Chrissy Teigen’s Pan Seared Fish in her latest cookbook. It’s safe to call this a romantic dinner at home kind of wine.

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

Christie Brinkley- Bellissima Rosé

If you want a wine that has a healthy and green lifestyle then Christie Brinkley’s bubbly rosé is where it’s at. She has been a vegetarian/flexible vegan since she was 12 years old. This is why what goes into her wine is so important to her,

The wine is made from 100% organic Pinot Noir grapes with hints of strawberries and grapefruit. The Prosecco is vegan and low sugar so it's perfect for someone watching their sugar intake.

The perfect wine to pair when your partner is making food on the grill. Light up those candles and make it a cozy night. Netflix and chill await

Love & Libations: Celebrity Reds To Turn You On



By [Yolanda Shoshana](#)

While most of the attention in February goes to Valentine's Day and Galentine's Day, the whole month is known as the month of love. This is where red wine comes in.

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

Red Wines For Your Love Life

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

Nocking Point Wines- Year VI Cabernet Sauvignon

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

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

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

Il Paglaio- Roxanne Rosso Toscana

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

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

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

her to stay with him.

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

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

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

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

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

Bastianich Wines- Vespa Rosso

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

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

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

For more Love & Libations date night ideas and [celebrity](#)

[couple](#) predictions from Yolanda Shoshana, click [here](#).

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



By [Robert Manni](#)

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

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

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

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

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

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

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

Related Link: [Ask The Guy's Guy: How to Win the First Date](#)

After Meeting Online

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

Hope this helps, Good luck!

Robert

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

More about the Guy's Guy:



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

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

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.

Love & Libations: Holiday Cocktailing Like A Celebrity





By [Yolanda Shoshana](#)

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

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

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

Taylor's Black Russian

1 oz vodka

1 oz Kahlua

1 oz Hershey's chocolate syrup

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

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

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

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

Pornstar Martini

2 oz. vanilla vodka

1 oz passion fruit puree

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

$\frac{1}{2}$ oz lime juice

Side shot of Champagne (or go with Crémant)

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

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

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

Pomegranate Rosé Martini

2 oz vodka

3 oz. fresh pomegranate juice

$\frac{1}{2}$ tsp fresh lemon juice

2 oz rosé Champagne

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

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

Expert Dating Advice: How to Date a Coworker



By Marisa Gooch

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

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

Dating A Coworker

Dating a coworker isn't only familiar to the celebrity world. According to a survey conducted by [Vault](#), 51 percent of respondents have had an office romance at least once in their careers. Another recent study conducted by [The Knot](#) found that 12 percent of participants met their spouses at work.

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

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

1. Check Your Company's Policy

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

Not all companies have strict fraternization policies, though. Some companies have their employees sign a [love contract](#), and other companies don't care if two employees date as long as the work gets done. Before becoming romantically involved with a coworker, check your company's handbook and your employment

contract to confirm that dating within the company is allowed. If you have the green light, it is best to notify your supervisor or boss once your relationship becomes serious so that he or she is aware.

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

2. Set Boundaries

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

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

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

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

3. Don't Involve the Entire Company

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

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

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

4. Be Prepared for What Could Come

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

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

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

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: How to Win a First Date After Meeting Online



By Robert Manni

Question from Gillian L., Manhattan, "Hey Guy's Guy, whats the

best way of turning an online connection into a real date?

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

Score That First Date!

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

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

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

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

guy, this validates that I am who I say I am and is sharing my real phone number. It's a minor display of truth and vulnerability.

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

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

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

I suggest keeping the call brief. It's easy to get excited and share too many personal details with someone new, but you also can waste a lot of time chatting on the phone with someone that you don't feel the sparks for in person. Keep the call short and keep the process moving. If things feel right, before breaking off the call, casually suggest meeting up and continuing the conversation in person. Drinks, coffee, whatever feels right for a first "date". If the guy shows any hesitation and does not jump at the chance to meet a woman as dynamic as you in person, move on.

Hope this helps. Good luck!

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

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

Expert Relationship Advice: Dogs Make Everything Better



By [Dr. Amy Osmond Cook](#)

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

According to my research, having a dog is good for you. Not only does having one in your life lower your stress levels and blood pressure, but your furry family member also boosts your immune system and brings added joy to your personal

relationships. Here are four reasons being a dog person makes you a better people person.

Expert Relationship Advice On Dogs In Relationships

On the edge of your seat...[click here](#) for more

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

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

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

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

their life, they are strengthening their relationship with each by having something special to share.

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

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

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

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

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

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

When you take a dog to a trainer, your furry friend will learn how to focus to pay attention to your words and actions. The

next time you're in a social situation, think about your pet and how he or she focuses—mimic that.

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

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

Dating Advice: How to Make Summer Love Last





By [Joshua Pompey](#)

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

Dating Advice to Help You Hold Onto Your Summer Crush!

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

that is conducive to this type of setting.

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

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

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

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

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

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

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